Executive Director’s Message

MORE MORE MORE

In an informal survey of staff, the theme for the Fiscal Year 05-06 was MORE. More clients, more paperwork, more regulations, more serious drugs, and a more frantic pace.

The good news of the “more” year is that huge numbers of people sought treatment and more people were helped. For the first time in the history of ARC Manor, we served over 1000 people in treatment in a single year.

The bad news of the “more” year is that ARC Manor was faced with more serious addiction problems. Poly-drug use has become the norm, heroin problems are rampant, and cocaine has reemerged as a major drug of choice.

The challenge in treatment over the past year has been to maintain the focus on recovery while managing the regulatory and contractual demands. In addition to the increase in clients, treatment and intervention staff have had to cope with more paperwork and more regulations! The staff have done a fabulous job and they deserve congratulations. (Continued on page two)

TREATMENT SERVICES

CORE TREATMENT PROGRAMS SURPASSED EXPECTATIONS

ARC Manor continued to provide four major treatment programs for people with drug and alcohol abuse and addiction problems.

<table>
<thead>
<tr>
<th>Program</th>
<th># of Clients</th>
<th># of Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential</td>
<td>185</td>
<td>2693 days</td>
</tr>
<tr>
<td>Partial Hospital</td>
<td>157</td>
<td>4836 hours</td>
</tr>
<tr>
<td>Intensive Outpatient</td>
<td>184</td>
<td>7134 hours</td>
</tr>
<tr>
<td>Outpatient</td>
<td>695</td>
<td>6112 hours</td>
</tr>
<tr>
<td>Total</td>
<td>1221</td>
<td></td>
</tr>
</tbody>
</table>

SPECIAL POPULATIONS

ARC Manor is responsive to the needs of our clients. Specialized programs have been developed and offered for the following populations: Opiate Dependent Individuals, Adolescent Abusers/Addicts, Women Addicts, Criminal Offenders, and people with Co-Occurring Disorders (mental illness and substance abuse).

DEMOGRAPHIC TRENDS

*The average age of people in treatment is declining. More than half of the clients in treatment are under the age of 29.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>% of total client population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential</td>
<td>18-29</td>
<td>55%</td>
</tr>
<tr>
<td>Partial Hospital</td>
<td>18-29</td>
<td>55%</td>
</tr>
<tr>
<td>Intensive Outpatient</td>
<td>18-29</td>
<td>53%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>13-29</td>
<td>47%</td>
</tr>
</tbody>
</table>

(continued on page two)
Executive Director’s Message (continued from first page)

So, in conclusion, FY 05-06 was an incredibly busy year. We are grateful for the support of the community and we are proud of the work we do in preventing and treating substance abuse and addiction.

Kay Detrick Owen, MA

TREATMENT (continued from first page)

* Three percent of the clients in treatment are minorities. This is a disproportionate number since less than 1% of the county population are minorities.

* The percentage of females in treatment is increasing. For fiscal year 05-06, 35% of the clients were women. This is a five percent increase over the previous year.

ACHIEVED HIGH SATISFACTION RATINGS

ARC Manor utilizes a validated and standardized questionnaire to measure client satisfaction. ARC Manor’s average score of 26.40 on the Client Satisfaction Questionnaire exceeded the national average score.

SUCCESSFUL OUTCOMES

Results of contacting a sample of clients one month after discharge reveal that 72.4% report not using substances. At the six month mark 60% reported abstinence as did 66% at the twelve month mark.

MAINTAINED HIGH RATINGS

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. ARC Manor is highly regarded by the state drug and alcohol division and is often used as a training site for licensing representatives.

INTERVENTION SERVICES

RESPONDED TO PEOPLE IN CRISIS

Through our 24-hour hotline, ARC Manor staff responded to 1157 crisis calls. An additional 165 people walked in off the streets seeking help for their drug and alcohol problem. The goal of the crisis service is to assist people with the immediate situation and then to encourage them to seek treatment as a longer term solution.

MANAGED DUI SERVICES FOR COUNTY COURT

FY 05-06 was the twentieth year that ARC Manor managed the DUI program for the Armstrong County Court of Common Pleas. Evaluations were provided to 317 people arrested for driving under the influence and 247 offenders attended the Safe Driving Education Program.

JAIL COUNSELING PROGRAM

ARC Manor staff provided 2307.5 hours of assessment, emergency services, and counseling at the Armstrong County Jail. Funding for this program is from the Armstrong County Commissioners and the Human Service Development Fund.


**PREVENTION SERVICES**

**CONDUCTED EVIDENCE BASED PROGRAMS**
In planning prevention services for the community, ARC Manor prevention staff focused on programs that are based on research and have evidence of their effectiveness. Some of these programs included Life Skills Training, Parents Who Care, Preparing for the Drug-Free Years, Preparing for School Success, Communities That Care, Too Good for Drugs, and Creating Lasting Family Connections. The numbers reached for several of the programs are listed below:

<table>
<thead>
<tr>
<th>Program</th>
<th>Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Skills</td>
<td>518 youth</td>
</tr>
<tr>
<td>Too Good For Drugs</td>
<td>305 youth</td>
</tr>
<tr>
<td>Creating Lasting Family Connections</td>
<td>235 youth</td>
</tr>
<tr>
<td>Creating Lasting Family Connections</td>
<td>234 parents</td>
</tr>
</tbody>
</table>

**TOBACCO PREVENTION AND CESSATION SERVICES**
The tobacco cessation program provided 388 hours and 260 prevention awareness programs. Programs included the Smoke-Free for Life smoking cessation curriculum, Clean Air for Healthy People physician trainings, teen cessation facilitator training, Kick Butt’s Day Initiative “Shoe Campaign”, workplace cessation and a prenatal cessation rewards initiative.

**REALITY TOUR**
ARC Manor was proud to be the managing agency for the The Reality Tour©, an innovative drug prevention and awareness program that takes the attendee into the life of a teen on heroin from arrest and imprisonment to overdose and death. This prevention program is sponsored by the Armstrong County District Attorney Scott Andreassi, ACMH Foundation, Armstrong-Indiana Drug and Alcohol Commission, Armstrong School District Foundation, Armstrong School District Drug Free Schools Program, and ARC Manor. With the help of 55 volunteers, ARC Manor presented The Reality Tour© to 485 people during fiscal year 05-06.

**COMMUNITIES THAT CARE**
Armstrong County Communities That Care (CTC) had several significant achievements during fiscal year 05-06. Achievements included the publication of the 2004 Adolescent Risk and Resource Assessment and the development of a long-term sustainability plan that will help CTC sustain not only financial support in Armstrong County, but will also help sustain the CTC process in the county. Armstrong County CTC was awarded a sustainability grant from Pennsylvania Commission on Crime and Delinquency (PCCD). Armstrong County CTC was one of 30 sites selected for funding out of over 70 across the state that was awarded funds for fiscal year 2006/2007.

**PREVENTION OUTREACH**
Other major prevention services reached large numbers of the community. Five hundred thirty-five adult community members, social service providers, and educators received Alcohol, Tobacco and Other Drug training and 911 youth participated in drug and alcohol-free activities.
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.
### REVENUE:

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Single County Authority:</td>
<td></td>
</tr>
<tr>
<td>Armstrong - Indiana (includes PCCD &amp; reinvestment funds)</td>
<td>$452,917</td>
</tr>
<tr>
<td>Other SCAs</td>
<td>$1,580</td>
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<tr>
<td>Medical Assist., Act 152</td>
<td>$141,512</td>
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<tr>
<td>Client Fees</td>
<td>$87,335</td>
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<tr>
<td>DUI Fees</td>
<td>$74,707</td>
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<tr>
<td>Office of Vocational Rehabilitation</td>
<td>$26,531</td>
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<tr>
<td>United Way</td>
<td>$15,933</td>
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<tr>
<td>Human Service Development Fund</td>
<td></td>
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<tr>
<td>Armstrong County</td>
<td>$43,469</td>
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<tr>
<td>Value Behavioral Health</td>
<td>$311,787</td>
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<tr>
<td>Medical Assistance</td>
<td>$536</td>
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<tr>
<td>Miscellaneous</td>
<td>$17,130</td>
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<tr>
<td>Private Insurance</td>
<td>$9,230</td>
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<tr>
<td>Intermediate Punishment Programs</td>
<td>$3,874</td>
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<tr>
<td>Jail Counseling</td>
<td>$71,340</td>
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<tr>
<td>ACT 198</td>
<td>$16,005</td>
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<tr>
<td>Tobacco Control Program</td>
<td>$32,175</td>
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<tr>
<td>CTC Grant</td>
<td>$50,855</td>
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<tr>
<td>Creating Lasting Family Connections Grant</td>
<td>$38,047</td>
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<td>Margaret Patton Grant</td>
<td>$5,000</td>
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<td>State Incentive Grant</td>
<td>$34,740</td>
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<tr>
<td>Donations</td>
<td>$7,980</td>
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<tr>
<td>Highmark Grant</td>
<td>$6,000</td>
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<td><strong>Total Revenue</strong></td>
<td><strong>$1,448,685</strong></td>
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</tbody>
</table>

### EXPENSES:

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<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Salaries</td>
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<tr>
<td>Benefits</td>
<td>$275,736</td>
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<tr>
<td>Staff Development</td>
<td>$4,670</td>
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<tr>
<td>Meeting and Conference</td>
<td>$2,751</td>
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<tr>
<td>Consultant</td>
<td>$6,097</td>
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<tr>
<td>Miscellaneous Personnel</td>
<td>$628</td>
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<tr>
<td>Occupancy</td>
<td>$61,749</td>
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<tr>
<td>Insurance</td>
<td>$3,526</td>
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<td>Communications</td>
<td>$30,216</td>
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<tr>
<td>Office Supplies</td>
<td>$15,528</td>
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<tr>
<td>Minor Equipment and Furniture</td>
<td>$393</td>
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<tr>
<td>Medical Supplies and Drugs</td>
<td>$11,311</td>
</tr>
<tr>
<td>Food</td>
<td>$16,768</td>
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<tr>
<td>Program Supplies</td>
<td>$32,478</td>
</tr>
<tr>
<td>Staff Travel</td>
<td>$9,273</td>
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<tr>
<td>Client Transport</td>
<td>$9,457</td>
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<tr>
<td>Purchased Client Oriented Services</td>
<td>$54,448</td>
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<tr>
<td>Equipment Maintenance</td>
<td>$8,207</td>
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<tr>
<td>Motor Vehicle Maintenance</td>
<td>$2,246</td>
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<tr>
<td>Other Operating Expenses</td>
<td>$10,329</td>
</tr>
<tr>
<td><strong>Total Expenditures</strong></td>
<td><strong>$1,326,348</strong></td>
</tr>
</tbody>
</table>

This is an unaudited financial statement. A full audit will be available upon completion.
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
Children’s Community Care
Kittanning PA

Bonnie Dulany
Treatment Specialist
ARC Manor
Kittanning PA

Allen Lockard
Chief Executive Officer
Elderton State Bank
Elderton PA

Carl Lytle
Retired, U.S. Air Force
Adrian PA

Mona Rupert
Vice President of Clinical Services
Armstrong County Memorial Hospital
Kittanning PA

Beverly Steffey
Office Manager
Manor Minerals
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

Executive Team
Kay Detrick Owen, M.A., Executive Director
Jill L. Pless, B.A., C.A.C., Assistant Director
Donald Goldstrohm, B.S., Chief Financial Officer
Amy Solman, M.A., C.A.C., L.P.C., Clinical Director
Cindy McCrea, L.S.W., C.C.J.P., Jail Program Supervisor

Treatment Specialists
Bonnie Dulany, B.A., C.A.C.
Michael Watterson, B.A., A.A.C.I.
Janetta Thomas, B.A., A.A.C. II
Derrick Bowser, M.A., C.A.C.
Susan Zalenski, B.A., A.A.C.I
Jill Lamison, L.S.W.
Steve Olish, M.A.
Cari-Marie Harmon, B.A.
Anna Shuster, B.A.

Consulting Staff
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Janice Mechling

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Carol Hodak
Nancy Willyard
Sonya Kennedy
Melody Little
Patty Wilson
Barb Burton
Laurie Blackman

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Beverly Boarts
Janice Mechling

Clerical Staff
Carol Snyder
Davonna Clyde
Anna Mieszkowski

Consulting Staff
Clifford Vogan, M.D.
Tejal Bhojak, M.D.

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Ford City PA

Sue Boggs
Kittanning PA

Carol Trudgen
Kittanning PA

Sue Torrance
Kittanning PA

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Templeton PA

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Gloria Barker
Kittanning PA

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Kittanning PA

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Domenic Cesare
Paul Harmon
Kevin Willyard

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