

Directions

A newsletter for those who are inspired by Compass Mark

www.compassmark.org

Fall 2017

Success Stories

A Single Arrest Can Change the Course of an Adolescent's Life

Student Skills for Life Program Ensures Positive Life Changes

Often times, a positive influence proves to be a better course of discipline than harsh punishment. This is especially true for teens and young adults who are experimenting with drugs or alcohol.

Which is why Compass Mark offers the Student Skills for Life program—helping numerous adolescents each year understand the consequences of their actions and providing them with skills and resources to apply in future predicaments that involve drugs or alcohol.

“The program really made me think about the choices I had been making, and ask myself ‘is this really worth it?’”

Twenty-year-old Kiley Atkins is one person who has benefited from the program. Earlier this year, she was charged with drinking underage. The arresting officer could have taken her license away or given her a hefty fine, but instead **did something that changed the course of her life: He ordered her to attend Compass Mark’s Student Skills for Life program.**

“I’m so thankful he did that,” Kiley said.

She explained that prior to her arrest, she had been drinking nearly every

weekend with her friends. Student Skills for Life helped her to realize that she had been developing a habit that could likely have negatively impacted her future.

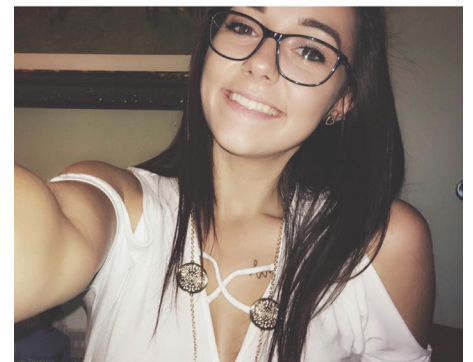
“The program really made me think about the choices I had been making, and ask myself ‘is this really worth it?’” she said.

While she says she was a little intimidated at first to attend Student Skills for Life, unsure of what to expect from the program, she was pleasantly

surprised by the welcoming, non-judgmental environment and supportive instructors and peers. Class participants were challenged with different potential scenarios, and asked what they would do in that situation (for example, if a friend was their ride to a party but ended up getting intoxicated; what would you do?).

Kiley explained that she and other participants shared their hypothetical responses, and that there were no right or wrong answers.

“The instructors gave us different types of scenarios that kids our age will



Student Skills for Life Program Participant, Kiley Atkins

likely find ourselves in at some point,” she said. “And they provided us with several options for how to best handle those types of situations.”

Today, Kiley is in her first year at the Pennsylvania College of Health Sciences, studying radiology. She credits Student Skills for Life, in part, with helping to put her on the right path.

“If it weren’t for the program, I would probably still be drinking every weekend,” she said. “It’s inevitable that I would have gotten in trouble at some point.”

They say everything happens for a reason. And in this case, Atkins’ underage drinking charge—and the Student Skills for Life program that followed—truly changed the course of her future, in a positive way.

Topic Spotlight

Medical Marijuana in PA: Is it a risk to our community?

Medical marijuana has been a phrase thrown around the news for months now with no real explanation about how it can affect your family. We have sifted through the research for you, so you can be prepared to talk to your loved ones about medical marijuana.

What is being legalized?

The Pennsylvania Medical Marijuana Act or Act 16 of 2016 refers to “medical marijuana” as marijuana obtained for certified medical use by a PA resident with a serious medical condition in the form of a pill, oil, topical gel/cream/ointment, vaporization/nebulization, tincture, or liquid.

Does medical marijuana pose a risk to young people?

The use of any drug, be it medical or recreational in nature, involves risk. Marijuana is not automatically safe because it is legal in medical form, but as pro-cannabis viewpoints gain popularity, the line between safe and risky becomes blurred.

Risks associated with cannabis use include impaired driving or fatal crashes, addiction, schizophrenia or psychosis, and cognitive impairment or lower IQ.

Are there warning signs to look for?

With substance abuse comes a variety of different signs and symptoms to keep on your radar. Signs of cannabis use are poor memory, bloodshot eyes, poor judgment, paranoid thinking, decreased coordination, difficulty concentrating, erratic behavior/emotions, and lack of motivation. While this is not a comprehensive list, any sudden change in health, appearance, and/or behavior could indicate substance abuse.

Is there a connection between youth marijuana use and other substance use/addiction?

According to DrugAbuse.gov, long-term studies of high school students’ patterns of drug use show that most young people who use other drugs have first tried marijuana, alcohol, or tobacco. Research-

ers are currently looking into whether exposure to marijuana can change the brain and make a person more likely to get addicted to marijuana or other drugs, such as alcohol, opioids, or cocaine.

Marijuana can be addictive. Those who begin using before the age of 18 are four to seven times more likely than adults to develop problem use. We know, however, that talking to kids about drug use is crucial in delaying or preventing use. Use the tips below to engage with your loved ones.



Talking to Your Teen

Talking to your child or loved one about medical marijuana can be difficult to navigate. Often delicate conversations can turn into arguments resulting in hurt feelings. It doesn't have to be this way.

Problems associated with marijuana use:

- Issues with academic performance – 41%
- Decreased student motivation – 37%
- Mental health issues – 36%

The number of students over the past three years who view marijuana as safe has increased by 54%. Talking to your teen can help ensure that they know the

risks that marijuana use pose.

Tips and Tricks

We've outlined tips so you can simply have a conversation without anyone feeling as if they're being judged:

- Open a safe, sharing conversation
- Come from a place of love and concern
- Withhold judgement
- Share your own memories and mistakes

Conversation starters:

- ✓ Describe your proudest moment and the way you reacted/felt.

- ✓ How do you feel when you hear about kids abusing over the counter medicines, like cough medicine?
- ✓ What would you say if a group tried to pressure you and your friends to use drugs or alcohol?
- ✓ Name three things you'd like to do or accomplish before you graduate from high school.
- ✓ How do you feel about friends who drink alcohol or use drugs?
- ✓ Who would you consider to be your best role model? What do you look for in a role model?
- ✓ Why do you think kids take risks or abuse drugs and alcohol?

Donor Profile

Offering World-Class Prevention Programs Thanks to the World's Largest Chicken BBQ

Sertoma Club of Lancaster Supports Future Generations

What do Compass Mark and The World's Largest Chicken BBQ have in common?

The answer: The Sertoma Club of Lancaster, the local branch of the world-wide civic organization Sertoma International, whose goal is to provide SERVICE TO Mankind. While the organization's primary mission is to assist speech and hearing impaired children, the Sertoma Club of Lancaster has adopted several local projects for ongoing support.

Enter Compass Mark, a beneficiary of the club's annual chicken BBQ fundraiser, a one-day event that has been recognized by the Guinness Book of World Records as being the largest on the planet. On average, the annual BBQ nets around \$120,000, with proceeds going to Compass Mark's Kid's Kamp and Future Generations programs, beautification and upkeep of Lancaster's Long's Park, and other local nonprofit organizations.

While the biggest draw of the annual chicken BBQ is, of course, the chicken, we would be remiss to not mention the event's theatrical kickoff show. Organized by Sertoma Club Board Chairman Bill Hager, now in his 30th year of volunteering with the club and of writing the 60- to 90-minute annual performance at the Dutch Apple Theatre, the show thanks the sponsors, volunteers, and club members who help make the annual BBQ possible.

"We like to put on a little spoof,"



Bill says. "We take a popular movie or performance and chickenize it. This year's show will be called *My Fair Chicken*. My personal favorites over the years have been *The Gizzard of Oz*, *Chickens of the Caribbean*, and my all-time favorite: *Chicken of the Sea (The Little Mermaid)*."

All humor aside (and there's plenty of it among the Sertomans!), Bill has been involved in quite a few service activities in his 30 years with the club. He remembers when Sertoma got involved with Compass Mark (then The Council on Drug and Alcohol Abuse) in to financially support Kid's Kamp. The annual week-long camp encouraged students to take healthy risks and challenged what they believed and what they were capable of in order to discover their own strength.

In fact, The Sertoma Club has been a longtime supporter of our organization, contributing more than \$400,000 toward Compass Mark's prevention programs since 1997.

"Our club is keenly aware of the importance of Compass Mark," Bill said. "The more we raise each year, the more we can give to organizations like it."

Bill encourages his neighbors to join him in support of organizations that are working to make our community a better place—either by volunteering, writing a check, or simply improving their attitude.

"How much does a smile cost?" he adds. "If enough people showed some kindness rather than being so quick to judge, it would make an amazing impact."

Bill says that is why he has pledged his support to Compass Mark for the foreseeable future—and why many other Sertomans feel the same way.

"In a grassroots fashion, it's one way I can make a difference in our



Sertoma Club Members Present Their Donation to 2015 Kids Kamp Participants

community," he says. "If we can prevent one person from going over the edge, or make an impact on one life, it is absolutely worth it."

Our Resources

Lending Library

Our Lending Library has resources for all! If you live or work in Lancaster County, PA, you can even borrow DVDs.

Research & Fact Sheets

We have compiled our research and fact sheets on parenting/caregiving, addiction, treatment, drugs of abuse, workplaces, schools, and substance abuse while pregnant, into an easy to access location for your convenience.

You can also call us at (717) 299-2831 for confidential assistance from 9am – 5pm, Monday through Friday.

Links to Point You in the Right Direction

Compass Mark has also compiled a variety of local, regional, and national links that address a variety of behavioral issues or educational opportunities. compassmark.org/internet-resources/

Number of People Impacted by Program

Fiscal Year 2016 – 2017

Staff List

Eric Kennel

Executive Director

Bevan Allen

Director of Operations

Phyllis Spencer

Director of Administration

Michelle Allen

Lebanon County Prevention
Coordinator

Christine Glover

Community Prevention Mobilizer

Rich Karb

Prevention Specialist

Richard Khuu

Youth Leadership Specialist

Joshua Mountz

Lebanon County Prevention
Specialist

Jasmine Rivera

Future Generations Coordinator

Amy Sechrist

Certified Prevention Specialist

Jennifer Strassenburgh

Family Services Advocate

Matt Weaver

Prevention Program Coordinator

Desiree Weber

Administrative Assistant

Christine Weidner

Prevention Specialist

PROGRAM NAME

LANCASTER

LEBANON

Information Center

Information and Referral	663	0
Publication Clearinghouse	2,624	0
Community Education	1,226	0
Technical Assistance / Multi Agency Coordination	1,399	0
TOTAL	5,912	0

School-Based Prevention

LionsQuest	1,191	1,171
SkillQuest		937
Leadership Institute		194
TOTAL	1,191	2,302

Community-Based Prevention

Student Skills for Life	269	185
Future Generations Youth Leadership	139	0
Family Services Advocate	159	0
TOTAL	567	185

Problem Gambling Prevention

We Know BETter – Schools	424	149
We Know BETter – Curriculum Training	66	0
Senior Center Activities	38	63
Health Fairs	2,305	518
Information and Referral / Screenings	25	0
TOTAL	2,858	730

Environmental

Billboards/Media	82,775	0
TOTAL	82,775	0

GRAND TOTAL

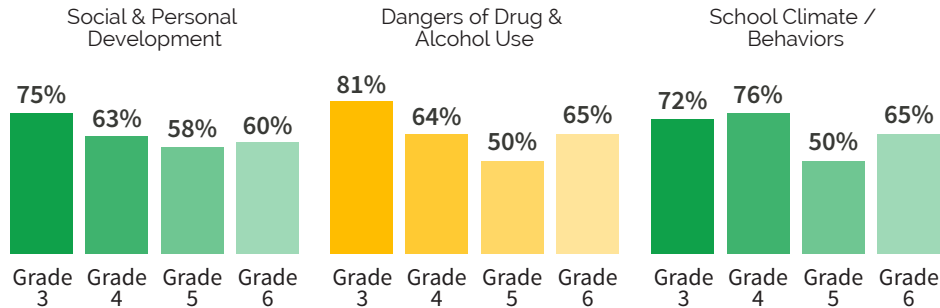
93,303

3,217

Selected Outcomes by Program

Fiscal Year 2016 – 2017

LionsQuest: Percent of students demonstrating an increase in skills and attitudes related to



Student Skills for Life: Percent of participants

88%

Reducing or stopping substance use

98%

Completing the entire program

99%

Reporting that they will not drink and drive, or ride with someone under the influence

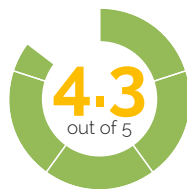
97%

With caregivers reporting that parent training was appropriate and useful

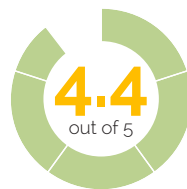
Student Skills for Life: Program Evaluation by Participants



The class helped improve my decision making/problem solving skills



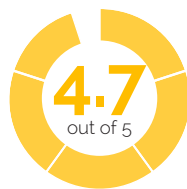
I know more about alcohol use/abuse/addiction and consequences



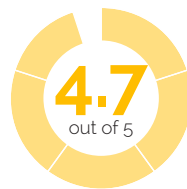
The program was clear and easy to understand



The leader was considerate and courteous



The leader showed interest and enthusiasm



The ideas and opinions of group members were treated with respect/fairness

Board List

Aaron D. Hollis

President

Kevin L. Bradley

Executive Vice President

Kate Brossman

Vice President

Dr. Christopher Metzler

Vice President

Dana Pyne

Vice President and Secretary

Mark Zettlemoyer

Treasurer

Douglas Brossman

Edward Hunter

Dr. Lewis Jury

Leo Lutz

Connie Sheaffer

Justin Snook

Dr. Jeffrey Wimer

Cornelia Yoder

John Zeswitz

Selected Outcomes by Program

Fiscal Year 2016 – 2017

Future Generations: Average increase for group participants in

- Self-Efficacy (youth belief in their ability to succeed): **38%** increase
- Future Planning: **43%** increase

Family Services Advocate: The percentage of clients reporting a need for assistance after 90 days:

- Access to Incarcerated Parent: **79%** decrease
- School Assistance: **88%** decrease
- Financial Assistance: **95%** decrease
- Clothing: **85%** decrease
- Food: **88%** decrease
- Supplemental Nutrition Assistance: **90%** decrease
- Health Insurance: **95%** decrease
- Primary Care Physician: **85%** decrease
- Stable Housing: **80%** decrease
- Therapy: **71%** decrease

*Among the incarcerated parents surveyed by the program, **58%** grew up with a household member who abused drugs/alcohol and **43%** had a household member struggling with mental illness.*

Community Prevention Mobilizer: Coalitions receiving technical assistance

- Action for Substance Abuse Prevention of Lititz (ASAP)
- Donegal Substance Abuse Alliance
- Elizabethtown Area Communities that Care
- ELANCO Coalition for a Drug Free Community
- Factory Ministries
- Lancaster County Recovery Alliance
- Lancaster County Anti-Heroin Task Force
- Manheim Township Community Life Task Force
- Penn Manor Bridges Task Force

Environmental: Billboard advertising and media initiatives:

- **Billboard:** Displayed at Manheim Pike and Dillerville Road in May-June. Featured tree roots and the phrase **“Addiction: A preventable disease of the Brain. Let’s grow a foundation for hope!”**
- **Lancaster Newspapers / WGAL:** Purchased a print advertisement in the LNP Sunday News, digital ads on LNP Online, sponsored a “recovery vignette” on WGAL, and a digital ad on the WGAL State of Addiction. All featured Compass Mark logo and phone number for assistance.
- **Lancaster Inferno:** To support healthy, alternative activities in our community we sponsored the local Women’s Soccer team the Lancaster Inferno. This included a half-page ad in their program book and the opportunity to reach the local athletic community with our prevention message.

Thank you Donors and Volunteers!

Fiscal Year 2016 – 2017

Active Social & Beneficial Association	DonationXChange	Lopez, Rainier	Sherbahn, R. Richard	United Way of Greater Lehigh Valley
Adsitt, Russell & Linda	Duell, Diane & Gary	Lutz, Leo	Silver, Ivy	United Way of Lancaster County
Allen, Bevan	Dupkanick, Chris	Mario, Bennett	Slick, Becky	United Way of Lebanon County
AmazonSmile Foundation	Eckert, Susan & Jerry	Martin, Timothy & Elizabeth	Smith, Michael & MaryAnn	Wallace-DiGarbo, Anne & Joseph
Ament, David & Nadena	Elliot, Deanna L.	Mattaini, Pamela	Spangler, Aaron	Walter, Donna & Richard
Anonymous	Fowler, Amanda	May, John & Barbara	Spencer, Phyllis	Weaver, Christopher
Arconic Foundation	Freeman, Owen	Metzler, Christopher	Sponaugle, Mary & Thomas	Weaver, Ellen
Arnold, Vickie	Garofola, Susan	Mills, Joe	Starr, Lisa	Weaver, Hilda
Arrison, Alayyah	Graybill, H. Reid & Inda	Morgan, Milton & Doreen	Steffy, Mary	Weaver, Jay & Mary
Ashby, Richard J.	Groff, Jr., Robert	Moseman, Rodney	Stein, Marilyn	Weber, Desiree
Bair, Teresa & Gregory	Groff, Wayne	Mountz, Joshua	Sterenfeld, Elliot	Weis Markets, Inc.
Barley Snyder	Gschwend, Dorothy & Paul	Murse, Ryan	Stoltzfus, Kim	West, Soren
Barnes, Lea	Hebel, Jeanette	Nearly NU Thrift Shop	Summy, Scott & Lynda	Williams, Teresa
Beane, Jamie	Henrichs, Barbe	Newkirk, Jonathan & Amy	Thompson, Karen	Wilson, Kathleen & James
Bell, Linda	Hodges, Scott	Nicoletti, Michael & Karin	Thyrum, Elizabeth	Wirth, Joan & Harry
Bender, David	Hollis, Aaron & Alison	Olin, Stephen	Totaro, Donald & Melanie	Womens Club of Manheim
Berger, Linda	Hunter, Edward	Overly, Patricia	Treier, J. P.	Yingling, Barb & Tom
Bigler, Thomas & Beth	Jimenez, Thomas	Parnham, Emma	Trout, Craig	Yoder, Cornelia
Bonner, Patrick & Nicole	Jury, Lewis & Jacquie	Peluso, Willow	Trout, Lynette	Zettlemoyer, Mark
Bossert, Lee	Karb, Richard	Pereria, Ricky	TRUIST	
Bradley, Kevin	Karr, Ronald & Dorothy	Pyne, Dana	Twiford, Kenneth & Gail	
Bradley, Nancy & Jeffrey	Keener, Brenda	Ralph, Ken		
Brosbe, Robert & Donna	Kelly, Marianne	Ressler, Carissa		
Brossman, Douglas & Catherine	Kennel, Elizabeth & Eric	Rice, Samuel & Linda		
Brown, Robert & Margaret	Khuu, Aileen	Robert J. Gunterberg Charitable Fndn		
Brubaker, John & Elaine	Khuu, Richard	Roland, James		
Brunner, Jeffrey	King, David	Rotary Club of Lancaster Sunrise		
Burnham Holdings	Koons, Carol	Sager, Swisher and Co., LLP		
Burnley, Michael & Carol	Kutz, Holly	Schonour, Carol & Phillip		
Butzer, Sarah	Lancaster Car Company, LLC	School District of Lancaster		
Byrnes, Janice	Lancaster County Community Foundation	Schwanger, Michael & Marcia		
Caldwell, Molly	Lancaster County Court of Common Pleas	Sechrist, Alan & Nancy		
Carey, Jennifer Craighead	Lancaster County Drug & Alcohol Commission	Sechrist, Amy		
Castner, Tom & Joanne	Lancaster County Prison	Seidel, Robert		
Cavicchia-Miller, Candice & Shawn	Lancaster Osteopathic Health Foundation	Seldomridge, Gary		
Coffin, Lindsey	Lebanon County Commission on Drug & Alcohol Abuse	Sertoma Club of Lancaster		
Conway, Ann & Ed	Lisi, Margie & Joe	Sheaffer, Connie & Timothy		
Denver Beer Distributor	Long, Jennifer			
Dettrey, Jane				
DeWitt, Emery & Mary Ellen				

Financial Summary: July 1, 2016 – June 30, 2017

Revenue by Source

Contracts / Grants	1,068,512
Program Services	76,658
Contributions	47,152
Investments	25,685
Miscellaneous	63
TOTAL REVENUE	\$1,218,070

Expense by Program

Information Center	309,313
School-Based Prevention	256,556
Gambling Prevention	218,986
Future Generations	115,001
Student Skills for Life	95,704
Family Services Advocate	72,271
Community Schools and Other	26,674
TOTAL EXPENSE	\$1,094,505

**Audited financial statements and IRS Form 990 are available upon request.*

Your Guide to Addiction Prevention in Lancaster and Lebanon

What is Prevention?

We've Simplified this Balancing Act So You Can Tackle It With Ease.

Two underage teenagers decide to try alcohol for the first time by stealing a couple bottles from their parents' liquor cabinet. Both teens are around the same age, have similar body composition and family backgrounds, and have chosen to make the same poor decision. The end result for each of them, however, is completely different. Teen A feels disconnected, nauseous and complains of a severe headache the next day. Teen B feels great, experiences no unpleasant physical symptoms and is interested in trying a little more next time.

If Teen A and Teen B are so similar, why did their experiences differ?

The individuals process chemicals like alcohol differently, which stems from the genetics of their parents. Teen A was born with a built-in protection from addiction which made her body respond adversely to the chemical. This may leave her asking herself: Why would I want to feel this way again? Teen B was born with a genetic predisposition that places him at a higher risk for addiction.

At Compass Mark, we consider not only genetics, but also individual risk factors for addiction including childhood trauma, physical/sexual abuse, favorable parental attitudes toward substance abuse, academic failure, and poor neighborhood attachment, among other factors.

When you think of prevention, think of a balance scale. Adding pennies to one side of the scale may change the balance only slightly, but each penny added served an important purpose of tipping the scale one way or another.

We can't change an individual's genetic predisposition to addiction, but we can counteract it by infusing their lives with protective factors.

The 6 Strategies for Addiction Prevention

Every single program at Compass Mark addresses at least one of the six proven strategies for addiction prevention developed by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Information Dissemination: Utilizing materials such as brochures/presentations to provide knowledge on the nature and extent of alcohol, tobacco and drug abuse and addiction.

Education: Establishing a curriculum with a set number of lessons utilizing two-way communication, and skills like decision-making, refusal skills, and managing emotions.

Alternative Activities: Using resources like post-prom parties and community centers for youth to engage youth in fun, drug-free activities to prevent the use of alcohol, tobacco, and other drugs,.

Problem Identification & Referral: Creating Student Assistance Programs, as well as hotlines, to target people who have experimented with alcohol, tobacco, and other to see if their behavior can be reversed through education.

Community-Based Process: Involving MADD chapters and training community volunteers to help with activities.

Environmental: Increasing tobacco taxes and billboard campaigns to establish or change written and unwritten community standards, codes, ordinances, and attitudes, therefore lowering usage.