



Save the date: AR Open House

Allentown Residential has been open and welcoming clients for the past month. Alongside our stakeholders who made it possible, we invite you to save the date for our formal grand opening, scheduled for March 6, 2026 from 11-1PM. Refreshments, self-guided tours, and more. It will be an afternoon that highlights the history of Allentown Residential (previously Keenan House), and the incredible ways we have changed the program to best serve the community we have been a part of for over 50 years. Visit www.treatmenttrends.org/events to RSVP today, and keep an eye on your email for additional information.

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Join Our Board, Strengthen Our Community

Treatment Trends is seeking dedicated community members to join our Board of Directors. Our nonprofit drug and alcohol treatment system supports individuals and families through prevention, early intervention, and more intensive treatment and recovery services.

We are especially interested in candidates with skills in finance, healthcare, law, community advocacy, fundraising, communications, or education, as well as those with lived experience or passion for community wellness.

By serving on our Board, you will help shape programs, expand access to care, and strengthen the continuum of recovery supports across our community.

Interested in learning more? Please visit the link to start a conversation or nominate someone.



The great disappearance of the TTI marketing car

This January 24th & 25th, in case you missed it, the Lehigh Valley received a gift from Mother Nature. And by gift, we mean an abundance of snow and ice, the likes of which we have not seen in MANY years.

That being said, Dr. Andrew Miller, chief division of pediatric emergency medicine at Lehigh Valley Reilly Children's Hospital shared with the Morning Call, things to be mindful of when it comes to frostbite and hypothermia.

Hypothermia symptoms include; uncontrolled shivering, slurred speech, mumbling, slow and shallow breathing, weak pulse, lack of coordination, drowsiness, altered mental status, and loss of consciousness. Frostbite includes skin feeling cold, sore and painful, in addition to skin turning red, purple, or lighter than usual skin tone.





February is American Heart Month!

This February, our friends at Magellan Behavioral Health are reminding us to be mindful of healthy living tips to practice year-round. Were you aware that heart disease has been ranked, consistently, as the leading cause of death in the United States? While we continue to ensure that our team across Treatment Trends is CPR certified, there are more we can do to ensure we are being proactive.

This includes such things like:

- Balancing calorie intake with physical activity
- Add a variety of fruits and vegetables
- Incorporate whole grains
- Use nontropical liquid plant oils
- Eat minimally processed foods
- Cut down on salt

In addition to healthy sleep patterns, consider these when making your meal choices February, and onward.

Staff Highlight:

Ashley

Client Accounts Associate
Allentown Outpatient

Ashley has brought a light and unique life to Allentown Outpatient. She has spearheaded initiatives to celebrate the holidays, and add her signature personality to the office. Her team has recognized, and appreciates her time management skills and dedication to being a member of the outpatient team. She is mindful in her connection of client and counselor, and maintains an enthusiasm that is infectious and supportive to everyone she comes in contact with. Since joining Allentown Outpatient 2/16/2023, she has come to enjoy helping others succeed as part of her position.



Staff Highlight:

Austin

BHT
Allentown Residential

Austin, who recently joined the Treatment Trends family a little over 3 months ago, has certainly made an impression. His peers have acknowledged him several times for his leadership skills and team work. Even though this is his first position in the field, he is receptive to feedback and enjoys how unpredictable things can be on a day-to-day basis. He is mindful to balance out any stress with creative outlets, and is happy to be a part of the opening team at Allentown Residential.

