



100A Cascade Drive  
Allentown, PA 18109

2015-2016 Annual Report

**WE EDUCATE. WE SUPPORT. WE LEAD.**

The Center for Humanistic Change offers person-centered programs that help individuals, particularly young people who are most at risk, to develop the skills necessary to face life's challenges. Strong programs and services, community responsiveness, and a collaborative approach enhances CHC's stellar reputation for providing premier prevention education services throughout the Lehigh Valley for over 40 years.

At the Center for Humanistic Change, Inc., (CHC) we believe that given the right tools individuals can make positive choices and changes. The ability to make healthy choices is critical when people face peer pressure, loss, painful transitions, and other difficulties. With positive skills, people are better able to make healthy decisions and avoid destructive behaviors while building resiliency.

CHC facilitates interactive experience-based trainings and small groups that engage participants in meaningful learning. Many of our programs have been designed in response to the specific needs of schools and communities in the Lehigh Valley. We also offer many evidence-based programs that have been approved by the National Registry of Evidence-Based Programs and Practices (NRE).

A sampling of our program offerings include:

- ◆ Problem-solving and decision-making skill development
- ◆ Life skills training
- ◆ Alcohol, tobacco, and drug education and prevention
- ◆ Anger management and conflict resolution
- ◆ Social/emotional skills development
- ◆ Bullying prevention
- ◆ Mentoring
- ◆ Professional development

CHC believes that everyone has the potential to lead a fulfilling life!

*Arlene J. Lund, Executive Director*



Measuring the impact of our programs is critical to knowing how people's lives are improved because of prevention education. Evaluation is conducted through pre and post-tests for all programs having multiple sessions. In the 2015-2016 program year, CHC assessed almost 3000 participants on a variety of topics measuring improvement in knowledge, skills and attitude. With over 52% of our participants showing significant improvement from the pre-test to post-test, we are able to show that **prevention programming is making a valuable difference and that our efforts are working to boost resiliency and decrease the likelihood of alcohol, tobacco, and other drug use or abuse.** Our school-based mentoring programs served 879 students in 27 schools throughout the Lehigh Valley with students demonstrating an improvement of 43 percent in grades; 27 percent in attendance, and 20 percent in behavior. In addition to those students showing improvement, many students maintained their degree of success throughout the school year.



**YOUTH - 64% Improvement Too Good for Drugs:** An evidence-based program designed to help youth make positive choices regarding alcohol, tobacco, and other drugs.

**ADULTS – 71% Improvement! Anger Management:** A program to help young people and adults recognize and manage their emotions and resolve conflict in non-violent ways .



**TEENS - 63% Improvement! Cyberchoices:** A program for teens that provides participants with the knowledge and skills needed to make constructive choices when faced with internet risks or dangers.

**Board of Directors**

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| <p>Abby Goldfarb, <i>President</i><br/>Lara Ruesch, <i>Vice President</i><br/>Danette Astolfi, <i>Secretary</i></p> | <p>Paul Borosky<br/>Ken Charette<br/>Lorna Clause</p> | <p>Sean Linder<br/>Dr. Michelle Santiago<br/>Melody Weisman</p> |
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CHC increased services again by providing prevention education to 3,516 more community members than last year. A total of 44,566 people in the Lehigh Valley participated in CHC programs during the 2015-2016 year. CHC has a five-year average of serving 37,000 community members per year throughout the Lehigh Valley and beyond.

Valley participated in CHC programs during the 2015-2016 year. CHC has a five-year average of serving 37,000 community members per year throughout the Lehigh Valley and beyond.

Participant Totals 2015-2016			
Population	Lehigh County	Northampton County	TOTAL
Elementary	2,322	4,574	6,896
Secondary	12,954	10,762	23,716
Adults	9,713	4,241	13,954
<b>TOTAL</b>	<b>24,989</b>	<b>19,577</b>	<b>44,566</b>

In response to the devastating impact of the heroin and opioid crisis in the Lehigh Valley and throughout the nation, CHC worked with Lehigh County Department of Human Service, Drug and Alcohol Division, and many concerned parties to develop the HOPE (Heroin and Opioid Prevention Education) program. The presentation includes stories of local families who have been impacted by this epidemic.



By participating in the program, teaching professionals, parents, students, and community members are able to identify:

- What is heroin? What are opioids?
- Signs and symptoms of someone using
- Effects of use on health, relationships and life
- Local resources and where to turn for help

HOPE has been delivered to 9,993 community members this year (a 64% increase over the previous year) through school and community presentations. Nearly 2580 teachers, adult community members, and professionals (18 or older) participated in this presentation. All other participants were high school students. To book the program for your group, please call the Center at 610-443-1595. Steps are underway to develop a follow-up program, HOPE II, focusing on intervention, treatment and after-care.



Community HOPE Presentation



Student Assistance Program Consortium

This year CHC expanded Student Assistance Program (SAP) services from 71 to 85 schools where we provide liaison services, technical assistance, material dissemination, newsletters, team maintenance, and evaluation services. Our Commonwealth Approved Trainer certified 135 new SAP professionals. Fifty-two of these people are from elementary schools, and are now utilizing their new skills to identify and remove barriers to learning and school success K-5. The number of educational opportunities we offered to the SAP community increased from two to three with 150 total attendees. Twenty-four people attended the first ever Lehigh County After-School Elementary SAP Consortium. We are very proud that one of the SAP teams we serve, Whitehall High School, was voted the 2016 “Best SAP Team in Pennsylvania.”

## Center for Humanistic Change, Inc.: Clients Served in 2015 –2016

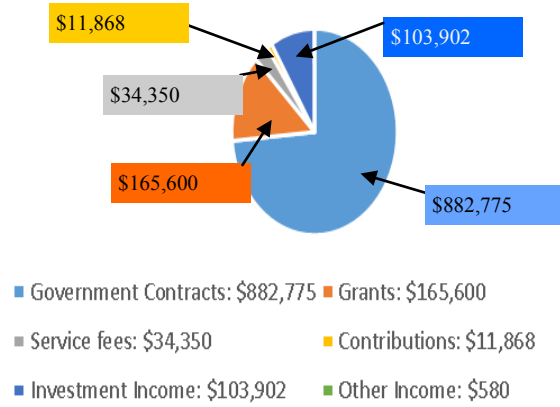
Aetna Insurance	Faith Lutheran Church	Lincoln Leadership Academy	St. Luke's Visiting Nurse Assoc.
AHEPA Senior Housing Apartments	Family Connection of Easton	Lower Macungie MS	St. Peter's Lutheran Church
Allentown Learning and Achievement	Families First	Luis A. Ramos ES	St. Stephen's Episcopal Church
Allentown Central Catholic HS	First Presbyterian Church	Luis E. Dieruff HS	St. Thomas More Church
Allentown Health Bureau	Fogelsville ES	Macungie ES	Saucon Valley MS
Allentown Police Dept.	Forks ES	Manarah Islamic Academy	Schnecksville ES
Allentown School District	Fountain Hill ES	March ES	School Nurse Institute
Arts Academy ES Charter School	Freedom HS	Marvine ES	Senior Fest
Bangor HS & MS	Freemansburg ES	McKinley ES	Seven Generations Charter School
Bethlehem Rose Garden	Clarence M. Gockley ES	Medical Academy Charter School	Shawnee ES
Boys & Girls Clubs of Easton	Good Shepherd Catholic School	Mid-Atlantic Rehabilitation Svcs.	Sheckler ES
Broughal MS	Gracedale Nursing Home	Moravian Academy - Upper & Middle	Sheridan ES
James Buchanan ES	Harrison Morton MS	Moravian ES	Slatington ES
Building 21	Hispanic Center Lehigh Valley	Moravian Historical Society	Siegfried ES
Bushkill ES	Hopewell ES	Mosser ES	South Mall
Calypso ES	IBEAM Academy	Muhlenberg College	South Mountain MS
Carbon Lehigh I. U. #21	Inner City Faith Collaborative	Muhlenberg ES	Southern Lehigh MS & HS
Career Link of the L. V.	Ironton ES	Musikfest Café	Springhouse MS
Catasauqua MS & HS	Itz A. Con	Nazareth Area HS & MS	STRIVE
Cedar Beach Park	Fred J. Jaendl ES	Newcomer Academy MS & HS	Tracy ES
Central ES	Jefferson ES	Nitschmann MS	Treatment Trends, Inc.
Cheston Elementary School	Jerusalem Lutheran Church	Northampton County Bar Assoc.	Trexler MS
Christ Lutheran Church	Kernsville ES	Northampton HS	Henry Truman ES
Christian Day Care	KidsPeace	Northeast MS	Turning Point Lehigh Valley
Circle of Seasons Charter School	Lehigh Career & Technical Institute	Northeast Ministries	Union Terrace ES
City of Bethlehem	Lehigh County Adult Probation	Northern Lehigh MS & HS	The Velodrome
Clearview ES	Lehigh County Children & Youth	Northwestern Lehigh ES, MS & HS	VISTA
Cleveland ES	Lehigh County Community College	Ontelaunee Park	Washington ES
Community Corrections Center	Lehigh County Conference of Churches	Orasure Technologies	Wayne County Drug & Alcohol Svcs.
Community Services for Children	Lehigh County Government Center	Orefield MS	Weisenberg ES
CONCERN	Lehigh County Juvenile Detention Center	Parkland HS	Western Salisbury ES
Country Meadows	Lehigh County Jail	Paxinosa ES	Whitehall/Coplay MS & HS
DeSales University	Lehigh Learning Academy	Pen Argyl HS	Whitehall Police Department
Hiram W. Dodd ES	Lehigh Learning & Achievement School	Penn State Lehigh Valley	Whitehall/Coplay School District
Donegan ES	Lehigh Learning & Adjustment School	Pinebrook Family Answers	Willow Lane ES
Easton Area Academy	Lehigh Parkway ES	Pyramid Health Care	Wilson HS
Easton Area MS & HS	L. V. Charter HS for the Performing Arts	Ritter ES	Wind Gap MS
Easton Community Center	Lehigh Valley Dual Language School	Roberto Clemente Charter ES & HS	William Allen HS
Easton YMCA	Lehigh Valley Health Expo	Roosevelt ES	WoofStock
Emmaus Community Park	Lehigh Valley Health Network	Salisbury HS	Zephyr ES
Emmaus HS	Lehigh Valley IronPigs	St. Anne's School	Zions Lutheran Church
Executive Leadership Charter School	Liberty HS	Salisbury MS	
Eyer MS	Liberty Bell ES	St. Francis of Assisi Church	ES = Elementary School
F. Raub MS	Lincoln ES	St. Luke's Neighborhood Center	MS = Middle School
			HS = High School

CHC is financially stable. With a strong investment portfolio, the agency's bottom line grew modestly in the 2015-2016 fiscal year.

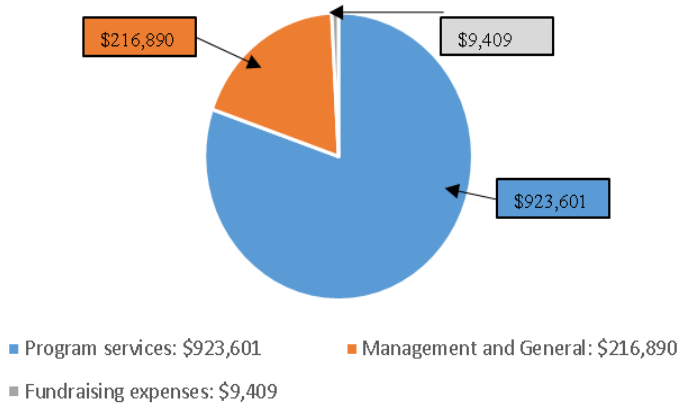
The Board provides prudent oversight of the finances and assists the Executive Director with financial management, allowing for smart growth of the agency that aligns with the agency's mission.

*Approximately 84% of government, grant, service fees and contribution revenues support direct programming to engage community members in building skills for life's challenges.*

### Statement of Activities: FYE 6/30/16 Revenues, Gains and Other Support



### Statement of Activities: FYE 6/30/16 Expenses & Losses



For the year ended June 30, 2016, the audit opinion confirmed that the audit was in conformity with: "accounting principles generally accepted in the United States of America" and not generally accepted auditing standards.

The audit was conducted by Morey, Nee, Buck & Oswald, Certified Public Accountants and Advisors. The organization is registered through the Pennsylvania Department of Charitable Organizations. Registration does not imply endorsement.

*Thank you to our Corporate Sponsors for supporting the work of CHC.*

- CMMA, Computer Management & Marketing Associates, Inc.
- Gross McGinley, LLP, Attorneys At Law
- Ground Force, Landscaping & Maintenance
- Gunther Heussman, Quality Used Farm Equipment
- Highmark Walk for a Healthy Community
- JetPay Payroll Services
- RC Kelly, Law Associates, LLC
- Keystone Precision Instruments
- Spark Orthodontics

*Appreciations to our funders who provided Grants and Contracts for our programs.*

- Lehigh County Department of Human Service, Drug and Alcohol Division
- Northampton County Department of Human Service, Drug and Alcohol Division
- Schyler Kemps Foundation
- Two Rivers Health & Wellness Foundation
- United Way of the Greater Lehigh Valley



United Way of the  
Greater Lehigh Valley  
UnitedWayGLV.org

