

Center for Humanistic Change, Inc.

Programs & Services 2025-2026

(610) 443-1595 ~ www.thechc.org



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



Program Request Form

CENTER FOR HUMANISTIC CHANGE

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

<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 at-risk students by teaching them the necessary skills to cope with challenges they face at school, at home and in life.</p> <p>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.</p>	<p>We track local and national trends to ensure our programs are relevant and reflect evidence-based best practices.</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>
<p>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.</p> <p>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).</p>		

SAMPLE OF PROGRAMMING:

- | | |
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| <ul style="list-style-type: none"> * Alcohol, tobacco, and other drug use prevention education * Student Assistance Program (SAP) * Social and emotional learning support * Problem-solving and Decision-making * Anger Management and Conflict Resolution | <ul style="list-style-type: none"> * Life Skills Training * Student Mentoring * Vaping Prevention * Social Media Awareness * Gambling Awareness |
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For more information:
Center for Humanistic Change, Inc.
 3400 Bath Pike, Suite 306
 Bethlehem PA 18017
 610-443-1595 ~ info@thechc.org
www.thechc.org/programs

CHC WILL CUSTOMIZE PROGRAMS 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
Multi-session Programs STUDENTS	** SAP LIAISON SERVICES AVAILABLE ACROSS ALL LEVELS **												
	District-Specific Programming Aligned with the PAYS Survey Results												
	CHC Student Mentoring (K-5)					CHC Student Mentoring (6-12)				CHC Student Mentoring (6-12)			
	Too Good For Violence (EB)					Blues Program (EB)				Blues Program (EB)			
	Second Step Bullying Prevention (EB)					Botvin Life Skills Training (LST) (EB)				Botvin Life Skills Training (LST) (EB)			
	SPARK (EB)					SPARK (EB)				SPARK (EB)			
	CATCH My Breath (EB)					CATCH My Breath (EB)				CATCH My Breath (EB)			
Leaps and Bounds (3-6)					Leaps and Bounds (3-6)				Project Toward No Drug Abuse (EB)				
District-wide Programs Multi-session PARENTS/FAMILIES*	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);												
Single-session Programs STUDENTS	<ul style="list-style-type: none"> • Current Drug Trends (<i>Focus on Alcohol, Tobacco and Vaping</i>) • Youth Vaping Prevention • Gaming in Gambling • Kids and Technology 					<ul style="list-style-type: none"> • Choices, Chances, Changes and/or Current Drug Trends • SOS/Signs of Suicide Prevention (EB) • Youth Vaping Prevention • Gaming in Gambling • Sports Betting • Teens/Kids and Technology • Clean Break • Addiction & Opioid Crisis Jeopardy Game • Social Media Awareness 				<ul style="list-style-type: none"> • HOPE • Current Drug Trends • SOS Signs of Suicide Prevention (EB) • Youth Vaping Prevention • Cyber Gambling Awareness Program • Gaming in Gambling • Sports Betting • Teens/Kids and Technology • Clean Break • Addiction & Opioid Crisis Jeopardy Game • Social Media Awareness 			
Single-session Programs STAFF IN-SERVICE	<ul style="list-style-type: none"> • Current Drug Trends and/or HOPE • Youth Vaping Prevention • Social Media Awareness 					<ul style="list-style-type: none"> • Current Drug Trends and/or HOPE • Youth Vaping Prevention • Sports Betting • Mock Teen Bedroom • Social Media Awareness 				<ul style="list-style-type: none"> • Current Drug Trends and/or HOPE • Youth Vaping Prevention • Sports Betting • Mock Teen Bedroom • Social Media Awareness 			
Single-session Programs PARENTS	Current Drug Trends; Cyber Gambling Awareness Program; HOPE; Mock Teen Bedroom; Sports Betting; Youth Vaping Prevention; Social Media Awareness												
Small Group – Life Skills STUDENTS	CHC Small Group 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.												

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 Bullying Prevention: Students will learn to use social-emotional skills to recognize, refuse, and report bullying; they also learn about bystander power and responsibility. Lessons for Grades 4 & 5 include recognizing cyber bullying and identifying ways to support and/or stand up for a person being cyber bullied.

Duration: 4 sessions, 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)

Current Drug Trends: Identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use. Provides accurate information on children's brain development and 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 (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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

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)

Current Drug Trends: Identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use. Provides accurate information on children's brain development and 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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

Duration: 1 session, 1 hour

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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

***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 2024, more than 80,000 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 addiction, 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. This program can be provided by CHC prevention specialists or shared with teachers to facilitate themselves.

Duration: 1 session, 60 minutes

Choices, Chances, Changes: Focuses on addiction, opioids and fentanyl, the choices 8th grade students face and resources for help. Topics include what an opioid is; the connection between painkillers and illegal opioids; 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: Discusses adolescent brain development and why people use drugs and alcohol. 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. Students learn about the importance of healthy coping skills and where to find help for themselves or friends.

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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

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 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; 2 sessions, 30-45 minutes

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

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 (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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

Duration: 1 session, 1 hour

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Duration: 1 session, 1 hour

Single-session Programs – Parents (Middle School)

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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

Duration: 1 session, 1 hour

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Duration: 1 session, 1 hour

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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 2024, more than 80,000 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. This program can be provided by CHC prevention specialists or shared with teachers to facilitate themselves.

Duration: 1 session, 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: Discusses adolescent brain development and why people use drugs and alcohol. 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. Students learn about the importance of healthy coping skills and where to find help for themselves or friends.

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

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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

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)

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 (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

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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

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

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 (High School)

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

Social Media Awareness: Raises awareness about trends and dangers throughout social media. Participants learn about Facebook, Instagram, Snapchat, and X; 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.

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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

CHC's Creative Clubhouse

A free 4-day Summer Art & Wellness Program for Youth
(Also available as an after-school program.)



This imaginative and educational program gives elementary and middle school youth an opportunity to be active participants in exploring their mental and emotional wellbeing, with a focus on managing stress and anxiety, regulating emotions, and building resilience and self-esteem.



Contact CHC for more information or to schedule sessions.



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.

Center for Humanistic Change, Inc.

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



Program Request Form

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