



ARC MANOR

Addiction Recovery Center

200 OAK AVE. KITTANNING, PA

SPRING 2009

OUR

MISSION:

ARC MANOR IS A NONPROFIT AGENCY THAT IS COMMITTED TO PREVENTION, INTERVENTION, AND TREATMENT OF ABUSE AND ADDICTION TO ALCOHOL AND OTHER DRUGS.

OUR MISSION IS TO PROVIDE AFFORDABLE, HIGH QUALITY, TIMELY SERVICES THAT ENHANCE THE QUALITY OF LIFE FOR INDIVIDUALS, FAMILIES AND THE COMMUNITY

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New Group Supports Family Members

Addiction affects loved ones close to those addicted and is considered a family disease. Due to this, a Family Education Support Group has begun at ARC Manor. This group is sponsored by the Armstrong-Indiana Drug and Alcohol Commission and is offered every Saturday from 11:30a.m. until 1:00 p.m. at ARC Manor. Many families do not understand how to cope with a loved one's addiction. One of the most important steps that a family can

take to support the person with addiction is to increase their understanding of addiction and recovery. Some of the topics included in the program are: Remaining Aware Of Potential Triggers, Avoiding Enabling Behavior With The Chemically Dependent Person, Understanding That Recovery Is A Process-Not An Event, Understanding The Consequences That Addiction Has Had On Their Own Lives, and

The Importance Of Self Care. The group is facilitated by a trained counselor and is free to the public. No reservations or appointments need to be made in order to attend this support group. For more information, call 724-548-7607.



35 Years And Counting...

April 6th marks the 35th anniversary of ARC Manor. Over the years at ARC Manor, we have grown along with the field of addictions. The challenges of this field have changed over time and ARC Manor has always shown an ability to meet the

needs of the community. ARC Manor offers a wide range of addiction services and takes pride in a consumer satisfaction rating that is well beyond the national average. Arc Manor values the client as first priority and we have watched many individuals

succeed in the recovery process. Our work here is far from over but as we continue down this path, we wish to thank all those who have facilitated our success. As a team we will move toward the future, one step at a time.

"The day the Lord created Hope was probably the same day he created Spring."

-Bern Williams

STAFF ACCOMPLISHMENTS

Michael Watterson has received a Certified Co-Occurring Disorders Professional Diplomat certification. CCDP Diplomat is the master's level CCDP credential and is internationally recognized.

Jennifer Parsons has received an Associate Addiction Counselor I certification.

Jessica Atwood has obtained the next level in certification – Associate Addiction Counselor II

Congratulations to all of you on your Certification achievements from the PA Certification Board!

Way To Go!

Executive Director's Message

by: **Cindy McCrea**

Spring is my favorite time of year! From the minute the first buds show on the trees, I am revitalized and so happy to enjoy all of the things that have been hidden by the winter snow and ice. This past winter seemed especially bleak and hard, not solely due to the cold temperatures. The nation's economic situation has not been lost on our small corner of the world. Many individuals and businesses are doing the best that they can to stay afloat and weather the storm.

With the passing of the State budget for the next fiscal year, there will be losses in funding for drug

and alcohol services. This is always very frustrating for me for two reasons.

First, the drug and alcohol field receives a very minimal share of funding in comparison to other behavioral health services. Second, addiction does not go away just because times get tough and money gets tight! In fact, if you want to find one area that has shown increases in this difficult economy, look at the sale of alcohol. State alcohol sales have risen at

record rates over the past year and are on pace to make over \$2 billion by the summer months.

The good news is that, no matter how hard the winter, Spring eventually comes. No matter what budgetary challenges we face from the state level, ARC Manor will remain true to our mission and continue to serve individuals and families that struggle with the disease of addiction. We have remained committed to this purpose for 35 years and will continue to be for a long time to come.

Alcohol Awareness Month

When many people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games, or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be:

College Students who

binge at local bars; Pregnant Women who drink and put their babies at risk for Fetal Alcohol Syndrome; Professionals who drink after a long day of work; Senior Citizens who drink out of loneliness.

In 2003, almost 23 percent (54 million) of Americans participated in binge drinking within 30 days prior to

taking SAMHSA's National Survey on Drug Use and Health. That same year, approximately 2.6 million adults abused alcohol or were alcohol dependent.

To recognize the serious problem of alcohol abuse, April is designated "**Alcohol Awareness Month.**"

Welcoming New Board Members



(Pictured L to R) Gretchen Dosch, Donna Lucas, and Randy Cloak

ARC Manor welcomes three new members to its Board of Directors. Gretchen Dosch, Mayor of Applewold; Donna Lucas, Retired Personnel Manager; and Randy Cloak, Educator in the Armstrong School District. We are grateful to have their expertise and enthusiasm.



ARC Receives CTC Recognition



The Armstrong County Communities That Care had been an independent collaboration with ARC Manor as the lead agency since 1999. The grant ended in June 2009 but ARC Manor sustained the Community Mobilizer position until it was transitioned to be under the umbrella of the Drug Free Communities Coalition with Armstrong-Indiana Drug and Alcohol Commission as the new lead agency. As gratitude and thanks for everything ARC Manor has done, Denny Demagone, Armstrong County Children Youth and Families and a CTC Key Leader, presented a recognition award to Jill Pless, ARC Manor Assistant Director and CTC Key Leader.

Mark Your Calendars

Armstrong County Reality Tour:

Tuesdays at 6 p.m. at the Armstrong Jail

April 14th
May 12th
June 9th
July 14th
Sept. 8th
Oct. 13th

Summerfestt:

June 5th

Summer Plunge:

June 19th

Your Brain On Tobacco

Most adolescents believe that smoking cigarettes or using snuff is no big deal. The truth is that using tobacco products as little as seven times can lead to addiction and increase the tendency to make **poor decisions**. The nicotine in tobacco products rewires the developing brain of youth

and permanently alters the normal receptors for decision making and good judgment. When decision making is affected, youths tend to choose risky behavior and seek thrills that could cause them irreversible harm.

The bottom line is that there is no safe number

of cigarettes or pouches of snuff. Nicotine use can change your life and control your destiny. If you haven't tried tobacco, **Don't Start!** If you use tobacco products there's no better time to quit. Call 724-548-7607 to register for free tobacco cessation classes.

Parenting is a Tough Job ...But...

You know the old saying "It is a tough job but someone has to do it". The job of parenting fits that description perfectly. If you are a parent, a grandparent or caregiver, ARC Manor is here to offer you help and

support. ARC Manor is offering parenting classes as developed by the Creating Lasting Family Connections curriculum. Some of the topics covered are: Influencing Behavior, Talking About Feelings, Building

Better Communication, Holding a Family Meeting, Setting Boundaries and Limits. These classes are offered free of charge to any group interested in hosting them. To schedule classes for your group please call Denise at ARC Manor, 724-548-7607.



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Edward G. Rendell, Governor
Everette James, Secretary of Health



Board Members

- Steve Bono, President
- Frank Shumaker, Vice-President
- Sheree Shafter, Treasurer
- Beverly Steffey, Secretary
- Randy Cloak
- Bonnie Dulany
- Gretchen Dosch
- Donna Lucas
- Chase McClister
- Rich Trincisti
- Liz White
- ARC Manor Executive Director
- Cindy McCrea MSW, LSW
- ARC Manor Assistant Director
- Jill Pless B.A., C.A.C.

Eligibility for ARC Manor programs is open to anyone who has a problem with alcohol or other drugs or is affected by substance abuse. No one is discriminated against on the basis of age, race, creed, sex, ethnicity, color, national origin, marital status, sexual orientation, handicap or religion.

ARC Manor is licensed by the Bureau of Community Program Standards, Division of Drug and Alcohol Licensing, Pennsylvania Department of Health, and is funded by the Armstrong-Indiana Drug and Alcohol Commission through a grant from the Bureau of Drug and Alcohol Programs, Pennsylvania Department of Health, the Armstrong County United Way, the Armstrong County Commissioners through a grant from the Human Services Development Fund, private grants, fees, and community donations.

This project is funded, in part under a contract with the Department of Health, Bureau of Drug and Alcohol Programs, Commonwealth of Pennsylvania and the Armstrong-Indiana Drug and Alcohol Programs and the Armstrong-Indiana Drug and Alcohol Commission, Inc. specifically disclaim responsibility for any analyses, interpretations, or conclusions herein.

We regret any errors or omissions. Treatment statistics may contain errors due to data collection issues and electronic system capabilities.

Newletter Staff:
Kathy Velcko & Denise Marano