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Fax: 610~317-0316 E-mail: www.thechc.org

CENTER FOR HUMANISTIC CHANGE, INC.

ANNUAL REPORT 2009 ~ 2010

MISSION STATEMENT

To engage members of our community in opportunities to prepare for life's challenges through delivery of:

- prevention education & life skills training
- programs that encourage healthy decisionmaking, positive choices, & peaceful living

2200 Avenue A Suite 106 Bethlehem, PA 18017 484-821-0375 610-317-0316 Www.thechc.org

HIGHMARK WALK FOR A HEALTHY COMMUNITY

In June, CHC was among the 23 local nonprofit organizations selected to participate in the 2010 **Highmark Walk in Bethlehem**. The Walk (in its 5th year) is organized to benefit local health and human service agencies in Pennsylvania.



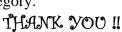








The staff and board are very appreciative to all who donated and/or walked to help make CHC the top fundraiser in the new agency category.







...educating the whole person

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LaToya Smith

Volunteers

Kay Jones Shannon Welsh John Wormley

2009-2010 CLIENTS SERVED

Alburtis Elementary School Allen High School School Allentown Health Bureau Allentown YMCA/YWCA Bethlehem Area School District ~ Holy Family School SPARK Early Childhood Center Bethlehem Public Library Boys & Girls Club - Teen Center Boys & Girls Club - Turner Street Kurious Kids Day Care Boys & Girls Club of Easton Broughal Middle School Buchanan Elementary School Calypso Elementary School Care Net Career Link Catasaugua High School Catasauqua Middle School Cedar Crest College Cheston Elementary School Christian Day Care Clearview Elementary School Community Bike Works Community Services for Children LEPOCO Connections for Women DaVinci Science Center DeFranco Elementary School Dieruff High School Donegan Elementary School East Penn High School Easton Area Community Center Easton Area Middle School Easton Area Neighborhood Ctr. Easton Weed & Seed Easton YMCA Child Care ELECT Program ~ Allentown School District Family Answers Forks Elementary School

Fountain Hill Elementary School Nazareth Area Middle School Freedom High School Allentown Central Catholic High Freemansburg Elementary School Northampton County Juvenile George Wolf Elementary School Gov. Wolf Elementary School Harrison Morton Middle School Intermediate Unit #20 Jefferson Elementary School **Journey Home** Lehigh Career & Technical Institute Lehigh County Adult Probation Lehigh County Conference Of Churches Lehigh County Juvenile Detention Center Lehigh County Prison Lehigh County Community Correctional Center Lehigh Valley Academy Regional Charter School Lehigh Valley Health Network Liberty High School Lifechurch Lincoln Elementary School Lincoln Leadership Academy Charter School Lower Macungie Middle School MALV Islamic Academy March Elementary School Mocha Moms Group Moore Elementary School Moravian College Mosser Village Nativity Lutheran Church Day Care

Nazareth Area High School

Nitschmann Middle School Probation Northampton High School Northeast Middle School Northern Lehigh High School Northern Lehigh Middle School Northwestern Lehigh High School Palmer Elementary School Paxinosa Elementary School Pen Argyl High School Peter's Elementary School Private Industry Council PROGRAM for Women and **Families** Red Door Learning Center Roosevelt Elementary School Salisbury High School Salisbury Middle School Saucon Valley High School Shawnee Middle School Sheckler Elementary School Siegfried Elementary School Slatington Elementary School South Mountain Middle School St. Nicholas Church St. Theresa's School The Caring Place Tracy Elementary School Trexler Middle School Victory House Whitehall Middle School Willian Penn Elementary School Wilson High School



Wind Gap Middle School

Community Members, Customers, Colleagues, and Friends of CHC,

Fearful...upset...depressed....concerned...and finally, exhilarated! Only some of the feelings we experienced during the 2009-2010 fiscal year. Beginning the year without a state budget was scary; when the budget did pass and we learned that some sources of funds on which clients relied were no longer available, we were concerned about how we could meet their needs for services. We worked hard to expand funding sources and to streamline operations. When all was said and done, program funding reductions (government contracts and grants) were only 17.3% less than the previous year.

We also learned that Safe & Drug Free Schools funding would be eliminated from the Federal Budget for FY 2010-2011 (and presumably beyond). Because that will have a significant impact on future budgets, we are already working on a variety of strategies to replace those revenues for the services we provide that are sorely needed in our community.

Ultimately, staff and board members, in conjunction with the agencies we serve, worked collaboratively to determine the best way to meet the need for services in our community with the funding we had....and the result was better than expected. We were still able to touch the lives of over 17,000 community members. And thanks to community support, we almost doubled individual contributions from the previous year!

Highlights for the year include:

- Expansion of in-school mentoring programs (Project SUCCESS & Crossroads) to area schools and improved data collection/analysis showing significant positive impact for local students (page8)
- Initiation of services for adult probation clients in Lehigh County (page 7)
- Participation in the Highmark Walk for a Healthy Community
- Growth of Commonwealth Approved Training for the Student Assistance Program (SAP)

Once again, sincere thanks to our many community partners who continue to value the services we provide; and to the agencies, foundations and donors that continue to understand and support the need for prevention programming. Resilience in the face of adversity is one of our founding principles and an expected outcome of the prevention programming we deliver throughout the region every day—we had an opportunity to show our resilience this year as we faced adversity at an agency level. We found positive outlets for our emotions through increased communication and collaboration; and of course we had a tremendous support system through all of you!

Sincerely,

Robert Thomson, III

Debra Geiger

Board President

Executive Director

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LINCOLN COMMUNITY SCHOOL PARTNERSHIP (CSP) AT LINCOLN ELEMENTARY



In June, 2010, CHC completed its fourth and final year as the lead partner in the Lincoln Elementary Community School Partnership (CSP.) The CSP, an initiative of the United Way's COMPASS program, integrates local community, business, and school district resources and focuses them on the Community School in order to promote the educational achievement and well-being of all Lincoln's students. As a Community School, Lincoln is open for its students and the community for extended hours, both during the school year and for part of the

summer. Parents, family members, and local residents are actively encouraged to participate in school activities with the goal of making Lincoln a hub of its neighborhood.

Every CSP activity is designed to support one or more of the three key concepts for educating the whole child:

- A core instructional program, provided by the district and the school faculty and staff. This
 program, which now includes several intensive academic interventions, has resulted in a
 steady improvement in academic achievements over all six of the grades (K-5) in the school.
- Educational and cultural enrichment programs that are presented throughout the school year.
- Programs, activities, and services which remove barriers to the students' ability to learn and develop. These range from free health and dental care provided by local hospitals, to the Backpack Buddies program for students at risk of low nutrition when they are not in school, to links to community and county agencies for a variety of health and social services.

As the lead partner, CHC employed Ms. LaToya Smith to be the Community School Coordinator (CSC); like her predecessors in the position, Ms. Smith worked to initiate and organize a variety of the activities in the school, and to engage people in the local neighborhood and business community to participate and support these activities. The results of her work included donations of 12 bicycles by local businesses, which were awarded at the end of the school year in a raffle that was open to all Lincoln students who did not receive a Code of Conduct during the year—which was 91% of the students. The CSC also administered the Backpack Buddies program, and was the liaison with Touchstone Theater for a drama program, directed by Bill George, which culminated in an assembly presentation by the students who participated.

During the 2009-2010 school year, Lincoln continued its steady progress in boosting student achievement, promoting and supporting good behavior, and engaging more parents, family members and local residents to participate in school activities. Parent volunteers conducted after school programs, including coaching soccer, teaching cooking, and advising the newspaper club. A parent volunteer also conducted a research-based reading intervention program for 1st grade students.

Student Outcomes and Results

- Grades 3 and 4 met PSSA standards
- 91% of students received no Codes of Conduct violations

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DONOR LIST*

We would like to take this opportunity to thank the following for their support of CHC during FY 2009-2010. (Community School donors identified separately on page 5):

Abby Goldfarb Desiree Lake Adrianne Davis Alan Hill Alita DeAngelsi Alvin Philpotts Angie Pontician Donna Benza Anita Brito Ann H Ainsworth Ann Silver Anne Panik Bahiya Cabral-Johnson Barbara Zehner Ben Malacsics Benita Draper Frank Pearn Brian Best Gerry Krupka Cara Scheetz Grace Kelly Carla Tallarida James F Geiger Carol Ezzelle Jamie Unger Jan Dillalogue Carol Gottesman Carol Kercher Jana Boksan Carolyn Stein Catherine Heimbach Ianet Grazul Chris Iones Janet LaVov Christina Bender Jarrett Witt Christina Gettins Christina Pearson Jean Hyclak Christine Pearson Jean Mateff Christy Yerk-Smith JeeYeun Lee Craig Onori Cynthia Billone Cynthia Hart Danielle Polidori Dave Hackman David Pinter Joe Corcoran Dawn J Roman Debbie Gertner John Hines Debbie Phraner John Krupka Deborah Corcoran Joseph Davis Deborah Snyder Judy Ketterer Debra Geiger Judy Lappen Dee Malacsics Denice Morton Julie Sweedler Karen Boksan Denise De Mena Dennis & Donna Goldfarb Karen Witt Derek Goldfarb Karla Lvle Derick Jaindl Kathleen Elliott

Kathleen Miller Deven Goldfarb Kathy Clayton Kathy Minnich Dolores Vanolko Donald Robertson Keith Weinhold Donald W Breisch The Kelly Family Kenneth Irvine, Jr. Dorothea Barsness Kevin Schultz Dorrie Dillalogue Kim Hellwig Edward Boksan Kim Wechsler Eleanor Ketterer Kirk Ketterer Elizabeth Anton Kristen Edwards Emma Jean Ruth Kristy Kreider-Davis Fran Bentkowski Larry & Gerry Beck Larry Maden Laura Lueders Lee Seckinger Linda Faust Linda Robbins Lisette Dell'apa Lois Ketter Jane & Jerry King Lois Post Lorena Hritz Loretta Domin Lvdia Parry Jason Dillalogue Lyn Krenz Madhu & Dolly Goval Marc Shargel Margaret McConnell Jennifer Hocking Mariella Savidge Jessica L. McGrory Marilyn Bell Jill Rasely-Timko Marisa Kutchmarick Jo Ann Mackesy Marlie Davis JoAnne Brown Joe Montesano Joy Schwentner

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Millie Miller
Millie Molino
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Monica Kern
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Robert S. Thomson, III

Robert Wells Rod Zeitner Ronald Klipple Rose Tuminaro Russ Bergman Sally Luckenbach Sally Schoffstall Sara Leon Sara Pandl Shannon Welsh Shri & Vibha Goval Stephanie McDonell Stephanie Mover Stephanie Young Sue Jones Susan Ba Terry Ann Capuano

Thomas Zambito
Tracy Yenalevich
Usha Patel
Veronica Fabian
Victoria Rose
Virginia Jensen
William Elliott

GRANT LIST*

BJ's Charitable Foundation Bureau of Drug & Alcohol Programs Charles H. Hoch Foundation Easton Area Community Center Easton Violence Prevention Task Force First Presbyterian Church of Allentown Just Born. Inc. Lehigh Valley Community Foundation Pennsylvania Liquor Control Board Rider-Pool Foundation

Target Corporation

Trumbower Hospital Foundation

Two Rivers Health & Wellness Foundation United Way of the Greater Lehigh Valley

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^{*} We make every effort to ensure the accuracy of this list, however, mistakes are sometimes made. Please contact CHC if we are in error.

FINANCIAL STATEMENT

	Ju	ne 30, 2010	June	30, 2009
ASSETS	•	,	-	•
Current Assets:				
Cash/Cash Equivalents	\$	324,328	\$	225,855
Investments	\$	631,418		598,070
Accounts Receivable		77,479		114,843
Prepaid Expenses & Deposits		<u>3,956</u>		<u>3,648</u>
Total Current Assets	_1	1 <u>,037,181</u>		942,416
Equipment (Net of Accumulated				
Depreciation)		1,190		431
TOTAL ASSETS	\$	<u>1,038,371</u>	\$	942,847
LIABILITIES AND NET ASSETS				
Current Liabilities:				
Refundable Advances	\$	5,800	\$	_
Accounts Payable & Accrued Expense	\$	<u>28,240</u>		29,660
Total Current Liabilities	\$	<u>30,040</u>		29,660
<u>Net Assets:</u>				
Unrestricted		995,831		908,187
Temp. Restricted		8,500		5,000
Total Net Assets		1,004,331		913,187
Total Liabilities and Net Assets	5	1,038,371	\$	942,847

For the year ended June 30, 2010, an independent audit of Center for Humanistic Change (CHC) financial statements found the results of CHC operations and changes in net assets to be in conformity with generally accepted auditing standards in the USA.

Operational revenues declined by just over 15% from the previous year. We had anticipated a considerably larger reduction based on both the performance of the national economy and due to notifications by private foundations of reductions/elimination of grants due to poor investment performance the previous year. A 5.5% growth in our investments over the course of the fiscal year combined with a revenue surplus allowed us to complete the year with a 10% gain in net assets.

The official registration and financial information of Center for Humanistic Change, Inc., a 501(c)3 organization, may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

CHC audit is conducted by Susan Koss, CPA. The financial information is condensed from the audited financial statement for the year ending June 30, 2009. Copies of the audit are available from the CHC office.

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...educating the whole person

Services and Activities

- 90 students participated in 5 before-school programs, which included the Breakfast Club
- 218 students (51% of student body) participated in 23 after school activities, which included academic enrichment, sports, recreational, and cultural programs
- 8 service programs were provided for the highest-need students and families, including the Backpack Buddies program, and the Enriching Families classes
- 13 school-sponsored events for parents and community members

Parent/Community Engagement

- Thirteen school-sponsored events for parents and community members
- Parents volunteered to conduct many after school programs, including soccer, cooking classes, newspaper club, and walking club
- Increased number of parents volunteered for field day and Reading Is Fundamental events
- Increased number of parents at award ceremonies, concerts, and family events
- Sustained attendance at PTO meetings
- Increased neighborhood attendance at outdoor morning address and activities such as Veterans

CHC Activities in Support of Lincoln Community School

- Presented Crossroads, CHC's intervention and mentoring program, for the second year, funded by grants from Just Born and an anonymous donor
- Donations of Thanksgiving meals for 10 families
- Participated in school activities, including "Reading Through the Genres", the Veterans Day program, and the Volunteer Appreciation Celebration



Thanks to the individuals and organizations who gave their time, talent, and treasure to support the Community School Partnership.

We couldn't do it without you!

Individual Donors

Debra A. Geiger Christiana Khannomee Jessica L. McGrory Dawn J. Roman

In-Kind Donors

Center for Humanistic Change Dominoes Pizza

Little Caesars Pizza Valley Farm Market

Day of Caring

Concannon & Miller

Guardian Life

Northampton County

Our Partners

Air Products *
Arts Ouest

Bethlehem Public Library *

Bloomsburg University

Child Advocacy Ctr. Of the Lehigh Valley *

Dairy Queen *

DaVinci Science Center

East Stroudsburg University *

Giant Food Stores *

Just Born

Liberty Property Trust Northeast Ministries

Representative Steve Samuelson State Farm Insurance Company

United Way of the Greater Lehigh Valley

*Also an In-Kind Donor

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Project SUCCESS & Crossroads

(Schools Using Coordinated Community Efforts to Strengthen Students)

In academic year 2009-10, the Center for Humanistic Change served 15 schools in the Lehigh Valley with targeted in-school mentoring programs. Through the procurement of additional funding, we were able to launch programs at two new school sites while maintaining existing programs at 13 school sites. Overall, our mentoring programs served over 1700 students, with about 1450 secondary students served through the Project SUCCESS program and about 250 elementary students served through Crossroads. We are grateful to the counties, private foundations, school districts, and our individual donors for the support that has helped these programs alive.

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) and Cross-roads provide vital prevention and intervention services for at-risk students. Specially trained mentors are matched with the needs of each school to provide targeted support through small advisory groups and/or one-on-one mentoring. Mentors work with each participant (and family members when appropriate) to assess factors at home, school, and in peer groups that may impact the student's vulnerability to risky behavior. Mentors work in partnership with school staff and family to provide support and guidance and to help the participant develop resilience and essential life skills, such as anger management, conflict resolution, decision-making, stress management, and ability to refuse peer pressure. Mentors also work closely with guidance staff to continually assess student needs and to provide referrals to outside services when necessary.

With the continued expansion of these programs over the past several years (program sites have tripled in the past 6 years), we have diligently worked on maintaining consistency and fidelity of the program goals, objectives, and activities. This past year, we focused on analysis of data among the various elementary, middle school, and high school sites.

Based on analysis of school records, pre/post tests, and self assessments, we discovered significant improvement in participants' grades, attendance, behaviors, attitudes, relational and communication skills, refusal skills, as well as overwhelming decrease in the use of alcohol, tobacco, and other drugs (ATOD). Through staff and student surveys, we also found that 96% of the participants and 100% of the staff that referred students found the programs to be effective in reaching the desired results. Detailed results on outcomes as well as demographic data is provided below.

* Full report of Project SUCCESS is available by contacting CHC office.





...educating the whole person

(continued)

productive and successful in their lives, making better decisions, and end their cycle of destructive behaviors.

In FY 2009-10, 206 individuals participated in the 18 Relapse Prevention Groups. Participants' comments include:

"New ideas were presented, allowing me to begin a new thought process toward living without alcohol. I also feel as though I've gained some tools to assist me in my quest to stay sober."

"This group has shared, showed and given me more than what I knew about my addiction and the hopes and values that do come to act in my recovery. The true rewards and achieved goals without using."
"I have been able to understand a lot more of my addiction and the missing coping skills I was not able to receive while on an outpatient class. Thank you and keep up the great work."

As funding for treatment continues to decline, preventive life skills programs targeting the unique issues of an addicted person are more necessary than ever. Through years of experience with addicted members of the community, CHC facilitators are able to provide tools to assist behavior modification of individuals at various stages of these cycles.

Student Assistance Program Trainings

The Student Assistance Program (SAP) is a mandated program intended to serve students grade K-12 in schools throughout the Commonwealth of Pennsylvania. SAPs mission is to help students overcome any barrier to learning in order that they may achieve, remain in school, and advance successfully. CHC's 3-day course uses competency-based activities and assignments to train staff and faculty of schools, primarily in the Lehigh Valley, to become certified members of school-based SAP Teams. Participants are then prepared to work within their respective schools to identify students in need and help them connect with much needed emotional, educational, and psychosocial services. During FY 2009-10, CHC's Commonwealth Approved Trainer (CAT) successfully trained/certified 45 individuals, including teachers, guidance counselors, principals, assistant superintendents, agency administrators, and treatment providers.

Building Resilience in Troubled Times

In recent years, our staff has consistently heard from our clients about the difficult times they are facing and additional skills and resources they need to cope with everyday life. In 2009-2010, efforts focused on developing programs specifically designed to support vulnerable groups impacted by recent economic struggle. Some of the specialized trainings offered in the past year include:

- <u>Job Readiness Training</u>: developed to help individuals learn to market their strengths, to create a powerful resume and improve interviewing skills, to enhance their communication skills, and to improve their ability to obtain and sustain employment. The program has served adults of all ages as well as high school students at various stages of career preparation.
- <u>Financial Fundamentals and Financial Management</u>: designed to help participants develop basic financial skills such as preparing a budget, understanding credit scores, and improving financial decisions among individuals and families. The program served people in need who are in transition, such as new parents and adults on probation striving to re-enter society.
- Gambling Prevention: workshop developed to address concerns of Bethlehem citizens about the need to educate the community on responsible gambling as new casinos entered the region. In difficult economic times, research has shown that community members who are most vulnerable can turn to gambling as a source of income with unrealistic dreams or expectations. When individuals develop gambling addictions or do not receive the kinds of gains they imagined, they can grow more desperate and become even more economically vulnerable. Speakers presented research on these issues as well as skills and strategies for individuals to gamble responsibly.

SPOTLIGHT ON PROGRAMS

While CHC has seen a number of funding sources eliminated or reduced over the past year, we have risen to the challenge of developing new and innovative programs to reach a broader audience, especially as more and more community members request support services. Following are some highlights of new and expanding programs at CHC:



Dangers of Energy Drinks

Energy drinks have a variety of potential harmful side effects that are not heralded by companies marketing these beverages. Energy drinks, which contain chemicals/substances that have the ability to alter both physical and mental states of well-being, can have significant effects on youth and young adults. To address the concerns of educators, the Center for Humanistic Change researched and developed presentations to address this growing need.

During 2009 – 2010, classroom programs focused on understanding the effects of the multiple stimulants and chemicals in these drinks, how these chemicals can affect daily lives, and healthy also provided alternatives to gain energy. CHC's programs reached over 900 students in classroom presentations and 100 more at health fairs. Teachers and students responded positively to the workshops and trainings. Following is representative feedback provided by teachers who have seen the intensity of energy drink use in youth:

"The students gained factual information about the dangers of energy drinks. Many with this student population consume energy drinks and the fact that it is dangerous is something that is not apparent to the students."

"I believed that the students gained knowledge about the dangers of energy drinks. This topic is often ignored and students especially heavy users have no idea about the hidden dangers."

The pervasive availability of energy drinks and lack of sales restrictions has allowed teens to be the leading consumers of these products. However, there is a significant void in information regarding the dangers of energy drink consumption. While this multi-billion dollar industry grows, so does the number of related deaths and health problems. CHC works diligently to reach the public, especially youth, with engaging presentations and discussions to help them make better informed and healthier decisions.

Relapse Prevention

The basic purpose of relapse prevention programs is to help **prevent recidivism**—the act of a person repeating an undesirable behavior after they have experienced negative consequences of that behavior. The term recidivism is often used in conjunction with substance abuse and/or criminal behavior. **Recidivism rates** commonly refer to the percentage of substance abusers who re-use after undergoing treatment; alcoholic recidivism might refer to the proportion of people who, after successful treatment, report having, or are determined to have, returned to the abuse of alcohol; or former prisoners who are rearrested.

It is expensive to taxpayers to have people in jail (due to the high cost of maintaining them there); it is also more costly to treat the cost of drug and alcohol addictions than to prevent them. [The National Institute on Drug Abuse reports every dollar invested in prevention saves \$5-\$10 worth of drug and alcohol treatment costs] At the request of Lehigh County officials, CHC provides relapse prevention programs as a means of reducing high costs of incarceration due to repeated drug and alcohol offenses.

In 2009, CHC researched and developed a preventive program on Relapse Prevention to work specifically with addicts involved with the criminal justice system who have reached a period of sobriety and need to build the skills, knowledge, self concept, and resources to maintain sobriety and to become a fully functional member of society. The participants in this unique program learn a variety of life skills needed to live sober on a daily basis, with emphasis on resilience, coping skills, stress management, recognizing their own triggers and warning signs, and learning to seek support through counseling and/or 12 step programs. The overall goal is to demonstrate that they can live a healthy and sober life, be more

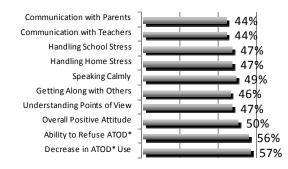
...educating the whole person

PROGRAM IMPACT

Improvement in Performance (426 students evaluated)



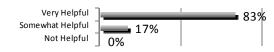
Improvement in Skills (426 students evaluated)



Program Ratings (364 student responses)



Program Ratings (81 staff responses)



Student & Staff Comments

"I learned not to solve things with violence." (Donegan Elementary School student)

"I learned to try hard and to respect teachers. It helped me solve my problems." (Lincoln Elementary School student)

"It helped me deal with bullies and with peer pressure." (Easton Area Middle School student)

"Most helpful was being able to come and express my feelings. I learned to control my anger and attitude. This was just what I needed." (Trexler Middle School student)

"The most helpful part of the program was the support when I quit smoking." (Northwestern Lehigh High School student)

"It helped me calm down my anger." (Lehigh Career and Technical Institute student)

"It was helpful to talk and discuss problems and learn how to handle and solve them." (Liberty High School student)

"Most helpful part was getting help to end my altercations. It helped me make better/wiser decisions!" (Freedom High School student)

"The most helpful part was talking about other alternatives other than using drugs or hurting others." (Pen Argyl High School student)

Program Participation 2009 ~ 2010

CHC has a tremendous reach in the Lehigh Valley, serving nearly every school district in Lehigh and Northampton Counties; and supporting participants from preschool age through adulthood. Our programs are facilitated in schools, community agencies and within the criminal justice system. In 2009-2010, state budget cuts resulted in a loss of funding for tobacco prevention programs; funding that allowed us to serve over 10,000 clients impacted by tobacco products in the previous year. Despite this loss, we expanded the reach of our remaining funding and sought new sources of income to increase our impact in all other areas. The result, after adjusting for loss of participants through tobacco funding, was an increase of 42% more participants than the previous year. The following table summarizes the number of clients served according to age group in each major funding category.

Participant Type	Funding Sources					
	Lehigh County Drug & Alcohol*	Northampton County Drug & Alcohol*	Other (Private Foundations & Fee for Service)	TOTAL		
Teacher/Educator			182	182		
Agency/Professionals			90	90		
Parents	556	583	22	1161		
Adult Education	1821	242	91	2154		
Students (secondary)	3690	2852	1468	8010		
Students (elementary)	2556	2977	281	5814		
TOTAL	8623	6654	2134	17411		

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Program Impact:

CHC believes in consistent evaluation of the impact of our programming on the lives of the participants. That impact is evaluated through the administration of pre and post tests for all recurring programs (programs having multiple sessions).

The 2009-2010 data from pre and post testing overwhelmingly shows improvement in skills and knowledge among participants (samples in table below); in some cases as much as 81% of participants. On average, participants in recurring programs improved scores by 30%, reflecting an increase in knowledge and skills. (Additional pre/post outcomes for in-school mentoring programs are summarized on page 7)

Ongoing analysis of data helps us see where our programs can have maximum impact and also helps us improve our program delivery from year to year.

Topic	Total Participants	Average Pre Test	Average Post Test	# of Partici- pants who improved	% of Partici- pants who improved
Bullying Prevention	738	63%	85%	600	81%
Character Education	197	78%	89%	129	66%
Conflict Resolution	418	67%	89%	273	65%
Too Good for Violence	944	56%	84%	702	74%
Second Step (impulse control)	852	77%	88%	429	50%
Substance Abuse Pre- vention	732	72%	84%	477	65%
Relapse Prevention	158	87%	95%	120	76%
Resiliency Skills	459	52%	69%	333	73%
Child Abuse Preven- tion	114	81%	93%	87	76%
AllStars (Skills for Success)	231	68%	80%	148	64%

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