

CENTER FOR HUMANISTIC CHANGE

2200 Avenue A
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Bethlehem, PA 18017
484-821-0375
610-317-0315 fax
www.thehc.org

CENTER FOR HUMANISTIC CHANGE

ANNUAL REPORT

2007 - 2008

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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2007 OPEN HOUSE



BOARD OF DIRECTORS

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2007-2008 CLIENTS SERVED

Albrightsville Volunteer Fire Co.	Kutztown University	Palmer Elementary
Alburtis Elementary	L. V. Hospital - Muhlenberg	Paxinosa Elementary
Allentown YMCA/YWCA	L. V. Physician's Group	Pen Argyl High School
Associated Builders & Contractors	LCCC	Penn State
Boys & Girls Club - Teen Center	Lehigh County Correctional Center	Peter's Elementary
Boys & Girls Club - Turner Street	Lehigh County Council of Churches	Pohatcong Elementary
Boys & Girls Club of Easton	Lehigh County Juvenile Detention Home	Private Industry Council
Broughal Middle School	Lehigh County Technical Institute	PROGRAM for Women & Families
Buchanan Elementary	Lehigh Elementary	Raub Middle School
Bushkill Elementary	Lehigh University Child Care	Recovery Partnership
Calypso Elementary	Lehigh/Carbon School Counselors Assoc.	Ritter Elementary
Career Academy	LEPOCO	Roberto Clemente Charter School
Catasauqua High School	Lincoln Elementary	Roosevelt Elementary
Catasauqua Middle School	March Elementary	Sacred Heart School
Central Catholic High School	Marvine Elementary	Salisbury Middle School
Cheston Elementary	Moore Elementary	Salvation Army
Christian Day Care	Moravian College	Saucon Valley Elementary
Clearview Elementary	Mosser Village	Shawnee Middle School
CLIU 21	Mosser Village - Carlisle Site	Siegfried Elementary
DeFranco Elementary	Mosser Village - Sheridan Site	Slatington Elementary
Dieruff High School	Nativity Lutheran Church Day Care	South Mountain Middle School
Donegan Elementary	Nazareth Middle School	Spring Garden Day Care
Emmaus High School	Nitschmann Middle School	Springhouse Middle School
East Penn School District	Northampton Community College	St. John's UCC
Easton Area Academy	Northampton County Adult Probation	St. Luke's Hospital
Easton Area Community Center	Northampton County Juvenile Probation	St. Theresa's School
Easton High School	Northampton County Prison	The Caring Place
ELECT Program - Allentown S. D.	Northampton School District	Third Street Alliance
Families First	Northeast Middle School	Thomas Jefferson Elementary
Family Connection	Northern Lehigh High School	Tracy Elementary
Forks Elementary	Northern Lehigh Middle School	Trexler Middle School
Fountain Hill Elementary	Northwestern Lehigh High School	Truman Elementary
Franklin Elementary	NORWESCAP	Vitalistic Therapeutic School
Freemansburg Elementary	Our Lady of Perpetual Help	Volunteers of America
George Wolf Elementary		Whitehall Middle School
Harrison Morton Middle School		Wilson High School
Holy Infancy School		Wind Gap Middle School
HYPE - Muhlenberg College		Wings for Life
Jefferson Elementary		Women for Sobriety
Kids Fest		Zion UCC Summer Camp

*The world is round and the place which may seem like the end
may also be only the beginning.*

Ivy Baker Priest U.S. Treasurer, 1953-1961

Community, Customers, Colleagues, and Friends of the Center for Humanistic Change,

The completion of a fiscal year (FY) is an end... and a beginning. It is a time to look forward (clear the slate!) but also a time to look back and reflect on accomplishments...

Prevention education continues to be our primary means of engaging the members of our community. In addition to the programs we conduct for the Lehigh and Northampton County Drug and Alcohol Administrations, CHC continues to be the Lehigh Valley's foremost provider of classroom tobacco prevention education. Our collaboration with the new primary contractor for the State tobacco initiative, Coalition for a Smoke Free Valley, has presented new challenges and opportunities for the Center, and we look forward to an exciting future in this new partnership.

Other exciting beginnings in FY 2007-2008 were:

- Certification by PA Department of Education as Student Assistance Program (SAP) trainers
- Initiation of a new community grant-funded program, Step Up to Success, combining construction trades training and life skills
- Expansion of new programming at Lincoln Elementary School, our community school partner
- Introduction of All Stars, an evidence-based program that helps at-risk kids reject gangs, at two inner city Allentown agencies.

In the following pages, you will find much more information regarding these initiatives and the impact they have had on our community. If you would like to learn more, contact us -- we will be happy to share our excitement with you!

We began FY 2007-2008 by celebrating the completion of our first year in our new location. Our Open House was an exciting event and it provided an opportunity to also recognize and thank our clients, community partners, foundations/grantors, donors, staff, trainers, volunteers and friends. We want to close the year by reminding you how grateful we are to all of you for supporting the Center for Humanistic Change with your time, talents and treasures. We are...because you are!!!

Robert Thomson, III
Board President

Debra A. Geiger
Executive Director

**COMMUNITY SCHOOL PARTNERSHIP(CSP) AT
LINCOLN ELEMENTARY SCHOOL**

Lincoln Elementary School successfully completed its second year as a COMPASS Community School in June, 2008. "Completed" is not an accurate term— in a community school, there really is no end point --we will continue to evolve according to the needs of the students and the community. Lincoln was open throughout most of the summer serving students, families, and the neighborhood. The full slate of enrichment and remedial morning classes and afternoon activities not only makes the best possible use of Lincoln's beautiful, up-to-date building, but provide a safe, supervised place for kids whose parents are at work. Most importantly, the open building demonstrates the philosophy of the Community School Partnership--to integrate academics, health and social services, youth and community development, and community engagement throughout the whole year.

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 the Lincoln Community School Partnership, CHC carries out a variety of activities. Executive Director, Deb Geiger and CHC employee Amy Carr, who is the Community School Coordinator, work with the rest of the CSP Leadership Team to carry out the Partnership's strategic initiatives.

**CSP ACTIVITIES AT LINCOLN
INCLUDED:**

- ◆ Reading/math support and tutoring by community volunteers and ESU elementary students
- ◆ 12 in-school enrichment programs
- ◆ 83 after-school programs
- ◆ 7 school-wide family events
- ◆ Free on-site health care for students in need
- ◆ 78 one-on-one interviews with parents
- ◆ English language classes for parents presented as evening family program
- ◆ GED program partnership with the Adult Literacy Program of the LV



**BENEFITS TO STUDENTS AND
FAMILIES:**

- ◆ 3rd, 4th, & 5th graders met PSSA standards
- ◆ GPAs and attendance improved
- ◆ disciplinary episodes decreased
- ◆ 87% of students attended after-school programs, up 10%
- ◆ 82 parents and community members volunteered, a 32% increase
- ◆ 76% increase in the number of community resource partners
- ◆ 20 GED students, 12 completed the course
- ◆ Children reported that their parents value education.

DONOR LIST*

We would like to take this opportunity to thank the following for their support of CHC during FY 2007-2008 (Community School donors identified separately):

Margaret Alonso
Dorothea Barsness
Frances Bentkowski
Carrie Connolly
Wilma Figueroa
Theresa Frost
Debra Geiger
James Geiger
Colleen Kreclich, Business Support
Solutions LLC
Lehigh Valley Hospital and Health Network

Lou Liebhaber, CEO Fundamental Success
Maria Manakos
Mish Ganssle, Martin Kueny Insurance
Maurer & Scott Sales, Inc.
Judy Ortleb
Jeanette Pitcher
Ritchey Ricci
Judy Schultz
Robert & Jo-Ellen Thomson
Teri Van Horn
Christa Graback-Wallo

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



Colleen Kreclich, Christa Graback-Wallo, & Fran Bentkowski enjoy a day in the sun at golf outing sponsored by Ron Martin of Martin Kueny Insurance.

*Every dollar invested in prevention saves \$5-\$10 worth
of drug and alcohol treatment costs.*

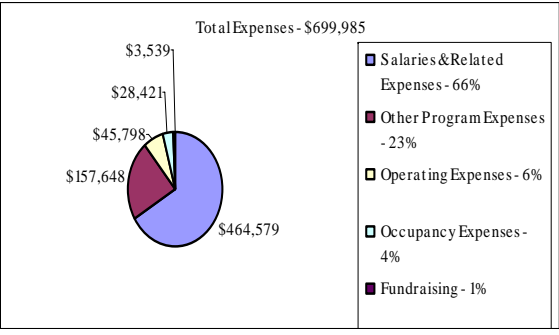
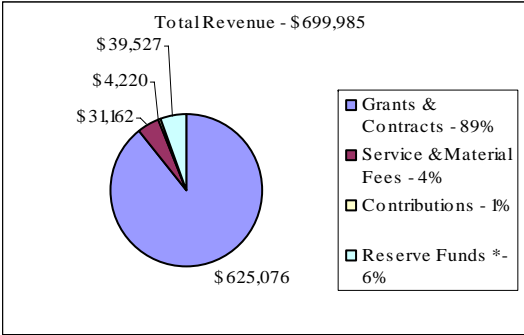
~ National Institute on Drug Abuse

STATEMENT OF ACTIVITY FROM OPERATIONS

An independent audit of CHC financial statements, found the results of CHC operations and changes in net assets for the year ended June 30, 2008, to be in conformity with generally accepted auditing standards in the United States of America.

The primary change in net assets was due to a restructuring of investments that occurred in October 2007 which has been impacted by the national economy (though on a much lesser scale than the NASDAQ & Dow Jones indexes). Management and the Board of Directors consider the long-term strategy to be sound.

Operational activity increased moderately during FY 2007/2008 based on strengthening of collaborative relationships throughout the community. CHC continues to emphasize relationships with other community agencies based on support to their clients. This allows CHC to focus on getting the right services to clients at the right time and place; it also reduces the need for community support of expensive infrastructure (facilities) for CHC to serve these same clients. We continue to enhance those relationships and expect greater operational activity in the coming fiscal year.* Though expenses exceeded revenue, this was based on investments in staff that management and the Board of Directors believed necessary to support future growth. Those expenses, less than budgeted, provided for grant writing and direct programming 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 Campbell, Rappold & Yurasits, LLP. 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.



The main hall at LES is now decorated with a mural painted by 15 4th and 5th graders who were guided by 2 artists from the Banana Factory, assisted by two parent volunteers. The students put in four hours a week for ten weeks. The unveiling ceremony on April 17, 2008 was a real community event, attended by students, teachers, school staff, families and guests from local businesses, UWGLV, CHC, PPL, Banana Factory, BASD, and local government.

CHC IS PART OF THE LINCOLN FAMILY

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

- ♦ software licenses for computers used for adult classes donation
- ♦ provided some children's programming for ELL family classes
- ♦ made the initial contact with Second Harvest of the Lehigh Valley for a Backpack Buddies program, and secured a grant from General Mills for LES to initiate it.
- ♦ secured grants to introduce our mentoring program, *Crossroads*, for at-risk students at Lincoln.
- ♦ contributed food for Thanksgiving baskets for ten LES families, and collected Christmas gifts for five Lincoln families.

SPECIAL THANKS TO

Deb & Joe Corcoran, Keller Williams Real Estate, for their sustained support of the Community School.

OUR PARTNERS

We extend our thanks and recognition to the following organizations & individuals for their support—both financial and in-kind—for our community school partnership.

COMMUNITY PARTNERS

Adult Literacy Center of the Lehigh Valley
Banana Factory
Bethlehem Fire Department
Bethlehem Health Bureau
Bethlehem Police Dept.
Bethlehem Public Library
Commerce Bank *
Da Vinci Science Center
East Stroudsburg University
Ebenezer Bible Fellowship Church*
Giant Food Store*
KNBT Bank
Lens Crafters
Moravian College*
Northampton Community College
Northeast Ministries
Pennsylvania Youth Theatre
St. Luke's Hospital
United Way of the GLV
Valley Youth House

IN-KIND DONORS

Bruno Scipioni's Restaurant
Crayola
Dairy Queen
First Star Bank
Grace Deliverance Church
Lowe's
Northwood Racquet Ball Club
Palace Restaurant
Perkins Restaurant
RSVP
Subway
Texas Road House
Wal-Mart
West End Racquet Ball Club

INDIVIDUAL DONORS

Dawn Roman, Lincoln Elementary School
Debra Geiger, Center for Humanistic Change, Inc.

* Also an In-Kind Donor

SPOTLIGHT ON

Unique & Innovative CHC Programs



NEW! **All Stars:** “Gangs destroy lives and neighborhoods,” said one young participant in CHC’s introduction of All Stars at the Allentown Boys & Girls Club Teen Center. Clearly, he had gotten the message of All Stars, which encourages at-risk youth to dream about their futures, and reject gangs, crime, and violence in favor of positive choices. Funded by a Route 222 Corridor Gang Prevention grant and Lehigh County Drug & Alcohol Administration, CHC also introduced the highly-acclaimed, evidence-based program at Salvation Army, Allentown.



Club Ophelia: CHC has presented this evidence-based girl-on-girl bullying prevention program at Catasauqua Middle School for two years. Each time, the program provided “... a moment in which we actually watch a girl or two realize that they are behaving as a female bully,” the school’s guidance counselor says. “[They] become aware of how their relational aggression affects themselves and others. This is the beginning of change.” Supported in part by a grant from Junior League of the Lehigh Valley and Lehigh County Dept. of Drug & Alcohol.

Follow the Leader: Our annual five-day “camp” program attracts bright, ambitious teens from all over the Lehigh Valley who want to boost their communication, organization, and leadership skills. “Awesome and fun,” says one participant. “I learned a lot and made a bunch of new friends.” Supported in part by a grant from First Presbyterian Church of Allentown.



NEW! **Step Up To Success:** CHC’s collaboration with Associated Builders and Contractors of Eastern Pa. and Grace Episcopal Church gives disadvantaged young adults the opportunity to learn a construction trade *and* the life skills that will help them be reliable, productive workers. Supported in part by grants from Mack Truck, Lehigh Cement, and Lehigh County Drug & Alcohol Administration.

NEW! **Student Assistance Program (SAP) Training:** CHC, a Commonwealth Approved Trainer, now offers this four-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.

PRE—POST TESTS

CHC constantly asks “How well are we doing?” To find out, the program facilitators administer pre/post tests to elementary students to measure the knowledge gained from the program they received. The chart below presents the results from programs in which 200 or more matched pre/post tests were completed. This shows that even the youngest students gain significant skills and understanding about abstract topics when they are demonstrated by CHC’s hands-on, participatory methods.

Course	Total Participants	Average Pre-Test	Average Post -Test	Percentage of Improvement
Bullying	490	69.44	81.38	17%
Conflict Resolution	230	73.0	90.74	24%
Life Skills	248	66.14	72.69	10%
Second Step	1229	68.34	84.58	24%
Tobacco Prevention	384	84.52	90.33	7%
Too Good For Violence	695	62.59	82.44	31.7%
TOTALS	3658	72.0	83.48	16%

NOTE: Only results from matched pre- and post-tests are reported. Kindergarten and first grade students are not tested.

LIFE SKILLS TRAINING BOOSTS RESILIENCY

Older students and adults are given pre- and post-service surveys that measure changes in attitude and perception of their own life skills and abilities. CHC also uses a pre/post survey from the PA Bureau of Drug and Alcohol Programs (BDAP) that measures how participants in our life skills programs perceive the risks of alcohol, tobacco and other drugs (ATOD), and how favorably or unfavorably they feel about those substances. Most of the surveys show remarkably positive changes in perceptions, which indicates that life skills training programs also boost resiliency and guide young people and adults away from turning to smoking, drinking and drug use in response to difficult circumstances.

PROGRAM PARTICIPATION

Participant Type	Funding Agencies				
	Lehigh County Drug & Alcohol*	Northampton County Drug & Alcohol*	Coalition for a Smoke Free Valley	Other	TOTAL
Teacher/Educator				401	401
Agency/ Professionals				106	106
Parents	285	183		333	601
Adult Education	802	129		172	1103
Students (secondary)	3922	382	947	589	5840
Students (elementary)	2739	3106	867	1466	7788
TOTAL	7748	3800	1814	3067	15839

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 2007-08 program year, CHC staff members and facilitators presented over 5500 hours of programming for more than 15,000 participants at 114 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, 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 86% of the participants in CHC programs. During the 2007-08 program year, we also introduced more programs designed for adults, including Student Assistance Program (SAP) training and Step Up To Success. (See p. 6.)

*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.

PROGRAMS



Funded through our partner, Coalition for a Smoke-free Valley, we present a variety of effective, age-appropriate tobacco education programs to over 1800 children and teens annually.

Alternative to Suspension (ATS): CHC is the only local provider of ATS, which was developed by the American Lung Association as an education option to students who have violated their school's tobacco policy. Some district judges also rule that juvenile tobacco offenders attend ATS or face legal consequences. The program addresses student tobacco use, addiction, healthy alternatives to tobacco and making the change to being a non-user.



Fish Don't Smoke: A creative, hands-on program created by CHC for kindergarten through 3rd grade that uses puppets to explore tobacco facts, myths, values, and safety.

Tune Out Tobacco: CHC's tobacco prevention program that leads 4th and 5th grades through creative ways to enjoy life and avoid tobacco.

Tobacco Education Series: A multi-session program for 6-12th grades which looks at all sides of the tobacco issue: laws, health issues, decision-making, refusal, and social skills, media images and advertising, and environmental impact.



Too Good For Violence Taking advantage of the anti-violence/anti-gang efforts of the Route 222 Corridor Anti Gang initiative, CHC and the Easton Area School District collaborated to present the evidence-based program Too Good For Violence (TGFV) in every fourth grade class during the past school year. (The classroom programs were funded by Northampton County Dept. of Drug & Alcohol.) TGFV helps children develop the personal assets and life skills they need to react calmly and appropriately to challenges. To reinforce the lessons and habits the students learned, CHC trained all the fourth grade teachers in Too Good For Violence as well, with funds from the Will R. Beitel Children's Foundation. This comprehensive effort paid off; a second student post-test taken three months after the program ended actually showed an increase in retained knowledge of 33.7%! Teachers report that their students show more respect to them and their classmates, compromise and cooperate better, are better at settling disputes peacefully, and know how to be assertive. The students say they have been able to use these lessons in their lives outside school.

CROSSROADS AND PROJECT SUCCESS 2007-2008

Too many young people in the Lehigh Valley do not have a trusted adult who they can turn to for advice, guidance, and support. The *Crossroads* and Project SUCCESS programs filled that need for 1315 students in ten schools across the Lehigh Valley during the past school year. *Crossroads* and Project SUCCESS offer guidance and support to students who are in danger of school failure and/or high risk behaviors. Both programs place highly qualified and trained advisors in schools to develop mentoring relationships which encourage students to achieve personal goals, prevent or reduce substance abuse, and learn useful life skills such as communication, conflict resolution, tolerance of others, anger management, and decision making. Advisors also facilitate regular meetings of small groups of students, who can offer each other peer support while practicing their newly learned life skills.

The *Crossroads* program served 51 youngsters at Donegan Elementary school; Project SUCCESS was provided at Liberty (both campuses), Freedom, Pen Argyl, and Northwestern High Schools, Trexler and Easton Middle Schools, and Lehigh Career and Technical Institute and Bethlehem Area Vocational Technical School. The amount of service varies depending on the needs of the individual school and the availability of funds.

Most of the students (88%) who participated in Project SUCCESS rated their experience as “very helpful” or “extremely helpful.” They tell us in surveys that they improved their relationship skills with their parents and peers, that they now manage their anger and emotions better, that they can communicate more clearly, and resolve problems. An overwhelming majority of school staff members, including teachers, guidance counselors, administrators and school nurses rate the program as either “very” or “completely” effective in their schools.

Besides providing support for at-risk students, school districts want to assess the impact participation in the programs has on issues monitored by the state: attendance, academics and discipline. CHC and the school districts worked in concert to overcome confidentiality issues related to data collection. The results of our efforts show that:

- ◆ More than 65% of students maintained or improved their attendance
- ◆ Approximately 67% of students remained constant or improved their GPA
- ◆ 59% of students had the same, fewer, or less severe disciplinary infractions.

CHC continues to work with school districts to improve this process and the quality of our data. The schools and the CHC staff wholeheartedly believe that the *Crossroads* and Project SUCCESS programs have provided significant benefits to those students we served...schools keep asking for more.

*A full report of the *Crossroads* and Project SUCCESS year-end evaluation is available upon request.

PROJECT SUCCESS STORIES

Does Project SUCCESS make a difference? Each of these stories shows the powerful influence a trusted, caring adult mentor can have on a troubled student.

Lisa,* a 10th grader at Northwestern Lehigh High School, was referred to Project SUCCESS by her guidance counselor and father after her grades deteriorated from A's to C's. The father, who did not live with Lisa and her mother, was worried that the mother's alcohol abuse was negatively affecting Lisa. Lisa told the PS advisor that she felt depressed and isolated, and that she had stopped seeing her friends and participating at school because she felt no one understood her situation. During one-on-one sessions, Lisa and the advisor discussed issues that children of alcoholics typically face (her father is a recovering alcoholic) and the advisor helped her develop some coping skills.

These skills improved Lisa's attitude toward and relationship with her mother. This, coupled with a judge's decision that Lisa and her sister should move to New York with their father at the end of the school year, led Lisa to re-engage in school—her grades improved and she joined the track team.

assertiveness made her a target for bullying, and she could not interact with adults. The PS advisor involved Beth in a small group which participated in many activities designed to encourage appropriate social skills. In this setting, Beth began to fit in with her peers for the first time. The activities also



led the other members of the group to improve their interaction with her, and they stopped bullying her. Beth's social skills and assertiveness increased steadily during the school year, to the point that she initiated interaction with the PS advisor and

Her relationship with her mother also improved. At the end of the school year, Lisa was making plans to help build a school in Costa Rica during the summer.

her peers. By year's end, Beth's teacher reported she participated much more in class and was more assertive, and that she dressed and acted more like her classmates. Beth is proud of her self-improvement and her new social success, and is committed to continue it.

Beth,* a physically and emotionally immature 6th grader at Trexler Middle School, was an excellent student. But her childish clothing, limited social skills and lack of

* Names changed to protect students' privacy.