



**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:
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CENTER FOR HUMANISTIC CHANGE
COURSE OFFERINGS FOR ADULTS OF ALL AGES AT COMMUNITY-BASED
SITES AND WORKPLACES

SINGLE-SESSION PROGRAMS

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: Raises awareness about the dangers of gambling and the nature of addiction in general. Participants will identify the risks and consequences of gambling, discover the effects of gambling on the brain, understand the cycle of addiction, and learn how to get help through this 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.

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.

HOPE for Older Adults: Builds awareness of the heroin and opioid epidemic, and how these drugs specifically affect adults age 55+, including effects on health, relationships and living a full life. Participants learn about opioids and how they are used; how to recognize signs and symptoms of use, abuse and overdose; the unique dangers to adults over 55 associated with opioids; how to safely store and dispose of prescriptions; and, how to identify local resources, including where to find help.

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.

Social Media: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and Twitter; identify the possible dangers of social media outlets; understand responsible use and the legal, social, and emotional consequences of misuse; discover the prevalence and pressures concerning sexting, cyber-bullying, and privacy issues; discuss the effects of social media on the brain, including addiction; and explore the resources available to monitor and combat misuse.

Stress Management: Identifies stressors and techniques to deal more effectively with stress. Participants will have the chance to practice techniques.

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.

MULTI-SESSION PROGRAMS

(*Evidence-based programs)

* **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.

***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.

SINGLE AND MULTI-SESSION PROGRAM OFFERINGS

Stanford Tobacco Prevention Toolkit: 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.