



COMPASS MARK

SCIENCE-BASED ADDICTION PREVENTION

COVID Updates by Program

Help for Anyone

Addiction Resource Center: Compass Mark still has a non-judgmental, caring professional prepared to help individuals find supports, information, and treatment options for addiction related challenges. Please call us between 9am – 5pm at (717) 299-2831 for that service. Local resource directories are also available at <https://www.compassmark.org/find-help/>

- We can provide individuals with online educational resources from our electronic lending library. To search by topic, head to: <https://www.compassmark.org/lending-library/>
- We're also providing lists of wellness resources in Lancaster, Lebanon and Chester Counties, which can be found on our homepage: <https://www.compassmark.org/>

Reducing Covid-19 Adversity for Kids:

Prevention Programming: Compass Mark is still working to provide support to kids during this time. As schedules and priorities are shifting, so have the ways we are offering prevention programs to students. Check them out below!

- Our YouTube channel now features several playlists which include lessons for early learners (Pre-K to 1st grade), 2nd grade, Leaders of Future Generations (grades 3, 4 & 5) and 6th grade. These lessons present life skill concepts for kids during a time when they may need them the most! Check them out on our YouTube channel at https://www.youtube.com/channel/UCMIT_1Rmv3kMNfIVbvoZR1g
- Small Groups: Our Facilitators can host and facilitate Social/Emotional learning sessions with groups of kids LIVE in private, password protected Zoom rooms. This is a great option to supplement online academic programming, establish an option for additional support to kids, or to provide a 'gathering place' for groups of youth who may have met regularly pre-COVID (Scouting organizations, Youth Groups, School Clubs, Etc.)

Coming Soon! A schedule of live, recurring sessions you can choose from to support your students, children, client's children or youth clients. Email Michelle Sweitzer at msweitzer@compassmark.org to learn more.

Addiction Education for Youth & Young Adults:

One of our most well-known programs, Skills for Life, is still being held in the virtual setting and taking registrations. This award-winning program provides addiction education, resiliency skills, and an opportunity for supportive exploration of substance use on an individual's life. Targeted to those making risky choices, this program can be assigned as part of a restorative justice program or out of concern for a positive attitude toward substance use. The cost of this program is \$125, but full scholarships are available. Please reach out to Matthew Weaver at mweaver@compassmark.org for more information.

Children/Youth with Incarcerated Parents

Our Family Services Advocates provide case management in Lancaster and Lebanon Counties to support children and the caregivers of children with parents in prison. Groups are available for the children to receive direct support and process their feelings as well as build skills such as coping, personal safety, and resilience. Please reach out to Lindsey Ober at lober@compassmark.org

Community Prevention Mobilization

Community groups do important work everyday to make the lives of neighbors and friends safer, healthier and happier. Now, perhaps more than ever, our communities need effective prevention efforts to mediate the adversity of COVID-19. For ideas about helping in your respective communities, or more information on where that work is happening, reach out to Xavi Garcia-Molina at xgarcia-molina@compassmark.org

Student Assistance Program

The Student Assistance Program has supported students in Pennsylvania for over 30 years. A partnership between schools and families, the program works to eliminate any identified barrier to a student's academic success. Any person - a neighbor, family member, teacher, or peer - can refer a student to SAP where the presenting observations will be evaluated by a trained team. To make a referral to SAP, reach out to your school for more information or email Deborah McCoy at dmccoy@compassmark.org and she will help you find the correct contact person.

If you're on a SAP team, we're here for you. SAP will continue to be a most important avenue to support students and families in the coming weeks and months. Now is a great time for planning around potential referral increases, team improvement and other team-specific, custom training. We're scheduling maintenances virtually; please reach out to Deb at the email listed above.

For More Information

Lancaster Office

1891 Santa Barbara Drive, Suite 104
Lancaster, PA 17601

Lebanon Office

126A South 7th Street
Lebanon, PA 17042

717-299-2831

info@compassmark.org

www.compassmark.org