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.

WE EDUCATE	WE SUPPORT	WE LEAD					
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 bullying. We also offer evidence-based and custom-designed training for schools, businesses, and community	We support at-risk students by teaching them the necessary skills to cope with challenges they face at school, at home and in life. 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 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.					
organizations on topics ranging from alcohol, tobacco, and other drug use prevention, relationship and family skills, personal life skills, and violence and bullying prevention.	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).						
SAMPLE OF PROGRAMMING:							

- * 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

- * Life Skills Training
- * Student Mentoring
- * Vaping Prevention
- * Social Media Awareness
- * Gambling Awareness

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

Program Offerings At-a-Glance

CENTER FOR HUMANISTIC CHANGE

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



		(ED = Evidence busing program)								Skills for life's challenges • Center for Humanistic			
Audiences/Grades	К	1 2	3 4	5	6	7	8		9	10	11	12	
Multi-session Programs		** 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)				
	Se	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*	Fan Effe	nilias Fu ective P	uertes/Str arenting	engthening Familie Teens (EB);	es in Spanisl	h (EB); Systema	rican American Fami tic Training for Effec	tive Paren	nting (STEP			for	
Single-session Programs STUDENTS	• Yo	obacco outh Va aming i	Orug Trer and Vapi aping Pre n Gambl Technolo	vention ing	and • SOS • You • Gar • Spo • Tee • Cle • Add	uth Vaping Prev ming in Gamblir orts Betting ens/Kids and Tec an Break	g Trends de Prevention (EB) ention g chnology d Crisis Jeopardy Gan	• • • • • • • • • • • • • • • • • • •	 HOPE Current Drug Trends SOS Signs of Suicide Prevention (In the Youth Vaping Prevention) Cyber Gambling Awareness Progration Gaming in Gambling Sports Betting Teens/Kids and Technology Clean Break Addiction & Opioid Crisis Jeopard Social Media Awareness 			ĺ	
ingle-session Programs TAFF IN-SERVICE	ar • Y	nd/or H0 outh Va	Orug Trer OPE aping Pre edia Awa	vention	andYouSpoMo	rrent Drug Trend l/or HOPE uth Vaping Prevorts Betting ock Teen Bedroo cial Media Awar	ention m	•	 Current Drug Trends and/or HOPE Youth Vaping Prevention Sports Betting Mock Teen Bedroom Social Media Awareness 				
ingle-session Programs PARENTS	Current Drug Trends; Cyber Gambling Awareness Program; HOPE; Mock Teen Bedroom; Sports Betting; Youth Vaping Prevention; Social Media Awareness												
mall Group – Life Skills TUDENTS	need	ds of a turring 3	targeted a 0-minute	udience. Life skills	s can be bro weeks and	ad in scope and as a single session	n that is comprised of we have carefully selon on delivered in 60 mir ts.	ected topi	cs which ca	n be delivered	l as a series o	of	