



ARC Manor News

Summer 2008

Heading In The Right Direction...Beep! Beep!

It's definitely a new era at ARC Manor. The Board of Directors approved the purchase of a 2007 Ford 12-passenger van since our 1990 Dodge van was in dire need of replacing. This purchase was made possible by a donation to ARC Manor from the Harvey Heilman Estate. The van is used mainly by our Clinical Assistant staff who transport our clients to various support group meetings in the area as well as recreational activities. The staff is very grateful to the Board and the Harvey Heilman Estate for making this purchase happen!



Clinical Assistant staff with the new 12 passenger van
Pictured from L-R - Joe Boston, Dave Fisher, Nancy Willyard, Lauri Stroutman, Christine Prindle, Carol Hodak and Becky Miller

New Program Supervisor



We sat down to chat with Michael Watterson to ask him about his new role and new goals as ARC Manor's Program Supervisor.

"I've been employed at ARC Manor for over 5 years as a Treatment Specialist, working with outpatient and intensive outpatient programs," Mike explained. "I recently received my Master's degree from Clarion University of PA and have been promoted to Program Supervisor where I am responsible for all the clinical supervision duties. One major goal I would like to achieve is to work on developing and implementing new curricula for the different programs and groups we offer here."

He goes on to say, "Personally, the most exciting thing about working at ARC Manor is seeing the clients that make some major changes in their lives. It's great to see them come back after a year of being clean and see that they are working and happy and have their family back."



**Executive Director's Message
Cindy McCrea, MSW,LSW**

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

-Babe Ruth

As I write this message I celebrate a benchmark, my first 100 days as the Executive Director of ARC Manor. The first 100 days has been used since the days of Franklin D. Roosevelt as a way to judge the performance of a presidency. It seems to set the tone for what is expected throughout a person's time in office. This measurement has carried over to many political and leadership arenas. I found myself looking at this measure too in an effort to evaluate my own personal progress.

As I jotted down notes of what has occurred over the past 100 days, I saw some commonalities. However, what became most obvious to me was that my performance and accomplishments have been completely dependent on those around me. My first 100 days was spent transitioning job duties, preparing for multiple site monitoring visits, and promoting the continued development of ARC Manor's residential program. I would rate all of these items as successes. Our new Program Supervisor, Michael Watterson, has taken on all of the clinical supervision duties, leaving me free to focus on administrative tasks. ARC Manor received successful ratings on all monitoring visits. Finally, the staff and the Board of ARC Manor have shown an investment in the success and growth of the residential center. All of these successes are due to the fact that ARC Manor has worked as a team.

I would like to take this time to thank all who have been involved in making my first 100 days a seamless transition. Although I could try to cite all of the "individual stars" that have helped to make my job easier...I think it is more important to acknowledge that the ARC Manor staff, board, foundation, and surrounding community have worked as a team with the mission of ARC Manor at heart.

ARC Manor's License Renewed!

ARC Manor passed their annual inspection by the PA Department of Health's Division of Drug and Alcohol Program Licensure with flying colors! There are approximately 500 regulations that ARC Manor is required to adhere to and the Licensing Specialist spends a whole week reviewing everything from the physical plant to client records. We are very proud of the work the staff does to ensure that a quality licensed program is available to the community.

STAFF ACCOMPLISHMENTS

Amy Solman has been a Certified Addictions Counselor for the past 10 years and has recently completed her recertification.

Jessica Atwood has completed her Master's Degree in Rehabilitative Sciences at Clarion University.

Congratulations to you both!

Guest Speaker

The Advocacy Group (T.A.G.) of Armstrong County was pleased to have Dr. George Lloyd as a guest speaker at their May 7th monthly meeting. Dr. Lloyd practices in Butler, specializing in addiction medicine. He is contracted with the Armstrong/Indiana Drug and Alcohol Commission to provide Suboxone treatment for opiate addicts in Armstrong and Indiana counties. Suboxone helps greatly with symptoms of post acute withdrawal, which are physical and psychological symptoms that addicts experience for days and sometimes months after getting clean. The medication helps to decrease drug cravings, increase energy, and helps with sleep problems. The medication does not get the individual high. When individuals are starting to feel better physically, they are more willing to stay engaged in treatment and start to make the necessary life changes for their recovery. Anyone who is interested in learning more about this treatment option or anyone who would like to know more about T.A.G., which meets monthly, the first Wednesday at 6 p.m. at ARC Manor, can contact 724-548-7607 or 1-800-323-1333.

PREVENTION

CTC Lends Support To Community Events

Part of making the vision of creating a healthy community become a reality, Armstrong County CTC conducts drug-free, fun events for youth and their families. Armstrong County CTC supported two events for youth and their families in the summer of 2008 by providing volunteers, promotional items, brochures, and publicity.

The events were:

Summerfest Children's Fair on June 7, 2008
and Summer Plunge on June 20, 2008

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

MYTH VS. REALITY

True or False?

4-20 Is More Than Just a Date?

True: It's a code used as a reference to the annual pot-smoking holiday on April 20 (or 4-20). The time 4:20 is also referenced as a "burn time". Parents are encouraged to be aware of marijuana use on this day in particular, as well as routinely monitoring for drug use.

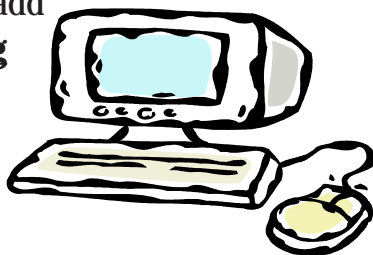
Want to receive your newsletter online?

Send us your email address to receive this newsletter electronically and add

recover@arcmanor.org

to your address book

so our email won't be rejected as spam.



Thank You!

Do You Need Help Quitting Tobacco?

ARC Manor offers a **FREE** tobacco cessation program called "Smoke Free For Life", a six-session class offering hope, information and support for those who are interested in quitting tobacco (cigarettes, cigars, pipe, smokeless, chew). Sessions are individual or group depending on demand. To register, call the ARC Manor Prevention Department today at 724-548-7607.

REALITY TOUR FUNDING IS A REALITY!!

Thanks to Kay Owen, former ARC Manor Executive Director and Randy Cloak, Field Representative from Senator Don White's office, The Armstrong County Reality Tour has been awarded \$5,000 from the Pennsylvania Department of Community and Economic Development. This is part of the Department's Community Revitalization Assistance Program and this money will be used for the RealityTour's publicity project. The Reality Tour© is an innovative drug prevention & awareness program that takes you into the life of a teen on heroin. The experience is appropriate for ages 10 and up when accompanied by a parent. The dramatic portrayal of a teen on heroin from arrest and imprisonment to overdose and death is what too many families have experienced in real life. This prevention program was purchased from Candle, Inc (www.candleinc.org) and is sponsored by the Armstrong County District Attorney Scott Andreassi and the managing agency is ARC Manor. For more information and a registration form please go to www.arcmanor.org

ARC MANOR BOARD OF DIRECTORS

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

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

Bonnie Dulany * **Allen Lockard**

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Cindy McCrea - Executive Director

ARC Manor Newsletter Staff:
Denise Marano and Kathy Velcko

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
HEALTH

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