

# Center for Humanistic Change, Inc.

## Programs & Services 2024-2025

(610) 443-1595 ~ [www.thechc.org](http://www.thechc.org)



*The Lehigh Valley's  
leading provider of  
prevention services  
in the schools,  
in the workplace,  
and in the community.*



Program Request Form

## CENTER FOR HUMANISTIC CHANGE

CHC's mission is to give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.

<b>WE EDUCATE</b>	<b>WE SUPPORT</b>	<b>WE LEAD</b>
<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 mentored 1006 students in 32 schools throughout the Lehigh Valley. The 22-23 results show that 53 percent would seek help from adults when needed; 53 percent indicated they could handle stress from home/school; 44 percent increased their ability to understand another’s point of view; 52 percent improved their communication with peers; 56 percent said they could say “no” to peer pressure.</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 Lehigh Valley to collectively address the issues of alcohol and substance abuse.</p>

### SAMPLE OF PROGRAMMING:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>* Alcohol, tobacco, and other drug use prevention education</li> <li>* Student Assistance Program (SAP)</li> <li>* Social and emotional learning support</li> <li>* Problem-solving and Decision-making</li> <li>* Anger Management and Conflict Resolution</li> </ul> | <ul style="list-style-type: none"> <li>* Life Skills Training</li> <li>* Student Mentoring</li> <li>* Vaping Prevention</li> <li>* Social Media Awareness</li> <li>* Gambling Awareness</li> </ul> |
|---|--|

For more information:  
**Center for Humanistic Change, Inc.**  
 3400 Bath Pike, Suite 306  
 Bethlehem PA 18017  
 610-443-1595  
[www.thehc.org/programs](http://www.thehc.org/programs)

**CHC WILL CUSTOMIZE PROGRAMMING TO MEET YOUR NEEDS**



# CENTER FOR HUMANISTIC CHANGE

A Continuum of Prevention and Life Skills Programs and Services  
(EB = Evidence-based program)



Audiences/Grades	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>Multi-session Programs STUDENTS</b>	<b>** SAP LIAISON SERVICES AVAILABLE ACROSS ALL LEVELS **</b>												
	<b>District-Specific Programming Aligned with the PAYS Survey Results</b>												
	CHC Student Mentoring (K-5)					CHC Student Mentoring (6-12)				CHC Student Mentoring (6-12)			
	Too Good For Violence (EB)					Blues Program (EB)				Project Toward No Drug Abuse (EB)			
	Second Step (EB)					Second Step (EB)				Blues Program (EB)			
	SPARK (EB)					SPARK (EB)				SPARK (EB)			
	CATCH My Breath (EB)					Botvin Life Skills Training (LST) (EB)				Botvin Life Skills Training (LST) (EB)			
	Leaps and Bounds (3-6)					CATCH My Breath (EB)				CATCH My Breath (EB)			
<b>District-wide Programs Multi-session PARENTS/FAMILIES*</b>	Botvin Life Skills Training (LST) Parent Program (EB); Strong African American Families (EB); Strengthening Families (EB); Familias Fuertes/Strengthening Families in Spanish (EB); Systematic Training for Effective Parenting (STEP) and Systematic Training for Effective Parenting Teens (EB);												
<b>Single-session Programs STUDENTS</b>	<ul style="list-style-type: none"> <li>• Current Drug Trends (<i>Focus on Alcohol, Tobacco and Vaping</i>)</li> <li>• Youth Vaping Prevention</li> <li>• Gaming in Gambling</li> <li>• Kids and Technology</li> </ul>					<ul style="list-style-type: none"> <li>• Choices, Chances, Changes and/or Current Drug Trends</li> <li>• SOS/Signs of Suicide Prevention (EB)</li> <li>• Youth Vaping Prevention</li> <li>• Gaming in Gambling</li> <li>• Sports Betting</li> <li>• Teens/Kids and Technology</li> <li>• Clean Break</li> <li>• Addiction &amp; Opioid Crisis Jeopardy Game</li> </ul>				<ul style="list-style-type: none"> <li>• HOPE</li> <li>• Voices from the Valley and/or Current Drug Trends</li> <li>• SOS Signs of Suicide Prevention (EB)</li> <li>• Youth Vaping Prevention</li> <li>• Cyber Gambling Awareness Program</li> <li>• Gaming in Gambling</li> <li>• Sports Betting</li> <li>• Teens/Kids and Technology</li> <li>• Clean Break</li> <li>• Addiction &amp; Opioid Crisis Jeopardy Game</li> </ul>			
<b>Single-session Programs STAFF IN-SERVICE</b>	<ul style="list-style-type: none"> <li>• Current Drug Trends and/or HOPE for the Workplace</li> <li>• Youth Vaping Prevention</li> <li>• CATCH My Breath (EB)</li> </ul>					<ul style="list-style-type: none"> <li>• Current Drug Trends and/or HOPE for the Workplace</li> <li>• Youth Vaping Prevention</li> <li>• Sports Betting</li> <li>• Mock Teen Bedroom</li> <li>• CATCH My Breath (EB)</li> </ul>				<ul style="list-style-type: none"> <li>• Current Drug Trends and/or HOPE for the Workplace</li> <li>• Youth Vaping Prevention</li> <li>• Sports Betting</li> <li>• Mock Teen Bedroom</li> <li>• CATCH My Breath (EB)</li> </ul>			
<b>Single-session Programs PARENTS</b>	CATCH My Breath (EB); Current Drug Trends; Cyber Gambling Awareness Program; HOPE; Mock Teen Bedroom; Sports Betting; Youth Vaping Prevention												
<b>Small Group – Life Skills STUDENTS</b>	<b>CHC Small Group Life Skills</b> is a non-evidence-based curriculum that is comprised of Life Skills topics which are customized based on the needs of a targeted audience. Life skills can be broad in scope and we have carefully selected topics which can be delivered as a series of recurring 30-minute sessions for seven weeks and as a single session delivered in 60 minutes. Each topic will have identified objectives and outcomes to address the specific risk factors identified by our clients.												

HOPE = Heroin and Opioid Prevention Education

**CENTER FOR HUMANISTIC CHANGE**  
**PROGRAM OFFERINGS AND DESCRIPTIONS FOR GRADES K-5**

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

*\*Evidence-based programs*

**Multi-session Programs – Students (K-5)**

**\*CATCH My Breath:** This program is designed to prevent the initiation of e-cigarette use among preteen and teen adolescents. CATCH My Breath provides youth with the skills to resist peer pressure and media influences to try e-cigarettes. Youth discover that non-use of e-cigarettes is the norm for adolescents; Identify reasons why young people might start using e-cigarettes; Recognize the subtle, and not so subtle, messages in e-cigarette advertising; Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes; Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

*Duration: 4 Lessons, 30-40 minutes each*

**\*CHC Mentoring:** CHC Mentoring incorporates the evidence-based curriculum SPARK (*Speaking to the Potential, Ability, and Resilience Inside Every Kid*) to assist youth in communication, problem-solving, and conflict resolution skills. Uses trained, professional mentors within the schools to help at-risk students become more resilient by providing individualized support and social emotional learning and education. The SPARK curriculum increases connectedness, reduces risk factors and builds resiliency to promote emotional well-being and school success in youth. Sessions are offered one or two days weekly for 26 weeks. Participants will demonstrate increased impulse control, self-regulation, and resilience, as well as an increased positive outlook and greater sense of well-being. This program requires underwriting.

*Duration: Number of sessions and length vary.*

**Leaps and Bounds:** Encourages children to make sound decisions regarding drug and alcohol use and gambling. The focus of this resource is to provide the students with accurate information and assist them in acquiring life skills, while emphasizing the importance of internalizing healthy lifestyle choices. Grades 3-6.

*Duration: 8 lessons (taught as a series or individually), 45 minutes each*

**\*Second Step:** Increases school success and decreases problem behaviors by promoting social-emotional competence and self-regulation. The skills-focused, social-emotional learning curriculum strengthens students' ability to learn, have empathy, manage emotions, and solve problems to reduce impulsive/aggressive behaviors. Grades K-5.

*Duration: 4 Units: 22 lessons, 30-45 minutes. Bullying: 5 lessons, 30-45 minutes*

**\*SPARK (Speaking to the Potential, Ability, and Resilience Inside Every Kid):** Evidence-based K-12 SEL program, increase mental well-being, resilience, and impulse control while building critical life skills such as communication, problem-solving, and decision-making. It teaches youth to understand the mind and human experience for the purpose of reducing risk, uncovering resiliency and potential, and increasing a sense of connectedness within oneself. Ages 5-8, 8-10, 10-13, 13-22.

*Duration: Ages 5-8: 9 lessons; ages 8-10: 10 lessons; 30-45 minutes*

**\*Too Good for Violence:** Provides students with the skills, knowledge and attitudes they need for positive social development and supportive relationships. Concepts addressed vary by grade level, but include topics such as developing and applying social and emotional learning skills for conflict resolution, bullying prevention, anger management, and respect for self and others.

*Duration: 10 sessions, K-3: 30 minutes, 4-6: 45 minutes*

### Multi-session Programs – Parents/Families (K-5)

**\*Botvin Life Skills Training (LST) Parent Program:** Provides parents with the necessary skills to help their children learn to resist social pressure to smoke, drink, and use drugs; develop greater self-esteem, self-mastery, and self-confidence; and enhance their ability to reduce and prevent risky behaviors.

*Duration: 7 sessions, 1 hour*

**\*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.

*Duration: 7 sessions, 1-1.5 hours*

**\*Strong African American Families:** Prevents substance use and behavior problems among African American youth (Ages 10-16) by strengthening positive family interactions, preparing youths for their teen years, and enhancing primary caregivers' efforts to help youths reach positive goals.

*Duration: 7 weeks, 1 evening per week, 5:30-8:30pm, dinner included*

**\*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. (Available for Spanish Families as **Familias Fuertes**)

*Duration: 7 weeks, 1 evening per week, 5:30-8:30pm, dinner included*

### Single-session Programs – Students (K-5)

**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.

*Duration: 1 session, 1 hour or 2 sessions 30-45 minutes per session*

**Gaming in Gambling:** The program lesson focuses on the convergence with gambling and gaming including the impact of problematic internet media use amongst youth. The evidence informed lesson utilizes social emotional learning to help engage and teach youth. It can be delivered in two different modalities: 1) Self-driven autonomous method that can be incorporated into a learning management system (LMS) or; 2) instructor led PowerPoint lesson with interactive questions and videos for engagement and learning.

*Duration: 1 session, 1 hour*

**Kids and Technology:** Kids and Technology is a one-session facilitator-led interactive classroom program, designed to teach students how to be good digital citizens, understand the parallels between video gaming and gambling, and how to balance media with other activities.

*Duration: 2 sessions, 30-45 minutes*

**Youth Vaping Prevention:** Nicotine vaping by our youth has become an epidemic. In this program students will learn about adolescent brain development and how early use of nicotine affects the brain; health risks associated with nicotine use; chemicals found in disposable vapes, pods, and e-juices; and the campaign to target teens. Students in grades 8-12 will also learn about the risks of using marijuana and THC oils.

*Duration: 1 session, 1 hour or 2 sessions 30-45 minutes per session*

### Single-session Programs - Staff In-Service (K-5)

**\*CATCH My Breath:** Youth Vaping Prevention – What Schools and Parents Should Know: The overall goal of CATCH My Breath is to prevent e-cigarette use among pre-teens and teens. This program for school staff and parents describes the different types of vaping devices and e-juices available; explains how this epidemic developed; identifies risks associated with vaping nicotine; and gives tips on how to talk to young people about vaping. Additionally, participants will learn about the various ways youth are consuming marijuana and THC oils, as well as the risks associated with adolescent use of marijuana.

*Duration: 4 sessions, 45 minutes*

**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.

*Duration: 1 session, 1 hour*

**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. Narcan Training can be added to this presentation.

*Duration: 1 session, 1 hour*

**Youth Vaping Prevention:** Nicotine vaping by our youth has become an epidemic. In this program school staff and parents will learn about adolescent brain development and how early use of nicotine affects the brain; health risks associated with nicotine use; chemicals found in disposable vapes, pods, and e-juices; the campaign to target teens; and how to help youth develop refusal skills. Staff who work with students in grades 8-12 will also learn about the risks of vaping marijuana and THC oils.

*Duration: 1 session, 1 hour*

### Single-session Programs – Parents (K-5)

**\*CATCH My Breath:** Youth Vaping Prevention – What Schools and Parents Should Know: The overall goal of CATCH My Breath is to prevent e-cigarette use among pre-teens and teens. This program for school staff and parents describes the different types of vaping devices and e-juices available; explains how this epidemic developed; identifies risks associated with vaping nicotine; and gives tips on how to talk to young people about vaping. Additionally, participants will learn about the various ways youth are consuming marijuana and THC oils, as well as the risks associated with adolescent use of marijuana.

*Duration: 1 session, 1 hour*

**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.

*Duration: 1 session, 1 hour*

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

*Duration: 1 session, 1 hour*

**HOPE (Heroin and Opioid Prevention Education):** Educates on the continuing concern around the opioid epidemic. Participants learn about prescription opioids, heroin, and fentanyl; dangers specifically related to fentanyl, including fake pills; signs and symptoms of opioid misuse; recognizing signs of overdose and how to respond; and where to find local resources to help people with substance use disorders and their families. Narcan Training can be added to this presentation.

*Duration: 1 session, 1 hour*

**Mock Teen Bedroom:** CHC's signature education resource - 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.

*Duration: 1 session, length may vary; available for events*

**Youth Vaping Prevention:** Nicotine vaping by our youth has become an epidemic. In this program school staff and parents will learn about adolescent brain development and how early use of nicotine affects the brain; health risks associated with nicotine use; chemicals found in disposable vapes, pods, and e-juices; the campaign to target teens; and how to help youth develop refusal skills. Parents of students in grades 8-12 will also learn about the risks of vaping marijuana and THC oils.

*Duration: 1 session, 1 hour*

### **Small Group Life Skills Training (K-5)**

**CHC Life Skills** is a non-evidence-based curriculum that is comprised of Life Skills topics which are customized based on the needs of a targeted audience. Life skills can be broad in scope and we have carefully selected topics which can be delivered as a series of recurring 30 minute sessions for seven weeks and as a single session delivered in 60 minutes. Each topic will have identified objectives and outcomes to address the specific risk factors identified by our clients.

*Duration: 6-8 sessions, 30-45 minutes*



**CENTER FOR HUMANISTIC CHANGE**  
**PROGRAM OFFERINGS AND DESCRIPTIONS FOR MIDDLE SCHOOL**

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

*\*Evidence-based programs*

**Multi-session Programs – Students (Middle School)**

**\*Blues Program:** a group-based prevention program for teens with symptoms of depression and anxiety. In six hours of sessions, students learn cognitive behavioral strategies with a simple focus: change how you think and what you do to feel better. Teens learn to identify negative thoughts and practice new ways of thinking that are more realistic and positive. Each session the group focuses on ways to increase their involvement in pleasant activities and makes plans to incorporate these activities into their daily life. Additionally, the group explores a variety of coping strategies for true negative events and develops response plans for future life stressors.

*Duration: 6 sessions, 1 hour*

**\*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 6-8)

*Duration: Level 1: 15 sessions for 45 minutes. Level 2: 10 sessions for 45 minutes. Level 3: 5 sessions for 45 minutes*

**\*CATCH My Breath:** This program is designed to prevent the initiation of e-cigarette use among preteen and teen adolescents. CATCH My Breath provides youth with the skills to resist peer pressure and media influences to try e-cigarettes. Youth discover that non-use of e-cigarettes is the norm for adolescents; Identify reasons why young people might start using e-cigarettes; Recognize the subtle, and not so subtle, messages in e-cigarette advertising; Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes; Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

*Duration: 4 Lessons, 30-40 minutes each*

**\*CHC Mentoring:** CHC Mentoring incorporates the evidence-based curriculum SPARK (*Speaking to the Resilience and Potential of all Kids*) to assist youth in communication, problem-solving, and conflict resolution skills. Participants will demonstrate increased impulse control, self-regulation, and resilience, as well as an increased positive outlook and greater sense of well-being.

*Duration: Number of sessions and length vary.*

**Leaps and Bounds:** Encourages children to make sound decisions regarding drug and alcohol use and gambling. The focus of this resource is to provide the students with accurate information and assist them in acquiring life skills, while emphasizing the importance of internalizing healthy lifestyle choices. Grades 3-6.

*Duration: 8 lessons (taught as a series or individually), 45 minutes each*

**\*Second Step:** Increases school success and decreases problem behaviors by promoting social-emotional competence and self-regulation. The skills-focused, social-emotional learning curriculum strengthens students' ability to learn, have empathy, manage emotions, and solve problems to reduce impulsive/aggressive behaviors.

*Duration: 6<sup>th</sup> grade: 15 sessions, 7<sup>th</sup> grade: 13 sessions, 8<sup>th</sup> grade: 13 sessions, 45 minutes*

**\*SPARK (Speaking to the Potential, Ability, and Resilience Inside Every Kid):** Evidence-based K-12 SEL programs, increase mental well-being, resilience, and impulse control while building critical life skills such as communication, problem-solving, and decision-making. The program teaches youth to understand the mind and human experience for the purpose of reducing risk, uncovering resiliency and potential, and increasing a sense of connectedness within oneself. Ages 5-8, 8-10, 10-13, 13-22.

*Duration: Ages 10-13: 11 lessons, 45 minutes*



## Multi-session Programs – Parents/Families (Middle School)

**\* Botvin Life Skills Training (LST) Parent Program:** Provides parents with the necessary skills to help their children learn to resist social pressure to smoke, drink, and use drugs; develop greater self-esteem, self-mastery, and self-confidence; and enhance their ability to reduce and prevent risky behaviors.

*Duration: 7 sessions, 1 hour*

**\*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 is also available.

*Duration: 7 sessions, 1-1.5 hours*

**\*Strong African American Families:** Prevents substance use and behavior problems among African American youth (Ages 10-16) by strengthening positive family interactions, preparing youths for their teen years, and enhancing primary caregivers' efforts to help youths reach positive goals.

*Duration: 7 weeks, 1 evening per week, 5:30-8:30pm, dinner included*

**\*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. (Available for Spanish Families as **Familias Fuertes**)

*Duration: 7 weeks, 1 evening per week, 5:30-8:30pm, dinner included*

## Single-session Programs – Students (Middle School)

**Addiction & Opioid Crisis Jeopardy Game:** In 2023, more than 110,000 Americans died of a drug overdose. More than 75% of those deaths are attributed to the illegal opioid fentanyl. CHC created this program game for middle and high school teachers to bring awareness to their students about addition, prescription opioids, heroin, fentanyl, overdose and overdose response, and treatment for substance use disorders. This lesson is an excellent addition to your health curriculum as the information is current, with adaptations as trends change.

*Duration: 1 session, 60 minutes*

**Choices, Chances, Changes:** Focuses on addiction, opioids and heroin, the choices 8<sup>th</sup> grade students face and resources for help. Topics include what an opioid is; the connection between painkillers and heroin; risks of use; and what to do if someone overdoses.

*Duration: 1 session, 45-60 minutes*

**Clean Break:** Docudrama intended to enhance adolescents' understanding of the consequences and potential dangers associated with excessive gambling.

*Duration: 1 session, 1 hour; add on to Cyber Gambling Presentation*

**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.

*Duration: 1 session, 1 hour or 2 sessions, 30-45 minutes*

**Gaming in Gambling:** The program lesson focuses on the convergence with gambling and gaming including the impact of problematic internet media use amongst youth. The evidence informed lesson utilizes social emotional learning to help engage and teach youth. It can be delivered in two different modalities: 1) Self-driven autonomous method that can be incorporated into a learning management system (LMS) or; 2) instructor led PowerPoint lesson with interactive questions and videos for engagement and learning.

*Duration: 1 session, 1 hour*

**\*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.

*Duration: 1 session, 45-60 minutes*

**Sports Betting:** The program raises awareness about the specific dangers of sports betting. Participants will identify the consequences of these types of gambling, learn how to minimize the risks and how to access help.

*Duration: 1 session, 1 hour*

**Teens and Technology:** Teens and Technology is a two-session facilitator-led interactive classroom education program, designed to address the use of technology to engage youth in on-line activities including gaming and gambling and the signs of problem gaming/gambling.

*Duration: 2 session, 30-45 minutes*

**Youth Vaping Prevention:** Nicotine vaping by our youth has become an epidemic. In this program students will learn about adolescent brain development and how early use of nicotine affects the brain; health risks associated with nicotine use; chemicals found in disposable vapes, pods, and e-juices; and the campaign to target teens. Students in grades 8-12 will also learn about the risks of using marijuana and THC oils.

*Duration: 1 session, 1 hour; 2 sessions, 30-45 minutes*

### **Single-session Programs – Staff In-Service (Middle School)**

**\*CATCH My Breath:** Youth Vaping Prevention – What Schools and Parents Should Know: The overall goal of CATCH My Breath is to prevent e-cigarette use among pre-teens and teens. This program for school staff and parents describes the different types of vaping devices and e-juices available; explains how this epidemic developed; identifies risks associated with vaping nicotine; and gives tips on how to talk to young people about vaping. Additionally, participants will learn about the various ways youth are consuming marijuana and THC oils, as well as the risks associated with adolescent use of marijuana.

*Duration: 1 session, 1 hour*

**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.

*Duration: 1 session, 1 hour*

**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. Narcan Training can be added to this presentation.

*Duration: 1 session, 1 hour*

**Mock Teen Bedroom:** CHC’s signature education resource - 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.

*Duration: 1 session, length may vary; available for events*

**Sports Betting:** The program raises awareness about the specific dangers of sports betting. Participants will identify the consequences of these types of gambling, learn how to minimize the risks and how to access help.

*Duration: 1 session, 1 hour*

### Single-session Programs – Parents (Middle School)

**\*CATCH My Breath:** Youth Vaping Prevention – What Schools and Parents Should Know: The overall goal of CATCH My Breath is to prevent e-cigarette use among pre-teens and teens. This program for school staff and parents describes the different types of vaping devices and e-juices available; explains how this epidemic developed; identifies risks associated with vaping nicotine; and gives tips on how to talk to young people about vaping. Additionally, participants will learn about the various ways youth are consuming marijuana and THC oils, as well as the risks associated with adolescent use of marijuana.

*Duration: 1 session, 1 hour*

**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.

*Duration: 1 session, 1 hour*

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

*Duration: 1 session, 1 hour*

**Mock Teen Bedroom:** CHC’s signature education resource - 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.

*Duration: 1 session, length may vary; available for events*

**Sports Betting:** The program raises awareness about the specific dangers of sports betting. Participants will identify the consequences of these types of gambling, learn how to minimize the risks and how to access help.

*Duration: 1 session, 1 hour*

### Small Group Life Skills Training (Middle School)

**CHC Life Skills** is a non-evidence-based curriculum that is comprised of Life Skills topics which are customized based on the needs of a targeted audience. Life skills can be broad in scope and we have carefully selected topics which can be delivered as a series of recurring 30 minute sessions for seven weeks and as a single session delivered in 60 minutes. Each topic will have identified objectives and outcomes to address the specific risk factors identified by our clients.

*Duration: 6-8 sessions, 45 minutes*



**CENTER FOR HUMANISTIC CHANGE**  
**PROGRAM OFFERINGS AND DESCRIPTIONS FOR HIGH SCHOOL**

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

*\*Evidence-based programs*

**Multi-session Programs – Students (High School)**

**\*Blues Program:** a group-based prevention program for teens with symptoms of depression and anxiety. In six hours of sessions, students learn cognitive behavioral strategies with a simple focus: change how you think and what you do to feel better. Teens learn to identify negative thoughts and practice new ways of thinking that are more realistic and positive. Each session the group focuses on ways to increase their involvement in pleasant activities and makes plans to incorporate these activities into their daily life. Additionally, the group explores a variety of coping strategies for true negative events and develops response plans for future life stressors.

*Duration: 6 sessions, 1 hour*

**\*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 9-12)

*Duration: Level 1: 15 sessions for 45 minutes. Level 2: 10 sessions for 45 minutes. Level 3: 5 sessions for 45 minutes*

**\*CATCH My Breath:** This program is designed to prevent the initiation of e-cigarette use among preteen and teen adolescents. CATCH My Breath provides youth with the skills to resist peer pressure and media influences to try e-cigarettes. Youth discover that non-use of e-cigarettes is the norm for adolescents; Identify reasons why young people might start using e-cigarettes; Recognize the subtle, and not so subtle, messages in e-cigarette advertising; Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes; Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

*Duration: 4 Lessons, 30-40 minutes each*

**\*CHC Mentoring:** CHC Mentoring incorporates the evidence-based curriculum SPARK (*Speaking to the Resilience and Potential of all Kids*) to assist youth in communication, problem-solving, and conflict resolution skills. Participants will demonstrate increased impulse control, self-regulation, and resilience, as well as an increased positive outlook and greater sense of well-being.

*Duration: Number of sessions and length vary.*

**\*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.

*Duration: 12 sessions 45-60 minutes*

**\*SPARK (Speaking to the Potential, Ability, and Resilience Inside Every Kid):** Evidence-based K-12 SEL program, increase mental well-being, resilience, and impulse control while building critical life skills such as communication, problem-solving, and decision-making. It teaches youth to understand the mind and human experience for the purpose of reducing risk, uncovering resiliency and potential, and increasing a sense of connectedness within oneself. Ages 5-8, 8-10, 10-13, 13-22.

*Duration: Ages 13-22: 12 lessons, 45-60 minutes*

### Multi-session Programs - Parents/Families (High School)

**\*Botvin Life Skills Training (LST) Parent Program:** Provides parents with the necessary skills to help their children learn to resist social pressure to smoke, drink, and use drugs; develop greater self-esteem, self-mastery, and self-confidence; and enhance their ability to reduce and prevent risky behaviors.

*Duration: 7 sessions, 1 hour*

**\*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 is also available.

*Duration: 7 sessions, 1-1.5 hours*

**\*Strong African American Families:** Prevents substance use and behavior problems among African American youth (Ages 10-16) 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.

*Duration: 7 weeks, 1 evening per week, 5:30-8:30pm, dinner included*

**\*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. (Available for Spanish Families as **Familias Fuertes**)

*Duration: 7 weeks, 1 evening per week, 5:30-8:30pm, dinner included*

### Single-session Programs – Students (High School)

**Addiction & Opioid Crisis Jeopardy Game:** In 2023, more than 110,000 Americans died of a drug overdose. More than 75% of those deaths are attributed to the illegal opioid fentanyl. CHC created this program game for middle and high school teachers to bring awareness to their students about addition, prescription opioids, heroin, fentanyl, overdose and overdose response, and treatment for substance use disorders. This lesson is an excellent addition to your health curriculum as the information is current, with adaptations as trends change.

*Duration: 1 session, 1 hour*

**Clean Break:** Docudrama intended to enhance adolescents' understanding of the consequences and potential dangers associated with excessive gambling.

*Duration: 1 session, 1 hour; add on to Cyber Gambling Presentation*

**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.

*Duration: 1 session, 1 hour*

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

*Duration: 1 session, 1 hour*

**Gaming in Gambling:** The program lesson focuses on the convergence with gambling and gaming including the impact of problematic internet media use amongst youth. The evidence informed lesson utilizes social emotional learning to help engage and teach youth. It can be delivered in two different modalities: 1) Self-driven autonomous method that can be incorporated into a learning management system (LMS) or; 2) instructor led PowerPoint lesson with interactive questions and videos for engagement and learning.

*Duration: 1 session, 1 hour*

**HOPE (Heroin and Opioid Prevention Education):** Educates on the continuing concern around the opioid epidemic. Participants learn about prescription opioids, heroin, and fentanyl; dangers specifically related to fentanyl, including fake pills; signs and symptoms of opioid misuse; recognizing signs of overdose and how to respond; and where to find local resources to help people with substance use disorders and their families.

*Duration: 1 session, 1 hour*

**\*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.

*Duration: 1 session, 1 hour*

**Sports Betting:** The program raises awareness about the specific dangers of sports betting. Participants will identify the consequences of these types of gambling, learn how to minimize the risks and how to access help.

*Duration: 1 session, 1 hour*

**Teens and Technology:** Teens and Technology is a two-session facilitator-led interactive classroom education program, designed to address the use of technology to engage youth in on-line activities including gaming and gambling and the signs of problem gaming/gambling.

*Duration: 2 sessions, 30-45 minutes*

**Youth Vaping Prevention:** Nicotine vaping by our youth has become an epidemic. In this program students will learn about adolescent brain development and how early use of nicotine affects the brain; health risks associated with nicotine use; chemicals found in disposable vapes, pods, and e-juices; and the campaign to target teens. Students in grades 8-12 will also learn about the risks of using marijuana and THC oils.

*Duration: 1 session, 1 hour or 2 sessions, 30-45 minutes*

### **Single-session Programs - Staff in-service (High School)**

**\*CATCH My Breath:** Youth Vaping Prevention – What Schools and Parents Should Know: The overall goal of Catch My Breath is to prevent e-cigarette use among pre-teens and teens. This program for school staff and parents describes the different types of vaping devices and e-juices available; explains how this epidemic developed; identifies risks associated with vaping nicotine; and gives tips on how to talk to young people about vaping. Additionally, participants will learn about the various ways youth are consuming marijuana and THC oils, as well as the risks associated with adolescent use of marijuana.

*Duration: 1 session, 1 hour*

**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.

*Duration: 1 session, 1 hour*

**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. Narcan Training can be added to this presentation.

*Duration: 1 session, 1 hour*

**Mock Teen Bedroom:** CHC's signature education resource - 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.

*Duration: 1 session, length may vary; available for events*

**Sports Betting:** The program raises awareness about the specific dangers of sports betting. Participants will identify the consequences of these types of gambling, learn how to minimize the risks and how to access help.

*Duration: 1 session, 1 hour*

### **Single-session Programs – Parents (High School)**

**\*CATCH My Breath:** Youth Vaping Prevention – What Schools and Parents Should Know: The overall goal of CATCH My Breath is to prevent e-cigarette use among pre-teens and teens. This program for school staff and parents describes the different types of vaping devices and e-juices available; explains how this epidemic developed; identifies risks associated with vaping nicotine; and gives tips on how to talk to young people about vaping. Additionally, participants will learn about the various ways youth are consuming marijuana and THC oils, as well as the risks associated with adolescent use of marijuana.

*Duration: 1 session, 1 hour*

**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.

*Duration: 1 session, 1 hour*

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

*Duration: 1 session, 1 hour*

**HOPE (Heroin and Opioid Prevention Education):** Educates on the continuing concern around the opioid epidemic. Participants learn about prescription opioids, heroin, and fentanyl; dangers specifically related to fentanyl, including fake pills; signs and symptoms of opioid misuse; recognizing signs of overdose and how to respond; and where to find local resources to help people with substance use disorders and their families. Narcan Training can be added to this presentation.

*Duration: 1 session, 1 hour*

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*Duration: 1 session, length may vary; available for events*

**Sports Betting:** The program raises awareness about the specific dangers of sports betting. Participants will identify the consequences of these types of gambling, learn how to minimize the risks and how to access help.

*Duration: 1 session, 1 hour*

## Small Group Life Skills Training (High School)

**CHC Life Skills** is a non-evidence-based curriculum that is comprised of Life Skills topics which are customized based on the needs of a targeted audience. Life skills can be broad in scope and we have carefully selected topics which can be delivered as a series of recurring 30 minute sessions for seven weeks and as a single session delivered in 60 minutes. Each topic will have identified objectives and outcomes to address the specific risk factors identified by our clients.

*Duration: 6-8 sessions, 45- 60 minutes*



The mission of the **Center for Humanistic Change** is to give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.

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



**Program Request Form**

**[www.thehc.org](http://www.thehc.org) ~ (610) 443-1595**

### **Staff contacts:**

Andrew D'Angelo, Executive Director  
ext. 15, [adangelo@thehc.org](mailto:adangelo@thehc.org)

Virginia Sandoval, Manager of Mentor Program  
ext. 14, [vsandoval@thehc.org](mailto:vsandoval@thehc.org)

Maria Alonso Tomlinson, Manager of Prevention Programs  
ext. 24, [mtomlinson@thehc.org](mailto:mtomlinson@thehc.org)

Wendy Texter, Manager of SAP  
ext. 37, [wtexter@thehc.org](mailto:wtexter@thehc.org)

Lisa Wolff, Manager of Community Engagement  
ext. 36, [lwolff@thehc.org](mailto:lwolff@thehc.org)

Jillian Cabrera, Sr. Prevention Specialist/  
Prevention Scheduling Coordinator  
[jcabrera@thehc.org](mailto:jcabrera@thehc.org)

Stephanie Dorney, Manager of Program &  
Data Integrity  
ext. 19, [sdorney@thehc.org](mailto:sdorney@thehc.org)

Paula Ream, Director of Administration  
ext. 30, [pream@thehc.org](mailto:pream@thehc.org)

*Updated 3-31-25/pr*