



555 Union Blvd., Suite #7, Allentown, PA 18109  
 Phone: 610-443-1595 www.thehc.org

## MISSION STATEMENT

*'We give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.'*

### 2018-2019 Annual Report

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### PRESIDENT'S MESSAGE



The **Center for Humanistic Change** provides alcohol, tobacco, and other drug prevention education and life skills programs across the Lehigh Valley. One of the most common questions we hear is, "***What is Humanistic Education?***" It is an educational approach the Center embraces within the delivery of our programs. It is intended to achieve one of three things:

- Teach skills regarding communicating, thinking, decision-making, problem solving and knowing oneself;
- Be humane in helping others to believe in themselves and their potential, encourage compassion and understanding, and foster self-respect and respect for others; and,
- Educate to improve the quality of life so others can pursue knowledge, grow, love and find meaning for one's existence.

It is not a religion, psychotherapy, counseling or political ideology. It is an effective approach in changing and dealing with problems that can reduce the quality of our lives. Through humanistic education, all people can be prepared to be better citizens in a democracy....where people know how to gather information, distinguish fact from opinion, analyze propaganda, understand many different viewpoints, understand justice, think for themselves, communicate their opinions clearly, and work with others for the common good.

We thank all who have supported CHC over the years and extend an invitation to others to join us in ensuring that ***our community is one that supports the well-being of every individual.*** We encourage you to use the information in this report to start conversations that may give others the knowledge and tools needed to make better informed and more positive choices.

Lara Ruesch, President, Board of Directors

Reference: Green, Bob (1994). What Humanistic Education Is...And Is Not.

### Participant Totals 2018-2019

Population	Lehigh County	Northampton County	Other Counties	TOTAL
Elementary	2,900	4,596	0	7,496
Secondary	10,616	10,403	0	21,019
Adults	14,491	6,213	63	20,767
<b>TOTAL</b>	<b>28,007</b>	<b>21,212</b>	<b>63</b>	<b>49,282</b>

## IDENTITY STATEMENT

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.

We offer 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; parents and educators; and employees at workplaces throughout Lehigh Valley, PA.

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 also 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***

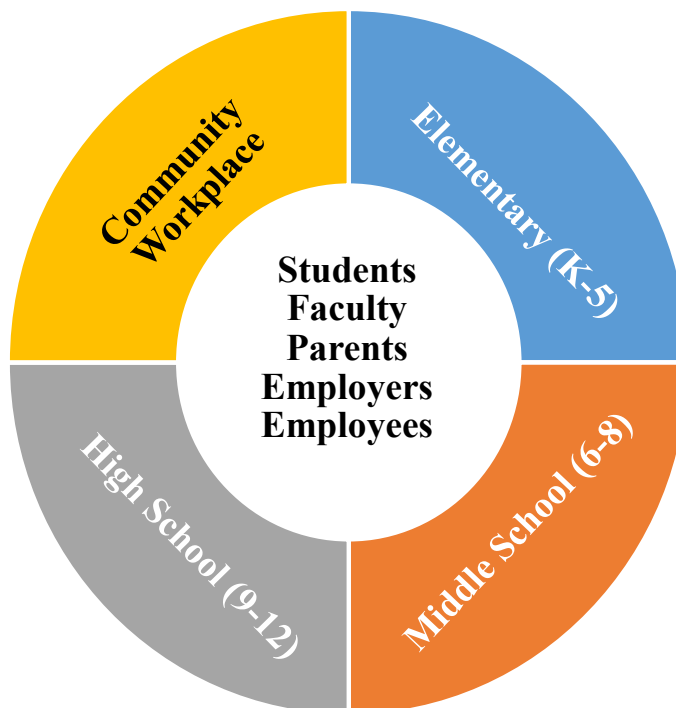
We track local and national trends to ensure our programs are relevant and reflect evidence-based best practices. We also take a leadership role in bringing together people from all sectors of the Valley to collectively address the issues of alcohol and substance abuse.

## KEY ALCOHOL, TOBACCO AND OTHER DRUGS AND LIFE SKILLS PROGRAMS

### A Continuum of Prevention Service Across the Ages

#### Single-Session Programs

- Choices, Chances, Changes
- Current Drug Trends
- Mock Teen Bedroom
- HOPE (Heroin and Opioid Prevention Education)
- HOPE for the Workplace
- HOPE for Older Adults
- The Vaping Epidemic
- Voices from the Valley



#### Multi-Session Programs

- Crossroads/Project SUCCESS Mentoring
- Too Good for Drugs/Violence
- PATHS (Promoting Alternative Thinking Strategies)
- Second Step
- Keep a Clear Mind
- Safe Dates
- Botvin Life Skills (Student and Parent Training)
- STEP/STEP Teens (Systematic Training for Effective Parenting)
- Small Group Life Skills
- Customized Small Groups

## PROGRAM IMPACT Making A Difference....One Student At a Time

*Does prevention programming make a difference? Absolutely!* We know because we measure changes in knowledge and attitude through pre and post surveys. Much of our programming is now evidence-based, meaning it has been tested and proven to make a difference in the lives of those served. However, it is through our face-to-face time with students and adults that we learn about the fuller impact we make on their lives.

Let us share a story about Damien. When our Crossroads mentor first met this 5th grade student, school staff were concerned about his lack of class participation and poor attendance. Damien lived with his grandfather after losing his grandmother at the end of the summer. His mother was participating in a residential drug rehabilitation program. He missed her all the time. Damien confided to his mentor that he did not want to be at school because he was extremely concerned about his grandfather, and his mom and her recovery. Damien had very few friends and expressed he just wanted to be alone. Damien's mentor met with him weekly. Together, they focused on activities and conversation centered on personal responsibility, grief, friendships, and goals for the year. By mid-year, Damien was attending school regularly and starting to make friends. By the end of the school year, Damien's grades improved and he achieved a leadership award. ***Damien had gained the skills to make change, and the ability to believe in himself and his future.***

Prevention education reaches our secondary students through our Project SUCCESS Mentoring program. Meet Thomas, an 8th grade student. Thomas was experiencing truancy issues, poor academic performance, and a lack of confidence, motivation and self-respect. He confided that he was struggling with depression and low self-esteem. He was due to enter 9<sup>th</sup> grade after having been held back for two years. Weekly meetings with his CHC mentor were helpful, but the mentor recognized Thomas needed further help. After working collaboratively with the parent and school team, a referral for additional services was made and further help was secured. Thomas's depression was addressed, he continued to meet with his mentor, and by the end of the year he showed marked academic and social improvement. ***Just like Damien, Thomas had also gained the ability to believe in himself and his future.***

## PROGRAM IMPACT Making A Difference....Measuring Results



CHC served **86 schools** in Lehigh County with liaison services, technical assistance, material dissemination, newsletters, team maintenance, and evaluation services through the Student Assistance Program (SAP). Our Commonwealth Approved Trainer certified **114 new SAP professionals**.

The staff of our **Crossroads/Project SUCCESS** program mentored 966 students in 29 schools throughout the Lehigh Valley. Some of the 2018-19 results that showed maintained/improved are: 84% resisted/said "NO" to peer pressure; 80% improved/maintained behavior; 79% understood another's point of view; 77% spoke calmly during a disagreement; 75% communicated with peers; 71% handled stress from school/home; 71% sought help from adults; 61% improved/maintained grades; and, 53% improved/maintained attendance.

CHC conducts pre and post surveys to determine 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 the knowledge increased. These results are part of a fuller evaluation that considers other factors such as the level of pre-survey knowledge and attitudes, and the regularity and consistency of prevention education among the population.

A sampling of knowledge gains:

- ◆ 29.81%>: Second Step (4<sup>th</sup> & 5<sup>th</sup> Grades)
- ◆ 17.22%>: Second Step (6<sup>th</sup> Grade):
- ◆ 17.04%>: PATHS
- ◆ 10.15%>: Too Good for Violence:
- ◆ 8.62%>: Too Good For Drugs

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 (NREPP).

### VAPING: CHC and CVS

It seems that each day brings more alarming news about the vaping epidemic. As of November 9, 2019, there have been over 2000 hospitalizations and 39 deaths reportedly caused by vaping. Those who have been affected range in age from 17 to 75. No specific vaping device or product has been linked to these cases, but most victims have reportedly used THC, or both THC and nicotine products. Typical symptoms include cough, chest pain or shortness of breath. Some victims report symptoms such as nausea, vomiting, fatigue and fever. Many patients are experiencing acute respiratory distress syndrome, a life-threatening condition in which fluid builds up in the lungs, thereby preventing oxygen from circulating in the bloodstream.

When vaping devices were introduced about 10 years ago, they were marketed as a way for cigarette smokers to gradually reduce their nicotine intake until they were finally able to quit altogether. However, advertising, and the development of over 15,000 flavors, has really been aimed at teens and young adults. In a 2018 survey, 37% of high school seniors reported use of a vape device in the previous 12 months, while more than 42% said they had vaped at least once in their lifetime. Thirty-two percent of high school sophomores, and over 17% of 8<sup>th</sup> graders, reported using a vape device over the past 12 months.



CHC has had dozens of requests for vaping education for middle and high school students, school nurses and other staff, and for parents. We are utilizing the *Tobacco Prevention Toolkit*, curriculum developed by Stanford University and provided by a grant from CVS, to deliver comprehensive programs that include information about how vaping nicotine and THC affect the brain and body; the most recent medical data; and tips for preventing our youth from using nicotine and THC delivery devices.

***Please call 610-443-1595 for us to bring this program to your classroom, business or community setting.***



### CHC and Lehigh Valley Health Network Opioid Simulation Program

In 2018-2019, CHC partnered with the Lehigh Valley Health Network to provide the opioid and addiction education portion of their Opioid Use Disorder Youth Programming Simulation. The program objectives, designed for high school and college students considering a career in healthcare, include:

- Understanding addiction as a brain disease
- Learning about opioids and Opioid Use Disorder
- Observing and reflecting upon empathic attitudes and communication between healthcare team members and the patient/family

CHC's *HOPE (Heroin and Opioid Prevention Education)* presentation has been adapted for healthcare professionals and focuses on facts about opioid misuse and how it affects the brain; the most effective addiction treatments; and how healthcare providers can help reduce the stigma and shame that prevent many from seeking treatment. In the hospital simulation lab, students view a video of EMTs responding to an overdose call; observe a live simulation of treatment in the ER; and see a demonstration of a "warm hand-off," where the Addiction and Recovery Specialist visits the patient in the ICU to discuss treatment options.

Participants included students from LCTI's Emerging Health Professionals program, Cedar Crest College's and DeSales Schools of Nursing, and Whitehall High School.

***To participate in this program, please call 610-443-1595.***



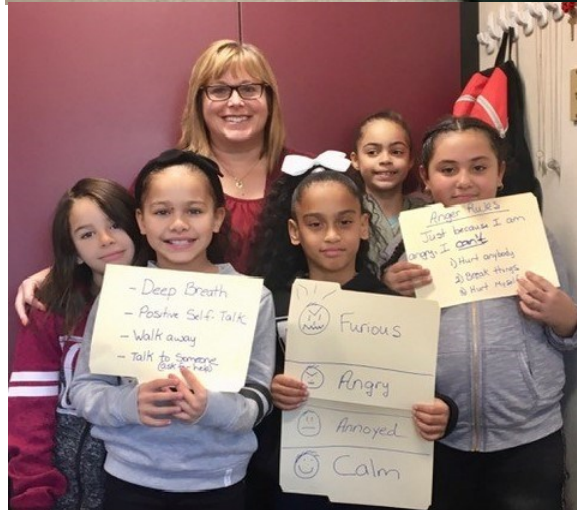


## Clients Served in 2018–2019

- ◆ Addiction Awareness Day
- ◆ Air Products
- ◆ Allentown B'nai Brith Housing Corp.
- ◆ Allentown Center Square
- ◆ Allentown Central Catholic HS
- ◆ Allentown Learning and Achievement School
- ◆ Allentown School District
- ◆ Allentown YMCA
- ◆ Arts Academy Charter MS
- ◆ Artsquest
- ◆ Asbury United Methodist Church
- ◆ Bangor Elderly Housing
- ◆ Bangor HS
- ◆ Bethlehem Catholic HS
- ◆ Bethlehem YMCA
- ◆ B'nai B'rith Apartments
- ◆ Boys & Girls Club of Allentown Lawrence Court
- ◆ Boys & Girls Club of Allentown Turner St
- ◆ Boys & Girls Club of Easton
- ◆ Broughal MS
- ◆ Building 21
- ◆ Bushkill Twsp. Volunteer Fire Company
- ◆ Calypso ES
- ◆ Carbon Lehigh Intermediate Unit #21
- ◆ Career Institute of Technology
- ◆ Career Link
- ◆ Catasauqua HS
- ◆ Catasauqua MS
- ◆ Cedar Crest College
- ◆ Cedar View Senior Center
- ◆ Cedarbrook MS
- ◆ Cement Belt Fair
- ◆ Center for Humanistic Change
- ◆ Central ES
- ◆ Cheston ES
- ◆ Christian Day Care
- ◆ Clearview ES
- ◆ Cleveland ES
- ◆ Colonial Intermediate Unit #20
- ◆ Communities in Schools
- ◆ Community Services for Children
- ◆ Corey and Kimberly's Ride Continued
- ◆ Country Meadows
- ◆ Crayola Factory
- ◆ Cumberland Gardens
- ◆ DeSales University
- ◆ Dieruff HS
- ◆ Donegan ES
- ◆ Dual Language CS
- ◆ East Hills MS
- ◆ Easton Area Academy
- ◆ Easton Community Center
- ◆ Easton HS
- ◆ Easton MS
- ◆ Easton Opioid Awareness Task Force
- ◆ Easton YMCA
- ◆ Emmaus HS
- ◆ Episcopal House
- ◆ Executive Education Academy CS
- ◆ Eyer MS
- ◆ EZ Micro
- ◆ Faith Lutheran Church
- ◆ Families First
- ◆ Fed Up Rally
- ◆ Forks ES
- ◆ Fountain Hill ES
- ◆ Fountain Hill Senior Community Center
- ◆ Freedom HS
- ◆ Freemansburg ES
- ◆ Girl Scouts/ Boy Scouts of America
- ◆ Good Shepherd Lutheran Church
- ◆ Governor Wolff ES
- ◆ Greater Bath Area Chamber of Commerce
- ◆ Greater Lehigh Valley Chambers of Commerce
- ◆ Greater Lehigh Valley School Nurses
- ◆ Greater Valley YMCA Suburban North Branch
- ◆ Gross McGinley LLP
- ◆ Harrison Morton MS
- ◆ Health Net
- ◆ Highmark Healthy Living Expo
- ◆ Hiram Dodd ES
- ◆ Holy Trinity Lutheran Roman Catholic Church
- ◆ Impact Project
- ◆ Intercity Faith Collaborative
- ◆ Jefferson ES
- ◆ Joseph P. Liberati IS
- ◆ KidsPeace
- ◆ Kolbe Academy / Diocese of Allentown
- ◆ LCTI
- ◆ Lehigh County Adult Probation
- ◆ Lehigh County Center for Recovery
- ◆ Lehigh County Children & Youth
- ◆ Lehigh County Community Corrections Center
- ◆ Lehigh County Government Center
- ◆ Lehigh County Housing Authority
- ◆ Lehigh County Jail
- ◆ Lehigh County Juvenile Probation
- ◆ Lehigh County SADD Healthy Living Expo
- ◆ Lehigh University
- ◆ Lehigh Valley Academy Regional CS
- ◆ Lehigh Valley Business Group
- ◆ Lehigh Valley Charter HS for the Arts
- ◆ Lehigh Valley Iron Pigs
- ◆ Lehigh Valley Mall
- ◆ Lehigh Valley Summit
- ◆ Liberty HS
- ◆ Lincoln ES
- ◆ Lincoln Leadership Academy
- ◆ Lower Macungie MS
- ◆ Lower Saucon Township Community Forum
- ◆ LV Active Life
- ◆ LV Charter HS for the Performing Arts
- ◆ LV Puerto Rican Festival
- ◆ LVHN Cedar Crest
- ◆ LVHN Muhlenberg Alternative Program
- ◆ LVHN Trauma Conference
- ◆ Mack South Allentown Fire Dept.
- ◆ Macungie ES
- ◆ March ES
- ◆ Marvine ES
- ◆ Meals on Wheels of Lehigh and Northampton Counties
- ◆ Meuser Library
- ◆ Moravian College
- ◆ Morning Call Opioids Solution Conversation
- ◆ Mosser ES
- ◆ Muhlenberg College
- ◆ Nazareth Area HS
- ◆ Nazareth Area HS
- ◆ Nazareth Area MS
- ◆ Nazareth Pallet Co. Inc.
- ◆ Newcomer Academy
- ◆ Nitschmann MS
- ◆ North Catasauqua Park
- ◆ Northampton Community College
- ◆ Northampton County Children, Youth & Families
- ◆ Northampton County Drug and Alcohol
- ◆ Northampton County Juvenile Center
- ◆ Northampton HS
- ◆ Northeast MS
- ◆ Northern Lehigh HS
- ◆ Northern Lehigh MS
- ◆ Northwestern Lehigh ES
- ◆ Northwestern Lehigh HS
- ◆ Northwestern Lehigh MS
- ◆ Notre Dame HS
- ◆ OAA Orthopaedic Specialists
- ◆ Orefield MS
- ◆ PA Migrant Education Program
- ◆ Palmer ES
- ◆ Parkland Community Library
- ◆ Parkland HS
- ◆ Parkview at Bethlehem
- ◆ Patriot League Lafayette College
- ◆ Patriot League Lehigh University
- ◆ Paxinosa ES
- ◆ Pen Argyl HS
- ◆ Penn State Lehigh Valley Campus
- ◆ Pennrose Brick & Mortar/ Heart & Soul
- ◆ Phoebe Institute on Aging
- ◆ Pinebrook Family Services

The Board of Directors is appreciative of the staff and leadership for another great year of making an impact in the Lehigh Valley, one person, one school, one community, one company at a time.

- ◆ Po'Lante After School Program
- ◆ Pride in the Park
- ◆ Priscilla Payne Hurd Education Center
- ◆ Rally in the Valley
- ◆ Ramos ES
- ◆ Raub MS
- ◆ Recovery Partnership (LV Mental Health Awareness Walk)
- ◆ Right to Education Local Task Force 21
- ◆ Ritter ES
- ◆ Roberto Clemente Elementary CS
- ◆ Roberto Clemente Secondary CS
- ◆ Roosevelt ES
- ◆ Sacred Heart Senior Living By Saucon Creek
- ◆ Salisbury HS
- ◆ Salisbury MS
- ◆ Saucon Valley HS
- ◆ Senator Browne Community & Family Expo
- ◆ Share Care Faith in Action
- ◆ Shawnee ES
- ◆ Sheridan ES
- ◆ Siegfried ES
- ◆ South Mall
- ◆ South Mountain MS
- ◆ Southern Lehigh HS
- ◆ Southern Lehigh MS
- ◆ Speak Up For Ben
- ◆ Springhouse MS
- ◆ St. Anne School
- ◆ St. Elizabeth Regional School
- ◆ St. Francis of Assisi Church
- ◆ St. Jane Frances De Chantal School
- ◆ St. John's UCC
- ◆ St. Luke's School of Nursing
- ◆ State Representative Town Hall Mtg
- ◆ Steckel ES
- ◆ Strawberry Patch Village
- ◆ Tanczos Beverage
- ◆ Templo El Refugio
- ◆ Third Street Alliance
- ◆ Tracey ES
- ◆ Traditions of Hanover
- ◆ Trexler MS
- ◆ Trinity Baptist Church
- ◆ Union Terrace ES
- ◆ Upper Lehigh Lions Club
- ◆ Valliere & Counseling Associates, Inc.
- ◆ Victaulic Wellness
- ◆ Walgreen's
- ◆ Washington ES
- ◆ Weisenberg Lutheran Church
- ◆ Wescosville ES
- ◆ West Turner Residences
- ◆ Western Salisbury ES
- ◆ Whitehall HS
- ◆ Whitehall MS
- ◆ William Allen HS
- ◆ Wind Gap MS
- ◆ YWCA Tri County PA
- ◆ Zephyr ES
- ◆ Zephyr Park



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 \$13,591.80!

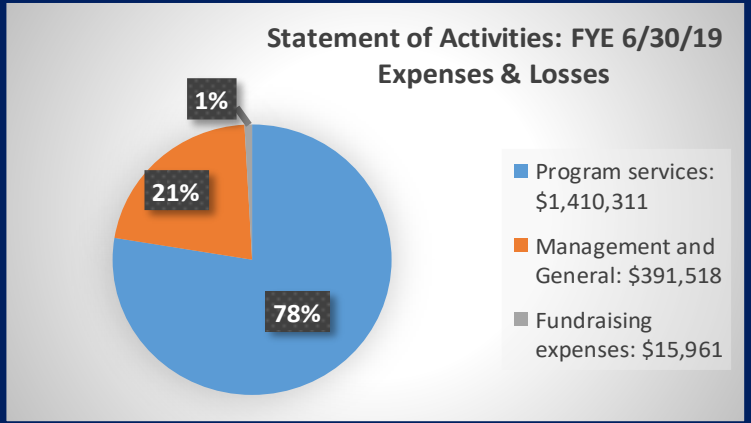
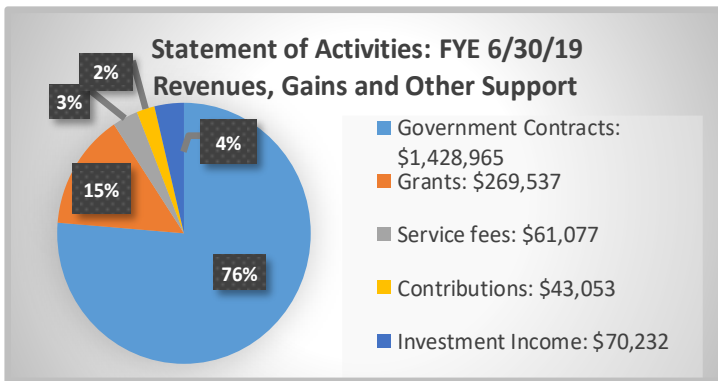


# FINANCIAL REPORT: July 1, 2018–June 30, 2019

CHC is financially stable. With a strong investment portfolio, the agency's bottom line grew modestly in the 2018-2019 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.

*80% of government, grant, 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, 2019, 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. CHC is registered through the Pennsylvania Department of Charitable Organizations. Registration does not imply endorsement.

- Appreciations to our funders who provided Grants and Contracts for our programs:***
- Allentown Rotary Foundation
  - Anonymous Foundations (2)
  - Catholic Human Service Foundation
  - Charles H. Hoch Foundation
  - City of Allentown Civic Fund
  - City of Bethlehem Development Block Grant
  - Commonwealth Prevention Alliance
  - Crayola
  - Donald B. & Dorothy L. Stabler Foundation
  - Harry C. Trexler Trust
  - Just Born Quality Confections
  - Lehigh County Department of Human Services, Drug and Alcohol Division
  - Leona Gruber Charitable Trust
  - Martin Guitar Charitable Foundation
  - Northampton County Department of Human Services, Drug and Alcohol Division
  - PA Stop
  - Rotary District Foundation
  - Ruth P. Seruga Trust
  - Two Rivers Health & Wellness Foundation
  - Trumbower Hospital Foundation
  - United Way of the Greater Lehigh Valley
  - Wawa Foundation
- 

United Way of the Greater Lehigh Valley  
UnitedWayGLV.org



- |   |   |
|---|---|
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