ANNUAL REPORT

2008 ~ 2009

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 decision-making, positive choices, and peaceful living

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610-317-0316 fax
www.thechc.org



Faith is taking the first step even when you don't see the whole staircase.

--Martin Luther King Jr.

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

This year the board of directors and staff took a "leap of faith" as we worked together to build a "staircase" to our future...and part of that structure relies on technology. With the new fiscal year, we launched our first functional website with the ability for internal updates. Later in the year, and thanks in part to a grant from the *Rider-Pool Trust*, we purchased a database system that has helped us improve communication with customers, trainers and donors. The database also allows us to record and track volunteers—so it provided the incentive for us to finalize our Volunteer Policy Manual and begin active recruitment of volunteers. Other "infrastructure" additions included staff to assist with marketing and development efforts. These investments resulted in deficit spending, but we have faith that they will provide momentum for positive cash flow in the future.

During FY 2008-2009, we served more community members than ever before. Some of this was due to new programming offered through tobacco prevention funding from the Coalition for a Smoke Free Valley (now Partnership for a Tobacco Free Northeast PA). We reached over 2000 students with our tobacco prevention messages!

Other exciting events during FY 2008-2009 included:

- Initiation of Busted! tobacco prevention advocacy groups in schools (page 7)
- Graduation of 12 students from Step Up to Success (page 6)
- Continuation of the Community School Partnership (pages 4-5), and
- Expansion of *All Stars*, an anti-gang and violence-prevention program, throughout Northampton and Lehigh Counties (page 6)

Thanks to our many community partners who continue to value the services we provide; and the agencies and foundations and donors that continue to support CHC programming. The recession that hit this year is affecting all of us, especially our investments. Nevertheless, we move forward with the optimism of seeing improvements in the coming months.

Not even a bad economy can dampen our belief in prevention, nor the importance of the service we provide to the community. This work is an investment in the future of the people in our region...we are *certain* it produces positive returns!!

Sincerely,

Robert Thomson, III

Debra Geiger

Board President

Executive Director

COMMUNITY SCHOOL PARTNERSHIP(CSP) AT LINCOLN ELEMENTARY SCHOOL

Lincoln Elementary completed its third school year as a United Way COMPASS Community School in June 2009. The Community School Initiative strives to integrate local business, community, and school district resources to promote the education and the well-being of all the students. As a Community School, Lincoln offers extended hours throughout the school year and into the summer. Over eighty percent of the students participate in at least one extra activity or enrichment program per week. By providing before-school, after-school, and summer programs for students, families, and neighborhood residents, the school building serves as a hub for its Bethlehem neighborhood.

The Community School Initiative is a strategic partnership between CHC, the United Way of the Greater Lehigh Valley, and Bethlehem Area School District. As the lead partner in this initiative, CHC initiates, coordinates, and participates in a variety of activities at the school. Every activity is designed to support one or more of these three key concepts for educating the whole child:

- ♦ A core instructional program, provided by the district and its dedicated staff, continues to show improvements and achievements over all six of the grades (K-5) at the school.
- Educational and cultural enrichment programs are offered throughout the school year.
- Programs and activities which help students by removing barriers that block their ability to learn and develop. The Community School provides services, or links families to sources of services, to help students and families with physical health, mental health, dental, vision, and social services.

ACTIVITIES

- 66 after-school programs
- 20 family/community events
- ♦ On~site health care: vision & dental
- GED classes for 15 adult students
- Intensive programs in math, reading and ESL
- Positive Behavior Interventions and Supports (PBIS)
 program which focuses on good behavior and clear rules, and addresses the root causes of poor behavior
- CHC's Crossroads program introduced, reaching two-thirds of LES students and supporting PBIS

OUTCOMES AND RESULTS

- 50% decrease in disciplinary actions; fewer than 6% of students now referred
- 84% of students participated in after school programs
 - ◆ Grades 3 & 4 meet PSSA standards
 - ◆ Parent/community volunteers increased
 - ♦ 30% increase in community partners and individual donors
 - ♦ 10 families participated in Backpack Buddies, which supplies weekend food for students who depend on school meals for adequate nutrition

educating the whole person.

CHC IS PART OF THE LINCOLN FAMILY

CHC staff and board members support the Community School in many ways:

- Provided parenting, character-building, decision-making, and life skills programs to the students, staff, and families
- Established the Backpack Buddies program with assistance from Feeding America of LV and General Mills
- Introduced *Crossroads*, with funding support from the Will R. Beitel Children's Community Foundation
- Fundraised for transportation for two class trips
- Collected box-tops for Box Tops for Education
- Provided grant-writing assistance for programs at LES
- Collected and contributed holiday gifts and food
- ♦ Participated in school and community activities: Fun Fest/ information fair for new families Veteran's Day assembly, Volunteer Appreciation Celebration, and "How Sweet It Is" Celebration



OUR PARTNERS

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!

COMMUNITY PARTNERS

Banana Factory

Bethlehem Area School District

Bethlehem Health Bureau*

Bethlehem Karate Academy

Bethlehem Police Department

Bethlehem Public Library*

Boy Scouts of America*

Da Vinci Science Center

East Stroudsburg University

Family Answers**

General Mills**

Lehigh Valley Community Foundation**

Lehigh Valley Hospital/Safety Town

Lens Crafters

Lincoln Elementary PTO

Literacy Center of the Lehigh Valley

Moravian College

Pennsylvania Youth Theatre

Second Harvest/Feeding America*

SkateAway

St. Luke's Hospital & Community Health Network State Farm Insurance - Tim Brion and Dennis Figle

Town and Country Bowling Lanes

United Way of the Greater Lehigh Valley

Valley Youth House

IN-KIND DONORS

Cravola

Dairy Queen

Friendly's Restaurant

Game Crazy**

Giant Foods

Just Born

Northeast Ministries

Olive Garden

Rent-A-Center**

Stroehmann's/BBU Bakeries**

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Northampton Ctv Employees

Northampton Ctv. Controller Stephen Barron

Gail Bortz

Cindy Brown

Deb & Joe Corcoran, Keller Williams Real Estate

Debra Geiger

Nancy Hardter

Sharlyn Hazekamp

Dawn Roman

Lori Rusack

DAY OF CARING

County of Northampton employees

B. Braun

Guardian Life Insurance

Orasure Technologies

*Also an In-Kind Donor

**New partner

SPOTLIGHT ON

INNOVATIVE AND SPECIAL PROGRAMS



All Stars. CHC continued to be the "goto" agency for All Stars, a highly-acclaimed evidence-based program that encourages youth to dream about their futures, and reject gangs, crime, and violence in favor of positive choices. Funded by various sources including a Route 222 Corridor Gang Prevention grant and Lehigh County Drug & Alcohol Administration, CHC presented All Stars at the Allentown Boys & Girls Club, Bangor Middle School, and the Easton Area Community Center.

Student Assistance Program (SAP) Training: CHC, a Commonwealth Approved Trainer, offers this three-day training, which adheres to the current standards and competencies issued by the Pa. Dept. of Education. Participants who complete the full program receive SAP certification and 30 Act 48 hours.

Relapse Prevention: CHC expanded its prison/probation programs to include an addiction relapse prevention program for Lehigh County Prison inmates who are preparing to re-enter society. The Relapse Prevention program teaches various life skills specific to the recovering addict, such as recognizing warning signs of relapse, coping skills, planning a daily schedule, communication, and how to find support and other resources.

Step Up To Success: Twelve men successfully completed the second year of CHC's collaboration with Associated Builders and Contractors of Eastern Pa.. Step Up to Success gives disadvantaged young adults the opportunity to learn a construction trade and the life skills that will help them be reliable, productive workers. Supported by grants from United Way of the Greater Lehigh Valley and Lehigh County Drug & Alcohol Administration.



PROGRAMS



TOBACCO PROGRAMS

Funded through our partner, Coalition for a Smoke Free Valley, (now known as Partnership for a Tobacco Free Northeast PA), CHC presented a variety of age-appropriate tobacco prevention programs to over 10,200 youth—nearly ten times more than the year before! Test scores have also improved 15% in Lehigh County and 13% in Northampton County.



ATS (Alternative to Suspension) CHC continues to be the only local provider of the ATS program. Both the numbers of participants, and the number of district judges and schools that refer students to it have increased steadily. Over 30 teens completed the program and were referred to cessation and/or the PA Quit Line for cessation information. Some district judges give teens the choice of attending this educational class or paying large fines. The program helps students understand about tobacco use, addiction, healthy alternatives and making the change to being smoke-free.

Fish Don't Smoke A creative, hands-on program for K-3rd grade that uses puppets, visuals, and handouts to guide children through exploration of tobacco facts, myths, values, and safety.

Tune Out Tobacco A tobacco prevention program for 4-6th graders which interactively helps them learn the dangers of tobacco use/misuse and ways to enjoy life without tobacco.

Tobacco Prevention Series A multi-session program for 7-12th graders which guides youth through all facets of the tobacco issue: laws, health issues, decision-making, refusal and social skills, media and tobacco advertising, and environmental impact.

BustedI (now known as Power of Ten) A club-type program to encourage youth to advocate for the elimination of tobacco companies' manipulation of young people. CHC's coordinator provides training and support in all areas of chapter operations and management. The coordinator also works with schools to help teens learn leadership skills to reach their peers with information about the ways "big tobacco" targets them and to expose its deceptive advertising and marketing methods. CHC partnered with five schools and two community organizations which participated in events such as leadership trainings and staffing an information table at an Iron Pigs game; each also held events at their respective sites to encourage the end of tobacco use.

TATU -- Teens Against Tobacco Use (now known as Peer Leadership) An American Lung Association program that gives high schoolers a thorough grounding in tobacco prevention information, and teaches them ways to present it in a fun, interactive way to younger students in middle and elementary schools. Both these programs encourage youth to become leaders in their schools and communities.

CROSSROADS AND PROJECT SUCCESS 2008-2009

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) continues to be one of CHC's consistently effective and growing programs. CHC presents this evidence-based program that aims to reduce substance abuse and school failure at 11 middle and high schools in 7 school districts throughout the Lehigh Valley. In addition, CHC provides its proprietary *Crossroads* program at 2 elementary schools, providing prevention services for younger children who are at risk. Both programs seek to equip troubled young people with knowledge and skills for healthy decision-making and coping with pressures during childhood and adolescence.

The cornerstone of these school-based programs is the placement of a highly qualified and trained Masters-level advisor in the school. The advisor is on-site from one to five days each week throughout the school year, working with students one-on-one to identify needs and issues affecting the young person's life and school performance. Most students are referred to the program by counselors or other school staff; many come from troubled home situations where they face abuse, trauma, homelessness, or other distress. Through structured group meetings and individual sessions,

"The advisor helped me with stress and dealing with my issues. I am a stronger person and am making better choices."

LCTI student

the advisor provides support, guidance, and advocacy for students, helping them cope with difficult life circumstances and gain a wide range of skills, including communication, resiliency, social competency, problem-solving, anger management, conflict resolution, and study skills. The advisor also connects students with needed services available within the school and larger community.

During the 2008-2009 year, 2,039 students in 13 schools participated in **Project SUCCESS** and *Crossroads*. The results from CHC's detailed program assessment tools reveal that the vast majority of stu-

dents reported the program had a positive impact on their lives and was successful in meeting their needs. 87% of participants surveyed rated their experience as "helpful" or "very helpful," and reported improvements in relationships with peers, teachers, and parents, and the ability to better manage anger, decision-making, communication, and problem-solving.

CHC also administers staff surveys and found for the 2008-2009 school year that 95% of counselors, nurses, teachers, and classroom aides who were surveyed rated the program as "very effective" or "completely effective" in their schools. Where the advisors are permitted access to official school information, data revealed significant improvement in participants' attendance records, grades, and behavioral conduct. Specifically, 35% of participants improved their attendance, 42% of participants improved their GPA, 26% of those who had discipline infractions reduced the number of issues through the year, and 33% of those that had suspensions reduced their numbers.

The Center has measured consistent results in these areas through the **Project SUCCESS** and *Crossroads* programs since 1995, growing from a program that served one or two schools to now serving 13 schools. With each year, we find the programs integrated more deeply into the schools and providing a critical service for high risk youth in our most vulnerable communities. With the continued support of the districts and counties we serve, private foundations, and individual donors, we will continue to develop and present these vital programs at schools in the Lehigh Valley.

PROJECT SUCCESS STORIES

Alexis* a Pen Argyl 9th grader, was referred by her guidance counselor because of frequent loud arguments with peers and teachers, anger issues, and declining grades. With her mother incarcerated, Alexis was living with her wheelchair-bound father, stepmother and toddler stepbrother. Her home life was stressful, with frequent arguments and anger.

The advisor helped Alexis develop ways to control her temper and respond to stress and challenges without blowing up. Alexis began to understand that her behavior was giving her a bad reputation. Alexis admitted to smoking pot, which she did with a questionable circle of friends who were mostly older boys. She was also engaging in sexual activities with some of them. The advisor confronted Alexis with the serious implications of this behavior, and after some frightening and difficult situations both in and out of school, Alexis realized that these two things were damaging her. By the end of the school year she reported that she was no longer smoking or seeing any of those "friends".

Alexis' frequent run-ins with her teachers were due to her resistance to authority and to taking directions. As she and the advisor worked on her various issues, Alexis tried very hard to remain calm and respectful and, by the end of the year, was beginning to demonstrate some maturity, coping skills, and a change of heart. Her anger explosions diminished in number and intensity; she was learning to control herself, regaining confidence, and improving in most classes. Alexis organized an end-of-school party with all the 9th graders who participated in Project SUCCESS, and enrolled in several summer classes to advance to 10th grade.



Juan,* a nineteen-year-old junior with an IEP, transferred to Northwestern Lehigh HS from an urban high school where he had multiple suspensions for drug use and assault. The courts had removed Juan from his mother's home and placed him with an aunt in the school district.

Juan, who functions at about a 70 IQ level, had repeated multiple grades. Despite being extremely impulsive, Juan proved to be a good listener and a productive member of the weekly Project SUCCESS small group meetings. He was honest about his previous drug/alcohol involvement, though he had been clean and sober for several months. He did acknowledge strong dependence on cigarettes.

Juan demonstrated sincere concern for the well-being of others in the group. Two other students admitted to alcohol and marijuana use. On several occasions, and in an appropriate fashion, Juan recounted experiences he and others had had with these threshold drugs. He was persuasive in debunking the myth that casual use is innocuous and doesn't lead to dependence.

Juan's family situation was a source of constant stress. His aunt's house was overcrowded; he struggled to comply with house rules and quarreled constantly with his aunt's husband. He repeatedly threatened to quit school. The group sessions helped him process through numerous frustrations and anger episodes. Despite all his stressors, Juan reported that he remained clean of drugs and sober, and four weeks before the end of school, he reported that he had quit smoking. Juan is also an LCTI student and in June 2009 completed requirements to graduate in their diesel mechanics program. He will graduate from NWL in June, 2010.

^{*} Names changed to protect privacy.

PROGRAM PARTICIPATION 2008 ~ 2009

	Funding Agencies					
Participant Type	Lehigh County Drug & Alcohol*	Northamp- ton County Drug & Alcohol*	Coalition for a Smoke Free Valley	Other	TOTAL	
Teacher/Educator				115	115	
Agency/ Professionals				156	156	
Parents	643	110		48	801	
Adult Education	671	102	345	34	1152	
Students (secondary)	1598	577	7957	602	10734	
Students (elementary)	2427	3146	2285	2053	9911	
TOTAL	5339	3935	10587	3008	22869	

Guiding children and youth to make healthy decisions about tobacco use, drugs, alcohol, and violence, especially those in at-risk environments, is our primary focus. Every year, more than a hundred schools and youth agencies in the Lehigh Valley turn to CHC for engaging, exciting and effective prevention education programs. During the 2008-09 program year, CHC staff members and facilitators presented nearly 5900 hours of programming for more than 22000 participants at 112 different sites in Lehigh and Northampton Counties. The rate of requests for our programs grows steadily every year, leading us to build new partnerships and seek more local and national sources of funding.

Beyond prevention education and character development, we also provide the youth of the Lehigh Valley with training in life skills that will help them to be responsible, productive adults. Students comprise 90% of the participants in CHC programs. However, during the 2008-2009 program year, we presented professional education for adults (Student Assistance Program training) construction trades and job retention training for young adults (Step Up to Success), and relapse prevention and re-entry preparation programs in Lehigh County Prison.

*Our programs are funded in part under contract with the Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs and the Lehigh and Northampton County Departments of Human Services, Offices of Mental Health/Mental Retardation/Drug and Alcohol. The Counties specifically disclaim responsibility for any analysis, interpretation, or conclusions found in this report.

PRE/POST TESTS RESULTS

CHC constantly asks "How well are we doing?" To find out, our facilitators administer pre/post tests to participants in many of our programs to measure the knowledge they have gained. During 2008-2009, 7665 matching tests were taken by participants ranging in age from kindergarten to adult. These results show that people of all ages, even the youngest students, gain significant skills and understanding about abstract topics when they are demonstrated by CHC's hands-on, interactive methods. In short, CHC programs <u>work.</u>

Course	Total Participants	Average Pre-Test	Average Post -Test	Percentage of Improvement
Bullying	495	79	94	20%
Character Education	252	78	90	14%
Conflict Resolution	315	69	87	26%
PATHS	602	44	52	17%
Peacemaking Skills	602	70	86	22%
Second Step	2316	67	83	23%
Tobacco Prevention	2007	79	89	13%
Too Good for Drugs	131	65	87	32%
Too Good For Violence	580	59	90	52%
Relapse Prevention	85	87	95	9%
Life Skills for Teens	159	54	69	28%
Life Skills for Adults	121	48	67	28%
TOTALS	7665	69	84	21%

FINANCIAL STATEMENT							
ASSETS	June 30, 2009	June 30,2008					
Current Assets:							
Cash/Cash Equivalents	\$ 225,855	\$ 383,698					
Investments	598,070	\$ 703,317					
Accounts Receivable	114,843	83,654					
Prepaid Expenses & Deposits	3,648	1,760					
Total Current Assets	942,416	1,172,429					
Equipment (Net of Accumulated							
Depreciation)	431	3,072					
TOTAL ASSETS	<u>\$ 942,847</u>	<u>\$ 1,175,501</u>					
LIABILITIES AND NET ASSETS							
Current Liabilities:							
Refundable Advances	\$ —	\$ 50,678					
Accounts Payable & Accrued Expense	\$ 29,660	\$ <u>42,215</u>					
Total Current Liabilities	\$ <u>29,660</u>	\$ <u>95,893</u>					
Net Assets:	222.42						
Unrestricted	908,187	1,065,109					
Temp. Restricted	5,000	14,499					
Total Net Assets	913,187	1,079,608					
Total Liabilities and Net Assets	<u>\$ 942,847</u>	<u>\$ 1,175, 501</u>					

An independent audit of CHC financial statements found the results of CHC operations and changes in net assets, for the year ended June 30, 2009, to be in conformity with generally accepted auditing standards in the United States of America.

The impact of the national economy continues to have a negative influence on our investments, with a net unrealized loss on investments of \$167,366 at the time of the audit. The Board of Directors and management continue to work closely with a professional financial management firm.

Operational revenues increased for FY 2008-2009 to \$824,143, compared with \$744, 294 the previous year. Total expenses also increased (\$813, 699 vs. \$699, 985 the previous year) reflecting the continued emphasis on infrastructure development, including software enhancements and increased support staff.

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, 2008. Copies of the audit are available from the CHC office.

DONOR LIST*

We would like to take this opportunity to thank the following for their support of CHC during FY 2008-2009 (Community School donors identified separately):

Dorothea Barsness Frances Bentkowski Gail Bortz Cindy T. Brown

Ann Casterlin

Deborah Corcoran

Wilma Figueroa

Five Guys Burgers and Fries

Debra Geiger James Geiger Nancy Hardter Sharlyn Hazekamp Penny Kanusky

Mohammed Khan, M.D. Lehigh Valley Health Network

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Wesley Methodist Church, Bethlehem

Robin Wintz

IN~KIND DONORS*

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Rider-Pool Foundation
Route 222 Corridor Anti-Gang Initiative
Route 222 Easton Gang Taskforce
Trumbower Hospital Foundation
Two Rivers Health & Wellness Foundation
United Way of the Greater Lehigh Valley

No person was ever honored for what he received; honor has been the reward for what he gave.

~ Calvin Coolidge

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

2008~2009 CLIENTS SERVED

Adult Literacy Center Albrightsville Volunteer Fire Co. Alburtis Elementary Allentown School District Allentown YMCA/YWCA Asbury Methodist Church Associated Builders & Contractors Bangor Middle School Bethlehem Area School District Boys & Girls Club - Teen Center Boys & Girls Club - Turner Street Boys & Girls Club of Easton Broughal Middle School Buchanan Elementary Calypso Elementary CARE Net Catasaugua High School Central Catholic High School Christian Day Care Clearview Elementary Cleveland Elementary Community Connections Community Services for Children Connections for Women Dieruff High School Donegan Elementary Emmaus High School East Penn School District Easton Area Community Center Easton Middle School Emmaus High School Families First Family Connection Farmersville Elementary First Presbyterian Church Forks Elementary Fountain Hill Elementary Freemansburg Elementary George Wolf Elementary Governor Wolf Elementary Grace Community Foundation Harrison Morton Middle School Islamic Academy

Jefferson Elementary Jefferson Family Center Journey Home Kutztown University Lehigh Career and Technical Lehigh County Correctional Center Lehigh County Juvenile Detention Home Lehigh County Prison Lehigh Elementary Lehigh Valley Academy LEPOCO Lincoln Elementary (BASD) Lutheran Academy March Elementary McKinley Elementary Moore Elementary Moravian College Mosser Village Mosser Village - Carlisle Site Mosser Village - Sheridan Site Muhlenberg Elementary Nativity Lutheran Church Day Care Nazareth Middle School Nazareth High School Nitschmann Middle School Northampton Community College Northampton County Juvenile Probation Northampton High School Northampton School District Northeast Middle School Northern Lehigh High School Northern Lehigh Middle School Northwestern Lehigh High Northwestern Lehigh Middle School

NORWESCAP

Palmer Elementary

Raub Middle School Red Door Early Learning Ritter Elementary Roosevelt Elementary Salisbury High School Salisbury Middle School Salvation Army Saucon Valley Elementary Saucon Valley High School Shawnee Middle School Siegfried Elementary Slater Family Network Slatington Elementary South Mountain Middle School Spring Garden Children's Center St. Andrew's Nursery School St. Anne's School (Bethlehem) St. Theresa's School The Caring Place Thomas Jefferson Elementary Tracy Elementary Trexler Middle School Truman Elementary Turning Point Valley Youth House Victory House Weed & Seed, Allentown Western Salisbury Elementary Whitehall High School Whitehall Middle School William Allen High School Wind Gap Middle School Wings for Life Women for Sobriety

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