



ARC Manor News

S U M M E R 2 0 0 7

McCrea Named Clinical Director

Prior to her affiliation with ARC Manor, Cindy McCrea was the Supervisor for Ongoing Services at Children and Youth, Clarion County. In 1999, Cindy began her Master's Degree internship with ARC Manor. From 2002 through 2006, Cindy was the Armstrong County Jail Program Supervisor for ARC Manor. She was a strong advocate for inmates as she prepared them to leave the jail equipped to deal with problematic issues. In December 2006, Cindy returned to ARC Manor as an outpatient therapist and in April 2007 was named Clinical Director.

When asked what led her to the drug and alcohol field, Cindy replied that her father was an alcoholic who died two years ago at the age of 56, without ever receiving treatment for his addiction. Although she knew that she could not help him, she knew that something had to be done. One can see that there is a deep understanding of the impact of addiction and she is very serious about promoting recovery.

Cindy identifies the biggest challenge in drug and alcohol treatment as the coordination of care: specifically, communication between agencies, services, and support for clients. A person seeking drug and alcohol treatment may be involved in several other services: legal (probation or jail), child welfare, psychiatric or mental health. Confidentiality laws protect the clients and make communication between agencies more complicated, yet we can still work within those parameters to ensure that a client is receiving the best care possible.

Cindy presently holds a Bachelor of Science Degree in Rehabilitation Sciences from Clarion University of PA, a Master of Social Work from the University of Pittsburgh, and is working toward a Ph.D. in Social Work.

ARC Manor welcomes Cindy McCrea as the Clinical Director!



Drugs 101: An Education for Parents

Have you ever found an item in your teens room that looked innocent but still somehow out of place enough to raise your suspicions? Have you ever had the feeling that something is going on with your teen even when they deny it and you only have a gut feeling to go on?

If you answered "yes" to either of these questions, you are part of the majority of adults with teens in their lives who feel confused and lost when it comes to truly knowing what constitutes suspicious behavior or items when it comes to drug use.

On May 1, at Lenape Technical School a program called "Drugs: 101" gave adults an eye-opening education when it came to drugs and the paraphernalia that surround them. The program was presented by the Susan P. Byrnes Health Education Center of York, PA and sponsored by Lenape Technical School and ARC Manor. Funding for this program has been provided through a generous grant from the Armstrong County Memorial Hospital Medical Staff Foundation. This "adult only" program gave participants a chance to examine a mock teenager's bedroom to see if they could spot the drug related items in the room. The presenters then went on to explain that there were 62 signs of drug use in that one bedroom and they explained what they were and how they related to drug use.

Overall participants left the program much more confident in their ability to work with the teenagers in their lives and to pass on some of their new found knowledge.

If you have questions about this program and future presentations, please call ARC Manor Addiction Recovery Center, 724-548-7607.



Executive Director's Message Kay Detrick Owen

It's a War...

I started out to write "it's a war out there" and then I decided to change that to "it's a war right here". Drugs are widespread in our communities right here in Armstrong County. Drugs have a powerful hold on the people who use them. Crimes such as theft, driving under the influence, possession of drugs and other criminal acts are all part of the drug using scene.

To combat the drug problem, we need three things: law enforcement, prevention/education, and treatment.

No one is untouched by the drug problem. We must all unite as a community to do what we can to fight the drug problem. Here are a few things we all can do:

*Report suspected drug activity to **1-866-NO-Drug-0**.*

Refer people who are using drugs to ARC Manor at 724-548-7607 or 1-800-323-1333. We are open and available 24 hours a day, seven days a week.

Attend community drug prevention programs. Learn what they are by calling ARC Manor at 724-548-7607 or visiting our website at www.arcmanor.org.

Participate in your local Crime Watch program. Contact your local officials.

By working together, we can take back our communities! Thank you for joining with us.

Thrift Store

ARC Manor is a partner of the St. Vincent de Paul Thrift Store at 110 Market Street in Kittanning. Hours of operation are Tuesday through Saturday from 10 am to 3 pm. Volunteers are needed to sort merchandise, run the cash register, and set up displays. The store also welcomes donations of lightly used items. Please call ARC Manor at 1-800-323-1333 or the Thrift Store at 724-548-8845.

SCA Names New Executive Director

We want to welcome **Kami Anderson** as the new Executive Director for the Armstrong Indiana Drug and Alcohol Commission. She has been the Deputy Director since 1999 and been employed there since 1993 so she brings a lot of experience and knowledge. Charlene Givens, the former Director, retired after 29 years of service.

Welcome Kami, we look forward to this new era!

Staff Accomplishments

Susan Zalenski received her Associate Addiction Counselor II Certification.

Bonnie Dulany attended a week long training in May as part of the certification process for Gambling Addictions. For most of the industry's patrons, gambling is fun and a form of harmless entertainment. For the four to six percent of gamblers who become problem or pathological (compulsive) gamblers, however, it can be a devastating illness that negatively affects every aspect of their lives. ARC Manor strives to continually seek out additional training for staff so we are equipped to address community needs.

Amy Solman returns to her roots as a Treatment Specialist. After years of administrative duties and little direct patient care, Amy felt called back into direct client care working side by side with clients and focusing on their treatment and recovery. Amy is a great asset to our clients and to our clinical team.

Executive Director Testifies at Legislative Hearing

Representative Jeff Pyle hosted a Legislative Hearing at the Kittanning Country Club on March 15, 2007. The topic of the hearing was Drugs and Law Enforcement. The PA House of Representatives is holding a series of hearings across Pennsylvania to obtain input about ideas for legislation to help curb the drug problem. County officials from Armstrong and Indiana law enforcement, prosecution, judiciary, and treatment/prevention provided testimony. Kay Detrick Owen, Executive Director of ARC Manor, spoke about the need for stable funding for drug and alcohol prevention and treatment. Special thanks to Rep. Jeff Pyle for bringing the hearing to Armstrong County.

PREVENTION

Myth Vs. Reality

Myth: Alcohol helps me relax.

Truth: Research is showing the relaxed feeling that initially comes from having a drink can quickly be replaced by a heightened state of stress and anxiety. This is true for the social drinker as well. Leading organizations in the drug and alcohol field are urging people to find more effective ways to cope with stress and anxiety. Some alternatives to reduce stress without alcohol: 1) take 10-20 minutes to relax while listening to peaceful music or enjoying some relaxing scenery; 2) exercise regularly and eat healthier foods (particularly avoiding caffeine as evening and nighttime approaches); 3) find a trusted friend or counselor who can help you unload some of the emotional luggage you may be carrying; 4) and finally, learn to say no to things that are not in line with your life mission that will likely cause you to be more stressed.



Drug and Alcohol Advocacy Group Celebrates One Year!

ARC Manor formed an Advocacy Group in 2006 of recovering people and people who are supportive of recovery. In May the group celebrated its one year anniversary! Accomplishments for this first year include:

*ARC Manor hosted social events for those in recovery and their families on Thanksgiving Day, New Year's Eve, and St. Patrick's Day.

*Started the process of connecting with the New Vision Drop In Center in Kittanning to provide a place for those in recovery to socialize.

*Investigating safe and alternative housing for those in recovery.

*Hosted guest speaker Dr. Rod Grooms from Armstrong County Memorial Hospital Emergency Room Department.

*Received education on the grievance process for treatment.

*Recruited volunteers for the Saint Vincent De Paul Thrift Store in which ARC Manor is a partner.

We plan to continue to work towards being an advocate for the needs of those in recovery, community, and their families. We'd love for you to join us at our next meeting! **The Advocacy group meets the first Wednesday of every month at 6:00 p.m. at ARC Manor. Please call ARC Manor at 724-548-7607 or 1-800-323-1333 and ask for Amy Solman, Senior Treatment Specialist, for more information.**

PRIORITY TREATMENT POPULATIONS

The federal government establishes priority populations for treatment. Any agency that receives federal money must ensure that individuals fitting into the priority population are promptly admitted to treatment. Since ARC Manor is the recipient of federal dollars we must comply with this requirement.

Priority populations are the following:

- ***Pregnant women who inject drugs**
- ***Pregnant substance abusers**
- ***Drug users who inject drugs**
- ***Women who are injecting drug users and have children.**

These groups of people are considered high risk, very vulnerable, and in intense need of drug and alcohol treatment. If you know any one who fits these groups, please urge them to get help!!!

Check out our website at:
www.arcmanor.org

UNDERAGE USERS GROUP

The Armstrong County's Underage Users Group is a six-hour intervention/education class specifically for individuals ages 12-20 who have been charged with a first time offense of underage drug/alcohol use. The purpose is to intervene at an early stage to prevent future problems with drugs/alcohol. The group focuses on addiction, chemical abuse, decision-making, strategies to not use drugs and alcohol, codependency, and ways to identify a problem user. Referrals can come from the county's District Judges, schools, drug and alcohol case managers, families or individuals themselves. Please contact ARC Manor at 724-548-7607 for more information.

ARC MANOR BOARD OF DIRECTORS

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

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

Bonnie Dulany * **Allen Lockard**

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

Brian Trudgen * **Liz White**

Kay Detrick Owen - Executive Director

ARC Manor Newsletter Staff:
Denise Marano and Amanda Cochran

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


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.

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Our Mission

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
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ADDICTION RECOVERY CENTER

ARC
MANOR



Communities that Care

Success of the Tour

The Armstrong County Reality Tour is a resounding success. Operating since September 2005, over 1,000 youth and parents have attended the program. The Reality Tour is a drug awareness and prevention program that depicts the life experience of a teen addicted to heroin. The program consists of dramatic live scenes, a video presentation, and a question and answer period with addicts in recovery and law enforcement officials.

Survey results from the April 2007 Reality Tour provided proof that participants are leaving the event with increased knowledge about the dangers of drugs and increased awareness of the drug problem.

Participants leave knowing that:

- *The average age drug use begins is 10.
- *You can become addicted to heroin if you snort it.
- *Gateway drugs include alcohol, tobacco and inhalants.

The Reality Tour is held the second Tuesday of each month at 6 pm at the Armstrong County Jail. Youth must be 10 years of age or older and be accompanied by a parent, guardian or other adult. The fee is \$5.00 per person. To register contact ARC Manor at 724-548-7607 or 1-800-323-1333.

Invitation to Join

The CTC Community Prevention Board meets at noon on the first Friday of each month at Armstrong County Memorial Hospital in conference room two. Lunch is provided. Please feel free to stop in to see what CTC is all about and find out how you can get involved!

If you would like more information about Communities That Care, please contact Kay Detrick Owen at 724-548-7644 or kay@arcmanor.org

CTC Supports Youth and Family Community Events

The vision of Armstrong County CTC is to... "Create a healthy community that promotes competent, caring, responsible and healthy children and families."

Part of making the vision become a reality is conducting drug-free, fun events for youth and their families. Armstrong County CTC supported two events for kids and their families in the Spring of 2007 by providing volunteers, promotional items, brochures, and publicity.

The events were:

Summerfest Children's Fair on June 2, 2007
Summer Plunge on June 22, 2007

Thanks to CTC Board members for their support of Armstrong County Youth!!

CRIME WATCH IN KITTANNING



Crime Watch Meeting in Kittanning in April 2007. Pictured left to right are Kittanning Police Chief Ed Cassesse and Kay Detrick Owen, Executive Director ARC Manor, Addiction Recovery Center examining drug paraphernalia.

School Officials Receive Award

The Northwest Region of Communities That Care holds an annual recognition banquet in Clarion. Each CTC site in the region may submit a nomination for outstanding volunteer prevention efforts in their community.

The 2007 recipients of the CTC Northwest Region are Matthew Kruluts and Jim Gaggini, Ed.D. Matthew Kruluts is a School Psychologist/Special Programs Coordinator in the Leechburg Area School District and Jim Gaggini is an Assistant Superintendent with Armstrong School District. Both men are very involved with Armstrong County Communities That Care.

Matt and Jim are recognized for their hard work and determination working with the Armstrong and Leechburg School Districts to administer the Pennsylvania Youth Survey (PAYS) in the schools with active parental consent. This will enable Armstrong County CTC to collect more data about youths' attitudes and behaviors on substance abuse and delinquent behavior. This in turn, will enable CTC to plan a more comprehensive and complete prevention strategy for Armstrong County.

Past Armstrong County recipients include Magistrate J. Gary Decomo and District Attorney Scott Andreassi. Magistrate Decomo was recognized in 2005 for his prevention efforts culminating in Community Awareness Day. District Attorney Scott Andreassi and the youth Reality Tour volunteers were recognized in 2006 for their dedicated work with the Armstrong County Reality Tour.

Congratulations to Matt and Jim for a well deserved award!

Grant Awarded

The Pennsylvania Commission on Crime and Delinquency announced that the Armstrong County CTC received a funding grant for Fiscal Year 2007-2008. The grant will be used to maintain CTC in the county and to support the youth survey in the schools.

Youth Study Slated for Fall 2007

Armstrong County CTC will initiate the third study of adolescents in the Fall of 2007. The Armstrong School District and the Leechburg Area School District have agreed to administer the Pennsylvania Youth Survey (PAYS) to students in October 2007. The survey is a tool used by Communities That Care to gather information on youths' attitudes and behaviors on substance abuse and delinquent behavior and also measures risk factors associated with those attitudes and behaviors. The survey will be completely voluntary, and students may participate only with active parental consent.

Two surveys have been administered in the past in Armstrong County," said Kay Detrick Owen, CTC Key Leader, "but this will be the first time the schools have participated. It is very exciting." The districts' participation will increase the number of youth completing the survey. This will not only allow for a more accurate representation of youth but will also help to plan a more solid prevention strategy in the county.

Two previous youth studies on Armstrong adolescents were completed in 2000 and 2004. For copies of these studies, contact Armstrong County CTC at ARC Manor at 724-548-7607 or go to www.arcmanor.org.