



**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.**

<b><i>WE EDUCATE</i></b>	<b><i>WE SUPPORT</i></b>	<b><i>WE LEAD</i></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 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:  
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**Center for Humanistic Change, Inc.**  
**Alcohol, Tobacco and Other Drugs**  
**Program Offerings for K-12 Education: A Continuum of Prevention and Life Skills Services**  
**(EB: Evidence-based program; NEB: Non-evidenced 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>												
	Crossroads (NEB) (K-5 Mentoring Program)						Project SUCCESS (EB) (6-12 Mentoring Program)			Project SUCCESS (EB) (6-12 Mentoring Program)			
	Too Good For Drugs (EB)						Too Good for Drugs (EB)			Project Toward No Drug Abuse (EB)			
	PATHS (EB): Grades K-6						PATHS (EB): Grades K-6		Safe Dates: An Adolescent Drug Abuse Prevention Curriculum (EB)		Safe Dates: An Adolescent Drug Abuse Prevention Curriculum (EB)		
	Second Step (EB)						Second Step (EB)			Blues Program (EB)			
	Teaching Students to be Peacemakers (EB)						Teaching Students to be Peacemakers (EB)			Too Good for Drugs & Violence (EB)			
	Botvin Life Skills Training (LST) (EB)						Botvin Life Skills Training (LST) (EB)			Botvin Life Skills Training (LST) (EB)			
	Keep A Clear Mind (EB)						Stacked Deck (EB)			Stacked Deck (EB)			
Keep A Clear Mind (EB)						Blues Program (EB)			Blues Program (EB)				
<b>District-wide Programs Multi-session Parents/Families*</b>	<b>1) Botvin Life Skills Training (LST) Parent Program: (EB)</b> <b>2) Systematic Training for Effective Parenting (STEP) &amp; Systematic Training for Effective Parenting Teens: (EB)</b> <b>3) Strengthening Families* (EB); and,</b> <b>4) Strong African American Families (EB)</b>												
<b>Single Session Programs STUDENTS</b>	Current Drug Trends (NEB) (Focus on Alcohol, Tobacco and Vaping) #Trending (NEB)						Choices, Chances, Changes (NEB); and/or Current Drug Trends (NEB); SOS Signs of Suicide Prevention Program (EB) #Trending (NEB)			HOPE (NEB), Voices from the Valley (NEB); and/or Current Drug Trends (NEB); Cyber Gambling Awareness Program (NEB); SOS Signs of Suicide Prevention Program (EB) #Trending (NEB)			
<b>Single Session Programs STAFF INSERVICE</b>	Current Drug Trends (NEB); and/or HOPE for the Workplace (NEB) #Trending (NEB)						Current Drug Trends (NEB); and/or HOPE for the Workplace (NEB) #Trending (NEB)			Current Drug Trends (NEB); and/or HOPE for the Workplace (NEB) #Trending (NEB)			
<b>Single Session Programs PARENTS</b>	1) Current Drug Trends (NEB); 2) Mock Teen Bedroom (NEB); 3) HOPE (NEB); and/or, 4) Voices from the Valley (NEB); and, 5) Cyber Gambling Awareness Program (NEB); 6) #Trending (NEB)												
<b>Small Group: Lifeskills STUDENTS</b>	<b>Life Skills: Small Groups</b> 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.												
<b>SINGLE AND MULTI-SESSION PROGRAM OFFERINGS TO ALL AUDIENCES</b>	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\*\***

**\*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.

**\*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.

**\*Stacked Deck:** Gambling program to help middle and high school students understand how to make good decisions and learn problem solving skills by using gambling as a metaphor. This is a three-session program set up for sixty minute each. Students will be engaged and challenged in activities with a strong focus on learning decision-making and problem-solving skills.

**\*Too Good for Drugs and Violence:** Builds on students' resiliency by teaching them how to be socially competent and independent problem solvers. The program develops social and emotional skills for making healthy choices, building positive friendships, communicating effectively, and resisting peer pressure.

*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** is also Available.

**\*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.

**\*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.

**#Trending:** Social media is everywhere and more accessible than ever. Participants will engage in age-appropriate discussion around the effects of social media, the brain science behind social media addiction, uncovering the dangers at the click of a button, and how to stay safe while connecting to others. Throughout the presentation, participants will also learn to identify the signs and behaviors to look for in themselves, their friends, and children.

**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.

**#Trending:** Social media is everywhere and more accessible than ever. Participants will engage in age-appropriate discussion around the effects of social media, the brain science behind social media addiction, uncovering the dangers at the click of a button, and how to stay safe while connecting to others. Throughout the presentation, participants will also learn to identify the signs and behaviors to look for in themselves, their friends, and children.

#### *Parents*

Please see above descriptions for the following programs:

**Current Drug Trends**

**Cyber Gambling Awareness Program**

**HOPE (Heroin and Opioid Prevention Education)**

**#Trending**

**Voices from the Valley**

**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.

**Single Session programs on helping children through these difficult times and managing their own emotions in time of stress are also available.**

## **SMALL GROUP LIFE SKILLS TRAINING**

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