Certified Gambling Addiction Counselor

We sat down to chat with Cari-Marie Harmon to ask her about her new role and new goals as ARC Manor’s Gambling Addiction Counselor.

“I have been employed at ARC Manor for 6 ½ years. I have worked with all levels of care in our agency but over the past 5 years have worked primarily with outpatient clients,” Cari explained. “I received my Bachelor’s degree from Thiel College; double majoring in Juvenile and Family Justice and Sociology. I received my Certified Alcohol & Drug Counselor credentials in 2009 and was granted a Certificate of Competency in Problem Gambling from the Pennsylvania Certification Board in 2010.” She goes on to say, “At this time, ARC Manor offers counseling to problem gamblers on an outpatient basis. My goal is to develop a curriculum for a Problem Gamblers group to offer our clients who struggle with gambling problems. Individuals who feel that they may need help with their gambling addiction should know that they do not have to have a co-occurring drug or alcohol problem to seek help at ARC Manor. I feel that the most exciting part of my job is seeing the changes people can make when they put hard work and effort into addressing all areas of their life. Recovery is a lifelong process and to see clients truly embrace that means a lot.” Congratulations Cari!!

ARC Manor Receives Preferred Provider Award

In recognition for excellent care and performance this year, ARC Manor was presented the Silver Status Preferred Provider recognition award. The award is given by the Armstrong-Indiana-Clarion Drug and Alcohol Commission.

This is the fifth year for the award with ARC Manor receiving Silver Status four times and Gold status once. The Preferred Provider Score is based on seven specific categories including: Direct Service Hours; Follow-Up Contacts; Results of our Licensing Inspection; SCA Case Management & Fiscal Monitoring; Actual to Projected Allocations; Other sources of funding used; and Expedited Appointments.

2011 President’s Award

ARC Manor’s President’s Award was established to honor those who support ARC Manor’s commitment to prevention, intervention, and treatment of abuse and addiction to alcohol and other drugs. Dr. Clifford Vogan was awarded this year’s President’s Award by ARC Manor Board President Steve Bono at our Annual Dinner in September 2011. Dr. Vogan has volunteered his services as Medical Director for ARC Manor for over 30 years. We wish to thank Dr. Vogan for his dedication to clients in all stages of recovery.
Here we are in 2012 and it promises to be a busy and exciting year for ARC Manor. Each year I am amazed by the growth and accomplishments that occur with our agency. So, I thought I would take a minute to discuss some of the initiatives that we will work to accomplish in this New Year. On the treatment side, ARC Manor has added the services of a Nurse Navigator. This position is available to clients in any level of care who need assistance bridging gaps between their physical and behavioral health care. ARC Manor is also working to improve our adolescent treatment services in 2012. With the cooperation of Children’s Community Pediatrics, ARC Manor will expand our ability to see adolescents and their families for drug and alcohol services. In 2012, ARC Manor will work to expand Clarion County treatment services to include a Partial Hospitalization level of care. Also in 2012, ARC Manor hopes to complete the goal of bringing Non-Hospital Detoxification services to the community in which we serve. In our Prevention department, the goal is to continue to expand prevention outreach to youth and adults in as many forums as possible. This includes providing information and education to the community regarding gambling addiction and how to access help when there is a need. Finally, 2012 will bring continued training of our staff to include education on serving the complex needs of returning Veteran’s, managing client’s with co-occurring mental health and substance abuse needs, increasing our ability to collaborate with Physical Health care providers, and treating the needs of individuals with chronic pain. These are just some of the things that ARC Manor will work toward in the New Year and, as always, we could not reach for such lofty goals without the support of the community around us. Thank you for that support & Happy New Year!

We’re On The Web!

www.arcmanor.org

If you want to receive this newsletter electronically, email us at recover@arcmanor.org

Staff Service Recognition

During ARC Manor’s Annual Dinner, two staff members were recognized for their dedication and milestone years of service. Cindy McCrea (center of photo) presented the awards to the staff.

Denise Marano, Prevention Specialist, 15 years. (left)
Susan Norris, Fiscal Assistant, 5 years. (right)

Celebrating Officers of the Year

In 1998, ARC Manor established the Officer of the Year award to recognize the top State Police officer as well as the top local municipality police officer. Mirrored from the PA DUI Association’s TOP GUN Award, it was created to recognize officers with the most DUI arrests in a year. At our annual dinner, ARC Manor recognized the top State Police officer as well as a local municipality police officer. This year we had the honor of presenting the State Police Officer of the Year award to Roger Kaufman. He has been with the force for several years and in 2010 he had made 33 arrests. This is the 4th year in a row Officer Kaufman has won this award. Our Municipal Officer of the Year recipient, Officer Christian Disciscio, has been a police officer with Kiski Twp for about 5 ½ yrs and this is also his fourth time winning this award. He had 15 DUI arrests in 2010. These officers deserve recognition for their efforts to make our roads and highways safer.

“Always bear in mind that your own resolution to succeed is more important than any other.”

- Abraham Lincoln
ARC Manor is changing and growing everyday to meet the needs of individuals, families, and communities touched by addiction. Research confirms that: **for every $1 invested in drug and alcohol treatment, the community saves $5 in health care costs and $7 in criminal justice costs.** To continue with our mission:

**WE NEED YOUR HELP!!!**

Please complete the donor information below and return it to: ARC Manor Foundation
200 Oak Avenue
Kittanning, PA 16201

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***All donations will be deposited into the Capital Campaign Fund to benefit ARC Manor.***

The official registration and financial information of ARC Manor Volunteer Auxiliary, Inc. and the Armstrong County Council on Alcohol and Other Drugs, d/b/a: ARC Manor may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania: 1-800-732-0999 or on-line at [http://www.dos.state.pa.us/char/site/default.asp](http://www.dos.state.pa.us/char/site/default.asp). Registration does not imply endorsement.
Emerging Drug Trends

A misused drug that is becoming more popular with youth is called Opana, a brand name for Oxymorphone. It is a prescription narcotic (opiate) drug which alters the way the body responds to pain. They come in tablet form with various milligram strengths. Unfortunately for the abuser, they have the same addictive properties as Oxycontin with physical and psychological dependency, extreme increase in tolerance levels, and horrible withdrawal symptoms such as: chills; muscle, joint, or back pain; enlarged pupils; irritability; anxiety; weakness; restlessness; watery eyes; runny nose; yawning; sweating; stomach cramps; difficulty falling asleep or staying asleep; nausea; vomiting; diarrhea; loss of appetite; fast heartbeat; and fast breathing. In addition, because tolerance levels increase drastically, an overdose of Opana is likely and can be fatal. Overdose symptoms include extreme drowsiness, pinpoint pupils, confusion, cold & clammy skin, weak pulse, shallow breathing, fainting, or breathing that stops.

Priority Treatment Populations

The federal government establishes priority populations for treatment. Any agency that receives federal money must ensure that individuals fitting into the priority population are promptly admitted to treatment. Since ARC Manor is the recipient of federal dollars, we must comply with this requirement. Priority populations are the following:

* Pregnant women who inject drugs
* Pregnant substance abusers
* Injecting drug users
* Women who are injecting drug users and have children
* Others

These groups of people are considered high risk, very vulnerable, and in intense need of drug and alcohol treatment. If you know anyone who fits these groups, please urge them to get help!

Kudos To ARC Manor

ARC Manor has been providing high quality treatment services for over 30 years. Our agency’s services model the Substance Abuse and Mental Health Services Administration (SAMHSA) definition of recovery which is: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Clients routinely write letters of appreciation to us for assisting them with their life changes. Below is the most recent letter from a former client: “Thanks to your wonderful counselors and staff members that I was fortunate enough to have during my inpatient stay and also aftercare. Helping and caring for others is one of the qualities about myself that was hidden with the use of drugs and alcohol. I cannot say enough to thank you all for what you have done for me and my future. Without ARC Manor I do not know where I would be today. You were my first phone call...and here I am today...living life to its fullest!”
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, Inc. through a grant from the Bureau of Drug and Alcohol Programs, Pennsylvania Department of Health.

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Board Members

Kathy Velden & Denise Marano
ARC Manor Executive Director

Cindy McCrea MSW, LSW
ARC Manor Assistant Director

Newsletter Staff:

Kathy Velcko & Denise Marano

We regret any errors or omissions. Treatment statistics may contain errors due to data collection issues and electronic system capabilities.