ARC Manors 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. Assistant District Attorney Chase McClister was awarded this year’s President’s Award by ARC Manor Board President Frankie Shumaker at our Annual Dinner in September 2012. As a member of the Board, Chase has been a champion for ARC Manor for over 11 years. During that time he served as Board President for 3 years. He recently stepped down from the Board of Directors, however he continues to remain involved acting as solicitor. We wish to thank Chase for his unwavering support over the years!

(from l to r) Executive Director Cindy McCrea, Chase McClister, & Board President Frankie Shumaker.
“Yesterday is gone. Tomorrow has not yet come. We only have today. Let us begin.”
- Mother Teresa

**Executive Director’s Message**

by: Cindy McCrea

What a difference a year makes! In order to prepare a message for this year, I took a minute to look back at my message from last year. The great news is that ARC Manor accomplished every goal that we set forward to achieve in 2012. The most amazing news is that we have so much more to do in 2013.

In one year, we have added so many new faces to our team. Every department has grown and adapted in order to meet the needs of the population that we serve. The world’s economic uncertainties have made for challenging times, increasing the client needs and decreasing the available funding. But, everyone at ARC Manor has risen to the occasion. I cannot tell you how much of a pleasure it is to come to work each day and share ARC Manor’s mission with such a great team!

Perhaps most exciting to me, is what is yet to come. In this newsletter, you’ll be introduced to ARC Manor’s new Clarion location. ARC Manor began serving the Clarion area in July, 2010, and we have grown every year since then. We are very proud to offer such a beautiful new space to our clients and to our staff.

We are already off and running into a New Year! Who knows what excitement tomorrow might bring?

**Recognizing Our Staff**

During ARC Manor’s Annual Dinner, two staff members were recognized for their dedication and milestone years of service.

Carol Hodak, Clinical Assistant, 15 years. (left)

D. Jen Coller, Residential Supervisor, 5 years. (right)

**Awarding 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 have the honor of presenting the State Police Officer of the Year award to Trooper Tim Amy. This is the first year he has won this award. He has been with the force for 8 years and in 2011 he had made 17 arrests.

Our 2nd recipient has been a police officer with Kiski Twp for about 6½ years and this is his 5th time winning this award! He had 17 DUI arrests in 2011. Congratulations to both officers!

Pictured above (left) Trooper Tim Amy and (right) Officer Christian Discisco

**Sara Connor**, Treatment Specialist, has obtained her (CADC) Certified Alcohol & Drug Counselor credentials through the PA Certification Board.

**Cory Moyta**, Treatment Specialist, has obtained his National Certified Counselor credentials through the National Board for Certified Counselors.

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

**ARC MANOR ADDICTION RECOVERY CENTER**
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

Donor Information:

Name:
Address:
City, State, Zip Code:
Telephone:
Fax:
E-mail:

Pledge Information:

I (we) pledge a total of:  □ $25  □ $50  □ $100  □ Other $________________________

Acknowledgement Information:

Please use the following name(s) in all acknowledgements:

□ I (we) wish to have our gift remain anonymous

***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. Registration does not imply endorsement.
The name **Bath Salts** has a very innocent and common sound to it but in reality it is a very misleading name for an illegal drug made with synthetic stimulants. According to the National Institute On Drug Abuse (NIDA), people have been using this drug to get high by swallowing, snorting, smoking, or injecting and are suffering effects such as extreme agitation, insomnia, depression, paranoia, suicidal thoughts, and seizures. Users have also reported effects that include impaired perception of reality, hallucinations, reduced motor control and decreased ability to concentrate or think clearly. In addition to the effects listed above, users can also experience physical reactions such as dangerously rapid heart rate that could lead to heart attack or stroke, chest pains, nosebleeds, sweating, nausea and vomiting. Due to these dangerous effects, use of this synthetic drug has been responsible for a growing number of overdoses, suicides, psychotic and violent behaviors. This drug is also sold under other deceptively innocent sounding names such as plant food, jewelry cleaner or incense with brand names like Cloud Nine, Vanilla Sky, Pure Ivory, and many others. They are sold in powder form in small plastic or foil packages and are usually labeled “not for human consumption”. Bath salts typically take the form of a white or brown crystalline powder and commonly contain the chemical MDPV which is a stimulant similar to amphetamines, cocaine and MDMA (ecstasy) but is 10 times more potent.

**Emerging Drug Trends**

**Message From Our Outreach Department**

ARC Manor’s Outreach Department has been busy providing information tables, presentations for various organizations and serving as Town Hall panel speakers throughout Armstrong County as well as neighboring counties. Some of the agencies and organizations we have partnered with include: ARMNET Drug Task Force, Armstrong County Community Awareness Day, Armstrong School District, Apollo Ministerium Not My Child Drug Use & Suicide Awareness Panel, Clarion Head Start Families, Family Counseling Center, Girl Scouts of America, Leechburg School District, Mechling Shakley Veterans Center, Orchard Hills Christian Academy, Salvation Army, Save A Life Drug Use & Suicide Awareness Outreach, Visiting Nurses Association, and many others.

If you are interested in having us come speak to your group, contact either Denise or Kathy at 724-548-7607 x 216.

**Mark Your Calendars**

**Armstrong County Reality Tour:**

Tuesdays at 6 p.m. at the Armstrong Jail

- Feb 12
- Mar 12
- April 9
- May 14
- June 11
- July 9
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 Pennsylvania Department of Health and Alcohol Programs through the Bureau of Drug and Alcohol Programs, Commonwealth of Pennsylvania. The project is funded, in part, under a contract with the Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs, Commonwealth of Pennsylvania.

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