



# ARC Manor News

W I N T E R 2 0 0 7

## Kay Detrick Owen Set to Retire

Gerald Ford was president. The median household income was \$11,800. A first class stamp cost \$0.10 and a gallon of gas cost \$0.53. The year was 1975. On December 1<sup>st</sup> of that year, Kay started her first job at ARC Manor. She was hired as a Residential Treatment Aide making \$7,628 per year. "I thought I was rich", she recalled. It did not take long for Kay to progress within ARC Manor. In a little more than a year, she was promoted to a Counselor. She then worked to be promoted to Clinical Director.

In 1982, Kay became ARC Manor's first Executive Director. This position combined the job duties of the Administrative and Clinical Directors. Kay explained that, when she took on this new job, ARC Manor was having financial difficulty and had been given 10 months to "clean up the problems" or risk losing all funding. Kay credits the teamwork of the entire agency for ARC Manor's success during this time. "It was only by the board and the staff pulling together during that crisis that we turned ARC Manor around."

Under Kay's leadership, ARC Manor not only turned around, but operations expanded into three buildings in West Kittanning. In 1993, ARC Manor moved to its current location at 200 Oak Avenue in Kittanning. Over the years, ARC Manor moved from an agency with 13 total employees and a budget of \$200,000 to one that employs close to 40 people and manages a budget of \$1.3 million.

When asked what has changed the most in the drug and alcohol field over the years, Kay responded that it has been the "sophistication of the practice." Kay explained that the drug and alcohol field was just emerging as a profession when she began and that agencies were just beginning to define what it meant to be a drug and alcohol provider.

When asked about her feelings of leaving ARC Manor after more than thirty years of service, Kay emphasized the importance of continuing the mission of ARC Manor. "I have every confidence in the board and staff at ARC Manor that they will continue this essential work for the Armstrong County community." Kay added, "More than 30 years have been invested in building community support for drug and alcohol treatment and prevention in Armstrong County. I hope that the community will continue to support the efforts of ARC Manor after my departure."

## PREFERRED PROVIDER AWARD

ARC Manor was the recipient of a Preferred Provider Award by the Armstrong Indiana Drug and Alcohol Commission. The preferred provider program was initiated by the Drug and Alcohol Commission to provide financial and recognition incentives to agencies for meeting performance standards. Providers have an opportunity to earn a preferred status based upon a number of performance standards determined by the Commission. At the present time, the performance standards include variety of funding sources, direct service hours, followup contacts with clients, maintenance of state license, monitoring results, and accuracy of budget projections.

In presenting the Certificate of Achievement to ARC Manor, Kami Anderson, Executive Director of the Commission announced that ARC Manor had achieved Preferred Provider Silver Status and congratulated the agency on being the first provider to receive this award. Kay Owen, Executive Director of ARC Manor, accepted the award on behalf of the agency and thanked the employees for their hard work.



## Executive Director's Message Kay Detrick Owen

### Thank You...

In February 2008, I will be retiring from my position as Executive Director of ARC Manor. By the time February arrives, I will have been employed at ARC Manor for thirty-two years. It has been a wonderful and challenging journey. I am so grateful for the opportunity to learn and lead. The community has been so supportive over the years and that has been one of my blessings. I have had the pleasure of working with so many dedicated professionals both inside and outside the agency-my life has been enriched by those experiences. I still remember my first day of employment as though it were yesterday. The date was December 1, 1975. I think of all the people I have helped over the years and I am humbled by the experience and touched by the resilience of the human spirit. My hope is that ARC Manor will continue to serve the community, grow and prosper. If you wish to share any comments or memories, please feel free to contact me at 724-548-7607 or [kay@arcmanor.org](mailto:kay@arcmanor.org).

### Memorial Donations

We are grateful to receive donations in the honor or memory of community members. The following memorial donations were received since August 2007:

In memory of Mary Heilman Owen

- Mr. and Mrs. Ross Testerman
- Mr. and Mrs. Robert King
- Mr. and Mrs. Michael Gerheim
- Mr. and Mrs. Samuel Kube
- Armstrong County Memorial Hospital
- Mr. and Mrs. Joseph Nickleach
- The Estate of Mary Heilman Owen

In memory of Harvey H. Heilman

- Estate of Harvey H. Heilman

### Staff Awards

The Board of Directors recognized the years of service and the contribution of the employees at their Annual Dinner. The following employees received service awards:

Beverly Boarts-Administrative Officer- Fifteen-year service award  
Carol Hodak- Clinical Assistant- Ten-year service award  
Amanda Cochran- Prevention Specialist-Five-year service award  
Robert French – Prevention Specialist – Five-year service award  
Barbara Rimmel- Clinical Assistant- Five-year service award  
ARC Manor thanks the employees for their dedicated service!

### OFFICERS RECOGNIZED

Each year the Armstrong County DUI Program recognizes officers for their outstanding efforts in making our highways safer. A municipal officer and a state police officer are chosen. The officers are chosen for their excellent record in identifying and removing impaired drivers from the roadways. For 2007, the following officers were chosen to receive the recognition award:

State Police: Christofer Robbins, Kittanning  
Municipal Officer: Ronald Baustert, Gilpin Township

### RECOVERY WALK

In support of National Treatment Works month, 40 recovery advocates gathered for a walk in the community to show their support for recovery from addictive substances. The advocates were consumers, family members, workers, and people from the general public who work to remove the stigma surrounding addiction. The folks who participated in the walk enjoyed their time of fellowship and believe that they drew some attention to a very important issue. The Advocacy Group (TAG) meets the first Wednesday of every month at ARC Manor at 6pm. Anyone interested in learning more about TAG, call Amy Solman at 724 548 7607.

### ANNUAL REPORTS AVAILABLE

The Board of Directors approved the annual report for fiscal year 06-07 at their October meeting. The report summarizes the program accomplishments of the year, provides a financial overview, and lists staff and Board members. Copies are available free of charge and may be picked up at ARC Manor on Monday through Friday from 8am to 5pm.

# PREVENTION

## YOUTH RISK SURVEY

In the fall of 2007, parents of the Armstrong School District and Leechburg School District students in grades 8, 10, and 12 had the opportunity to allow their children to participate in the voluntary Pennsylvania Youth Survey. The survey explored youth attitudes and behaviors about delinquency and substance abuse. The surveys were completely anonymous and confidential and parents had to sign a permission slip for their child to participate.

According to the Pennsylvania Commission on Crime and Delinquency, the survey is a scientifically valid tool for gathering information about violence, weapons use, and risk and protective factors associated with delinquent behavior and substance abuse. The survey results will help communities, school districts, and Communities That Care better allocate resources to target prevention programs.

The school districts partnered with Armstrong County Communities That Care in completing the survey. CTC is a countywide research based prevention initiative that tackles adolescent problems. According to Kay Detrick Owen, Executive Director for ARC Manor and a Key Leader for CTC, "the survey results will help all groups involved with youth problem prevention to target their efforts where it will have the most impact." For more information about CTC, contact 724-548-7607.

## REALITY TOUR

The Reality Tour is a drug awareness and prevention program that takes you into the life experiences of a teen addicted to heroin. Dramatic scenes depict peer pressure at a party, arrest and imprisonment, an overdose at the emergency room and a funeral. There are also informative and interactive discussions about types of drugs and their addictive nature. Question and answers with addicts in recovery and law enforcement officials are part of the program.

The Reality Tour is held the second Tuesday of each month at the Armstrong County Jail from 6pm to 8:30pm. For more information or to register, contact ARC Manor at 724 548 7607.

## BE A QUITTER!

If you ask people who smoke or use smokeless tobacco products if they want to quit, the vast majority will say YES! The problem they run into is without a quit plan and some moral support from people they trust, individuals don't quit for very long.

If you are considering quitting but not sure how to get started, you can call the Quitline at 1-800-QUIT-NOW (1-800-784-8669) and speak to a quit coach who can answer questions and help you set goals.

Then when you're ready, you can contact ARC Manor and speak with a trained Tobacco Cessation Counselor who has the resources to assist someone who is ready to be smoke free. Some of the counseling services provided are group and individual cessation sessions and assistance with tobacco replacement products.

Don't put it off another day – Take the step, make the call, BE A QUITTER!

## Who is Teaching Drug Prevention to Your Child?

A recent survey conducted by Join Together, the nation's leading advocate agency to promote dealing with drug and alcohol problems at the community level, found that the majority of communities are relying solely on their schools and school teachers to provide drug and alcohol prevention education. Thirty seven states have included in their state education requirements that schools teach about the dangers of drugs and alcohol to their students.

A main recommendation from this survey is that schools and communities should use scientific, research based prevention curricula. A strong suggestion was that curricula should be taught by a trained drug and alcohol prevention specialist.

Armstrong County Schools should be commended for having recognized this need and for being ahead of the rest in including scientific, research based drug prevention curricula implemented by trained prevention specialists from the ARC Manor Prevention Department. ARC Manor prevention specialists are trained in the implementation of science based programs such as Too Good For Drugs, Too Good For Drugs and Violence, and Lifeskills.

So, you can confidently answer the question "Who is teaching drug prevention to your child?" knowing your efforts are being strengthened by the efforts of your school district and ARC Manor.

Together we can be successful!

To see the complete Join Together survey go to [www.jointogether.org/keyissues/preventioneducation](http://www.jointogether.org/keyissues/preventioneducation)

## 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.

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.

## 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

TEL: (724) 548-7607  
FAX: (724) 545-7999  
E-mail: [recover@arcmanor.org](mailto:recover@arcmanor.org)  
Website: [www.arcmanor.org](http://www.arcmanor.org)

200 Oak Avenue  
Kittanning, PA 16201

ADDICTION RECOVERY CENTER

ARC  
MANOR

