



Center For Humanistic Change

2200 Avenue A, Bethlehem, PA 18017

484.821.0375

www.theCHC.org

Head, Heart, Hands...Educating the Whole Person

2011-2012 Annual Report

In this year of transition, a new Executive Director was hired and a new Board President was elected! What an amazing opportunity to reflect on our past success and continue to define ourselves under new leadership as we move forward.

We celebrate:

- a *significant* growth from last year in serving children, teens, adults and families,
- the development of a new initiative in gambling prevention,
- an official affiliation with National Organization on Fetal Alcohol Syndrome (NOFAS), and
- the enhancement of the Commonwealth's Student Assistance Program (SAP).

We cultivate a continued commitment to prevention through humanistic change.

What this means for our clients is that we rely on their total involvement: to stimulate their mental, emotional, and behavioral abilities to the fullest while engaging them in the dynamic and interactive practice of dialogue, role-play, and exploration of the arts.

What this means for our staff is that we explore all ideas that enliven our mission: further refinement of asset-building strategies, on-going attention to promoting resiliency, synthesis of social media with life skills training, integration of knowledge and expertise with established curriculum, remain on the cutting-edge of trends with alcohol, tobacco, and other drugs.

What this means for our community is that we will always be alert: to respond to emerging stresses, disturbing trends and on-going concerns, to reflect on implications for more lasting transformation, to broaden and deepen our understanding of and appreciation for diversity.

We move into this new year with gratitude for the commitment and enthusiasm of our staff, board and volunteers **and with anticipation** of continued strong program delivery, expanded reach to new customers, and enhanced focus on lasting transformation for our community.

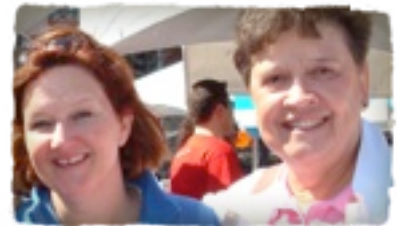
Yours in education,

Mary Ellen Jackson

Executive Director

Frances Bentkowski

Board President



Mary Ellen and Fran at the Highmark Walk for a Healthy Community on June 5, 2012.

Agency Overview

Center for Humanistic Change (CHC) is a private, non-profit organization that has been delivering prevention education to decrease use and abuse of drugs, alcohol and tobacco, and increase the practice of using positive life skills for more than 30 years. High quality educational programming has been developed and delivered throughout the Lehigh Valley. In 2012 alone, we provided services for more than 36,000 people.

Dedicated to the philosophy that people learn by doing, CHC incorporates a holistic training model into our programs. Promoting personal growth, strong family units, caring communities and effective working environments for individuals of all ages with emphasis on increasing resiliency for managing change and life transitions is our goal. Programs are delivered in schools, community, social service agencies, and the workplace. Customers include teachers, students, counselors, parents, administrators, social service employees, community groups, business personnel, members of faith communities, and individuals interested in personal growth.

Known for innovative interactive group facilitation, providing participants skills to make decisions in the following key areas:

Alcohol, Tobacco, and Other Drug Prevention

Community Development

Team Building

Stress Management

Families & Their Functioning

Effective Communication

Positive Discipline

Bullying Prevention

Building Self Esteem & Confidence

Gambling Prevention

Parenting Programs

Diversity Education

Program Overview

CHC was able to provide prevention education to more than 36,000 people throughout the Lehigh Valley, a **47% increase in service delivery** from the previous year. This table illustrates the numbers of services provided to various age groups and categories of people. With funding from the counties remaining stable, our youngest children, *who could benefit from prevention services the most*, dropped by nearly half. CHC provided services to 11% more Secondary School Students compared to last year and had a *major increase* in services to Other Adults. We more than **quadrupled** our number by making a concerted effort at 5 college campuses, increasing awareness of the dangers of drinking and driving and of gambling.



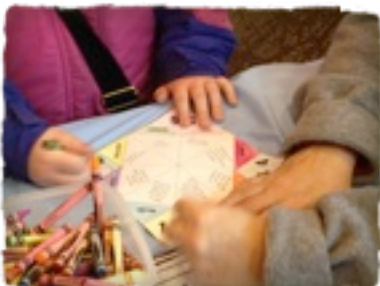
Children with their mentors learning cooperation at Peace Camp.

Participant Type	Lehigh County Drug & Alcohol	Northampton County Drug & Alcohol	Other	Total
Teachers/Educators	413	5	239	657
Agency/Professionals	135	14	28	177
Parents	975	458	-	1433
Other Adults	16879	231	244	17354
Students (Secondary)	7526	6183	272	13981
Students (Elementary)	1181	1749	251	3181
Total	27,109	8,640	1,034	36,783

*"Tell me and I forget,
teach me and I may
remember, involve me and I
learn."
— Benjamin Franklin*

Program Impact

In order to evaluate our prevention programs and determine our success, pre- and post-tests are administrated to participants of programs that are held over multiple sessions. CHC collected assessments for more than 4,000 participants during the 2011-2012 year, which measure improvement in knowledge, skills and attitude. As seen in the results (below), nearly 60% of our participants demonstrated improvement from the beginning of the course to the end. ***Our programming is increasing resiliency and decreasing the likelihood of ATOD use/abuse!***



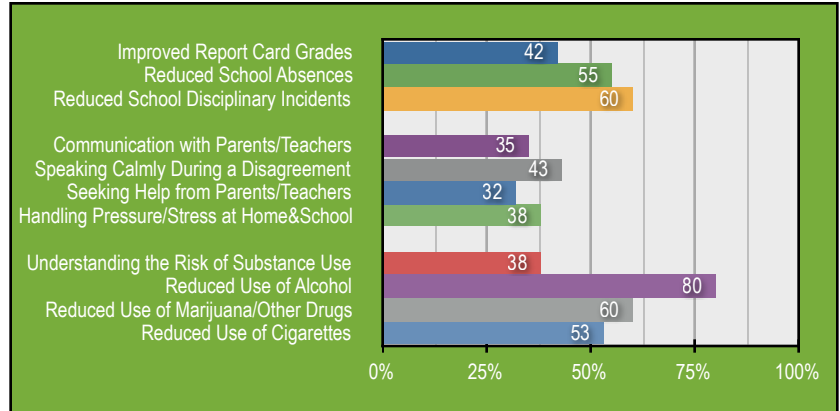
Anger Management activities at PeepFest!

Course	Total Participants	Average Pre-test	Average Post-test	# of improved participants	% improved
Allstars	443	76%	84%	222	50%
Conflict Resolution	204	66%	80%	153	57%
Bullying	903	75%	85%	490	54%
Cyberchoices	319	70%	84%	206	65%
Relapse Prevention	63	86%	95%	45	72%
Teen Lifeskills	522	55%	67%	298	57%
Parenting	287	46%	61%	104	55%
Second Step	263	79%	90%	137	52%
Tobacco Prevention	90	76%	89%	59	66%
Too Good For Violence	972	51%	68%	631	64%
Total	4066	68%	80%	2345	59%

*"Clear, concise - yet
powerful lessons!"
— Guidance Counselor*

Project SUCCESS and Crossroads

CHC provides the *Crossroads* and Project SUCCESS Mentoring Programs at 20 schools in the Lehigh Valley. Crossroads provides professional mentorship at three elementary schools in the Bethlehem Area School District. Project SUCCESS is an evidence-based program for secondary school students; CHC provides mentorship through Project SUCCESS at 10 middle schools and 6 high schools in Bethlehem, Allentown, Easton, Northern Lehigh, Southern Lehigh, Catasauqua, and Nazareth school districts and at one alternative high school in Lehigh County.



In the past year, over 900 students were served through a combination of mentoring sessions and classroom or school-wide prevention education. Almost half the students attended middle school which has been identified by funders as a priority area for work with at-risk youth. Of the 900 students, more than half met regularly with mentors in one-on-one and small group sessions and were monitored closely through pre and post tests and through school data to track program impact. Overall, 41% of the regular mentees showed improvement in school grades; more than half of those who had attendance or disciplinary issues improved in those areas. In addition, over 40% of mentees improved their ability to handle stress, speaking calmly during disagreements, and understanding the risk/harm of substance use. A majority of the mentees who had reported previous use of a substance (alcohol, tobacco, or other drug) reported eliminating or significantly reducing their use. Additional outcomes are summarized in this table.

One Child's Story

Jason*, an 11-year-old boy entering 6th grade, was identified immediately by counselors as a student who would struggle, and was referred to the Project SUCCESS (PS) mentoring program. Comments from school staff included that he was "beyond hope" and "too far gone" for help, and he seemed to have been written off by many adults at this young age. Jason was at high risk for dropping out of school, and he was heavily involved in violent behavior as well as drug and alcohol abuse.



The PS mentor met regularly with Jason for the remainder of the school year for a total of 17 individual sessions. Jason was very upfront with the mentor about his issues with anger and behavioral problems at school. During mentoring sessions, Jason discussed struggles at school and in his personal life. He was aware of his anger, how it came on quickly, and how it was hard for him to control.

Jason began to identify his anger triggers. As Jason worked on sensing his anger as it was building, he also worked with the mentor on positive coping mechanisms to manage his anger. Jason was able to identify some anger management skills such as deep breathing, walking, drawing, and writing, and worked on developing these with the mentor. The PS mentor also worked with Jason to identify his motivations to change. He was interested in playing baseball, and he was able to set specific goals to improve school behavior so that he would be eligible to participate on the baseball team.

As Jason experienced success with managing at least some of his challenging situations, he was able to focus on working towards his goals. He also received prevention education on substance abuse and learned alternative healthier coping mechanisms. Through the program's pre- and post self-assessments, Jason showed improvement in 6 of 8 life skills indicators:

- Communication with peers and adults
- Handling stress at school and home
- Setting and achieving goals
- Seeking help from parents, teachers, and other adults
- Ability to say no to alcohol, tobacco, and other drugs
- Perception of the risk of using alcohol, tobacco, and other drugs

Jason also reported an actual decrease in his use of marijuana and other illegal drugs. In addition, Jason made considerable improvement in reducing the number of disciplinary referrals at school over the course of the year. Through his hard work, Jason has transformed his life from a seemingly lost cause in the eyes of many to a young man who is clearly making the effort to succeed.

"The students that have gone through this program have made tremendous strides, not only in the classroom but in their lives overall. They are more respectful, of both themselves and of others. It is a successful program and I hope we have it again next year!"

- Project SUCCESS School Teacher

* Name change to protect the identity of the child.

Clients Served



Allentown Central Catholic High School
Allentown School District
Allentown YMCA/YWCA
Bangor Area High School
Bangor Memorial Park
Boys & Girls Club of Easton
Broughal Middle School
Cadet Anthony Severo 5K Run
Calypso Elementary
Career Institute of Technology
Career Link
Catasauqua High School
Catasauqua Middle School
Center for Independent Living
Christian Day Care
Cleveland Elementary School
Community Bike Works
Community Services for Children
Connections for Women
Country Meadows Retirement Home
DeFranco Elementary
Dieruff High School
Donegan Elementary
Easton Area Academy
Easton Area Community Center
Easton Area High School
Easton Area Middle Schools
ELECT Program - Allentown S. D.
Emmaus Ambulance Corp
Emmaus High School
Episcopal Apartments of the Slate Belt
Evening Reporter Center
Eyer Middle School
Family Connection of Easton
Family Y of Easton
Families First
First Baptist Church, Bethlehem

Forks Elementary
Freedom High School
Freemansburg Elementary School
Girl Scouts, Easton
Harrison Morton Middle School
Jordan Heights
Kidspace
Kurios Kids Day Care
Lehigh Career & Technical Institute
Lehigh County Adult Probation
Lehigh County Children & Youth
Lehigh County Conference of Churches
Lehigh County Juvenile Detention Center
Lehigh County Prison
Lehigh County Men's Community Correctional Center
Lehigh Valley Charter School for the Performing Arts
Lehigh Valley Center for Independent Living
LEPOCO
Liberty High School
Lincoln Elementary
Lower Macungie Middle School
March Elementary
Moravian Academy
Moravian College
Muhlenberg College
Nazareth Middle School
Northampton Community College
Nitschmann Middle School
Northampton County Juvenile Probation
Northampton Market Days
Northeast Middle School
Northern Lehigh High School

Northern Lehigh Middle School
Northwestern Lehigh High School
Northwestern Lehigh Middle School
Orefield Middle School
Parkland High School
Paxinosa Elementary
Pen Argyl High School
Private Industry Council
PROGRAM for Women and Families
Raub Middle School
Redeemed Church of God
Resurrected Life Community Church
Roberto Clemente Charter School
Salisbury High School
Salisbury Middle School
Salvation Army
Saucon Valley High School
St. Andrew's Nursery School
St. Anne's School
St. Luke's Neighborhood Center
St. Theresa's School
Senior Fest
Seven Generations Charter School
Siegfried Elementary
Sixth Street Shelter
Slatington Elementary
Southern Lehigh High School
Southern Lehigh Middle School
South Mountain Middle School
Springhouse Middle School
STRIVE
Tracy Elementary
Trexler Middle School
Union Ev. Lutheran Church
Victory House
Whitehall Middle School
Whitehall High School
Wilson High School

Student Assistance Program (SAP)

CHC is in the second year of providing SAP Liaison services to 29 schools throughout Lehigh County. Our SAP liaisons and Commonwealth Approved SAP Trainer (CAT) guide SAP teams in order to support their efforts identifying barriers to student learning and student success, as well as provide resources for students who may have problems with mental health, ATOD, grief and loss, transiency, or other life stressors. During the 2011-2012 academic year, CHC liaisons worked on school teams that provided services to 1435 students. Additionally, SAP staff participate in open houses and health fairs. They also educate teachers and staff on best practices in order to improve the SAP process.

The CHC CAT offered training for nearly 80 school personnel including administrators, teachers, nurses, guidance counselors, psychologists, and support staff. Another 88 participants from Lehigh County attended a full-day educational consortium on SAP related topics (i.e.: cyber-bullying, trends in alcohol, tobacco and other drugs).



SAP Trainings engage all participants.

"This was the best Consortium I have ever attended!"
— SAP Team Member

Cyber Gambling

In cooperation with our county drug and alcohol partners, CHC developed a prevention program to address the emerging trend of cyber gambling. Utilizing CHC's unique hands on approach, staff worked diligently to develop an **interactive, exciting, and informative cyber gambling prevention program!** The presentation is designed for high school and college students and their families. It incorporates cutting edge technology with an audience response key pad system and the most current research on cyber gambling and addiction. Presently, the curriculum has been submitted to the Department of Drug and Alcohol Prevention (DDAP) for approval. Once approved, CHC will be at the forefront of cyber gambling prevention in the Lehigh Valley.

Fetal Alcohol Spectrum Disorder

Of all the substances of abuse (including cocaine, heroin and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus according to the National Institute of Medicine. FASD is completely **PREVENTABLE!** CHC is committed to becoming a leader in providing awareness of FASD throughout the Lehigh Valley. This year, we became an Affiliate of NOFAS (National Organization on Fetal Alcohol Syndrome), increased funding resources for programs, provided information to nearly 300 school-aged adolescents, and offered trainings to nearly 140 adults. Expert speakers provided attendees with:

- Heightened awareness of the immediate and long term effects of FASD,
- Knowledge of the consequences in our community and what we can do to make a change, and
- Techniques for working with people affected by FASD.



CHC has increased our work with older adults focusing on addictions and resiliency. At SeniorFest 2012, staff provide resources to many on the dangers of prescription drug misuse.

Through immense generosity of grantors, corporate sponsors, and individuals CHC continues to receive support from many, helping us achieve our goals. We had a 45% increase in Individual Donors!

George Allport*
Paul Amenta
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Judy Belmont*
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Louise Brong*
Nancy Bushspice
K. Ashley Caldwell*
Maria Calvert*
Nick and Beth Cattaneo

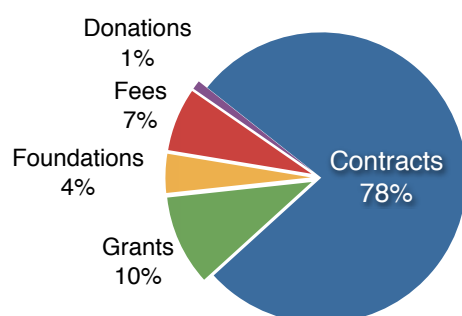
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Jay White*
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Jarrett Witt
Jean Yasso*
Barbara Zehner

* Indicates new donor.



The financial security of Center for Humanistic Change is very strong. Even though the economy has not fully rebounded and social service funding levels continue to remain at low levels, assets for our organization remain stable. There was a virtually no change in revenues with **84% of all revenues directly supporting programming**. This is directly related to the dedication of the staff, their hard work and passion for prevention, knowing that *an ounce of prevention = a pound of cure!*

Grantors

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

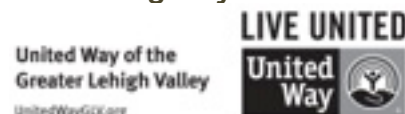
Corporate Sponsors

Customer Service Review, Inc.
 Highmark Blue Shield
 Mussleman Jewelers
 NuGo Nutrition
 RC Kelly Law Associates, LLC
 Starters Restaurants
 TowerCare Technologies

Supporting Agencies

First Presbyterian Church
 LEPOCO
 Victory House of Lehigh Valley
 King, Spry, Herman, Freund & Faul

Partner Agency



	June 30, 2012	June 30, 2011
ASSETS		
Current Assets		
Cash and Cash Equivalents	\$ 261,637	\$ 142,454
Investments	762,080	762,106
Accounts Receivable	84,644	199,048
Prepaid Expenses and Deposits	4,538	6,313
Total Current Assets	\$ 1,112,899	\$ 1,109,921
Equipment (Net of Accumulated Depreciation)	870	1,030
TOTAL ASSETS	\$ 1,113,769	\$ 1,110,951
LIABILITIES AND NET ASSETS		
Current Liabilities		
Accrued Salaries	12,264	\$ 13,188
School Deposits Payable	3,000	-
Accounts Payable & Accrued Expense	\$ 9,802	9,204
Total Current Liabilities	25,066	\$ 22,392
Net Assets		
Unrestricted	1,088,703	\$ 1,080,059
Temporary Restricted	-	8,500
Permanently Restricted	\$ -	-
Total Net Assets	1,088,703	\$ 1,088,559
TOTAL LIABILITIES AND NET ASSETS	\$ 1,113,769	\$ 1,110,951

For the year ended June 30, 2012, 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 Susan Koss, CPA. The Official registration and financial information of Center for Humanistic Change, Inc., a 501©3 organization, may be obtained from the Pennsylvania Department of State by calling toll free 1-800-732-0999. Registration does not imply endorsement.

Board of Directors

Thank you to all the volunteers who provide an invaluable service to our organization and a special thanks to our Board, each of whom provide amazing expertise and dedication to advance the mission of CHC!

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 Vice President: Jarrett Witt, Lehigh Valley Economic Development Center
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