



ARC Manor News

S U M M E R 2 0 0 6

Alarming Trends in Girls' Use of Alcohol, Tobacco and Other Drugs

Do you worry more about your son using drugs than your daughter? Think again. According to the Director of the White House Office of National Drug Control Policy (ONDCP), recent data suggest that girls and boys are now using illicit drugs and alcohol at the same rate. Even more alarming, girls are using more prescription drugs and smoking more cigarettes than boys.

Drugs and alcohol often have a more powerful psychological and physical impact on teen girls than on teen boys. Many girls face steep declines in their self-esteem during early adolescence and turn to drugs and alcohol to "improve mood, increase confidence, reduce tension, cope with problems or lose inhibitions," according to the study. Girls also use diet pills at four times the rate of boys.

Talk to your teens. Parents may often feel as if kids don't listen, but teens whose parents send clear, honest messages about the dangers of drug and alcohol use are less likely to use drugs and alcohol. Please contact ARC Manor at 724.548.7607 for information on how to talk to your child about drug and alcohol use.

The full report on Girls and Drugs can be found at www.MediaCampaign.org

Communities that Care Regional Award Recipients



Armstrong County CTC nominated D.A. Scott Andreassi and the Reality Tour Youth Volunteers for a regional award by the Northwest Regional Communities that Care.

Shown are: Kathy Velcko (Presenter), Vicki Walker, Jacob George, Karissa Lloyd, Joshua Starr and District Attorney Scott Andreassi.

ARC
MANOR

Executive Director's Message
Kay Detrick Owen

Death Happens

I have written many articles about how people recover from drug and alcohol addiction. They move from a life of despair to one of joy. This is heartwarming and inspirational.

Unfortunately, not all people who are addicted to alcohol and other drugs are able to break the chains of addiction. Some continue on a destructive path for many years. And some succumb. They die. They die before they put it all together to recover.

Their deaths are a tragedy for their families and friends. Their deaths are a tragedy to the drug and alcohol professionals who pour their heart and soul into helping people. It is just plain sad.

As you read this, pause for a moment of silence in gratitude for those who recover and a moment of sadness for those who lost their lives.

Call ARC Manor at (724) 548-7607 or 1-800-323-1333 if you or a loved one needs help.

Security Patrols

ARC Manor has recently hired Golden Eagle Security to patrol the outside of the building and surrounding property to insure that our center remains a drug-free environment where recovery can occur.

Treatment Works

"I have been clean now for thirteen months and I can't say enough about the staff here at ARC Manor. They care so much about everyone who walks through the door. They cared enough about me to make me care about myself again. I have found peace in my life and am now able to reach out and help others."

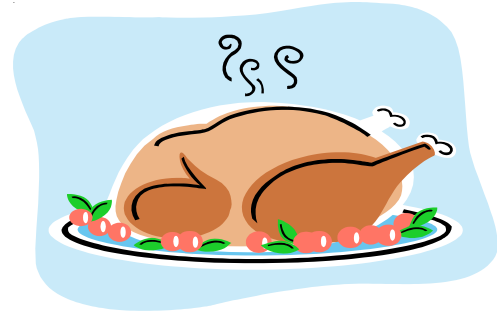
-Former Female Client

Congratulations on Staff Accomplishments

- * Linda Courson was certified as a Certified Allied Addiction Practitioner.
- * Amy Solman was recertified as a Certified Addiction Counselor.
- * Our Executive Director, Kay Detrick Owen, was elected as Chairperson of the Northeast Region of Communities that Care.

Annual Dinner

ARC Manor will hold its Annual Dinner on Wednesday, September 13, 2006 at 6:30 pm at Emanuel Lutheran Church, Garrett's Run Road, Ford City, PA. For more info, call 724.548.7607.



Women's Treatment Group

Each Saturday Bonnie Dulany, BA, CAC, runs a therapeutic treatment group for women, talking about why they are here, what they need from life and how to deal with their lives in a healthy manner, as well as offering basic education on addiction and recovery, including co-dependency and how to talk with their children. The group provides a nurturing environment for women who have been in recovery to help those women on the path to recovery. According to Bonnie, a group targeting women is needed due to the stigma and shame that many women have to face in coming to terms with their addiction.

Grease is the Word



The Annual Alumni Picnic will be held on Saturday, July 22 at Sugarcreek Community Park. The theme is Grease -- so dig out that 1950's gear and join us for a day of fun. Call for details at 724.548.7607.

PreventionNews



Communities that Care

We're in it up to our eyeballs! The community I mean. Armstrong County Communities That Care has jumped into community activities with both feet.

CTC had a display at the YMCA's Healthy Kids' Day on April 8. During the three-hour event, the Community Mobilizer talked to parents about the latest Adolescent Risk and Resource Assessment, gave goodies to the kids with CTC's logo and contact information on it, and even recruited someone for the Community Prevention Board!

Swashbuckling fun was had by all May 13 at the Children's Fair at the Belmont Complex. This year's fair had a literacy theme, complete with exhibitors dressing as a book character. The Community Mobilizer and the FRN coordinator dressed as pirates and gave out bubble gum doubloons as prizes for the "pinning-the-eye-patch-on-the-pirate" game while featuring such children's books as "How Do Pirates Take a Bath?" and "How I Became a Pirate." Kids pillaged the table for CTC treasures while parents learned about CTC.

Communities That Care also took part in summer fun at Summer FESTT 2006 at Kittanning Riverfront Park on June 2nd and Summer Celebration in Leechburg on June 17th. Each of these events promote activities for families that do not include alcohol or other drugs. All proceeds from Summer Celebration were donated to the Leechburg Food Bank and Habitat for Humanity.

Smoking Cessation Treatment

The National Institute on Drug Abuse recently released findings indicating the longer a person stays in smoking cessation therapy, the better chance they have of remaining abstinent. Ready to quit? Call ARC Manor at 724.548.7607 and ask for Amanda Cochran. All sessions are free and confidential.

Prevention Works! In the Words of a Kid...

Following is a letter written by a second grader to Denise Marano, MSW, APS, one of the Prevention Specialists at ARC Manor:

"Dear Ms. Marano,

The Life Skills program was fun. Thanks for coming on Tuesdays and teaching us how to say no to drugs and not to take drugs and how to handle stress in good ways and not to chew tobacco."

-Male Student



"Let there be many windows to your soul, so that all the glory of the world may beautify it."

--Ella Wheeler Wilcox

Myth vs. Reality

Myth: You can't get addicted to heroin if you use small amounts of it or snort it.

Reality: Heroin is *highly* addictive, no matter the amount or the form.

Reality Tour

Due to the great response we have received regarding the Reality Tour, we have secured funding to continue this innovative drug prevention and awareness program that follows the life of a teen on heroin. Tours are from 6:00 pm - 9:00 pm on the following dates:

DATES:

July 11th
August 8th
September 12th
November 14th
December 12th

For reservations, please call 724.548.7607 or email Liz White at whitecenter@alltel.net

ARC MANOR BOARD OF DIRECTORS

President: **Chase McClister** • Vice-President: **Steve Bono**

Secretary: **Sheree Shafer** • Treasurer: **Frank Shumaker**

Bonnie Dulany * **Allen Lockard** * **Carl Lytle**

Mona Rupert * **Beverly Steffey** * **Rich Trinclisti**

Brian Trudgen * **Liz White**

Kay Detrick Owen - Executive Director

ARC Manor Newsletter Staff:
Denise Marano and Sheila Knell

We regret any errors or omissions. Our goal in this newsletter is to inform, educate, and encourage your involvement in doing all you can do to help yourself and your neighbors who are experiencing problems with alcohol or other drugs.


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 Westmoreland 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 Commission, Inc. Basic data for use in this study were supplied by the Pennsylvania Department of Health, Harrisburg, Pennsylvania. The Department of Health, Bureau of Drug and Alcohol Programs and the Armstrong/Indiana Drug and Alcohol Commission, Inc. specifically disclaim responsibility for any analyses, interpretations, or conclusions herein.

OurMission

ARC Manor is a nonprofit agency that is committed to prevention, education, 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.

A United Way Agency 

Robert S. Muscalus, D.O.,
Secretary of Health

Governor

Edward G. Rendell

DEPARTMENT OF
HEALTH

TEL: (724) 548-7607
FAX: (724) 545-7999
E-mail: arcmanor@allegh.net
Website: www.arcmanor.org

200 Oak Avenue
Kittanning, PA 16201

ADDICTION RECOVERY CENTER

ARC
MANOR

