



Sudantha Vidanage, Financial Consultant, Adjunct Professor

## Prevention Education Programs

CHC was able to provide prevention education to more than 33,000 people throughout the Lehigh Valley, a number that is relatively unchanged from last year (<1% difference). This table illustrates the numbers of prevention services provided to various age groups - Elementary School Students, Secondary School Students, and Adults. The adult population consists of college students, parents, educators, and others who are over the age of 18. Through a concentrated effort by the CHC to fund more programs for Elementary School Students, we were able to increase our services by 45% to this population. Similarly, our Secondary School Student population saw an increase this year of 46%.

Participant Type	Lehigh County Drug & Alcohol	Northampton County Drug & Alcohol	Other	Total
<i>Elementary School Students</i>	635	3,263	638	4,536
<i>Secondary School Students</i>	10,173	9,368	926	20,467
<i>Adults</i>	6,011	1,812	613	8,436
<b>TOTAL</b>	<b>16,872</b>	<b>14,443</b>	<b>2,177</b>	<b>33,492</b>

## Program Impact

In order to evaluate our prevention programs and determine our success, pre- and post-tests are administered to participants of programs that are held over multiple sessions. CHC collected assessments for more than 3,000 participants during the 2012-2013 year, which measure improvement in knowledge, skills and attitude. As seen in the results (below), nearly 60% of **all** participants improved from the beginning of the course to the end. **Our programming is increasing resiliency and decreasing the likelihood of ATOD use/abuse!**

*When students were told to get ready for [the facilitator] they cheered. He is a GREAT role model for our students. Having another person come from outside with the same message we teach is invaluable. [Our instructor] is an excellent presenter and teacher. This was a great addition!!*

– 5th Grade Teacher, Too Good for Violence

Course	Total Participants	Average Pre-test	Average Post-test	Improved (#)	Improved (%)
<i>Anger Management</i>	67	67%	78%	47	70%
<i>Conflict Resolution/Peacemaking</i>	88	74%	79%	46	53%
<i>Bullying</i>	556	76%	84%	287	52%
<i>Character Education</i>	83	73%	79%	42	51%
<i>Cyberchoices</i>	252	70%	84%	128	51%
<i>Diversity</i>	195	82%	91%	90	46%
<i>Relapse Prevention</i>	78	85%	93%	55	71%
<i>Lifeskills for teens</i>	248	59%	68%	133	54%
<i>Parenting</i>	101	53%	64%	66	65%
<i>Second Step</i>	150	73%	82%	74	49%
<i>Tobacco Prevention</i>	126	77%	87%	76	60%
<i>Too Good for Drugs</i>	88	73%	78%	53	60%
<i>Too Good For Violence</i>	976	61%	77%	560	57%
<b>TOTALS</b>	<b>3,008</b>	<b>71%</b>	<b>80%</b>	<b>1,657</b>	<b>57%</b>

## Student Assistance Program (SAP)

The Student Assistance Program (SAP) Liaisons and our Commonwealth Approved Trainer (CAT) are dedicated to identifying barriers to learning and building connections between the school, family, and community to ensure that all students reach their highest potential. In our third year of providing SAP Liaison services in Lehigh County we increased our work to 44 teams, which includes the addition of the Allentown School District. SAP Liaisons provide resources on topics of mental health issues, ATOD, grief/loss, transiency, or other life stressors. During the 2012-2013 academic year, CHC liaisons worked on school teams that provided services to 2,483 students. SAP staff also promote awareness of the SAP process through faculty presentations, participation in open houses, and health fairs. “Best Practice” education is also provided to improve the SAP process.

SAP Certification trainings have been held for 60 school personnel including administrators, teachers, nurses, guidance counselors, psychologists, and support staff. CHC hosted the Lehigh County SAP Consortium - a full-day educational consortium on topics that included Trauma Informed Care, Gang Awareness, and Current Trends in Drugs and Alcohol.



*Donegan Elementary School at the 2013 Highmark Walk for a Healthy Community*

## Clients Served

Allentown Central Catholic High School	Freedom High School	Northwestern Lehigh Middle School
Allentown School District	Freemansburg Elementary School	Notre Dame High School
Allentown YMCA/YWCA	Fullerton Fair	Orefield Middle School
Arts Academy Charter School	Harrison Morton Middle School	Parkland High School
Asa Packer Elementary School	Jordan Heights	Parkway Manor Elementary School
Asbury United Methodist Church	Kidspace	Paxinosa Elementary School
Borough of Emmaus	LAFitness	Pen Argyl High School
Boy Scout Troop 79	Lehigh Career & Technical Institute	Penn State - Lehigh Valley
Boys & Girls Club of Easton	Lehigh County Adult Probation	Raub Middle School
Broughal Middle School	Lehigh County Children & Youth	RCN Community Spotlight
Calypso Elementary	Lehigh County Community College	Ridge Manor Senior Care
Career Link of the Lehigh Valley (PIC)	Lehigh County Juvenile Detention Center	Roberto Clemente Charter School
Catasauqua High School	Lehigh County Prison	Salisbury High School
Catasauqua Middle School	Lehigh County Men's Community	Salisbury Middle School
Cementon Elementary School	Correctional Center	Saint Francis of Assisi Church
Central Elementary School	Lehigh Valley CS for the Performing Arts	Saint Joseph's University
Cheston Elementary School	LVHN - Muhleberg	Saint Luke's University Hospital
Christian Day Care	Lehigh Valley IronPigs	Saint Luke's Neighborhood Center
Chriskindmarkt	Lehigh Valley Mall	Saint Stephen's Episcopal Church
Cleveland Elementary School	LEPOCO	Schnecksville Community Fair
Community Bike Works	Liberty High School	Schnecksville Fire Company
Coopersburg Business Revitalization Program	Lincoln Elementary	Senior Fest
Coplay Fire Hall	Lower Macungie Middle School	Seven Generations Charter School
Country Meadows Retirement Home	March Elementary School	Siegfried Elementary
DeFranco Elementary	Marvine Elementary School	South Mall
DeSales University	Medical Academy Charter School	Southern Lehigh High School
Dieruff High School	Moravian Academy	Southern Lehigh Intermediate School
Donegan Elementary School	Moravian College	Southern Lehigh Middle School
Dual Language Charter School	Moravian Historical Society	South Mountain Middle School
Easton Area High School	Mosser Nursing Home	Springhouse Middle School
Easton Area Middle Schools	Muhlenberg College	Stabler Arena
Eastside Youth Center	Nazareth Middle School	SteelStacks
Emmaus High School	Newcomer Academy	Tracy Elementary School
Evening Reporter Center	Northampton Community College	Trexler Middle School
Eyer Middle School	Nitschmann Middle School	The Velodrome
Family Connection of Easton	Northampton County Juvenile Probation	Weisenberg Lutheran Church
Family Y of Easton	Northampton High School	Whitehall Middle School
Families First	Northeast Middle School	Whitehall High School
First Presbyterian Church of Catasauqua	Northern Lehigh High School	Wilson High School
Forks Elementary School	Northern Lehigh Middle School	Wind Gap Middle School
Fountain Hill Elementary School	Northwestern Lehigh High School	William Allen High School

## Partnerships

Great strides have been taken to identify the ever-changing needs of our community and develop partnerships with community agencies. Highlights from current partnerships:

- **Impaired driving and DUIs** among teens in partnership with the Lehigh Valley Health Network (LVHN). Facilitators from CHC and LVHN collaborate in presenting an innovative new program in which high school teens use desktop driving simulators to test their driving skills while texting or experiencing blurred vision.
- **Mental health needs** in partnership with St. Luke's. CHC is partnering with St. Luke's Visiting Nurses Association to provide group programs on grief and loss. With a focus on building resiliency and coping skills these programs help people navigate through the grieving process.
- **Teen suicide and building greater resiliency** in partnership with faith-based agencies. Recently, CHC has linked with faith-based organizations to approach teens and their families in more informal settings through youth groups and youth retreats. In these settings, CHC facilitators can help youth discuss their struggles and build appropriate coping skills to manage life's challenges.
- **Rising trends of using prescription and designer drugs** among youth and adults. CHC has an ongoing partnership with Lehigh County Drug & Alcohol Abuse Services to continuously assess changing drug trends and to address the issues and present preventive solutions to a wide range of audiences including middle school and high school parents, educators, medical professionals, and teens.
- **Increases in gambling, including cyber-gambling**, among teens and young adults. CHC is working with area high schools and colleges/universities to raise awareness of the dangers of this issue.

*This class is A#1, 5 stars. It touches every aspect of thinking wisely about anger management.*

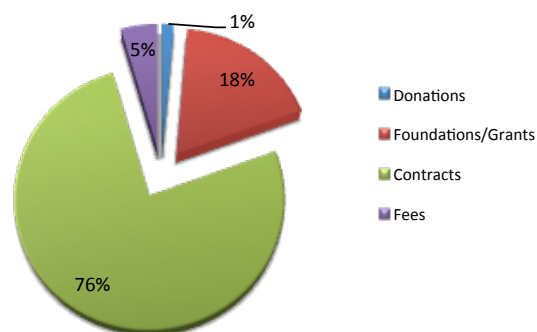
— Adult participant



## Financial Snapshot

The financial security of Center for Humanistic Change is very strong. Even though funding for social services continues to remain at low levels, assets for our organization remain stable. There was a 11% increase in funding. **86% of all revenue directly supports programs.**

	June 30, 2013	June 30, 2012
<b>ASSETS</b>		
Cash and Cash Equivalents	\$ 204,442	\$ 261,637
Investments	761,033	762,080
Accounts Receivable	263,197	84,644
Prepaid Expenses and Deposits	3,088	4,538
Equipment (Net of Accumulated Depreciation)	7,635	870
<b>TOTAL ASSETS</b>	<b>\$ 1,239,395</b>	<b>\$ 1,113,769</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>Liabilities</b>		
Accrued Salaries	\$ 22,663	12,264
School Deposits Payable	3,000	3,000
Accounts Payable & Accrued Expense	48,946	9,802
<b>Total Current Liabilities</b>	<b>\$ 74,609</b>	<b>25,066</b>
<b>Net Assets</b>		
Unrestricted	\$ 1,164,786	1,088,703
Temporarily Restricted	-	-
<b>Total Net Assets</b>	<b>\$ 1,164,786</b>	<b>\$ 1,088,703</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 1,239,395</b>	<b>\$ 1,113,769</b>



For the year ended June 30, 2013, an independent audit of CHC financials found the results of operations and changes in net assets to be in conformity with generally accepted auditing standards. The audit was conducted by Morey, Nee, Buck & Oswald, LLC, Certified Public Accountants and Advisors. 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 1-800-732-0999. Registration does not imply endorsement.

### Grants and Contracts

The Will R. Beitel Children's Community Foundation  
The Charles H. Hoch Foundation  
Just Born, Inc.  
Lehigh County Drug & Alcohol  
Northampton County Drug & Alcohol  
Pennsylvania Commission on Crime and Delinquency  
Rider-Pool Foundation  
Trumbower Hospital Foundation  
Two Rivers Health & Wellness Foundation

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United Way of the  
Greater Lehigh Valley  
UnitedWayGLV.org

### Sponsors and Agencies

Bazzini Holdings, LLC  
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Musselman Jewelers  
NuGo Nutrition  
PKG Insurance  
RC Kelly Law Associates, LLC  
Starters Restaurants  
Judith Ladonis, Representative, State Farm  
TowerCare Technologies

*I would like to take this opportunity to thank everyone who is dedicated to supporting the vision and mission of CHC, especially those individuals who contribute financially to ensure that our programs continue.*

**-Mary Ellen Jackson, MSW  
Executive Director**