



**THE CENTER FOR HUMANISTIC CHANGE
WE EDUCATE. WE SUPPORT. WE LEAD.**

THE CENTER FOR HUMANISTIC CHANGE HELPS INDIVIDUALS, PARTICULARLY YOUNG PEOPLE WHO ARE MOST AT RISK, TO DEVELOP THE SKILLS NECESSARY TO FACE LIFE’S CHALLENGES.

<i>WE EDUCATE</i>	<i>WE SUPPORT</i>	<i>WE LEAD</i>
<p>We “train the trainers” and offer programs especially designed for parents and educators.</p> <p>We teach parents how to communicate more effectively with their children and to recognize the signs of alcohol and substance abuse, dating violence, and bullying.</p> <p>We also offer evidence-based and custom-designed training for schools, businesses, and community organizations on topics ranging from alcohol, tobacco, and other drug use prevention, relationship and family skills, personal life skills, and violence and bullying prevention.</p>	<p>We support students “at risk” by teaching them the necessary skills to cope with challenges they face at school and at home.</p> <p>Our dedicated staff mentor nearly 1053 students in 31 schools throughout the Lehigh Valley. The 2019-2020 results show that 86 percent of these students maintained or improved their resistance to peer pressure; 82 percent their ability to understand another’s point of view; and, 80 percent their communication with peers.</p> <p>We also work with schools to identify students whose alcohol, substance abuse, or mental health issues are becoming barriers to their success – and then help these students get back on track.</p>	<p>We track local and national trends to ensure our programs are relevant and reflect evidence-based best practices.</p> <p>In response to the growing concern about the Lehigh Valley’s heroin and opioid epidemic, for example, we developed HOPE (Heroin and Opioid Prevention Education) programs for high school students, educators, businesses, older adults and other community members.</p> <p>We also take a leadership role in bringing together people from all sectors of the Valley to collectively address the issues of alcohol and substance abuse.</p>

A SAMPLING OF OUR PROGRAM OFFERINGS

- * Alcohol, tobacco, and other drug education and prevention * Student Assistance Program *
 * Life skills training * Social and emotional learning support * Mentoring * Vaping *
 *Problem-solving - Decision making - Anger management - Conflict resolution - Social Media *

For more information:
 The Center for Humanistic Change
 555 Union Blvd., Suite #7
 Allentown, PA 18109
 610-443-1595
www.thehc.org/programs

Center for Humanistic Change, Inc.
Alcohol, Tobacco and Other Drugs
Program Offerings for K-12 Education: A Continuum of Prevention and Life Skills Services
(EBP: Evidence-based program; NEBP: Non-evidenced based program)

Audiences/Grades	K	1	2	3	4	5	6	7	8	9	10	11	12
Multi-session Programs Students	**SAP Liaison Services Available Across All Levels**												
	District Specific Programming Aligned with the PAYS Survey Results												
	Crossroads (NEBP) (K-5 Mentoring Program)						Project SUCCESS (EBP) (6-12 Mentoring Program)			Project SUCCESS (EBP) (6-12 Mentoring Program)			
	Too Good For Drugs (EBP)						Too Good for Drugs (EBP)			Project Toward No Drug Abuse (EBP)			
	PATHS (EBP): Grades K-6						PATHS (EBP): Grades K-6		Safe Dates: An Adolescent Drug Abuse Prevention Curriculum (EBP)		Safe Dates: An Adolescent Drug Abuse Prevention Curriculum (EBP)		
	Second Step (EBP)						Second Step (EBP)			The Blues Program (EBP)			
	Teaching Students to be Peacemakers (EBP)						Teaching Students to be Peacemakers (EBP)			Too Good for Drugs & Violence (EBP)			
	Botvin Life Skills Training (LST) (EBP)			Keep A Clear Mind (EBP)			Botvin Life Skills Training (LST) (EBP)			Botvin Life Skills Training (LST) (EBP)			
District-wide Programs Multi-session Parents/Families*	1) Botvin Life Skills Training (LST) Parent Program: (EBP) 2) Systematic Training for Effective Parenting (STEP) & Systematic Training for Effective Parenting Teens: (EBP) 3) Strengthening Families* (EBP); and, 4) Strong African American Families (EBP)												
Single Session Programs STUDENTS	Current Drug Trends (NEB) (Focus on Alcohol, Tobacco and Vaping)						Choices, Chances, Changes (NEBP); and/or Current Drug Trends (NEBP) SOS Signs of Suicide Prevention Program (EBP)			HOPE (NEB), Voices from the Valley (NEBP); and/or Current Drug Trends (NEBP) Cyber Gambling Awareness Program (NEBP) SOS Signs of Suicide Prevention Program (EBP)			
Single Session Programs STAFF INSERVICE	Current Drug Trends (NEB); and/or HOPE for the Workplace (NEB)						Current Drug Trends (NEBP); and/or HOPE for the Workplace (NEBP)			Current Drug Trends (NEB); and/or HOPE for the Workplace (NEB)			
Single Session Programs PARENTS	1) Current Drug Trends (NEBP); 2) Mock Teen Bedroom (NEBP); 3) HOPE (NEBP); and/or, 4) Voices from the Valley (NEBP); and, 5) Cyber Gambling Awareness Program (NEBP)												
Small Group: Lifeskills STUDENTS	Life Skills: Small Groups Select components from the following curriculums: 1) Botvin Life Skills (LST): Grades 3-12 (EBP); 2) I Can Problem Solve Ages 4-12 (EBP); 3) Lifeskills for Littles (Weekday Club): Grades K-8 (NEBP); 4) FISH (Families in Separate Households): Grades 2- 6 (NEBP); and, 5) Healthy Choices Healthy Relationships: Grades 10 - 12 (NEBP)												
SINGLE AND MULTI-SESSION PROGRAM OFFERINGS TO ALL AUDIENCES	Stanford Tobacco Prevention Toolkit (EIP): Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine. Key modules focus on vaping.												

CENTER FOR HUMANISTIC CHANGE COURSE OFFERINGS FOR HIGH SCHOOL

*Evidence-based programs

MULTI-SESSION PROGRAMS

Students

****SAP Liaison Services Available Across All Grade Levels****

***Botvin Life Skills Training (LST):** Provides students with the necessary skills to resist social pressure to smoke, drink, and use drugs; helps them develop greater self-esteem, self-mastery, and self-confidence; and enhances their ability to reduce and prevent risky behaviors. (Grades 3-12)

***Project SUCCESS:** Provides substance abuse prevention programming that uses trained, professional mentors within the schools to help at-risk students become more resilient by providing individualized support and education. Sessions are offered one or two days weekly for 26 weeks. This program requires underwriting.

***Project Toward No Drug Use:** Helps students develop self-control and communication skills, acquire resources that help them resist drug use, improve decision-making strategies, and develop the motivation not to use drugs.

***Safe Dates:** Provides substance abuse prevention program for students. Program goals include raising student awareness of what constitutes healthy and abusive dating relationships and the causes and consequences of dating abuse; equipping students with the skills and resources to help themselves or friends in abusive relationships; and helping students develop positive communication, anger management, and conflict resolution skills.

***The Blues Program:** Builds group rapport, increases participant involvement in pleasant activities, learning and practicing cognitive restructuring techniques, and develops response plans in future life stressors for adolescents with depressive symptoms or at risk of onset of major depression.

***Too Good for Drugs and Violence:** Provides students with the skills, knowledge, and attitudes they need for positive social development and supportive relationships at school- and community-centered sites. Topics include developing and applying social and emotional learning skills for conflict resolution, bullying prevention, anger management, and respect for self and others.

Note: CHC will provide district-specific programming aligned with the PAYS survey results.

Parents/Families

***Botvin Life Skills Training (LST) Parent Program:** See description on previous page.

***STEP (Systematic Training for Effecting Parenting):** Provides skills training for parents of children six through 12 years of age. The course is designed to help parents better understand children's behavior and misbehavior; learn to develop child confidence; practice positive listening; and give encouragement. The sessions use role-play to dramatize examples of both ineffective and effective parent-child interaction and provide opportunities to discuss personal experiences.

***STEP Teens.** Similar to the STEP program, with a particular focus on parents of teens.

***Strong African American Families:** (Anticipated in Spring 2021): Prevents substance use and behavior problems among African American youth (Ages 10-12) by strengthening positive family interactions, preparing youths for their teen years, and enhancing primary caregivers' efforts to help youths reach positive goals. The program typically is taught in seven weekly, 90-minute study groups with youth and parents/caregivers.

***The Strengthening Families Program:** Increases resilience and reduces risk factors for behavioral, emotional, academic, and social problems in children 3-16 years old and to help parents/primary caregivers learn to increase desired behaviors in children by using attention and rewards, clear communication, effective discipline, substance use education, problem solving, and limit setting.

SINGLE AND MULTI-SESSION PROGRAM OFFERINGS

Stanford Tobacco Prevention Toolkit: Theory-based and evidence-informed resources created by educators, parents, and researchers primarily aimed at preventing middle and high school students' use of tobacco and nicotine. Key modules focus on vaping.

SINGLE-SESSION PROGRAMS

Students

Current Drug Trends: Identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use. Provides accurate information on current drug trends and their effects. Adults learn how to talk to children about drugs and alcohol; how to build refusal skills, and how to find help.

Cyber Gambling Awareness Program: Raises awareness about the dangers of gambling and the nature of addiction in general through an interactive workshop.

HOPE (Heroin and Opioid Prevention Education): Educates on the growing concern around the heroin and opioid epidemic. Participants learn about opioids and heroin; signs/symptoms of opioid/heroin use; the effects of use on one's health, relationships, and future; and where to find local resources to help the addict.

***SOS Signs of Suicide Prevention Program:** Includes lessons on raising awareness of depression and suicide, helping students identify the warning signs of depression in themselves and others, identifying risk factors associated with depression and suicidal ideation, and using a brief screening for depression and/or suicidal behavior. This program may require underwriting.

Voices from the Valley: Educates about the addiction cycle, from first use to recovery. Topics include the effects of trauma and genetics; how addiction affects the entire family; the roles played by law enforcement, health care professionals; and local resources for addicts and their families. Program highlights include either live speakers or video interviews with recovering addicts and family members, addiction specialists, EMTs, and others.

Staff in-service

Current Drug Trends: Identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use. Provides accurate information on current drug trends and their effects. Adults learn how to talk to children about drugs and alcohol; how to build refusal skills, and how to find help.

HOPE for the Workplace: Educates on how opioid addiction affects employee turnover, relationships, and workplace culture and is a leading cause of absenteeism and increased health care costs. This program provides employers with the tools they need to keep employees healthy and safe and their companies productive.

Parents

Current Drug Trends: Identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use. Provides accurate information on current drug trends and their effects. Adults learn how to talk to children about drugs and alcohol; how to build refusal skills, and how to find help.

Cyber Gambling Awareness Program: Raises awareness about the dangers of gambling and the nature of addiction in general through an interactive workshop.

Mock Teen Bedroom: Provides an adults-only, hands-on opportunity to learn how to identify drug paraphernalia; the ways drugs and drug use can be disguised; current local drug trends; the most-up-to-date information on those trends/drugs; ways to talk to children about drugs and alcohol; and how/where to find help.

HOPE (Heroin and Opioid Prevention Education): Educates on the growing concern around the heroin and opioid epidemic. Participants learn about opioids and heroin; signs/symptoms of opioid/heroin use; the effects of use on one's health, relationships, and future; and where to find local resources to help the addict.

Voices from the Valley: Educates about the addiction cycle, from first use to recovery. Topics include the effects of trauma and genetics; how addiction affects the entire family; the roles played by law enforcement, health care professionals; and local resources for addicts and their families. Program highlights include either live speakers or video interviews with recovering addicts and family members, addiction specialists, EMTs, and others.

SMALL GROUP LIFE SKILLS TRAINING

***Botvin Life Skills:** Provides students with the necessary skills to resist social pressure to smoke, drink, and use drugs; helps them develop greater self-esteem, self-mastery, and self-confidence; and enhances their ability to reduce and prevent risky behaviors. (Grades 3-12)

Healthy Choices. Healthy Relationships: A program to help adolescents develop knowledge and skills that promote optimum health in relationships that are central to life: family, friends, and romantic relationships. Participants will increase awareness of what motivates their current behaviors and understand that life choices result in either positive or negative consequences. (Grades 10-12)

