Our Services:

- Confidential & Quality Services 24 hours a day
- Fully Licensed Residential, Partial Hospital, and Outpatient Treatment Programs
- Thirty-Nine Years of Experience in Addiction Services
- Knowledge of the Needs of Special Populations Including: Co-occurring Physical & Behavioral Health; Gambling Addiction; Criminal Offenders; Veteran’s; Women; and Adolescents
- Comprehensive Intervention and Outreach Services
- Navigation of Physical and Behavioral Health Care Needs by a Registered Nurse
- On-Site Buprenorphine Services for Opioid Dependence
- Professional, Qualified, & Certified Staff Members

Our Personnel:

Executive Team
Cynthia C. McCrea, MSW, LSW
Executive Director
Jill L. Pless, B.A., CADC
Assistant Director
Donald Goldstroom, B.S.
Chief Fiscal Officer
Anna Shuster, B.A., CCDP
Clinical Director
D. Jen Coller, B.S., CADC
Treatment Supervisor
Cari-Marie Harmon, B.A., CADC
Treatment Supervisor

Clerical Staff
Linda Courson, CAAP
Jessica McDade, B.S.
Melissa Whitfield
Cheyenne Ochs
Nancy Crance

Treatment Specialists
Crista Boring, B.S.
Brian Carpenzano, B.S.
David Chambers, B.A., CADC
Sara Conner, B.S., CADC
Melissa DiBiccaro, B.S.
Sara Geer, M.S., AACI
Lori Gehenio, B.S.N.
Jaime Harmon, M.S.W., AACII

Fiscal Staff
Janice Mechling
Susan Norris
Emily Batiz, B.A.

Outreach/Intervention
Denise Marano, MSW, APS II
Kathy Velcko, B.S.
Scott Patterson, B.A.

Clinical Assistants
Jana Cassel
Dana Grant, C.R.S.
Carol Hodak, C.R.S.
Fred Marrapode, C.R.S.
Rebecca Miller, C.R.S.
Laurinda Strotman, C.R.S.
Valerie Young

Consultants
German Martinez-Eskenasy, M.D.
Grace McGorrian, M.D.
PBS Medical Associates
Samantha Geise, CRNP
John H. Soffietti, M.D.
Clifford Vogan, M.D.
Sometimes the most challenging experiences become the most meaningful. Just before the beginning of the 2012-2013 fiscal year, ARC Manor was faced with several challenges. First, our plans for a new facility were abruptly halted when the site that was being considered was sold to another party. Second, as with many other behavioral health organizations, ARC Manor was faced with significant reductions in several funding streams.

Rather than dwelling on the negatives, ARC Manor’s Board, Staff, & Foundation chose to move forward and focus on the positives. ARC Manor’s Board made the decision to retain all staff despite the loss of funding and to streamline services in order to make them more accessible and efficient. ARC Manor’s Board was also determined not to let the dream of a new facility die. Very early in fiscal year 2012-2013, a new location was found. I am pleased to say that ARC Manor once again looks forward to building a state of the art addiction treatment and education facility that is large enough to serve the needs of our communities, but small enough to offer the individualized care that ARC Manor is known for providing. I will admit that this year posed more fiscal constraints than I have been accustomed to in my years as Director. However, ARC Manor continues to move forward in a strong fiscal position and as a leader in addiction services. In the past fiscal year, ARC Manor served thousands of individuals and led many to a path of recovery. In the years to come, we strive to meet the needs of so many more.

—Cindy McCrea

In Appreciation:

ARC Manor Board of Directors

Frankie Shumaker, President—Deputy Sheriff, Armstrong County, Kittanning, PA
Beverly Steffey, Vice-President—Bookkeeper, Progressive Workshop, Kittanning, PA
Sheree Shafer, Secretary—CRNP, Children’s Community Pediatrics, Kittanning, PA
Bradley Toy, Treasurer—Assistant Vice-President, F&M Bank, Kittanning, PA
Gretchen Dosch—Mayor, Applewold Borough, Kittanning, PA
James Gagnini—Retired, Education, Kittanning, PA
Jaime Harmon, Staff Representative—Therapist, ARC Manor, Kittanning, PA
Tim Lehner—Marketing Coordinator/Designer, ACMH Hospital, Rural Valley, PA
Donna Lucas—Retired, Allegheny County Port Authority, Freeport, PA
Cynthia Rearick, Foundation Liaison—Supervisor, Armstrong Co. Assistance Office, Kittanning, PA
James Veronesi—Director of Leadership Development, Kittanning, PA
Liz White—Secretary/Treasurer, White Enterprises, Kittanning, PA

*Thank you to Steve Bono, Dentist, Kittanning, PA who served on our Board during the 2012-2013 fiscal year

“Alone we can do so little; together we can do so much.”
—Helen Keller

“Sticks in a bundle are unbreakable.”
—Kenyan Proverb
Our Accomplishments:

Intervention Services

Through our 24 hour hotline serving both Armstrong & Clarion counties, ARC Manor responded to 680 crisis situations and completed an additional 1,707 screenings to engage clients in treatment in the 2012-2013 fiscal year.

ARC Manor has managed the DUI Program for the Armstrong County Court of Common Pleas for more than twenty-five years. In the 2012-2013 fiscal year, 264 evaluations were provided to people arrested for driving under the influence of alcohol or other substances and 252 individuals attended the Safe Driving Education Program.

Treatment Services

ARC Manor provides multiple treatment programs for individuals struggling with drug and alcohol abuse and addiction in both Armstrong & Clarion counties. Over the 2012-2013 fiscal year, the following numbers reflect the accomplishments for each program:

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th># OF CLIENTS</th>
<th># OF SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential</td>
<td>188</td>
<td>2,356 Days</td>
</tr>
<tr>
<td>Partial Hospital</td>
<td>127</td>
<td>1,958 Hours</td>
</tr>
<tr>
<td>Intensive Outpatient</td>
<td>167</td>
<td>1,311.5 Hours</td>
</tr>
<tr>
<td>Outpatient</td>
<td>439</td>
<td>2,707.5 Hours</td>
</tr>
<tr>
<td>Clarion Intensive Outpatient</td>
<td>66</td>
<td>490 Hours</td>
</tr>
<tr>
<td>Clarion Outpatient</td>
<td>265</td>
<td>1,802.5 Hours</td>
</tr>
</tbody>
</table>

Significant Events for Treatment Services

- ARC Manor achieved full licensure for all treatment services at the main Oak Avenue location in Kittanning and for the Clarion & Leechburg Satellite locations. The agency is licensed by the Pennsylvania Department of Drug & Alcohol Programs, Division of Program Licensure.

- ARC Manor’s average score utilizing the Client Satisfaction Questionnaire was 29.70. This rating is well above the national standard for behavioral health care of 27.09.

- Results of contacting a sample of clients one month after discharge reveal that 71% were not using substances. At the six month mark, 59% of clients contacted reported continued abstinence.

- In fiscal year 2012—2013, ARC Manor moved the Clarion practice to a new and expanded location at the Primary Health Network Building, Trinity Point, in Clarion. Services were expanded to include Partial Hospitalization programming and Buprenorphine.

- In fiscal year 2012—2013, ARC Manor continued to provide Nurse Navigation services to clients who are active in treatment in order to assist clients in managing both their physical health and behavioral health needs.

“Set your expectations high; find men and women whose integrity and values you respect; get their agreement on a course of action; and give them your ultimate trust.”

-John Fellows Akers
Outreach Services:

ARC Manor’s Outreach staff continues to provide programming and education throughout the communities that we serve. The following numbers reflect the accomplishments of the programs offered in the 2012-2013 fiscal year:

- ARC Manor’s Outreach staff presented to various community groups in Armstrong, Clarion, Butler, & Westmoreland Counties and served more than 1,000 individuals with these speaking engagements.
- ARC Manor presented to more than 1,900 students, parents, and educators in local schools including Armstrong School District, Orchard Hills Academy, Apollo Ridge School District, Freeport School District, and Leechburg School District.
- ARC Manor’s Outreach staff provided education and distributed literature on alcohol and other drugs to thousands of attendees at Health Fairs across Armstrong, Indiana & Clarion Counties.
- ARC Manor presented with Community Leaders at Town Meetings in Rural Valley/Dayton, Apollo & Freeport areas.
- ARC Manor saw 88 youth and adults attend the Reality Tour® in the 2012-2013 fiscal year. ARC Manor thanks the many volunteers and community partners that have made this program a success.
- ARC Manor offered the “Intro To Drugs: What Kids Don’t Want You To Know” program to 113 attendees in Armstrong, Clarion, & Westmoreland Counties.

In Appreciation:

ARC Manor Foundation Board of Directors
Tim Faith, President—Ford City, PA
Allen McCrea, Vice-President—Freeport, PA
Sue Torrance, Secretary—Kittanning, PA
Beverly Steffey, Treasurer—Kittanning, PA
Gloria Barker—Kittanning, PA
Sue Bogg—Kittanning, PA
Allen Lockard—Indiana, PA
Cynthia Rearick—Board Liaison—Kittanning, PA
Edward Young—Freeport, PA

Provider Recognition:

The Behavioral Health Alliance of Rural Pennsylvania has chosen to list ARC Manor as a “Provider Leading in Recovery” for our efforts in Physical and Behavioral Health Navigation and for our use of Certified Recovery Specialists to staff Non-Hospital Residential treatment.
### Fiscal Year 2012-2013 — Financial Statement

**-Revenue-**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single County Authority</td>
<td></td>
</tr>
<tr>
<td>Armstrong/Indiana/Clarion (includes PCCD, ACT 152, &amp; Enhanced Funds)</td>
<td>$378,368</td>
</tr>
<tr>
<td>Other SCA’s</td>
<td>$23,840</td>
</tr>
<tr>
<td>Client Fees</td>
<td>$101,591</td>
</tr>
<tr>
<td>DUI Fees</td>
<td>$69,700</td>
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<tr>
<td>Office of Vocational Rehabilitation</td>
<td></td>
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<tr>
<td>United Way</td>
<td>$3,387</td>
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<tr>
<td>Human Service Development Fund</td>
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<tr>
<td>Armstrong County</td>
<td>$9,310</td>
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<tr>
<td>Value Behavioral Health</td>
<td>$605,843</td>
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<tr>
<td>Medical Assistance (includes Community Care Behavioral Health)</td>
<td>$145,244</td>
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<tr>
<td>Miscellaneous</td>
<td>$74,699</td>
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<tr>
<td>Private Insurance</td>
<td>$31,796</td>
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<td>Act 198</td>
<td>$16,959</td>
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<tr>
<td>Donations</td>
<td>$2,797</td>
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<td>Margaret Patton Grant</td>
<td>$6,000</td>
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<tr>
<td>Reinvestment Plans</td>
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<tr>
<td>HRSA Grant</td>
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<tr>
<td><strong>TOTAL REVENUE</strong></td>
<td>$1,715,770</td>
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</table>

**-Expenses-**

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Salaries</td>
<td>$1,064,030</td>
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<tr>
<td>Benefits</td>
<td>$378,057</td>
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<tr>
<td>Staff Development</td>
<td>$3,518</td>
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<tr>
<td>Meeting and Conference Expenses</td>
<td>$3,166</td>
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<tr>
<td>Consultant Expenses</td>
<td>$55,452</td>
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<tr>
<td>Occupancy Expenses</td>
<td>$111,851</td>
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<td>Insurance</td>
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<td>Communications</td>
<td>$38,346</td>
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<td>Office Supplies</td>
<td>$16,985</td>
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<tr>
<td>Minor Equipment &amp; Furniture</td>
<td>$14,062</td>
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<tr>
<td>Medical Supplies &amp; Medications</td>
<td>$27,993</td>
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<tr>
<td>Food</td>
<td>$27,942</td>
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<td>Program Supplies</td>
<td>$37,730</td>
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<td>Staff Travel</td>
<td>$18,302</td>
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<tr>
<td>Client Transport</td>
<td>$17,477</td>
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<tr>
<td>Purchased Client Oriented Services</td>
<td>$50,936</td>
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<tr>
<td>Equipment Maintenance Expense</td>
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<tr>
<td>Motor Vehicle Maintenance Expense</td>
<td>$3,876</td>
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<tr>
<td>Other Operating Expenses</td>
<td>$17,706</td>
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<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td>$1,903,213</td>
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</tbody>
</table>

*Financial statement as of August 31, 2013. This is an un-audited financial statement. A full audit will be available upon completion.*
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 Department of Drug and Alcohol Programs, Division of Program Licensing, and is funded by the Armstrong-Indiana-Clarion Drug and Alcohol Commission through a grant from the Department of Drug and Alcohol Programs, Pennsylvania Department of Health, the Armstrong 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 Drug and Alcohol Programs, Commonwealth of Pennsylvania and the Armstrong-Indiana-Clarion Drug and Alcohol Commission, Inc. specifically disclaim responsibility for any analyses, interpretations, or conclusions herein.