



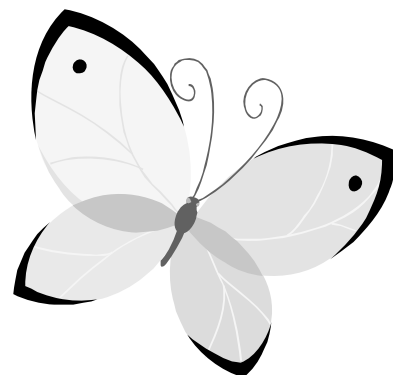
2007—2008 Annual Report

200 Oak Avenue  
Kittanning, PA 16201  
Phone: 724-548-7607  
800-323-1333  
Fax: 724-545-7999  
www.arcmanor.org

Eligibility for ARC Manor Programs is open to anyone who has a problem with alcohol and 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.

The Department of Health, Bureau of Drug and Alcohol Programs, Commonwealth of Pennsylvania and the Armstrong/Indiana Drug and Alcohol Commission, Inc. specifically disclaim responsibility for any analyses, interpretations, or conclusions herein.



# ARC Manor

200 Oak Ave., Kittanning, PA

TRANSFORMING LIVES...  
1-800-323-1333 (724) 548-7607

WWW.ARCMANOR.ORG

## 2007—2008 Annual Report

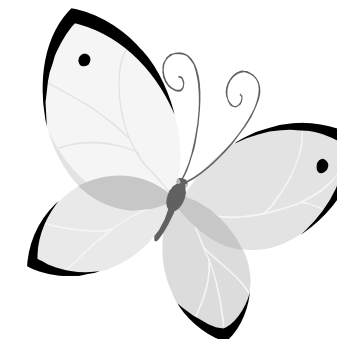
### TRANSFORMING LIVES...

#### Our Mission:

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

#### Our Services:

- Confidential & Quality Services 24 hours a day
- Fully Licensed Residential, Partial Hospital, and Outpatient Treatment Programs
- Over Thirty Years of Experience in Alcohol and Drug Treatment
- Knowledge of the Needs of Special Populations Including: Co-occurring Disorders; Criminal Offenders; Women; and Adolescents
- Targeted, Research-Based Alcohol and Drug Prevention Programs
- Comprehensive Tobacco Prevention, Intervention, and Cessation Programs
- Buprenorphine Services for Opiate Dependence
- Professional, Qualified, & Certified Staff Members



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#### Our Personnel:

##### Executive Team

Cynthia C. McCrea, MSW, LSW  
Executive Director

Jill L. Pless, B.A., CAC  
Assistant Director

Donald Goldstroh, B.S.  
Chief Fiscal Officer

Michael Watterson, M.S., AACII  
Program Supervisor

##### Fiscal Staff

Beverly Boarts

Janice Mechling

##### Clerical Staff

Davonna Clyde

Susan Norris

##### Treatment Specialists

Amy Solman, M.A., L.P.C., CAC  
Senior Treatment Spec.

Jessica Atwood, M.S., AACI

Jessica Ausk, B.A.

Bonnie Dulany, B.A., CAC

Cari-Marie Harmon, B.A., AACII

Steve Olish, M.A.

Daral J. Parsons, B.S.

Anna Shuster, B.A., AACII

##### Custodial Worker

Domenic Cesare

Clifford Vogan, M.D.

Tehal Bhojak, M.D.

George Lloyd, M.D.

Kenneth Poher, M.D.

##### Consultants

Clifford Vogan, M.D.

Tehal Bhojak, M.D.

George Lloyd, M.D.

Kenneth Poher, M.D.

##### Clinical Assistants

Joe Boston

David Fisher

Carol Hodak

Rebecca Miller

Lauri Strotman

Nancy Willyard

**Prevention/Intervention**

Denise Morano, MSW, APS II

Kathy Velcko, B.S.

Robert French, B.S.

Rodney Miller, B.A.

Fred Neal, B.S.

Linda Courson, CAAP

Anna Mieszkowski, CAAP

Scott Patterson, B.A.

## Executive Director's Message

For many years, ARC Manor has used the tag-line "Transforming Lives" to describe the work that we do everyday. For anyone that has been touched by addiction, there is an awareness of the daily struggles and challenges individuals face to overcome the disease. Thankfully, many also know of the transformation that occurs when a person makes a commitment to recovery. As with any transformation, the process of recovery is gradual and no two people approach the process in the same manner. Much like a butterfly however, when the transformation does occur, it is brilliant, exciting, and opens a door to a brand new life.

As we look back over the past fiscal year, ARC Manor recognizes the transformations that have taken place. Through our treatment and intervention programs, we have seen clients come from many different areas, for many different reasons, and have watched them grow and progress through the process of recovery. We

have seen many spread their wings and fly into a new life with new hope.

Through prevention, we have touched people of all ages and from all backgrounds. We have seen students develop awareness of the harms of addiction. We have seen parents recognize that they are an essential component in all prevention efforts. Finally, we have seen churches, schools, businesses, social services, healthcare organizations, and the community rally around our mission.

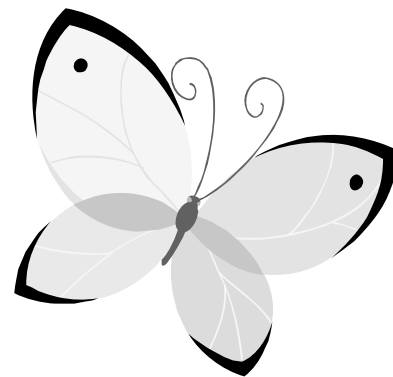
As an agency, we have all watched the transformation from one leader to the next. In the past 34 years of ARC Manor's existence, this transformation has only occurred on three occasions. As with the transformation of a butterfly, a new leader takes time to grow, learn, and develop until finally finding a way to create something new and exciting.

ARC Manor has grown along with the field of addictions. The challenges of this field have changed over time

and ARC Manor has always shown an ability to transform to meet the needs of the community. I look forward to continuing in this tradition, and I thank you for the support that you have given.

Thank you,

Cynthia C. McCrea, MSW, LSW  
Executive Director



## In Appreciation...

### ARC Manor Board of Directors

Chase McClister, President—Attorney, Kittanning, PA

Steve Bono, DDS, Vice President—Dentist, Family Dentistry, Kittanning, PA

Frank Shumaker, Treasurer—Deputy Sheriff, Armstrong County, Kittanning, PA

Sheree Shafer, Secretary—Nurse Practitioner, Kittanning, PA

Bonnie Dulany—Treatment Specialist, ARC Manor, Kittanning, PA

Allen Lockard—CEO, Elderton State Bank, Elderton, PA

Mona Rupert—Vice-President of Clinical Services, ACMH, Kittanning, PA

Beverly Steffey—Bookkeeper, Progressive Workshop, Kittanning, PA

Rich Trinclisti—Retired, United Mine Workers, Apollo, PA

Brian Trudgen—Attorney, Thorpe, Reed, & Armstrong, Pittsburgh, PA

Liz White—Secretary/Treasurer, White Enterprises, Kittanning, PA

## Fiscal Year 2007 – 2008 Financial Statement

### -Revenue-

Single County Authority		
Armstrong/Indiana (includes PCCD & Enhanced Funds)	\$	418,724
Other SCA's		12,450
Medical Assistance, Act 152, BHSI Funds		137,748
Client Fees		103,428
DUI Fees		95,444
Office of Vocational Rehabilitation		7,044
United Way		16,501
Human Service Development Fund		
Armstrong County		22,737
Value Behavioral Health		419,874
Medical Assistance		7,349
Miscellaneous		20,976
Private Insurance		7,133
Intermediate Punishment Programs		3,900
Act 198		23,358
Tobacco Control Program		29,986
CTC Grant		20,000
Donations		22,400
Margaret Patton Grant		5,500
<b>TOTAL REVENUE</b>		<b>1,374,552</b>

### -Expenses-

Salaries	\$	726,926
Benefits		270,454
Staff Development		4,656
Meeting and Conference Expenses		1,579
Consultant Expenses		10,545
Occupancy Expenses		67,017
Insurance		5,531
Communications		36,222
Office Supplies		11,204
Minor Equipment and Furniture		525
Medical Supplies and Medications		39,560
Food		17,718
Program Supplies		41,115
Staff Travel		8,566
Client Transport		13,558
Purchased Client Oriented Services		73,560
Equipment Maintenance Expense		9,459
Motor Vehicle Maintenance Expense		4,350
Other Operating Expenses		12,337
Office Equipment Expenses		1,035
Client Oriented Fixed Assets		15,500
Miscellaneous Personnel Expenses		142
<b>TOTAL EXPENSES</b>		<b>1,371,559</b>

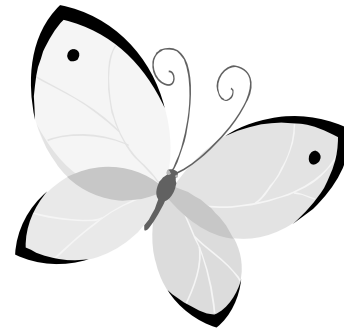
*Financial statement as of August 20, 2008. This is an un-audited financial statement. A full audit will be available.  
One time donations of \$132,126 are invested and not shown in this report.*

## Our Accomplishments

### Intervention Services

Through our 24 hour hotline, ARC Manor responded to 1,505 crisis calls in the 2007-2008 fiscal year. An additional 207 people walked in off of the streets seeking help for their drug and alcohol problem. This is a 23% increase over the previous year.

ARC Manor has managed the DUI Program for the Armstrong County Court of Common Pleas for the past twenty-one years. In the 2007-2008 fiscal year, 350 evaluations were provided to people arrested for driving under the influence of alcohol or other substances and 348 offenders attended the Safe Driving Education Program.



### Our Clients' Transformations:

"I HAVE FAITH THAT RECOVERY IS POSSIBLE. THAT FAITH IS A TRANSFORMATION IN ITSELF"

"ONE OF THE BIGGEST THINGS I LOVE ABOUT STAYING CLEAN IS THAT MY FAMILY TRUSTS ME NOW. I HAVE PEACE WITHIN ME IN MY HEART & SOUL"

"I FEEL LIKE I HAVE MADE GREAT CHANGES, AND I STILL FEEL LIKE THERE IS MORE TO COME"

"RECOVERY... FEELS DIFFERENT, BUT GOOD AT THE SAME TIME."

### In Appreciation...

#### ARC Manor Foundation Board of Directors

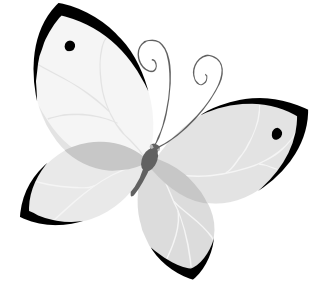
- Tim Faith, President—Ford City, PA
- Steve Owen, Vice-President—Templeton, PA
- Carol Trudgen, Treasurer—Kittanning, PA
- Sue Torrence, Secretary—Kittanning, PA
- Beverly Steffey, Board Liaison—Kittanning, PA
- Sue Boggs—Kittanning, PA
- Larry Graham—Kittanning, PA
- Gloria Barker—Kittanning, PA
- Carol Hickman—Kittanning, PA

## Our Accomplishments

### Treatment Services:

ARC Manor provides four main treatment programs for people with drug and alcohol abuse and addiction problems. Over the 2007-2008 fiscal year, the following numbers reflect the accomplishments for each program:

PROGRAM	# OF CLIENTS	# OF SERVICES
Residential	182	2,395 Days
Partial Hospital	146	5,312.75 Hours
Intensive Outpatient	173	5,743.25 Hours
Outpatient	686	6,924.75 Hours



### Significant Events for Treatment Services

- All outpatient levels of care exceeded projections over fiscal year 2007-2008 indicating that we are reaching out to more people and retaining those individuals in treatment for longer periods of time.
- ARC Manor's average score utilizing the Client Satisfaction Questionnaire was 28.94, exceeding the national standard.
- Results of contacting a sample of clients one month after discharge reveal that 70% report not using substances. At the six month mark, 59% report continued abstinence.
- ARC Manor achieved full licensure for all treatment services at the main Oak Avenue location in Kittanning and the Leechburg Satellite location. The agency is licensed by the Bureau of Community Standards, Division of Drug and Alcohol Licensing, Pennsylvania Department of Health.

### Prevention Services

ARC Manor prevention programs are those based on research with evidence of their effectiveness. The following numbers reflect the accomplishments of the programs offered in the 2007-2008 fiscal year.

Too Good For Drugs	883 Students
Too Good For Drugs & Violence	101 Students
Creating Lasting Family Connections	34 Youth
Creating Lasting Family Connections	46 Parents

- Tobacco prevention staff provided 92.5 hours of tobacco cessation programs and 102.5 hours of tobacco prevention and education programs throughout Armstrong County.
- ARC Manor saw 322 youth and adults attend the Reality Tour© in the 2007-2008 fiscal year. This innovative program continues to touch attendees by presenting a glimpse into the life of a heroin addicted teen from arrest to imprisonment to overdose and then death. ARC Manor thanks the many volunteers and community partners that make this program a success.
- Through Summer Plunge and Summerfest events, prevention staff provided 219 attendees with drug and alcohol free recreational events.
- Over the 2007-2008 fiscal year, the Armstrong County Communities That Care (CTC) program held monthly Community Prevention Board Meetings. Four new members were recruited for this board and have attended trainings.