In an effort to continue to fulfill our mission of providing affordable, high quality, timely services that enhance the quality of life for individuals, families and the community, ARC Manor recently held a series of three strategic planning meetings. The purpose of these meetings was to design a plan that will guide our organization into the future under new leadership.

The discussion in the meetings was facilitated by Diane Chabal, a private consultant. The overwhelming response we received from those invited to participate in the planning sessions was very encouraging.

In addition to participation by ARC Manor staff, board members and foundation members, those in attendance were community partner representatives which included: health and human service agencies; Armstrong School District; Department of Public Assistance; magistrates and judges; veterans' organizations and the Armstrong Indiana Drug and Alcohol Commission. Partners who could not attend the planning meetings offered their input by phone.

These meetings allowed participants to brainstorm and identify potential goals, objectives, action steps, resources and timelines to give ARC Manor direction throughout the 2009-2010 fiscal year and beyond.

In general, these new goals will effect programs and services, measuring client satisfaction, funding and financial soundness, marketing and public relations, community partnerships, board relations and employee engagement.

We will print updates as this strategic plan unfolds. ARC Manor is very grateful to all the participants who attended the planning meetings and those who gave their input by phone. The future looks very exciting from here!
Executive Director’s Message

by: Cindy McCrea

For those of you who do not know, I am a Social Worker by trade. Prior to taking on the challenge of leading ARC Manor, I spent 12 years providing direct clinical services to children, adults, and families in many different arenas. One of the very first things I remember being taught when I was working on my Social Work degree was Systems Theory. It involves the basic idea that objects in the world are interrelated to one another. It seems like a very simple concept...not one thing in this world can happen without impacting something or someone else. However, it is very easy to get lost in the day to day details of a situation and forget that outside factors are influencing (or being influenced by) what we do. The recent strategic planning process allowed me to gain a broader perspective about ARC Manor and see the value of working with a systems perspective. My original intent with a strategic plan was to develop goals and objectives that could lead ARC Manor forward. Instead, what came from this process was a recognition of all of the organizations, agencies, individuals, and “systems” that impact the clients that we serve, and ultimately the future of ARC Manor. I want to take this time to thank all agencies and individuals that were involved in this process. Your comments and insight have been invaluable to me. So much of ARC Manor’s plan now includes objectives regarding collaboration and partnerships that will ultimately lead ARC Manor forward, but will benefit the individuals, families, and community that we serve even more.

Community Awareness Day Is Back

For those of you who are familiar with the annual Community Awareness Day in Armstrong County you may have thought you missed it in January 2009, luckily you didn’t. Community Awareness Day will be held in October 2009 in conjunction with Red Ribbon Week. The theme for this year is “Respect” and will include events in the schools, senior centers and in the faith based community as well as an evening program for the general public. Issues of sexual abuse, drug and alcohol addiction, elder abuse and other topics will be highlighted during Community Awareness Day activities. Watch for ads and notices for exact dates and times of planned activities as we get closer to October.

Walk For Recovery ‘09

The Advocacy Group (TAG) is hosting a 2 mile Recovery Walk at the Riverfront Park in Kittanning on Saturday, September 5th, from Noon until 4 p.m. The purpose of the event is to celebrate the 20th anniversary of National Alcohol and Drug Addiction Recovery Month. It is made possible by a grant from the ACMH Medical Staff Fund.

Pre-registration entry fee is $5.00 (includes T-shirt) and $8.00 entry fee after August 14th (includes T-shirt). You may register the day of the event as well and additional T-shirts will be sold for $10 for non participants on a first come first served basis.

If you wish to raise money to support TAG, for every $5 donation, the participant’s name will be entered into a raffle to receive additional prizes.

For more information or to register call Graham at 724-664-2788 or Bonnie at 724-954-7347. Emails may be sent to tagteam1@live.com or visit www.myspace.com/the_advocacy_group.
**Reality Tour Completes Year 4**

"A huge thanks goes out to the volunteers of the Armstrong Reality Tour! They are committed to giving 100% of their time and talents. I couldn't do this without them," says Volunteer Coordinator Debby Fazekas. The July 12th Tour completed the 4th season of the drug awareness program held at the Armstrong County Jail. Since its inception in October of 2005, over 1,600 people have attended.

**Summer Fun at the Belmont**

The 6th annual Summerfest, sponsored by Community Action Head Start and The Armstrong Indiana Drug and Alcohol Commission, was held on June 5th at the Belmont. Over 1,000 people attended this free fun day.

Also in June, the 9th annual Summer Plunge took place at the Belmont. There were 125 participants with volunteer assistance from Communities That Care, Harvest Community Church and ARC Manor. Prizes and snacks were given to the youth while the adults received drug and alcohol prevention information packets.

Both activities involved the use of the swimming pool and were designed to create drug free, safe, summertime fun. A big thanks to the Belmont Complex!

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**Why Animals Don't Smoke**

A new early childhood curriculum used by Kathy Veicko, ARC Manor's Prevention Specialist and Tobacco Cessation Counselor, is making a zoo out of area libraries. "Why Animals Don't Smoke" is a program which appeals to visual, auditory and physical learners. It uses puppets and story boards to show children the dangers of smoking and why they should say no to tobacco. The children read to each other and also write their own reasons why they won't smoke. It's a hands on approach which always makes learning fun. It is a great fit with the libraries' summer reading programs. Please contact Kathy at 724-548-7607 if your youth organization is interested in this free community program.

(Pictured below: children from the Ford City Public Library)

(Pictured above: children from the Kittanning Public Library)

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**Intro To Drugs: What Kids Don’t Want You To Know!**

Can you find the drug paraphernalia in this teen’s bedroom? That was the question we asked at Lenape Vo-Tech during the Intro To Drugs: What Kids Don’t Want You To Know! community awareness training. The program was sponsored by ARC Manor and Lenape Technical School.

Funding for this program came from a grant received from the Armstrong County Community Foundation. The event was held on May 7th with approximately 50 attendees including many parents and educators.

It was very well received and plans are being made to hold the program again throughout Armstrong and Indiana counties.