



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



2023-2024  
ANNUAL REPORT

[www.thechc.org](http://www.thechc.org)

# Leadership Message

**Center for Humanistic Change, Inc.**  
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## **BOARD OF DIRECTORS**

### **2023-2024 OFFICERS**

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**Kenneth Charette, Esq.,  
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*Action for Child Protection,  
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With respect and appreciation, and on behalf of the entire Board and staff, we thank departing President Sean Linder for his many years of service and contributions to CHC. I am grateful for the opportunity to serve this outstanding organization as the next Board President, along with an incredible group of supportive volunteer Board members.

In July 2024, we bid a fond farewell to retiring Kristen Hettrick who had worked for the organization in programming since 2016 and served as Executive Director since 2021.

Following a thorough professional search and review, the CHC Board appointed Andrew D'Angelo as the new Executive Director in July 2024. Andrew is a native of Queens, New York, and joins CHC after spending 25 years in K-12 education. He has been a teacher, board development specialist, an elementary and high school principal, and a high school president, serving the last 7 years in the Lehigh Valley. He holds a BA from the College of Mount Saint Vincent and an MA from St. John's University. Andrew is deeply committed to prevention education and empowering young people to make healthy and informed decisions. We are confident he will be an effective and positive leader, and CHC will continue thriving under his guidance. I, and all current Board members encourage our community to join us in supporting this vital organization and the important programs provided by our talented and caring staff.

*~ John Mohr, President 2024-2025  
Board of Directors*

I am honored and excited to have joined the Center for Humanistic Change as the organization's new Executive Director, which is especially meaningful as we celebrate 45 years of serving the Lehigh Valley with the best in prevention education and programs. After relocating to the region in 2018, I knew I found my forever home and I continue to enjoy the diversity found in the people and places in and around the Lehigh Valley. As a life-long educator, I became quickly aware of CHC and the amazing work of our talented staff in schools and community-based settings. Everyone at CHC takes great pride in our mission of helping people access the knowledge and resources they need to make better informed and more positive life choices. We value the partnerships we have developed over the years, and look forward with great hope to a bright and impactful future. Our goal of helping others build skills for life's many challenges would not be possible without the region's faith in us and our ability to deliver high quality and effective programming. My promise to the Board, the staff, and most importantly, the community we are privileged to serve, is to continue the long and distinguished tradition of CHC, with an eye to the future, while fostering a culture of continuous improvement. We look forward to sharing the next 45 years with you!

*~ Andrew D'Angelo, Executive Director*

## Small Groups - Life Skills

- **Botvin Life Skills:** Grades 3-12
- **Lifeskills for Littles (Weekday Club):** Grades K-8
- **FISH (Families in Separate Households):** Grades 2-6
- **Healthy Choices Healthy Relationships:** Grades 10-12
- **Creative Clubhouse:** Summer and After School Art & Wellness Program for Youth



## Single-Session Programs

- **Choices, Chances, Changes**
- **Current Drug Trends** (Focus on Alcohol, Tobacco and Vaping)
- **Cyber Gambling Awareness Program (CGAP),** for teens
- **Gambling Awareness Program - Not a Chance,** for adults
- **HOPE with Narcan® Training** (Heroin and Opioid Prevention Education)
- **HOPE for HS Students**
- **HOPE for the Workplace**
- **Mock Teen Bedroom**
- **SOS - Signs of Suicide**
- **The Vaping Epidemic**

## Multi-Session Programs

- **Anger Management for Adults**
- **Botvin Life Skills** (Student and Parent Training)
- **Student Mentoring**
- **Project Toward No Drug Abuse**
- **Safe Dates**
- **Second Step**
- **STEP/STEP Teens** (Systematic Training for Effective Parenting/Teens)
- **Small Group Life Skills**
- **Strong African American Families (SAAF)**
- **Familias Fuertes** (Strengthening Families in Spanish)
- **The Blues Program**
- **Too Good for Drugs/Violence**
- **Zones of Regulation**

**PROGRAM PARTICIPANT TOTALS 2023-2024**

Population	Lehigh County	Northampton County	Other Counties	Total
Elementary (up to 11 years)	2,824	3,931	~	6,755
Secondary (ages 12-20 years)	8,726	9,208	7	17,941
Adults (ages 21 and older)	2,036	1,730	160	3,926
No ages reported	790	568	1	1,359
Total	13,376	15,437	168	29,981

The Center for Humanistic Change conducts pre- and post-surveys to establish the impact of prevention education. Program results are analyzed to determine if there is a significant difference in knowledge score and attitude shifts between the pre- and post-surveys; meaning their attitudes improved and knowledge increased. These results are part of a fuller evaluation that considers factors such as the level of pre-survey knowledge and attitudes, and the regularity and consistency of prevention education among the population.

## Mission and Outreach

*At CHC, we give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.*



The Center for Humanistic Change prepares people to meet life's challenges. We believe that individuals equipped with knowledge and life skills are more likely to make positive, healthy choices in their lives.

CHC offers evidence-based and custom-designed educational programs focused primarily on building resiliency and preventing substance abuse, while giving people the knowledge and skills needed to make better choices.

We serve elementary, middle, and high school-aged youth, as well as parents and educators, and employees at workplaces throughout Lehigh Valley, Pennsylvania. Although primarily school-focused, we serve people wherever they are – in schools, neighborhoods, community-based organizations, communities of faith, and worksites.

### ◆ We Educate

We “train the trainers” and offer programs especially designed for parents and educators. We teach parents how to communicate more effectively with their children and to recognize the signs of alcohol and substance abuse, dating violence, and cyberbullying. We offer 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.



### ◆ We Support

We support at-risk students by teaching them the necessary skills to cope with challenges they face. We 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.

### ◆ We Lead

We track local and national trends to ensure our programs are relevant and reflect evidence-based best practices. 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.

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CHC facilitates interactive experience-based trainings and small groups that engage participants in meaningful learning. Custom programs have been designed in response to the specific needs of schools, community organizations and businesses in the Lehigh Valley.

Many of our evidence-based programs have been approved by the National Registry of Evidence-Based Programs and Practices (NREPP), which is hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services (HHS).

Tobacco use continues to be the leading preventable cause of death in the U.S. In Pennsylvania, 15% of adults and 4% of high school students are current smokers. The rate of students who use electronic vape products daily is 5.7%.

~ As noted in the 2024 annual report from the  
PA Division of Tobacco Prevention and Control

## CHC Mentoring Program



Mentoring provides social and emotional learning to students in K-12 at **32 schools in eight school districts** in the Lehigh Valley. Our team of trauma-informed, cultural responsive adults meet with students during the school day in small groups or in one-on-one sessions. In 2023, CHC launched a new evidence-based mentoring curriculum entitled **SPARK** (*Speaking to the Potential, Ability and Resilience inside every Kid*) to assist students with communication, problem-solving and conflict resolution skills. The aim of the SPARK program is to increase school connectedness, reduce risk factors, and uncover protective factors to promote emotional well-being and school success. Mentors work alongside students to teach skills and strategies encompassing the five pillars of SEL. Practical hands-on activities demonstrate to students how to apply these concepts to their lives.

In 2023-2024, CHC staff received **1,217 referrals** and **mentored 815 students** throughout the Lehigh Valley. Program outcomes included: 23% of students experienced increased resilience; 23% reported improved emotional regulation; 22% showed increased problem solving skills; 30% improved communication skills; and 22% has a more positive outlook on life.

## Student Assistance Program (SAP)

CHC's SAP team served all **94 schools in Lehigh County** and **55 schools in Northampton County** with Liaison services including technical assistance, material dissemination, newsletters and other communications, team maintenance, evaluation services, professional development for teachers and administrators, and BH Works – a behavioral health screener provided to elementary, middle and high schools. Small groups were available to elementary, middle and high school students who needed support on various topics such as social skills, anger management, anxiety, trauma, self-esteem, friendship, conflict resolution, grief, changing families, coping skills, diversity and more. CHC's SAP Liaisons directly worked with **67 of the 93 schools in Lehigh County** and **44 of the 55 schools in Northampton County** for SAP core team meetings, SAP consultations, parent/teacher meetings, SAP screenings, and SAP groups.

**What's SAPening**, CHC's SAP newsletter, is published monthly during the school year and is distributed electronically to the schools and available on the organization's website.

"My Mentor listens to me. I can talk about my problems at home and not worry about being judged."  
~ quote from a high school student in the CHC Mentoring Program

CHC continues as a provider of the **Commonwealth Approved Training Program**, and in 2023-2024 **trained and certified 30 new SAP professionals** from the Lehigh Valley.



## Program Impact

### We know prevention education works

because we measure changes in knowledge and attitude through pre- and post-surveys. Our evidence-based programming has been tested and proven to make a difference in the lives of those served. However, it is more often through our focused time and face-to-face interaction with students and adults that we learn about the power of our work and the fuller impact we make in their lives.

"It really helped me to learn the thought chain. Now I can stop myself from acting on every thought that I have."

~ quote from a high school student in the CHC Mentoring Program



CHC's signature educational program, the **Mock Teen Bedroom**, was held at dozens of back-to-school nights, community events and health fairs throughout the Lehigh Valley. The "MTB" is a highly requested presentation for adults only, where visitors to the scene learn how to identify drug paraphernalia, how substances and substance use can be disguised, up-to-date information about drug trends, and what resources are available in the Lehigh Valley.

CHC launched its new **Creative Clubhouse**, an art-based social and emotional learning summer camp and after school program in Lehigh and Northampton Counties. The program currently focuses on middle school-aged students where facilitators use art to implement topics such as anxiety, stress, self-esteem, and regulating emotions. With grant support from Crayola, the camp reached 50 kids in its first year offered at Catasauqua MS, Lower Macungie MS, Harrison-Morton MS, Arts Academy MS, and the Easton Boys and Girls Club. The program will be further developed with a possible after-school component.



CHC hosted **two virtual educational SAP Consortiums**. The Fall Consortium in November 2023 was titled "*Priming the Brain for Healing and Learning*". The discussion with speaker Dr. Susan Tarasevich was well received, with over 150 in attendance. Dr. Tarasevich provided handouts and teachers appreciated the worksheet supports available. In the Spring of 2024 we welcomed Ryan Klingensmith, founder of Shape the Sky, along with 175 attendees, for a virtual discussion on "*A Digital World: Youth, Technology, Social Media and Mental Health*."

**Three Northampton County SAP Network meetings** were facilitated by CHC for all Northampton County school SAP teams, with guest presenters addressing SAP concerns. In the Fall 2023, the speakers were Paula Kenderski, CASSP Coordinator from Northampton County, and Jodi Matthew from Northampton County Children, Youth and Families Division. In February 2024, CHC hosted Christina DiPierro, Program Coordinator from the Synergy Project, who works directly with the homeless population of Lehigh and Northampton County. In April 2024, Nikolas V. Tsamoutalidis from Freedom High School spoke on *The Power of Hope within a Comprehensive School of Wellness*.

Congratulations to CHC's **SAP Manager, Wendy Texter, and the Northern Lehigh SAP team** for winning the **2024 Distinguished Secondary SAP Team Award** at the PA SAP Conference. The award is presented to a Middle or High School Student Assistance Program team that has gone above and beyond to identify barriers to learning - a team that supports research-based prevention programs, skilled identification, and also fosters positive connections with students, parents, and the community.



## Professional Networking



As a state resource for **Fetal Alcohol Syndrome Disorder**, CHC's **annual FASD Forum** was held virtually on September 14, 2023 with speaker Emily Hargove and 96 participants. Emily is a member of the International Adult Leadership Collaborative of the FASD Changemakers. She partners with Changemakers across the globe, building partnerships and alliances that aim toward strengthening the voices of adults with FASD and creating environments that cultivate inclusion and success while mitigating stigma. In 2020, Emily co-authored an article published in the Routledge Handbook of Social Work and Addictive Behaviors on the chronic healthcare implications of adults with an FASD.

Several CHC initiatives continued to focus on the opioid epidemic and harm reduction by providing our **HOPE presentations and Narcan® training and distribution** at various sites throughout the Lehigh Valley. Trainings were provided to nursing students at Cedar Crest College, DeSales University, and Moravian University; high school students at LCTI, Lehigh Valley Charter High School for the Arts, and Pen Argyl High School; and Lehigh Valley school nurses at their annual conference. We also trained and provided kits for community members at Oasis Community Center, Justice Works, Lehigh County Juvenile Probation, Step-by-Step, and the Northampton County Courthouse. Additionally, through our grant from the PA Commission on Crime and Delinquency (PCCD), we trained 360 people throughout the state, including Lyft and Uber drivers, school bus drivers, probation officers, and employees of the Monroe County District attorney's office. In total, **CHC trained over 750 people on the use of Narcan®, distributed more than 800 Narcan® kits** provided by the City of Bethlehem Health Bureau, and disseminated **more than 300 medication lockboxes** throughout both counties.

A second focus of the PA Commission on Crime and Delinquency (PCCD) for Substance Abuse Education and Demand Reduction grant targeted prescribers and we chose to focus on veterinarians and their staff because they prescribe opioids for their animal clients and there is the potential for medication misuse by pet owners. Education included the safe storage of medication and awareness of the increasing presence of xylazine, an animal sedative used in veterinary offices being found in the fentanyl supply. Each practice received a complimentary medication lock box that included a two-dose Narcan® kit, gloves, mouth protector, and information about opioids and overdose. We also provided educational materials for practices to share with clients. **Thirty prescribers and 58 support staff were trained.** This grant has been extended through June 2025 and educational efforts continue.



AWARD  
CATEGORY

**MAKE  
GOOD  
HAPPEN**



**Lisa Wolff, CHC's Manager of Community Engagement**, was a recipient of the **2024 'Make Good Happen'** award presented by the **Commonwealth Prevention Alliance**. Lisa has been with CHC for 11 years. Among many community programs, she focuses on substance education, and delivering drug and alcohol prevention programming in schools and in the community. Speaking to youth is a passion for Lisa, and she strives to reduce the stigma that is associated with drug and alcohol use and mental health. In 2023, Lisa launched the targeted **Naloxone Education and Distribution Program** for community transporters as part of a grant from the PA Commission on Crime and Delinquency for Substance Abuse Education and Demand Reduction. Lisa accepted her prevention award on May 15,

2024 at a reception held at the Jewish Family & Children Services of Greater Philadelphia in Bala Cynwyd, PA. Guest Speakers at the Alliance event included Eric Kennel, Executive Director of Compass Mark, and Lisa Schneller, Director of ATOD Prevention, Child Guidance Resource Centers.

# Clients Served in 2023-2024

## **LEHIGH & NORTHAMPTON COUNTY SCHOOL DISTRICTS:**

Allentown (ASD)  
Allentown - William Penn Building AEDY  
Bangor  
Bethlehem (BASD)  
Bethlehem Area Vo-Tech School  
Catasauqua (CASD)  
East Penn  
Easton (EASD)  
Nazareth  
Northampton (NASD)  
Northern Lehigh (NLSD)  
Northwestern Lehigh  
Parkland  
Pen Argyl (PAASD)  
Salisbury Township  
Saucon Valley  
Southern Lehigh (SLSD)  
Whitehall-Coplay  
Wilson  
Wilson Area Intermediate School

## **PRIVATE/CHARTER SCHOOLS & COLLEGES:**

Allentown Central Catholic HS  
Allentown Learning Achievement School  
Carbon-Lehigh IU 21  
Career Institute of Technology  
Cedar Crest College  
Colonial Academy IU 20  
DeSales University  
Easton Arts Academy  
Executive Education Academy Charter School  
Lehigh Carbon Community College (LCCC)  
Lehigh Carbon Technical Institute (LCTI)  
Lehigh Learning Achievement School  
Lehigh Valley Charter HS for the Arts  
Lehigh Valley Dual Language Charter School  
Lincoln Leadership Academy Charter School  
Moravian University  
Newcomer Academy  
Northampton Community College  
Notre Dame HS  
Penn State University - Lehigh Valley Campus  
Roberto Clemente Charter School  
Seven Generations Charter School

## **ORGANIZATIONS, BUSINESSES, COMMUNITY EVENTS & OTHER GROUPS:**

A Clean Slate Recovery Center	Lehigh Co Juvenile Probation	SAAD School Clubs
Anthracite Animal Clinic	Lehigh Co Public Defender's Office	Schnecksville Fire Co. Health Fair
Bethlehem Townhomes II	Lehigh Valley DUI/ Highway Safety Task Force	St. Luke's University Health Network (SLUHN)
Boys & Girls Club of Easton	Lehigh Valley Health Network (LVHN)	Step by Step, Inc.
Cocalico Cat & Gingham Dog Animal Hospital	Lehigh Valley Mall Health Fair	The Literacy Center Health Fair
Cetronia Ambulance Corps	Lehigh Valley Walk for Recovery	The Salvation Army
Change on Hamilton	LVHN Hospice	Treatment Trends
Concern	Moms of Easton	Valley Central Veterinary Referral and Emergency Center
Corey & Kimberly's Ride	Neighborhood Center	Valley Youth House
Community Services for Children	New Bethany Ministries	Voices of School Health - LV School Nurses
East Hills Moravian Church	Northampton County Courthouse	Walgreens
Easton Kiwanis Club	Northampton Co Drug & Alcohol	Whitehall Mall Health Fair
Easton Opioid Awareness Task Force	Northampton Co Health & Human Services	Wind Creek Event Center Health Fair
Giant Food Stores	Northampton Senior Center	
Hanoverview Animal Hospital	Oasis Community Center	
Holiday Inn Express	PA Migrant Education Program	
Hope Center	Palmer Recovery Center	
Justice Works Youthcare	Park Plaza Senior Community Center	
Lehigh Co Adult Probation	Promise Neighborhoods of the LV	
Lehigh Co Drug & Alcohol	Rally in the Valley at ArtsQuest	
Lehigh Co Government Center	REACH LV	
Lehigh Co Health & Human Services	Recovery Night at the Iron Pigs	
Lehigh Co Housing Authority	Recovery Partnership (Mental Health Awareness Walk)	
Lehigh Co Jail	Resources for Human Development	



Program  
Request Form



**MANY THANKS TO OUR SPONSORS  
OF THE 2024 INAUGURAL  
SPRING GOLF OPEN**

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Fitzpatrick Lentz & Bubba, P.C.  
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Cornerstone-Companies  
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Peoples Security Bank & Trust

~ **TEE** ~

Holland Edit  
Kiwanis Club of Easton  
Sheetz  
Uline  
The Wolff Family  
Lehigh Valley Health Network

~ **PATRON** ~

Arlene J. Lund Consulting  
Jaclyn Baldwin  
Lehigh Valley Justice Institute  
Maple Tree Dental  
The Nix Family

**We extend our gratitude to these funders  
for supporting CHC's programs and services:**

Anonymous Foundation  
Bethlehem Rotary Foundation  
Catholic Human Services Foundation  
Charles H. Hoch Foundation  
Costco Wholesale  
Crayola  
Greater Lehigh Valley Auto Dealers Association  
Hospital Central Services (HCSC)  
Just Born  
Lehigh Valley Justice Institute  
Leona Gruber Charitable Trust  
Martin Guitar Charitable Foundation  
Richard and Susan Master Family Foundation  
Mendoza Group  
Mildred's Dream Foundation  
Neag Foundation  
People's Security Bank & Trust  
Selective Insurance Group Foundation  
Sylvia Perkin Charitable Trust  
Donald B. and Dorothy L. Stabler Foundation  
TD Bank Charitable Foundation  
Trumbower Hospital Foundation  
Two Rivers Health & Wellness Foundation  
Weyerhaeuser Family Foundation

*The time and talents donated by our volunteers is truly appreciated!  
The organization was gifted with 146 hours of service from 18 volunteers, valued at \$4,889.54.*

**CHC is grateful to these individuals and companies in the community who helped to make our work possible:**

\$1,000-\$2500

Nicole Nix  
RMG Insurance  
Zach AB Scholarship Fund  
/The Luffy Family

\$500-\$999

Ross & Wendy Born

\$250-\$499

Luci Asenjo  
David & Martha Bond  
Guardian Life Insurance  
Steve Hefele  
Kristen Hettrick  
Farah Vallera  
Joanna Walter

\$100-\$249

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Stephanie Dorney  
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Jim McDade  
Travis Miller  
John Mohr  
William Oswald  
PJW Ultimate Holdings LLC  
Michael Prokup  
Charles Ramseur  
Jason Serfass  
Al & Marci Stappung  
Lisa Wolff  
Ed Wolford

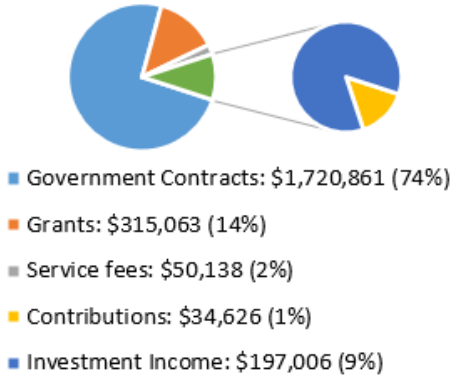
Up to \$99

Anonymous	Delia Mitchell
JT Andrasky	Megan Moore
James Andrews	Shannon Pittman
Andrea Bickert	Porter Lodge No. 284 F & M
Katie Briggs	Paula Ream
Edward Campbell	Donna Rohrbach
Stella DePaulo	Kyle Sosa
John Kraybill-Greggo	Wendy Texter
Pamela James	Tom Walker
John & Denise Long	

*CHC strives to recognize all who thoughtfully contributed to the organization, and we apologize for any inadvertent omissions or misspelled names. If an error has been made, please contact the Administrative Office and we will make the appropriate corrections.*

# Financial Sustainability

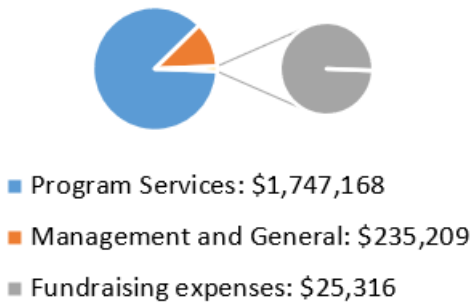
## Statement of Activities: 6/30/2024 Revenues, Gains and Other Supports



## Special thanks to these community partners who provided funding for CHC's programs and services:

- ◇ City of Bethlehem, Community Development Block Grant
- ◇ Lehigh County ARP COVID 2022
- ◇ Lehigh County Department of Human Services, Drug and Alcohol Division
- ◇ Northampton County Department of Human Services, Drug and Alcohol Division
- ◇ Pennsylvania Commission on Crime and Delinquency, Office of Justice Programs
- ◇ United Way of the Greater Lehigh Valley

## Statement of Functional Expense: 6/30/2024



CHC's volunteer Board of Directors provides prudent oversight of the finances and assists the Executive Director with financial management, allowing for sensible growth that aligns with the agency's mission. The organization is financially stable with a strong investment portfolio.

Eighty-seven percent (87%) of government, private and foundation grants, service fees and contribution revenues support direct programming to engage community members in building skills for life's challenges.

For the year ended June 30, 2024, the organization received a clean (unqualified) audit opinion. The audit was conducted by Campbell, Rappold & Yurasits, LLP, Certified Public Accountants and Advisors.



**Join us May 5, 2025  
for CHC's 2nd Annual  
SPRING GOLF OPEN  
fundraiser at Green  
Pond Country Club!**

*"I love going to my group. I get to be with other kids who are going through the same things I am."  
- quote from a middle school student  
in the CHC Mentoring Program*



*The Center for Humanistic Change, Inc. is a 501c(3) charitable agency to which contributions are tax deductible as allowed by law. The organization complies with all mandatory reporting as required by the IRS and federal government. The official registration and financial information may be obtained from the Pennsylvania Bureau of Corporations and Charitable Organizations by calling (800) 732-0999. Registration does not imply endorsement. EIN # 23-2107264.*

**Thank you!**