



ARC Manor News

W I N T E R 2 0 0 6

Reality Tour Celebrates One Year

The Reality Tour[®] is a drug prevention & awareness program that takes you into the life of a teen on heroin from his first arrest through imprisonment and eventual death. The program is held on the second Tuesday of each month at the Armstrong County Jail at 6 pm.

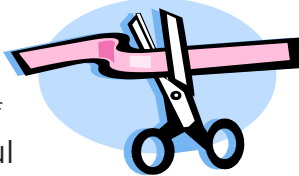
At this one year mark, we would like to thank our dedicated volunteers for making this program so successful and share with you some of the comments we have received:

**"Very insightful." "Graphic and real."
"Very true depiction of peer pressure."
"Good tool to use to get the message out."
"It really showed what drugs can do."**

This prevention program was purchased from Candle, Inc. and is sponsored by the Armstrong County District Attorney Scott Andreassi and the managing agency is ARC Manor. Register by visiting our website at www.arcmanor.org or by calling 724.548.7607.

Thrift Store Opens

ARC Manor is pleased to announce it is a partner of the new 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.



D & A Advocacy Meeting

Have you ever felt frustrated with the drug and alcohol system? Have you wondered who made up the rules about drug and alcohol treatment and why? Have you thought that most people do not understand drug addiction and recovery? Have you wished there were more funding for drug and alcohol prevention, treatment, and supportive services?

If you answered yes to any of the above six questions, there is hope on the horizon! The Health Choices program of the South West Six Counties of Armstrong, Butler, Indiana, Lawrence, Washington, and Westmoreland, in cooperation with ARC Manor, is currently facilitating an Advocacy Group of recovering people and people who are supportive of recovery.

Committees have formed to address issues such as Changing the Face of Recovery and Addiction, Housing, Legislative Issues, Advocacy, and Alternative Activities. In September Dr. Rod Groomes, Director of the Emergency Room at Armstrong County Memorial Hospital, addressed the group regarding emergency room treatment of drug and alcohol consumers.

If you'd like to join us for a meeting, please contact ARC Manor at 724-548-7607 or 1-800-323-1333.

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Executive Director's Message

"Thirty Years is a Long Time"

I was recognized for thirty years of service at the 2006 Annual Dinner. Thirty years is a long time, isn't it? Here are a few of my thoughts --

**Thirty years is more than half my life*

** Thirty years at ARC Manor is longer than I've been married*

** Those thirty years were filled with lots of opportunities, challenges, learning and achievements*

So much has been accomplished in the years from 1975 until now. So much has changed. There have been two constants -- our commitment to help people with addiction problems and our willingness as an agency to grow and change.

So much is happening at ARC Manor. The partnership in the St. Vincent de Paul Thrift Store, the new CTC office, the initiation of the Drug and Alcohol Advocacy Group, the annual Christmas Open House and Sale, and new quality programs to name a few. There continues to be the spirit of growth and change at ARC Manor. To learn about the changes at ARC Manor, call me at 724-548-7607.



Board Member Rich Trinlisti Congratulating Kay Owen on Her 30 Years of Service at ARC Manor

New Website

Check out the new ARC Manor website (www.arcmanor.org) created by Allegheny Graphics. The updated site includes a listing of area 12-Step Meetings, information about our Treatment, Prevention, & Intervention programs, the Reality Tour, Communities that Care, as well as other news and events.

Staff Accomplishments

- *Cari-Marie Harmon, BA received her Associate Addiction Counselor I certification.
- *Bonnie Dulany, BA has been recertified as a Certified Addictions Counselor.
- *Fred Neal, Rodney Miller, and Sheila Knell have all been certified as Underage Drinking Instructors.
- *Amanda Cochran received her Associate Prevention Specialist II certification.

Congratulations!!

Employee Service Awards

Congratulations to the following agency employees who were honored for years of service at our Annual Dinner.

30 Years of Service

Kay Detrick Owen, MA, Executive Director

10 Years of Service

Denise Marano, MSW, APS II, Prevention Specialist

5 Years of Service

Bonnie Dulany, BA, CAC Treatment Specialist
Carol Snyder, Administrative Assistant

Thanks for your dedication to ARC Manor, our clients, and our community.

PREVENTION



Chantix

Pfizer's smoking cessation medicine Chantix is the first medication out in nearly a decade that can help smokers kick the habit. The FDA approved this new medicine in May 2006. Chantix is unique because it is designed to reduce cravings and withdrawal symptoms from nicotine. Compared to other methods of quitting smoking, Chantix can nearly quadruple your chances of success. This is significant considering that without Chantix, it takes the average smoker approximately 10 attempts to quit for good and only 7% of smokers are smoke free at one year. Along with the medication, Pfizer is also offering a free support program designed to address the behavioral components of smoking dependence. For more information on quitting, contact Amanda Cochran at 724-548-7607.

How wonderful it is that nobody need wait a single moment before starting to improve the world.

--Anne Frank

Community Awareness Day

January 8, 2007 will mark the 4th Annual Community Awareness Day, "Protecting Our Youth and Community." Events include an evening program that will be open to the public, as well as distribution of packets of information throughout all Armstrong County schools, churches, and senior centers. Check out our new website (www.arcmanor.org) or call 1-800-323-1333 for new details as they become available.

Myth vs. Reality

Myth: The dangers of second-hand smoke are exaggerated.

Reality: According to the latest Surgeon General's Report, there is no risk-free level of exposure to second hand smoke. Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome, acute respiratory infections, ear problems and asthma. Non-smokers living with a smoker have a 20% to 30% increase in the risk of lung cancer from secondhand smoke exposure.

Cage Your Rage

ARC Manor recently received a \$1000 grant from the Armstrong County Community Foundation. This funding will be used toward the cost of implementing *Cage Your Rage*, an anger management program specifically designed to be used in a prison population, at the Armstrong County Jail.

Officer of the Year Awards

Municipal Officers Greg Koprivnak & Ron Baustert and State Police Troopers Chris Robbins & Ron Vetovich were presented with the Officer of the Year Awards at ARC Manor's Annual Dinner.

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 Sheila Knell

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.

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

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ADDICTION RECOVERY CENTER

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Communities that Care

CTC Has a New Home!

Armstrong County Communities That Care is now more visible than ever in our community. As of August 1, 2006, CTC moved its office locations from Hose Company #6 in Wick City to its new location in the Armstrong County Chamber of Commerce building.

"This set up is a win-win situation," said Tori Hilty, CTC Community Mobilizer. "It allows CTC to not only be more visible in the community but also to become better acquainted with the businesses in the area."

There was an open house at the new location at 124 Market Street, Kittanning, Friday, October 20 from 1 – 5 p.m. The Community Prevention Board and Key Leaders would like to thank everyone who attended for their support.

CTC would like to extend a special thanks to the Leader Times for stopping by and publishing a wonderful article on CTC. That article sparked a rush of phone calls from people who had never heard of CTC.

Adolescent Risk and Resource Assessment: Why Does CTC Do It?

In order to know why CTC completes Risk and Resource Assessments (R&R), one has to know what it is. It is a study of a community; in this case Armstrong County, which examines the adolescent problems of substance abuse, delinquency, violence, pregnancy, and school dropout.

The first stage of the R&R is data collection using the Pennsylvania Youth Survey (PAYS). While the collected data is being analyzed, a community resource assessment is completed. This assessment includes a survey of existing programs that address the risk factors and a determination what the gaps in services are for the community.

Two R&Rs have been completed in Armstrong County. The first R&R was completed in 2000 and the second in 2004. The second assessment compared Armstrong County data from the 2000 study as well as national data. This allows the community to see trends developing for Armstrong County youth.

Both of these are gold mines of data specific to Armstrong County adolescents. This data helps the community to determine what prevention efforts should be undertaken, when those efforts will be the most effective, and which problem behaviors need to be targeted.

Each study is available in printed and electronic format. These are available by calling 724-548-7644 or 724-548-7607.

Community Prevention Board Spotlight

Since Armstrong County Communities That Care is made up almost exclusively of volunteers from the community, it depends a great deal on a group of individuals' goodwill, concern for Armstrong County youth, and commitment to attain the goals of the vision and mission statements of CTC.

This group of individuals is known as the Community Prevention Board (CPB). Members represent social service agencies, healthcare organizations, parents, schools, the criminal justice system, law enforcement, businesses, youth, and the faith community.

In essence, these people are the community architects of Armstrong County. First they develop ideas for harnessing the potential of Armstrong County youth. Then they develop a "blueprint" known as the Community Prevention Plan. Finally, the CPB begins to build a community where CTC's vision to "create a healthy community that promotes competent, caring, responsible and healthy children and families" comes to fruition.

Outcomes Report Highlights

Making a difference in the lives of children and families begins with a vision. The vision is realized by measuring program outcomes.

In CTC's first outcome review, client outcome data was available for seven programs associated with Armstrong County CTC. There were over 9,500 enrollments during the five-year period of activity for Armstrong County CTC. Youth accounted for the greatest percentage of enrollments at 74.4%, followed by parents at 10.2% and then families at 9.3%. It is important to note that CTC has had an impact on more than program participants alone. Over \$3,000,000 has been brought into Armstrong County by the CTC process in a three-fiscal-year period from FY 2001/2002 to FY 2003/2004. In addition, 30 new jobs were created.

A complete report can be obtained by contacting the Community Mobilizer at 724-548-7644 or thilty4ctc@yahoo.com.

HAVE

A HAPPY NEW YEAR

Invitation to Join

The 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 Tori Hilty, Community Mobilizer, at 724-548-7644 or thilty4ctc@yahoo.com.

News from the Northwest CTC Region

The Northwest Regional meeting for Communities That Care was held October 10, 2006 at the Clarion Riverview Intermediate Unit. This was the first meeting of the new fiscal year and the first meeting with the new Chairperson, Kay Detrick Owen, presiding. Ms. Owen is a member of the Armstrong County CTC and is the Executive Director of ARC Manor, Addiction Recovery Center.

In other regional news, two new representatives from the Northwest Region were elected to the Pennsylvania Association of Community-based Prevention Coalitions (PACPC). Tori Hilty, Community Mobilizer of Armstrong County Communities That Care, and Aileen Querry, Mobilizer of Centre County CARE Partnership, will represent their region at the board's quarterly meetings in Shippensburg.

PACPC's purpose is to promote and sustain research-based strategies that will increase positive youth development through networking, training, and forming collaborations in Pennsylvania's communities.

Upcoming Regional CTC Trainings

Community Resource Assessment

1/23/07 Holiday Inn-Clarion, Clarion
1/25/07 Westmoreland Co. Community
College, Youngwood

Community Planning

2/14/07 Westmoreland Co. Community
College, Youngwood
2/28/07 Holiday Inn, Clarion
3/2/07 Holiday Inn, Monroeville
3/23/07 Days Inn, State College