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2021-2022 Annual Report

2021-2022 Board of Directors

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MISSION STATEMENT

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

PRESIDENT'S MESSAGE...

What a pleasure it has been over this past year serving my first term as President for an organization so incredibly important to the Lehigh Valley.

At the core of the meaningful programming offered by the Center for Humanistic Change, is an impressive workforce who tirelessly serves to help others, with a passion to make a difference. Not only do they care so much about the work they do, but they also care about each other. CHC's enthusiastic team of prevention specialists, student assistance liaisons, mentors, program coordinators, office administrators and managers, all unite to enlighten and positively impact the community's youth and adults.

Our growing volunteer board is inspired by the accomplishments of CHC, and as members are proud to assist in advancing its mission.

~ Sean Linder, President, Board of Directors

EXECUTIVE DIRECTOR'S MESSAGE...

We've recognized the changes that surround us in the wake of the pandemic, and continue to see the many ways these last few years have affected children and families. The vital programs provided by the Center for Humanistic Change are needed now more than ever before. With a skilled and dedicated staff armed with knowledge, compassion and flexibility, we steadily respond to the growing requests for prevention education, life skills training, parenting resources, and to assist with the social-emotional learning needs of students in the Lehigh Valley.

In addition to the dozens of schools where we provide programming, we're going deeper into our communities with essential services and prevention education — such as our signature and highly-requested Mock Teen Bedroom, important Narcan training, and informational HOPE for the Workplace.

Virtual or in-person, we're committed to delivering quality evidence-based and evidence-informed programs to youth and families, and proactively address issues observed by our teams in the classroom and in groups. Our school mentors endeavor to provide a safe and supportive opportunity for a child who might be struggling with academics, relationships, self-identity, or the new realities of today's world.

The beauty of our work is found in the smallest of victories because they are big achievements for those we serve. When children feel safe to be themselves, progress and potential are restored.

It is our privilege to be a leading Lehigh Valley resource for prevention education, and for helping children, adults and families learn how to make healthy and positive choices at school, at work, and in life.

~ Kristen Hettrick, Executive Director



**"My school mentor saved me...
I wouldn't be graduating
and going to college if it
wasn't for her."**

~ student quote

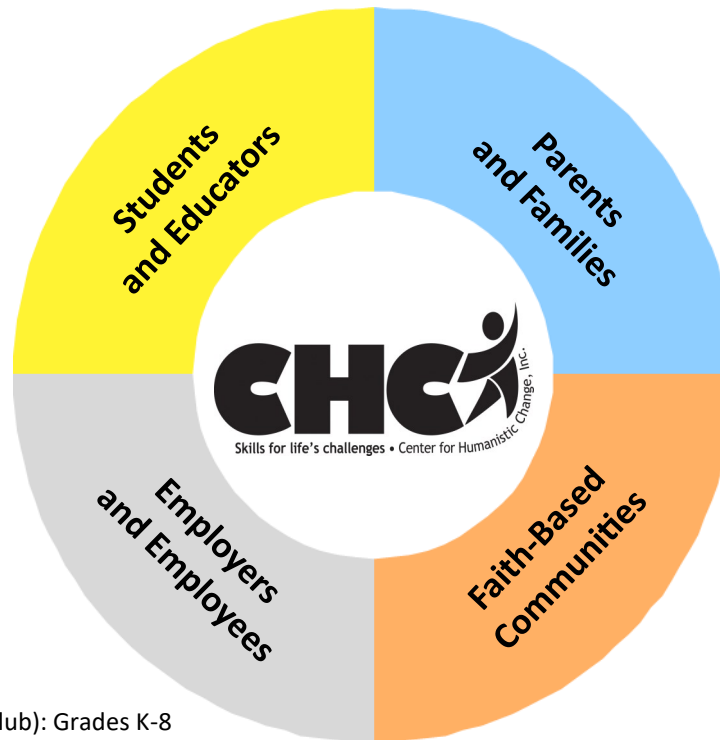
A Continuum of Prevention Services for All Ages

Single-Session Programs

- **Choices, Chances, Changes**
- **Current Drug Trends**
(Focus on Alcohol, Tobacco and Vaping)
- **Cyber Gambling Awareness Program**
- **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)

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



Multi-Session Programs

- **Botvin Life Skills** (Student and Parent Training)
- **Student Mentoring** (Project SUCCESS/Crossroads)
- **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)
- **Teaching Students to be Peacemakers**
- **The Blues Program**
- **Too Good for Drugs/Violence**

PROGRAM HIGHLIGHTS AND ACHIEVEMENTS

- ◆ CHC served 4,936 students in **Second Step**, an evidence based program which increases school success and decreases problem behaviors by promoting social-emotional competence and self-regulation. The skills-focused, social-emotional learning curriculum strengthens students' ability to learn, have empathy, manage emotions, and solve problems to reduce impulsive/aggressive behaviors.
- ◆ **STEP** trained 56 parents. This is a program which provides skills training for parents of children ages 6-12 years of age. The course is designed to help parents better understand children's behavior and misbehavior; learn to develop child confidence; practice positive listening; and give encouragement. The sessions use role-play to dramatize examples of both ineffective and effective parent-child interaction, and provide opportunities to discuss personal experiences.
- ◆ CHC's **Current Drug Trends** program served 2,947 people. This program identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use and provides accurate information on current drug trends and their effects. Adults learn how to talk to children about drugs and alcohol, how to build refusal skills, and how to find help when facing a problem.
- ◆ **HOPE** served 829 people. The **Heroin and Opioid Prevent Education** program provides information on the growing concern around the heroin and opioid epidemic. Participants learn about opioids and heroin; signs and symptoms of opioid/heroin use; the effects of use on one's health, relationships, and their future; and where to find local resources to help the person with a substance use disorder.
- ◆ CHC is a state resource for Fetal Alcohol Spectrum Disorders (FASD) and part of the FASD United Affiliate Network (formerly NOFAS - National Organization for Fetal Alcohol Syndrome.) In recognition of International FASD Awareness Day on September 9, 2021, CHC virtually hosted its **Fetal Alcohol Spectrum Disorder Conference** and welcomed 152 online participants. The program's main speakers were Manon Kelso, Fetal Alcohol Resource Program Manager at ABLE2 from Ontario Canada, and certified FASD trainer, Julia Conkel-Ziebell, Ph.D., LP, pediatric psychologist and lead psychologist at the Proof Alliance FASD Clinic.

COMMUNITY ENGAGEMENT

HOPE for the Workplace ~ Narcan Training and Distribution

The Center for Humanistic Change partnered with several community sites to provide opioid education and Narcan training. This initiative was funded through a grant with the City of Bethlehem and focused on educating people in the workplace. Each participant received a free Narcan kit, courtesy of the Bethlehem Health Bureau. Participating work sites included the Sixth Street Shelter, Allentown Public Library, Allentown Jewish Community Center, Bethlehem Public Library, Easton Area Community Center, Lehigh County Government Center, Northampton County Health & Human Services, and Valley Youth House. We delivered 16 presentations and more than 150 Narcan kits were distributed through these presentations.



Mock Teen Bedroom

CHC's highly requested adults-only education program provides a hands-on opportunity to learn how to identify drug paraphernalia; the ways drugs and drug use can be disguised; current local drug trends; the most-up-to-date information on trends and drugs; how to talk to children about drugs and alcohol; and where to find help. This signature resource **reached 4,762 people**, and was part of **school orientations and parents' nights, and community events and venues** such as Catasauqua StrEAT Fest, Coca Cola Park, Cement Belt Fair, Macungie Memorial Park, Northampton Street Fair, Rally in the Valley, REACH LV, Schnecksville Fair, Stabler Athletic & Convention Center, Westgate Mall, Whitehall Heritage Fest, and many others. Information is also shared at numerous health fairs throughout the year.

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, 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 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.

PROGRAM IMPACT ~ Making A Difference, One Student at a Time

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 often through our focused time and face-to-face interaction with students and adults that we learn about the fuller impact we make in their lives. Here is just one successful story from our student mentoring program:

“Alex” is a sixth-grade student who identifies as non-binary. They were referred to a CHC mentor for coping skills and issues with their parents. Alex’s parents do not accept that they are non-binary. Because of this, Alex feels angry and often isolated. Alex would often get into confrontations with their peers, teachers or parents and “black out” when they were angry. During one of their “black outs” they were seen chasing after two students trying to fight them. When they met to talk with the mentor, they did not think they were responsible and thought the other two students were the ones to blame because they made Alex mad. After sessions talking about coping skills, grounding techniques, and building their self-esteem, Alex was able to admit that what they did was wrong and wanted to make amends with the students. Alex took full responsibility and apologized to the other students. Alex is better able to self-regulate their anger and think ahead of the consequences that could happen based on their decision to react. This has helped Alex effectively talk to their parents to help educate them on the LGBTQIA+ community.

COMMUNITY IMPACT ~ Meaningful Partnerships

The **2021 Lehigh County Opioid Addiction & Recovery Forum**, held on September 14, was attended virtually by **231 participants**. This included 106 in the targeted 15-24 age range who were students at Lehigh County Technical Institute, Lehigh Carbon Community College, DeSales University and Penn State University-Lehigh Valley. **The keynote speaker was Patrick J. Kennedy**, former U.S. Representative and a person in long-term recovery who discussed his experience with mental health and substance use disorders. One hundred twenty copies of his book, *A Common Struggle*, were distributed to attendees.

Local speakers included:

- Dr. Gillian Beauchamp of Lehigh Valley Hospital Network, who spoke about how the opioid epidemic affects our community and new medical trends in opioid use disorder treatment.
- Sgt. John Leonard, Allentown Police Dept., Ibn “Q” Quawee, CRS, and Lauren Kiffer, Lehigh County Drug & Alcohol Case Mgt. Specialist, who discussed Allentown’s Blue Guardian Program.
- Grace Chehoud Vangelo, Esq., sharing information about Lehigh County Recovery Court.
- A panel of Certified Recovery Specialists who discussed their roles in the community.



The **2021 Northampton County Opioid Addiction & Recovery Forum**, held on September 23 was attended virtually by **287 participants**. This included 159 in the targeted 15-24 age range, and included students from DeSales University, Moravian University, Bethlehem Area Vocational Technical School, Career Institute of Technology, and Kolbe Academy. Motivational speaker and a person in long-term recovery, **Marc Mero, was the keynote speaker**. The former WCW and WWE Wrestling Champion, four-time NY State Golden Gloves Boxing Champion, and author of *How to be the Happiest Person on the Planet*, shared his key message: “It’s not how many times you get knocked down, it’s how many times you get back up.” One hundred twenty copies of his book were distributed to participants.

Additional speakers included:

- Dr. Stephanie Shiffer, formerly of Lehigh University, who spoke about the impact of opioid use on health and wellbeing and approaches to harm reduction.
- Mary Erdman, CFRS and her son, Will Erdman, a recovery counselor, sharing their family’s journey through Will’s substance use disorder and subsequent recovery.
- A Certified Recovery Specialist team and a college student in recovery addressing how the opioid crisis specifically affects young adults and college students.

Videos of all Lehigh and Northampton Counties’ local speaker sessions are available on the Center for Humanistic Change’s website at <https://www.thehc.org/resources/videos.html>.

PROGRAM IMPACT

Program Participant Totals 2021-2022

<i>Population</i>	<i>Lehigh County</i>	<i>Northampton County</i>	<i>Other Counties</i>	<i>TOTAL</i>
Elementary (ages through 11 years)	4,336	4,463	14	8,813
Secondary (ages 12-20 Years)	6,763	5,531	1,956	14,250
Adults (ages 21 and older)	3,962	3,685	577	8,224
TOTAL	15,061	13,679	2,547	31,287

Measuring Results

Student Assistance Program: CHC served **all 93 schools in Lehigh County** and **55 schools in Northampton County** with liaison services, technical assistance, material dissemination, newsletters and other communications, team maintenance, and evaluation services through the Student Assistance Program (SAP). CHC’s SAP Liaisons directly work 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’s Commonwealth Approved Training Program certified **130 new SAP professionals**.

CHC Mentoring Program: The Project SUCCESS/Crossroads staff mentored 714 students from 31 schools throughout the Lehigh Valley. The 2021-2022 program outcomes illustrated these student improvements: 57% understood another’s point of view; 56% communicated better with peers; 54% sought help from adults; and 67% resisted or said “no” to peer pressure. These findings represent a 5-10% increase from the previous year’s results.

Other Programs: 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 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. The following is a sampling of 2021-2022 results.



Knowledge Gains and Attitude Improvements:
(Lehigh and Northampton counties combined.)

- **Second Step**, an evidence-based multi-session program for elementary school students, had a knowledge increase of 62.1%.
- **Choices-Chances-Changes**, a single-session informational program, had an attitude improvement of 79.3%.
- **Current Drug Trends**, a single-session informational program, had an attitude improvement of 60.7%.
- **HOPE for High School Students**, another single-session program, had an attitude improvement of 51.2%.
- The **Addiction and Recovery Forum** targeting high school and college youth, had an attitude improvement of 56.8%. Many adults attended as well.
- Sixty nine percent (69%) of our programming in 2021-2022 served children and teens.



www.thehc.org



*We are grateful for the time and talents donated by our volunteers!
The organization was gifted with 242 hours of service from 59 volunteers, valued at \$7,247.90.*

ES = Elementary School
IS = Intermediate School
MS = Middle School

COMMUNITY IMPACT

Clients Served in 2021-2022

HS = High School
SD = School District
CS = Charter School

A Clean Slate Recovery Center	Edward Tracy ES	Lincoln ES (BASD)	Saucon Valley HS
Ada B Cheston ES	Emmaus HS	Lincoln ES (East Penn SD)	Saucon Valley SD
Air Products	Epworth United Methodist Church	Lincoln Leadership Academy CS	Se Wy Co Beverage
Alburtis ES	Executive Education Academy CS	Linden's Beverage	Seven Generations CS
Alburtis Fire Company	Eyer MS	Louis E. Dieruff HS	Shangy's Beverage
Allentown Center for Recovery	Faith Church	Lower Macungie MS	Shawnee ES
Allentown Housing Authority	Faith Community Assembly of God	Lower Saucon Police Dept.	Sheridan ES
Allentown Jewish Community Center	First Commonwealth Federal Credit Union	Macungie ES	Shoemaker ES
Allentown Learning & Achievement School	Forks Beer & Soda	Macungie Memorial Park	Sixth Street Shelter
Allentown Public Library	Forks ES	Marvine ES	Slatington ES
Allentown SD	Fountain Hill ES	Mattman's Beverage	South Mountain MS
Arts Academy Charter ES	Francis March ES	Mier's Brauerei Beer Sales	Southern Lehigh HS
ArtsQuest	Francis D Raub MS	Moms of Easton	Southern Lehigh MS
Avona ES	Freedom HS	Moravian Academy US	Southern Lehigh SD
Bangor Area HS	Freemansburg ES	Moravian University	Spring Garden ES
Bangor Area MS	Fuente de Vida Church	Mosser ES	St. Anne School
Bear Swamp Beverage	Clarence M Gockley ES	Muhlenberg ES	St. Catherine of Siena Catholic Church
Beers to Go	Governor Wolf ES	Nazareth Area HS	St. Elizabeth Regional School
Bethlehem Area SD	Grace Deliverance Baptist Church	Nazareth Area MS	St. Luke's Health Network
Bethlehem Area Vo-Tech School	Greater Shiloh Church	Nazareth Area SD	St. Luke's School of Nursing
Bethlehem Catholic HS	Hanover ES	New Bethany Ministries	SLHN – Sacred Heart Campus
Bethlehem Public Library	Harrison Morton MS	Newcomer Academy	St. Thomas More
Beverage & Smoke	Hays ES	Nitschmann MS	Steckel ES
Boom-A-Rang Beverage	Healing Path Psychology	Northampton Area HS	Tanczos Beverage
Boy Scout Troop 439	Hiram Dodd ES	Northampton Area MS	Temple del Refugio
Boys & Girls Club of Easton	Hope Center	Northampton Area SD	The Nehemiah Wall
Broughal MS	Iron Run Beverage	Northampton County Community College Fowler Southside Center	Treatment Trends
Budget Beverage	Jackson Early Childhood Center	Northampton County Drug & Alcohol	Trexler MS
Building 21	Jefferson ES (Allentown SD)	Northampton County Health & Human Services	Trinity Wesleyan Church
Calypso ES	Jefferson ES (East Penn SD)	Northampton County Kinship Foster Care	Union Baptist Church
Carbon-Lehigh IU 21	Kolbe Academy	Northeast MS	Union Terrace ES
Career Link	Lehigh Carbon Community College (LCCC)	Northern Lehigh HS	United Way GLV
Career Institute of Technology	Lehigh Carbon Technical Institute (LCTI)	Northern Lehigh MS	Valley Youth House
Casa Guadalupe	Lehigh County Adult Probation	Northwestern Lehigh HS	Via of the Lehigh Valley
Catasauqua MS	Lehigh County Drug & Alcohol	Northwestern Lehigh MS	Washington ES (Allentown SD)
Catasauqua HS	Lehigh County Gov't Center	Northwestern Lehigh SD	Whitehall Coplay HS
Cedar Crest College	Lehigh County Health & Human Services	Notre Dame HS	Whitehall Coplay MS
Cedar View Senior Center	Lehigh County Jail	Oasis Community Center	Whitehall Coplay SD
Central ES	Lehigh County Juvenile Probation	PA Migrant Education Program	William Allen HS
Change on Hamilton	Lehigh Learning & Achievement School	Palmer ES	William Penn ES
Change on Main	Lehigh Parkway ES	Palmer Recovery Center	Wilson Area MS
Chestnut Hill Church	Lehigh Valley Charter HS for the Performing Arts	Parkland HS	Wilson Area HS
Children's Clinic of LV	Lehigh Valley Children's Center	Parkland SD	Wilson Area SD
Children's Home of Easton	Lehigh Valley DUI/Highway Safety Task Force	Pavlish Beverage	Wilson Borough ES
Christ Lutheran Church	Lehigh Valley Health Network	Paxinosa ES	Wind Gap MS
Clearview ES	LVHN Hospice	PC Beverage	Wise Guys Beer
Col John Siegfried ES	LVHN Muhlenberg Alternative Program	Pen Argyl HS	Young Life Ministries
Colonial Academy - IU 20	Liberty Bell Beverage	Penn State University LV	YouthBuild Allentown
Corey & Kimberly's Ride	Liberty HS	Peters ES	Zephyr ES
D & R Beverage		Plainfield ES	
DeSales University		Promise Neighborhoods	
Donegan ES		Ramos ES	
Dorneyville Beverage		Resurrected Life Children's Academy	
East Hills MS		Ritter ES	
East Penn SD		Roberto Clemente CS	
East Side Family Beverage		Roosevelt ES	
Easton Area HS		Salisbury Township SD	
Easton Area MS			
Easton Arts Academy			
Easton Community Center			



PROGRAM PROVIDERS ~ PROBLEM SOLVERS

The Center for Humanistic Change 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.)



DONOR IMPACT ~ Supporters Making a Difference

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"I got to say how I feel with a trusted adult who isn't going to tell anyone else." ~ student quote



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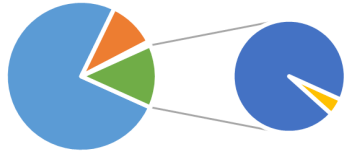
Bickert's Buddies
EZ Micro
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~ **In Kind Contributions** ~

Copperhead Grille, Allentown	Costco Wholesale
Lehigh Valley Business Machines	Crayola
Menchie's Frozen Yogurt, Allentown	Oriental Trading
Giant Food Markets	Uline

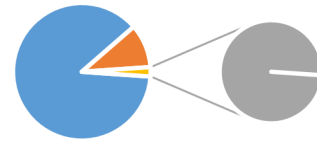


Statement of Activities: 6/30/2022 Revenues, Gains and Other Supports



- Government Contracts: \$1,503,003 (72%)
- Grants: \$202,805 (10%)
- Service fees: \$17,475 (1%)
- Contributions: \$13,155 (1%)
- Investment Income: (\$255,757) (-17%)

Statement of Functional Expense: 6/30/2022



- Program Services: \$1,603,366
- Management and General: \$188,394
- Fundraising expenses: \$40,018

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-five percent (85%) 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, 2022, the organization received a clean (unqualified) audit opinion. The audit was conducted by Campbell, Rappold & Yurasits, LLP, Certified Public Accountants and Advisors.

CHC is registered through the Pennsylvania Department of Charitable Organizations. Registration does not imply endorsement.



"I got the support anytime I needed it."
~ **student quote**

Special thanks to these major funders who supported CHC's programs and services:

- Anonymous Foundation
- Bill Sugra Memorial Fund
- Breidegam Family Foundation, East Penn Mfg.
- Catholic Human Services Foundation
- Donald B. & Dorothy L. Stabler Foundation
- Greater Lehigh Valley Realtors
- Harry C. Trexler Trust
- Hospital Central Services
- Just Born Quality Confections
- Leona Gruber Charitable Trust
- Looking Out Foundation
- Martin Guitar Charitable Foundation
- Northampton County Medical Society Alliance
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- Ross J. Born & Wendy G. Born Charitable Trust
- Sylvia Perkin Charitable Trust
- Trumbower Hospital Foundation
- Twelve Gifts of Birth Foundation
- Two Rivers Health & Wellness Foundation
- United Way of the Greater Lehigh Valley
- Wawa Foundation
- The Will R. Beitel Children's Community Foundation
- 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