



*The Lehigh Valley's
leading provider of
prevention services
in the schools,
in the workplace,
and in the community.*



2022-2023 ANNUAL REPORT

www.thechc.org

Center for Humanistic Change, Inc.

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As leaders in prevention, we at CHC approach our work comprehensively for maximum impact. We are more than service providers – we are storytellers, changemakers, and spark lighters. We transform the narrative for those we work with and in doing so, we change lives.

It's been a stimulating year, where we successfully piloted a new mentoring curriculum, *Speaking to the Potential and Resilience of every Kid* (SPARK). This fresh program more fully addresses the needs of children and develops their SPARK so they can become the leaders of tomorrow.

Suicide prevention training was targeted to youth and educators to help prepare them to support individuals who may be experiencing thoughts of suicide. We also emphasized community education about dangerous drug trends, reducing the stigma and providing tools for people to participate in supporting healthy behaviors. In addition, we continue our work at the Lehigh County jail to support incarcerated individuals in building beneficial life skills. These are some of our ongoing efforts and at the core of our services.

We also focused delivery of our evidence-based programs to entire school grade levels to make a deeper impact, including Vaping Education for young children to avert the start of unhealthy habits.

In 2022-2023 we entered into an exciting partnership with Lehigh County Children and Youth, the Salvation Army and Office of Juvenile Justice to launch a collaborative and supportive program to strengthen families and prevent community violence.

Our experienced staff are unsung heroes in this work and we cannot overstate their importance to the effect we make as an organization. They dedicate their hearts and souls to making our communities healthy and strong, and they bring light to the uncomfortable so that it can be confronted, challenged and changed.

We greatly value the community's ongoing support, and thank you for being part of the spark lighters that are the Center for Humanistic Change.

~ **Kristen Hettrick, Executive Director**

These times have proven that when the Lehigh Valley works together, we are able to make a real difference. In my second year as CHC's board president, I continue to be inspired by our generous contributors, skilled staff and fellow board members who have represented CHC and demonstrated a dedication to the youth and families we serve. As a new father, I see that the work of CHC is needed now more than ever.

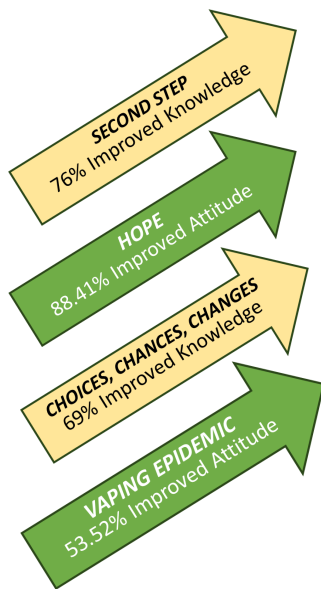
There will always be more children we need to reach with essential programs, more individuals to help with resources, more families to help grow stronger, and more funding needed to help CHC provide its vital school and community services. We won't stop – and I ask that you don't either. Help us spread the word about our important work, and respond to our clarion call for support so the Center for Humanistic Change can continue to meet the needs of the Lehigh Valley with social-emotional learning, life skills training, and drug and alcohol abuse prevention education.

~ **Sean Linder, President, Board of Directors**

A Continuum of Prevention Programs For All Ages

Small Groups - Life Skills

- **Botvin Life Skills:** Grades 3-12
- **I Can Problem Solve:** Ages 4-12
- **Lifeskills for Littles** (Weekday Club): Grades K-8
- **FISH** (Families in Separate Households): Grades 2-6
- **Healthy Choices Healthy Relationships:** Grades 10-12



Single-Session Programs

- **Choices, Chances, Changes**
- **Current Drug Trends** (Focus on Alcohol, Tobacco and Vaping)
- **Cyber Gambling Awareness Program** (CGAP), for teens
- **Gambling Awareness Program - Not a Chance**, for adults
- **HOPE** (Heroin and Opioid Prevention Education)
- **HOPE for HS Students**
- **HOPE for the Workplace**
- **HOPE for Older Adults**
- **Mock Teen Bedroom**
- **SOS - Signs of Suicide**
- **Stanford Tobacco Prevention Toolkit** (Single & Multi)
- **The Vaping Epidemic**
- **Voices from the Valley**



Program Request Form

Multi-Session Programs

- **Botvin Life Skills** (Student and Parent Training)
- **Student Mentoring**
- **PATHS** (Promoting Alternative Thinking Strategies)
- **Keep a Clear Mind**
- **Project Toward No Drug Abuse**
- **Safe Dates**
- **Second Step**
- **STEP/STEP Teens** (Systematic Training for Effective Parenting/Teens)
- **Small Group Life Skills**
- **Stanford Tobacco Prevention Toolkit** (Single & Multi)
- **Strengthening Families** (SFP)
- **Strong African American Families** (SAAF)
- **Familias Fuertes** (Strengthening Families in Spanish)
- **Teaching Students to be Peacemakers**
- **The Blues Program**
- **Too Good for Drugs/Violence**
- **Zones of Regulation**

The Center for Humanistic Change conducts pre- and post-surveys to establish the impact of prevention education. Program results are analyzed to determine if there is a significant difference in knowledge score and attitude shifts between the pre- and post-surveys; meaning their attitudes improved and knowledge increased. These results are part of a fuller evaluation that considers factors such as the level of pre-survey knowledge and attitudes, and the regularity and consistency of prevention education among the population.

PROGRAM PARTICIPANT TOTALS 2022-2023				
Population	Lehigh County	Northampton County	Other Counties	Total
Elementary (up to 11 years)	7,351	7,027	~	14,378
Secondary (ages 12-20 years)	12,257	7,036	~	19,293
Adults (ages 21 and older)	3,399	3,401	20	6,820
No ages reported	535	529	~	1,064
Total	23,542	17,993	20	41,555



At CHC, we give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.

The Center for Humanistic Change prepares people to meet life's challenges.

We believe that individuals equipped with knowledge and life skills are more likely to make positive, healthy choices in their lives.

CHC offers evidence-based and custom-designed education focused primarily on building resiliency and preventing substance abuse, that gives people the knowledge and skills they need to make better choices.

We serve elementary, middle, and high school-aged youth, as well as parents and educators, and employees at workplaces throughout Lehigh Valley, Pennsylvania.

Although primarily school-focused, we serve people wherever they are – in schools, neighborhoods, community-based organizations, communities of faith, and worksites.

We Educate

We “train the trainers” and offer programs especially designed for parents and educators. We teach parents how to communicate more effectively with their children and to recognize the signs of alcohol and substance abuse, dating violence, and cyberbullying. We offer custom-designed training for schools, businesses, and community organizations on topics ranging from alcohol, tobacco, and other drug use prevention, relationship and family skills, personal life skills, and violence and bullying prevention.



We Support

We support at-risk students by teaching them the necessary skills to cope with challenges they face. We work with schools to identify students whose alcohol, substance abuse, or mental health issues are becoming barriers to their success – and then help these students get back on track.

We Lead

We track local and national trends to ensure our programs are relevant and reflect evidence-based best practices. We also take a leadership role in bringing together people from all sectors of the Lehigh Valley to collectively address the issues of alcohol and substance abuse.

CHC facilitates interactive experience-based trainings and small groups that engage participants in meaningful learning. Custom programs have been designed in response to the specific needs of schools, community organizations and businesses in the Lehigh Valley.

Many of our evidence-based programs have been approved by the National Registry of Evidence-Based Programs and Practices (NREPP), which is hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services (HHS).

Making a Difference, One Student at a Time



CHC Mentoring Program: School Mentors meet with students individually or in groups, and discuss a broad array of social-emotional and learning concerns. In 2022-2023, **staff mentored 1,006 students from 32 schools** throughout the Lehigh Valley. Improved and maintained program outcomes included: 43% of students reported they better understood another’s point of view; 51% stated that they were able to communicate better with peers; 52% sought help from adults; and 53% of students reported they could better handle stress at home and at school.

CHC will launch a new evidence-based mentoring curriculum for the 2023-2024 school year, entitled **SPARK** (*Speaking to the Potential, Ability and Resilience inside every Kid*) to assist students with communication, problem-solving and conflict resolution skills. The program aims to increase student connectedness, reduce risk factors, and uncover resiliency to promote emotional well-being and school success.



Student Assistance Program (SAP): CHC’s SAP team served all **93 schools in Lehigh County** and **55 schools in Northampton County** with Liaison services including technical assistance, material dissemination, newsletters and other communications, team maintenance, evaluation services, professional development for teachers and administrators, and BH Works – a behavioral health screener provided to elementary, middle and high schools. Small groups were available to elementary, middle and high school students who needed support on various topics such as social skills, anger management, anxiety, self-esteem, friendship, conflict resolution, grief, changing families, coping skills, diversity and more. CHC’s SAP Liaisons directly worked with 67 of the 93 schools in Lehigh County and 44 of the 55 schools in Northampton County for SAP core team meetings, SAP consultations, parent/teacher meetings, SAP screenings, and SAP groups.

CHC hosted two educational **SAP Consortiums** and welcomed a combined **149 virtual attendees**. The first in November 2022 featured **licensed psychologist Georgia Bomgardner, PhD** on Post Pandemic Resilience-Restoring ourselves and our students, Post-Traumatic stress and growth, and The Shanthi Project where she is Director of Community Education and Engagement. The second in March 2023 featured **Perry Rosen, PhD** presenting on Comprehensive School-Based Suicide Prevention. She is a consulting psychologist at the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) at the Department of Human Services (DHS) in Harrisburg, Pennsylvania. She is also a Pennsylvania licensed psychologist, Nationally Certified School Psychologist (NCSP), and a Pennsylvania certified special educator.

A **Northampton County Network meeting** was held by CHC in the spring of 2023 for all Northampton County school SAP teams, with guest presenters addressing SAP concerns.

CHC continues as a provider of the **Commonwealth Approved Training Program**, and in 2022-2023 **trained and certified 114 new SAP professionals** from the region.



“I felt really alone and was falling apart, but my School Mentor listened and cared and helped me to open up. And when I did, better things started to happen and I learned there are people I can count on.”

- quote from a middle school student in the CHC Mentoring Program

We know prevention education works,

because we measure changes in knowledge and attitude through pre- and post-surveys. Our evidence-based programming has been tested and proven to make a difference in the lives of those served. However, it is more often through our focused time and face-to-face interaction with students and adults that we learn about the power of our work and the fuller impact we make in their lives.

The attentive and caring staff at the Center for Humanistic Change responded to the additional prevention programming requests of the **Allentown School District** following the loss of a student to Fentanyl poisoning. **CHC served 7,368 students and educators with sessions** in Current Drug Trends (reaching 1,143 students); Vaping Education (reaching 2,433 students); HOPE - Heroin Opioid Prevention Education (reaching 1,808 students); and Choices, Chances, Changes (reaching 1,984 students.) The need for prevention education for students as young as 3rd grade was a response to the growing number of younger children experimenting with vaping devices.

CHC's signature program, the **Mock Teen Bedroom**, was held at back-to-school nights, community events and health fairs throughout the Lehigh Valley, including Emmaus, Parkland, Northampton, Bangor, and Wilson High Schools, Cetronia Ambulance Corps' Health and Wellness Expo, Oasis Community Center, and the Carbon Lehigh Counselors Association Conference. The Mock Teen Bedroom is a highly requested educational program for adults only, where participants learn how to identify drug paraphernalia, how substances and substance use can be disguised, up-to-date information about drug trends, and what resources are available in the Lehigh Valley.

The **2022 Opioid Education Forum** presented by CHC and the Lehigh and Northampton Counties Drug and Alcohol Divisions was held live on October 6, 2022 at the Hotel Bethlehem, and live-streamed across the Lehigh Valley. The dynamic keynote speakers were renowned **Tony Hoffman**, former BMX bike champion and Olympic coach; and **Joseph Green**, story teller and award winning spoken word poet. Both featured speakers talked about their history of substance use disorder and life in recovery. Local community speakers included **Amie Allanson-Dundon**, Network Director of Clinical Therapy Services at St. Luke's Health Network; **Heather Barna-Dowling**, Director of River Lotus Healing; **Angela Stevens-Carr**, Director of FORT Program at MARS; and **Rhonda Miller**, Executive Director of the Oasis Community Recovery Center. These local speakers addressed the link between substance use and mental health, the myriad of therapeutic approaches that are available, and what local resources are available to people with substance use disorders and their families.

In total **388 people participated in the 2022 forum**, including 115 attending the live event where they enjoyed a buffet breakfast, Q&A sessions with the speakers, and the opportunity to have their copy of Joseph's Green's book, *Talk Ugly and Other Poems*, signed in person by the author. One hundred people individually joined online, and another 173 participated in the live stream at meeting "hubs" or gatherings of students who viewed the forum together in classrooms at DeSales University, Moravian University, Carbon Institute of Technology, and Bethlehem Area Vo-Tech School, to name a few.

The keynote speakers' presentations are available to view on the CHC website at <https://www.thechc.org/resources/videos.html>.

"I witnessed an 8th grade mentee sticking up for a friend who was being teased. That week during our SPARK curriculum activities, we were talking about 'good choices that make proud moments.' I told her I was very proud of her for the way she handled that situation. She said, 'Nobody has ever told me before that they were proud of me.' You never know how big of an impact these small moments have on our kids."

- quote from a CHC Mentor



Program Highlights



As a state resource for **Fetal Alcohol Syndrome Disorder**, CHC held a virtual **FASD Forum** on September 9, 2022 which welcomed 78 diverse participants from Lehigh and Northampton Counties. With a focus on local support, the speakers presented on how to manage an FASD diagnosis and how women who find themselves struggling with an alcohol addiction can get the help they need to ensure a healthy labor and baby.

Speaker **Kathy Mitchell, who has a daughter with an FASD**, spoke about her personal experience and the steps she's had to take to not only advocate for her daughter but to change the system to help other families. CHC received a lot of great feedback and attendees felt they could continue their education through the valuable CHC resource guide.



The Center for Humanistic Change provides evidence-based and custom-designed program for all ages - even the mature population. A new **gambling awareness** program, **Not a Chance**, was delivered to seven Northampton County Senior Centers, **reaching 117 senior participants**.

Several CHC initiatives continued to focus on the opioid epidemic and harm reduction by providing our **HOPE presentations and Narcan® training and distribution** at various sites throughout the Lehigh Valley. Trainings were provided to school staff in the Allentown School District, Northern Lehigh High School, Wind Gap Middle School, Plainfield Elementary School, and members of the Lehigh Carbon School Counselors Association. We delivered presentations and Narcan® kits to college students at Moravian University and Cedar Crest College. We also trained and provided kits for community members at LVHN Homecare Division, East Hills Moravian Church, Oasis Community Center, Promise Neighborhoods, and Easton Community Center. Additionally, many county employees received training and Narcan® kits at the Lehigh County Government Center, Northampton County Health and Human Services, and Northampton County Courthouse. In total, CHC distributed **nearly 800 Narcan® kits**, provided by the City of Bethlehem Health Bureau, and **more than 400 medication lockboxes** throughout both counties.

The Center for Humanistic Change received an important grant from the PA Commission on Crime and Delinquency (PCCD) for Substance Abuse Education and Demand Reduction. The grant was specifically awarded to **educate community transporters**, including Lyft, Uber, public transportation and school bus drivers, about the opioid epidemic and how to respond to an overdose. After completing the one-hour online training, participants receive a certificate from the training website *Get Naloxone Now* and a medication lockbox that includes a two-dose Narcan® kit, gloves, mouth protector, information about opioids and overdose, and an *I Carry Narcan®* sticker for their cars.



A second part of the grant will include **educating prescribers about safe guidelines and recommendations** on how they can encourage safe opioid use among their patients and clients. We will focus outreach to veterinarians because they prescribe opioids for their animal clients and there is the potential for medication misuse by pet owners. Education will include the safe storage and increasing presence of Xylazine, an animal sedative used in veterinary offices being found in the Fentanyl supply.

We are also reaching out to Emergency Department prescribers to provide opioid prescribing guidelines and tips on how to talk to patients about potential narcotic misuse.

Through this project, CHC will aim to educate and supply Narcan® to at least 225 community transporters statewide and provide awareness guidelines to 60 prescribers in the Lehigh Valley by the end of June 2024.

PRIVATE/CHARTER SCHOOLS & COLLEGES:

Allentown Central Catholic HS
 Allentown Learning Achievement School
 Carbon-Lehigh IU 21
 Career Institute of Technology
 Cedar Crest College
 Colonial Academy IU 20
 DeSales University
 Easton Arts Academy
 Executive Education Academy Charter School
 James Lawson Freedom School Summer Camp
 Kolbe Academy
 Lafayette College
 Lehigh Carbon Technical Institute (LCTI)
 Lehigh Learning Achievement School
 Lehigh Valley Charter HS for the Performing Arts
 Lehigh Valley Dual Language Charter School
 Moravian Academy
 Moravian University
 Muhlenberg College
 Newcomer Academy
 Notre Dame HS
 Penn State University - Lehigh Valley Campus
 Resurrected Life Children's Academy
 Roberto Clemente Charter School
 Seven Generations Charter School

LEHIGH & NORTHAMPTON COUNTY SCHOOL DISTRICTS:

Allentown (ASD)
 Allentown - William Penn Building AEDY
 Bangor
 Bethlehem (BASD)
 Bethlehem Area Vo-Tech School
 Catasauqua (CASD)
 East Penn
 Easton (EASD)
 Nazareth
 Northampton (NASD)
 Northern Lehigh (NLSD)
 Northwestern Lehigh
 Parkland
 Pen Argyl (PAASD)
 Salisbury Township
 Saucon Valley
 Southern Lehigh (SLSD)
 Whitehall-Coplay
 Wilson
 Wilson Area Intermediate School



ORGANIZATIONS, BUSINESSES, COMMUNITY EVENTS & OTHER GROUPS:

A Clean Slate Recovery Center	Lehigh Co Agricultural Society - Agri-Plex	Northampton Co Kinship Foster Care
Alburtis Fire Co	Lehigh Co Adult Probation	Northampton Senior Center
Allentown Center for Recovery	Lehigh Carbon Community College (LCCC)	Northampton Street Fair
Allentown Public Library	Lehigh Co Drug & Alcohol	Oasis Community Center
Boys & Girls Club of Easton	Lehigh Co Government Center	PA Migrant Education Program
Bradbury-Sullivan LGBT Community Center	Lehigh Co Health & Human Services	Palmer Kiwanis Club
Cedar Beach Park	Lehigh Co Jail	Palmer Recovery Center
Cement Belt Fair	Lehigh Co Juvenile Probation	Park Plaza Community Center
Cetronia Ambulance Corps	Lehigh Valley Children's Center	Plainfield Twp Vol Fire Co
Change on Hamilton	Lehigh Valley DUI/ Highway Safety Task Force	Promise Neighborhoods of the LV
Change on Main	Lehigh Valley Health Network (LVHN)	REACH LV
Charles Chrin Community Center	Lehigh Valley Walk for Recovery	Recovery Partnership (Mental Health Awareness Walk)
Children's Home of Easton	LVHN Hospice	Ripple Church
Coca Cola Park	LVHN Muhlenberg Alternative Program	Rocksoberfest
Corey & Kimberly's Ride	Macungie Memorial Park	SADD school clubs
Community Services for Children	Martin on Main	Slate Belt Senior Center
Dewey Park Carnival	Moms of Easton	St. Luke's University Health Network (SLUHN)
East Hills Moravian Church	Nazareth Senior Center	The Literacy Center
Easton Area Community Center	New Bethany Ministries	The Salvation Army
Easton Kiwanis Club	Northampton County Courthouse	Treatment Trends
Easton Opioid Awareness Task Force	Northampton Co Drug & Alcohol	Via of the Lehigh Valley
Gracedale Nursing Home	Northampton Co Government Center	Voices of School Health
Hope Center	Northampton Co Health & Human Services	Whitehall Mall

Supporters Making a Difference

A student told me her favorite day is Thursday because that's when she has mentoring sessions. She's a bright young lady who's a little shy, and it's been wonderful to see her come out of her shell during these visits.
 - quote from a CHC Mentor

\$1,000-\$2500

RMG Insurance

\$500-\$999

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Kristen Hettrick

Sean Linder

Nicole Nix

\$250-\$499

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Up to \$99

Dena Augustine

Elizabeth Fredericks

Sahar Giacobbe

Donna Jacobsen

Pam James

Loree Jarvis

Terry Knox Ramseur

Andrea Langlais

Sandra Linsin

Delia Mitchell

Michael Ott

Rana Oweis

Lois Peak

Paula Ream

Jason Reed

Clay Reilly

Virginia Sandoval

Nancy Scheirer

Rehab Tabchi

Wendy Texter

TGI Fridays #0581

Laura Venturini

Sam Wolff

*We are grateful for the time and talents donated by our volunteers!
 The organization was gifted with 296.5 hours of service from 42 volunteers, valued at \$8,829.77.*



WE APPRECIATE OUR 2023 SPONSORS

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We extend our gratitude to these funders for supporting CHC's program and services:

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 Donald B. and Dorothy L. Stabler Foundation
 Trumbower Hospital Foundation
 Two Rivers Health & Wellness Foundation



**Join us May 6, 2024
 for CHC's inaugural
 SPRING GOLF OPEN
 fundraiser at Green
 Pond Country Club!**



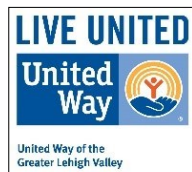
CHC strives to recognize all who thoughtfully contributed to the organization, and we apologize for any inadvertent omissions or misspelled names. If an error has been made, please contact the Administrative Office and we will make the appropriate corrections.

Financial Sustainability

CHC's volunteer Board of Directors provides prudent oversight of the finances and assists the Executive Director with financial management, allowing for smart growth that aligns with the agency's mission. The organization is financially stable with a strong investment portfolio.

Eighty-eight percent (88%) of government, private and foundation grants, service fees and contribution revenues support direct programming to engage community members in building skills for life's challenges.

For the year ended June 30, 2023, the organization received a clean (unqualified) audit opinion. The audit was conducted by Campbell, Rappold & Yurasits, LLP, Certified Public Accountants and Advisors.



Statement of Activities: 6/30/2023 Revenues, Gains and Other Supports



- Government Contracts: \$1,844,884 (79%)
- Grants: \$255,424 (11%)
- Service fees: \$42,805 (2%)
- Contributions: \$15,354 (1%)
- Investment Income: \$176,646 (8%)

Statement of Functional Expense: 6/30/2023



- Program Services: \$1,827,977
- Management and General: \$213,833
- Fundraising expenses: \$45,644

Special thanks to these community partners who provided funding for CHC's programs and services:

- City of Bethlehem, Community Development Block Grant
- Lehigh County Department of Human Services,
Drug and Alcohol Division
- Northampton County Department of Human
Services, Drug and Alcohol Division
- Pennsylvania Commission on Crime and Delinquency,
Office of Justice Programs
- United Way of the Greater Lehigh Valley



The Center for Humanistic Change, Inc. is a 501c(3) charitable agency to which contributions are tax deductible as allowed by law. The organization complies with all mandatory reporting as required by the IRS and federal government. The official registration and financial information may be obtained from the Pennsylvania Bureau of Corporations and Charitable Organizations by calling (800) 732-0999. Registration does not imply endorsement. ID # 23-2107264.