

Compass Mark's mission is to reduce the incidence, prevalence and consequences of the harmful use of and addiction to alcohol and other drugs.

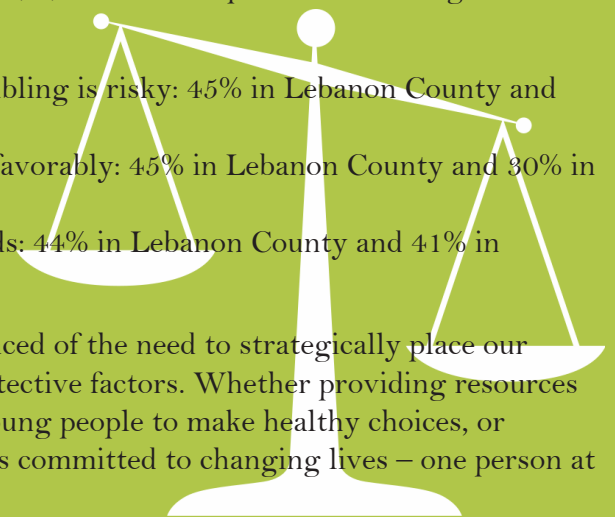


The important work of addiction prevention can perhaps best be understood through the analogy of a balance scale. Rather than a one-shot attempt to address a problem, prevention is the gradual, consistent process of building up an individual's protective factors until they outweigh their risk factors. When adding pennies to a scale, each penny can change the balance only slightly. Every single penny, however, serves an important purpose in finally tipping the scales one way or another. The field of addiction prevention is built upon the same public health practices which help individuals avoid heart disease or diabetes. Our goal is to tip the scale toward wellness, one healthy skill at a time.

Compass Mark's programs are designed to build individual protective factors in every way possible, so that we can eventually "cancel out" the risk factors – like genetic predisposition to addiction – that we are powerless to change. According to the 2015 Pennsylvania Youth Survey, youth in grades 6, 8, 10 and 12 report the following risk factors for addiction:

- They do not perceive that substance use or gambling is risky: 45% in Lebanon County and 44% in Lancaster County;
- Their families view substance use or gambling favorably: 45% in Lebanon County and 30% in Lancaster County;
- They do not feel attached to their neighborhoods: 44% in Lebanon County and 41% in Lancaster County.

With this troubling data in front of us, we are even more convinced of the need to strategically place our pennies into programs that build individual and community protective factors. Whether providing resources that empower an addicted person to seek treatment, teaching young people to make healthy choices, or supporting at-risk children of the incarcerated, Compass Mark is committed to changing lives – one person at a time.





A Word from the Executive Director

We all have heard countless quotes about change – many that simply state the obvious and a precious few that inspire deeper reflection. One of my personal favorites is a Japanese proverb: “The bamboo that bends is stronger than the oak that resists.” It speaks to the importance of maintaining flexibility and being able to adapt to the surrounding environment. What I find especially interesting in this quote, however, is the lack of mention to the roots. Could strength be achieved without this vital component?

I am both honored and humbled by the Board of Directors’ invitation to lead Compass Mark during this time of significant change. The disease of addiction is impacting our community in unprecedented ways, and only strengthens our resolve to develop and implement proven, long-term prevention strategies that we know will make a difference. As Compass Mark begins our 50th year, we are indebted to the many influential people who have helped establish our deep roots in Lancaster and Lebanon Counties. I am confident that this strong foundation will lead us to exciting new opportunities for innovation, adaptation, and positive change.

Thank you for partnering with Compass Mark to transform lives and strengthen our community. I look forward to meeting you soon!

~ Eric S. Kennel, MPA

PEOPLE SERVED - Fiscal Year 7/1/15 to 6/30/16

Program Name	Lancaster	Lebanon
Elementary & Youth Support Program (EYSP)	987	17
Lions Quest®	504	1,664
SkillQuest	154	918
Student Skills for Life	320	150
Future Generations Youth Leadership	289	n/a
Community Prevention Partnerships	2,166	536
Problem Gambling Prevention	6,487	4,680
Drug & Alcohol Information Center	4,710	n/a
Family Services Advocate	160	n/a
Leadership Institute	n/a	152
SAP Trainings	151	110
Total	15,928	8,227

INCOME 2015/2016

Contracts & Grants-	\$1,114,777
Program Service Fees-	\$117,330
Contributions-	\$65,790
Investment Income-	\$6,847
Miscellaneous Income-	\$4,719
TOTAL	\$1,309,463

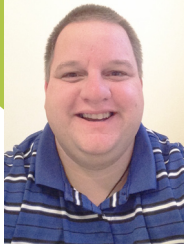
EXPENSES 2015/2016

Drug & Alcohol Information-	\$293,980
Elementary & Youth Support-	\$258,029
Gambling Prevention-	\$256,882
Future Generations-	\$150,350
Administration/Fundraising-	\$109,429
Family Services Advocate-	\$62,189
Community Schools-	\$57,681
Student Skills for Life-	\$49,041
Other-	\$249
TOTAL	\$1,237,830



Year At a Glance - 2015/2016

We added a second full-time prevention specialist to our Lebanon office. Joshua Mountz will provide information & referral services and represent Compass Mark at community functions throughout the county.



Compass Mark's Family Services Advocate, Jennifer Strassenburgh, served 123 children of incarcerated parents this year. The program reduced their reported needs, such as food, clothing and stable housing, by 50 percent.



Our Programs Address these RISK FACTORS

Family views using alcohol, drugs or gambling favorably

One of the programs we use to tip the scales toward health and away from addiction is Lions Quest, which has been shown to improve school climate, student-teacher relationships, interpersonal skills, and commitment to service.



The Department of Drug & Alcohol Programs provided funds to take our problem gambling & addiction prevention program, We Know BETter, through an evidence-based research process.



Youth perceive low risk in using alcohol, drugs or gambling

We provided technical assistance & education for groups including the Lebanon County Heroin Task Force, the Lancaster County Anti-Heroin Task Force and the Lancaster Health Summit on Substance Use & Misuse. We also brought together nine community coalitions to network and learn about prevention best practices.



Future Generations provides mentoring and leadership development for middle and high school aged youth. We served 289 youth last year through four locations in Columbia Borough and the City of Lancaster.



Youth feel low attachment to their neighborhoods

*Alcohol, Tobacco, Other Drugs & Gambling

RISK FACTORS for Addiction

- Parental Attitudes Toward ATODG* Favorable
- Low Perceived Risk of ATODG*
- Low Neighborhood Attachment
- Poor Family Management
- Academic Failure
- Depressive Symptoms

PROTECTIVE FACTORS for Health

- Rewards for Community Involvement
- Opportunities for Family Involvement
- Family Attachment
- Rewards for Family Involvement
- Opportunities for School Involvement
- Rewards for School Involvement
- Belief in the Moral Order
- Religiosity

We are grateful for the financial and technical support provided by the
Lancaster County Drug & Alcohol Commission
and
The Lebanon County Commission on Drug and Alcohol Abuse

THE EXTRATM ORDINARY GIVE

NOVEMBER 18, 2016



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Since 1984, Compass Mark estimates that 14,000 students have graduated from our *Student Skills for Life* program! Here are a few quotes from recent participants:

- “ I feel that I have gained a lot from attending the classes... the information given to me has caused me to contemplate whether or not drug use is really worth it. The instructors did a good job of creating a comfortable environment where my classmates and I don't feel judged for our actions. ”
- “ I now realize completely that drugs and alcohol are not for me and that I should avoid using either of them in my future. Also I would hope my classmates will be positive influences in other teenagers' lives, especially teenagers who are unaware of the dangers and negative effects of using drugs and alcohol. ”