

Directions

A newsletter for those inspired by Compass Mark

www.compassmark.org | 717-299-2831 | info@compassmark.org

Winter 2021

An Extraordinary Year for Compass Mark

The ExtraGive, Lancaster’s largest day of giving, took place on Friday, November 19th. This 24-hour online giving marathon is held annually in support of local nonprofits throughout our community. Compass Mark was among hundreds of organizations that participated this year!

“We are thrilled to share that Compass Mark raised a record-breaking \$43,000 during this year’s Extraordinary Give.” It was a historic day for our organization as our Matching Sponsors, Fundraising Champions, the Compass Mark Board of Directors and Lancaster community joined together to support this timely mission.

TOGETHER,
201 DONORS raised
\$43,000
for Compass Mark!

Thanks to your support, this year saw a nearly 350% increase over the prior year.

These funds will continue to support our programs in lowering risk factors for addiction and improving the health and resilience of our friends and neighbors in Lancaster, Lebanon and Chester Counties. On behalf of our Board of Directors and staff, we are profoundly grateful for your generosity. Thank you for helping to bring us one step closer to our vision of guiding and empowering ALL people toward healthy, fulfilling lives free from addiction. We truly couldn’t do this without you!



Kevin Bradley, Dr. Lew Jury, Doug & Kate Brossman and our Compass Mark Board of Directors

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2021 Virtual Positive Change Conference Expands its Reach

This year's virtual Positive Change Conference, *Zooming Out: Mapping the Path Ahead*, examined how we can best deliver services that are informed and aligned with impacts driven by the pandemic at both the individual and community level.

Thanks to Socio, this year's new virtual platform, Compass Mark hosted its largest conference yet! More than 300 registrants from across Pennsylvania joined us for two half-day workshops held on October 20th and 27th. Our



keynote speakers, Tami Micsky and Leah Mundy-Maher, were inspiring and informative in their addresses.

We are grateful to our Presenting Sponsor, WellSpan Health, as well as our co-hosts, Millersville University and Lancaster County Drug and Alcohol

Commission who helped to make this year's conference possible. Thank you to all those who attended this year's Positive Change Conference! Since the beginning of the pandemic, it continues to be a special occasion when we can connect and network with others.

FSA Spotlight!

Reconnecting Families and Supporting Children

Our Family Service Advocates identify, support, and advocate for the unique needs and rights of children with incarcerated parents. This program helps families and caregivers connect with existing community supports and maintain healthy parent-child relationships. Thank you to the following partners who helped to make this program possible during the 2020-2021 year. We are sincerely grateful for their continued support and commitment to our mission:

- Lancaster County Prison / Lancaster County Human Services Block Grant
- Lebanon County Commission on Drug & Alcohol Abuse
- Ambassadors for Hope
- LOHF- Lancaster Osteopathic Health Foundation
- Millersville University

electronic referral form, please contact Karlee Shambaugh or Sarah Nauman.

Lancaster Office- Karlee Shambaugh: kshambaugh@compassmark.org / 717.903-5470

Lebanon Office- Sarah Nauman: snauman@compassmark.org / 717.205-5832

Family Service Advocate: Number of Children Served.

Lancaster County **162**

Lebanon County **70**

TOTAL 232

To learn more about Compass Mark's FSA program, or for a copy of our

School-based Programs Making Unprecedented Impact on Children and Teens Amid Post-pandemic Mental Health Crisis

In the past 18 months, Compass Mark has seen an unprecedented demand for programming in schools. It's no wonder: top pediatricians say the current state of children' and teens' mental health is a national emergency, with a surge in suicide attempts and mental health disorders.

Chester County Prevention Coordinator Laura Wiechecki shares how Compass Mark's programs are making an impact.

How was Compass Mark prepared to handle this increase in needs in schools?

LW: Compass Mark was very proactive with anticipating an increase. In Chester



County, we prepared and trained over the summer and hired three additional facilitators, in anticipation for the increase of our services. I am happy to say these efforts were not in vain — there was a 325% increase in locations receiving session-based services and over 200% increase in students receiving session-based programs.



Experts say that kids' mental health is a national emergency. How are schools handling this situation?

LW: School professionals tell us how happy they are that we're providing services like social/emotional learning programs and trauma-focused programs. They've had pushback before, but with the increased attention on mental health, they finally have the support needed to bring these programs to their students.

Can you give an example of the impact on students?

LW: When we started social/emotional learning programming with 5th graders

in one of our schools, one group didn't participate in activities and challenged the facilitator. After just a few weeks, the group was enthusiastic about the program. One boy opened up about why he'd been reluctant: the activity highlighted a 'Kid of the Day' who would receive compliments from the facilitator, themselves, a friend and their parents. He shared that "no one's ever given me a compliment." He finally decided to participate but showed concern that his parents might not give him a compliment. The facilitator let the student know that many people in his life value him. Although this student continues to show some reluctance and hesitation, it is clear that he feels heard, valued, and safe in our group.

School-Based Prevention: Top Programs based upon FY20-21 Individuals Served.

1,241

Positive Action

553

LionsQuest

256

Promoting Alternative Thinking Strategies

School-Based Prevention: Student Testimonials

What did you like most about the Compass Mark group?

"Feeling calmer after group"

"It helped me get stuff off my chest. I felt comfortable. I felt safe. I felt engaged with peers."

"I could help others and have others help me without judgement"

"I felt people were listening"

"I was able to talk about my problems... and the group leader was very nice and understanding"

People Impacted by Program

Lancaster, Lebanon and Chester Counties

2,059



Addiction Resource Center

The Addiction Resource Center provides personalized assistance and education around alcohol, tobacco, other drugs, and gambling. Includes Information and Referral, Publication Clearinghouse, and Community Education.

2,291



School-Based Prevention

These programs utilize evidence-based curricula and proven skill-building strategies to help students in Grades K-12 develop protective factors to prevent addiction. Includes LionsQuest, Project Toward No Drug Abuse, Positive Action, PATHS, CATCH My Breath, We Know BETter, Support for Students Exposed to Trauma, and Leaders of Future Generations.

5,336



Community-Based Prevention

These programs are designed to strengthen resiliency for high-risk individuals and strengthen the overall health of the community. Includes Skills for Life, Family Services Advocate for children with a parent in prison, and Community Prevention Mobilization.

438



Student Assistance Program

Compass Mark is a Commonwealth- Approved Training provider for the Student Assistance Program (SAP). This program provides training and consultation to school SAP teams around identifying substance use and mental health issues, and implementing a plan to help students overcome those barriers.

10,124

Total People Impacted



871,015



Publications Distributed

3,154,071



Public Education Campaigns
**estimated views*

Financial Summary:

July 1, 2020 – June 30, 2021

Revenue by Source

Contracts & Grants	1,481,578
Program Service Fees	93,365
Investment Interest	87,218
Contributions and Special Events	46,726
Other	24,217
TOTAL REVENUE	1,733,104

Expense by Category

Lancaster County Prevention	774,569
Lebanon County Prevention	256,033
Chester County Prevention	238,187
Lancaster Family Services Advocate	67,824
Management and General	196,614
Fundraising	66,400
TOTAL EXPENSE	1,599,627

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

Thank you Donors!

Fiscal Year 2020-2021

Adsitt, Russell & Linda	Elliott, Deanna L.	Longenecker, William	Marcia
AmazonSmile Foundation	Ellis, Lucy	Luek, Susan	Sechrist, Amy
Ament, David & Nadena	Festoon	Lutz, Leo & Kathleen	Seldomridge, Gary & Christina
Anonymous	Finefrock, Adam & Kelly	Lutz, Taylor	Sheaffer, Connie & Timothy
Apple, Debra	Firetree, Ltd.	Malvern Institute	Sheely, Michael
Ascosi, Andrew & Melinda	First Citizens Community Bank	Mast, Ernest & Esther	Sherbahn, R. Richard
Ashby, Richard J.	Forsha, Mark & Melodie	Maurice, Judith	Sherr, Richard & Carole
Association of Chemical Dependency Professionals	Frank, David	McGrath, Toni	Smith, Carrie & Sean
Baker, Diane	Frey, Kathy	Meck, Gerald & Lynette	Snook, Craig & Lynda
Beam, Dani	Gareis, John & Dolores	Mess, Becki	Snook, Justin
Bender, David	Giant Bags 4 My Cause Program	Messiah University	Steffy, Mary
Bergey, Philip	Gilmore, Ray & Lisa	Metzler, Christopher	Stein, Marilyn
Bigler, Thomas & Beth	Glazier, Mary	Mid Penn Bank	Sterenfeld, Elliot
Blackmon, Megan	Gray-Hayes, Tracy	Miller, Shawn	Stevens, Michael
Bleil, David & Susan	Groff, Robert & Linda	Millersville University School of Social Work	Sullivan, Maureen
Bomberger, R. Michael & Jeanne Marie	Groff, Wayne	Moore, Stephen	Summit Behavioral Healthcare
Bonner, Patrick & Nicole	Haines, Kenneth & Linda	Morgan, Milton & Doreen	Summy, Scott & Lynda
Boscov's Department Store	Hall, James & Sandra	Morris, Richard M	Taylor, David
Bossert, Lee & Sandra	Hall, Nancy	Mundok, Jason	Thyrum, Elizabeth
Bradley, Kevin & Suzanne	Halpin, Joseph & Regina	Murray Securus	Titcomb, Teri
Bradley, Nancy & Jeffrey	Hargrave, Sharon & Hugh	Nearly NU Thrift Shop	Totaro, Donald & Melanie
Brossman, Douglas & Catherine	Hartz Physical Therapy	Neff, Penny	Treier, Jack
Brubaker, John & Elaine	Hepburn, Bruce	Nelson, Scott	TriStarr Staffing
Bryer, C. John	Hempfield Church of the Brethren	Newport Academy	United Way of Greater Lehigh Valley
Burnley, Michael & Carol	Hershey Chocolate World	Nicoletti, Michael & Karin	United Way of Lancaster County
Campbell Soup Company	Hollis, Aaron & Alison	Ober, Dale	United Way of Lebanon County
Caron	Hooper, Fred	Olin, Stephen	Van Aulan, Barbara
Carr, Frances	Horn, Brittany	Overly, Patricia	Wagner, Amy
Carter, Deborah	Horst Insurance	PA Adult & Teen Challenge	Walsh, Katherine
Carter, Denise	Hostetter, Robert & Cynthia	Palmer, Melanie	Walter, Donna & Richard
Chilcoat, Marsha	Houck, Leslie	Paxton, Joan	Weaver, Cheri
Civitas Lancaster	Ibach, Jeffrey	Paypal Giving Fund	Weaver, Christopher
Community Action Partnership	Innovo Detox	PerformCare	Weaver, Crystal & Rodney
Compleat Restorations	Jury, Lewis	Phillips, Andrea	Weaver, Donald
Conway, Ed & Ann	Keener, Brenda	Pilz, Mila	Webb, Mary Theresa
County of Lancaster	Kennel, Eric & Elizabeth	Promises Behavioral Health	Weis Markets, Inc.
County of York Center for Traffic Safety	Kornhauser, Carol & Barry	Pyle, Kelly	Wentz, Cheryl
Crosby, Beth	Lancaster Behavioral Health Hospital	Pyne, Dana	Wert, Kate
Crosby, Kedren	Lancaster County Community Foundation	Ralph, Ken & Judi	White Deer Run
Cubell, Laurie & Allen	Landis, Bette	Retreat Behavioral Health	Williams, Teresa
Czabafy, Sharon	Lengle, Alexander	Rhodes, Lee & Mary	Wilson, James & Kathleen
Dagen, Donald	Lickens-Bonfield, Rachelle	Rice, Charles & Cynthia	Wimer, Jeff & Karen
Denlinger, Diane	Lisi, Margie & Joseph	Rice, Linda	Yerman, Alice
Design Data Corporation	LOHF	Rineer, Don & Jean	Yoder, Cornelia
Dettrey, Jane	Long, Brian	Rodriguez-Quesada, Ricardo	Zettlemoyer, Mark & Teresa
DeWitt, Emery & Mary Ellen	Long, Jennifer	Rohrer, Alexander	
Dielmann, Karen	Long, Kathleen	Roland, James & Sandra	
Elizabethtown Area HUB	Long, Michael	Ross, Kathy	
		Schaffer, Lois	
		Schmidt, Deborah	
		Schwanger, Michael &	

Funding support for Compass Mark is provided in part by the Lancaster County Drug & Alcohol Commission, Lancaster County Block Grant, Lebanon County Commission on Drug & Alcohol Abuse, and Chester County Department of Drug & Alcohol Services... along with many generous donors in our community. Thank you for your partnership!

Staff List

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PREVENTION SPECIALIST

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PREVENTION COORDINATOR-
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Skills for Life Helps At-Risk Teens and Young Adults Change Direction

For many teens and young adults, COVID-related fears, family issues and mental health concerns have compounded risky behavior toward drugs and alcohol. But Compass Mark's Skills for Life program — their highest level of prevention for students over 13 — offers a lifeline by providing skills and resources to avoid drug and alcohol addiction.

The program is a group educational experience which serves as intervention for youth who are experimenting with alcohol or other drugs, and prevention for the adolescent or college-aged population. And it's back in person for the first time in over a year. "We made do with virtual facilitation," says Prevention Coordinator Matt Weaver, "but there's really no comparison to the impact experienced in person."

a new perspective on thoughts and behaviors they've previously been engaged in, which will inevitably set them on a trajectory for making more healthy choices and achieving their goals to be successful in whatever way that looks like for them," Weaver says.

The new trajectory is evident in testimonials.

"Compass Mark is a guide that has changed my outlook on the people around me and the great amount of struggles addiction can bring."

"After numerous therapists and even classes like this one, none have helped me get to this step in almost a decade of using."

"The class made me realize that I have a potential addiction to marijuana, but it also made me realize the tools to control it."

"After numerous therapists and even classes like this one, none have helped me get to this step in almost a decade of using."

The impact he mentions is impressive: there are fewer arrests due to underage drinking; stopped or reduced substance abuse and increased decision-making skills.

"We provide individuals with perhaps

By providing positive communication in a judgement-free zone, Skills For Life is giving teens and young adults a roadmap toward better decisions and life change.

Skills for Life:
FY20-21 Individuals Served.

129

Skills for Life: FY20-21 Outcomes

92%

Students reporting reduced or stopped substance use

95%

Students completing the entire program

100%

Parents reporting that the training was appropriate and useful

Five Years Creating Leaders of Future Generations Program Thrives at Landis Run Intermediate School

Five years ago, Landis Run Intermediate School in Manheim Township School District was the first school to pilot what's now known as Leaders of Future Generations (LFG). Every year since, 30-40 students in grades 5 and 6 have completed the program along with a related service project, gaining important knowledge and skills that improve their leadership abilities. Students who complete the program have the opportunity to come back as mentors to help shape the same experience for their peers.

Landis Run Principal Will Gillis talked



about how the program has impacted students. "We're very fortunate to have LFG at Landis Run. It cultivates leadership skills and builds awareness during an important time," he said.

"This is a bridge year for these 5th and 6th graders. These students will be together until their senior year. Through the program, we are working to gain student input and helping them to be part of the decision-making process. What's important to them? What's impactful? Are we celebrating great things that are happening?" he continued.

Leaders of Future Generations, he said, has helped Landis Run students to find their voice. "It allows them to take big ideas and put them into practice, which improves the climate and the culture of our school."

Some of these ideas take shape in service projects. One group of students created Mission Recognition, a red carpet event that showcased appreciation for all the staff who

work hard to make Landis Run successful. "They came up with all of it on their own," Mr. Gillis said.

Another cohort created Mission 57, calling attention to the fact that at the time of the project, 57 students in the district were classified as homeless. Mr. Gillis described the project: "There were 57 pairs of shoes displayed in the gym, and each one had a story attached to them. 'If you walked a mile in my shoes, you would know how I feel.' There was so much silence that day when the students walked through that display. So much awareness, and breaking of stereotypes. It's a day we won't forget."

This fall, another cohort started at Landis Run, taking another step in building a healthy school climate, and developing leaders who will make a difference in high school and beyond.

"Watching these groups of students take the lead to create a more inclusive climate at Landis Run has been so impressive," Mr. Gillis said, reflecting on the years of participants. "It has made a real difference, not only for those students, but for our entire school community."

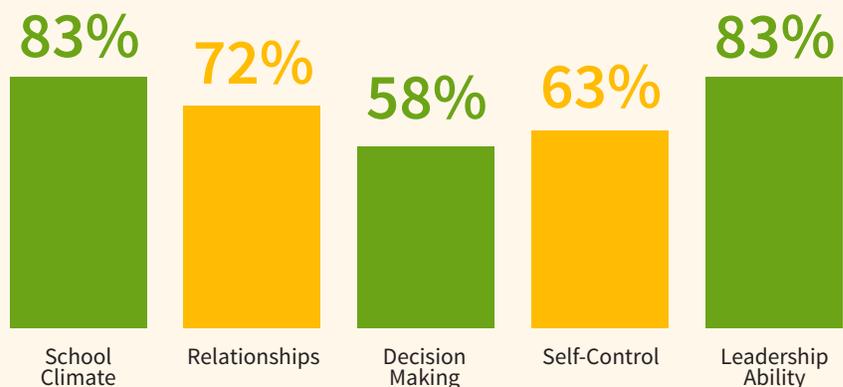
Leadership Programs:
FY20-21 Individuals Served.

57
Leaders of Future Generations

87
Leadership Institute

Leadership Programs: FY20-21 Selected Outcomes

Students reporting desired change in:



So Much More than Referrals

Addiction Resource Center Offers Critical Support During Moments of Crisis & Uncertainty

Traffic to Compass Mark's Addiction Resource Center has always followed noticeable trends, like lower request volume in the fall, higher after Christmas - until the COVID-19 pandemic.

"Traffic plummeted at the beginning of the pandemic," says Amy Sechrist, Certified Prevention Specialist and Addiction Resource Center team member. "People were afraid of going out to get care and access barriers throughout the system increased."

Help requests to the center jumped last summer and have fluctuated ever since. With the increase in calls, staff also noticed a concerning bump in co-occurring mental health disorders. "People seemed to have more and more hurdles preventing them from treatment, or snafus in insurance plans, or diagnoses that weren't fitting into treatment settings," Amy says.

"Many clients can then move onto problem solving; others need more time to get to that point before we can guide them into problem solving."

To make matters worse, some individuals were at risk of losing housing due to a lifting of the eviction moratorium. Amy says that she and

her team knew their important work was becoming even more crucial.

"Our team follows the model set by the Alliance of Information and Referral Systems. It's so much more than just handing out phone numbers - we actively listen, bonding with the client and establishing trust. Many clients can then move onto problem-solving; others need more time to get to that point before we can guide them into problem solving."

Clients call the center with issues ranging from an adult child at risk of death, legal system charges, or job problems. "They call at a critical point

even if they don't recognize it," Sechrist says, "They'll tell us that their son has overdosed three times, is no longer



Amy Sechrist

working and just got a stimulus check, and they aren't certain where he is. We need to communicate that this is a matter of life or death," Amy explains.

"We bring them out of denial and then arm them with resources and make recommendations on next steps." She says her team works hard to give treatment and support referral options based on client insurance

(or lack thereof), along with different modalities like trauma and LGBTQ, matching them up with programs that can be most effective.

"Our focus is on the need and not the request," she says. "Beyond the request, we ask what else is going on, and how we can empower the loved one to help. We find out what help they have lined up, where they are getting support, who they can talk to. We let them know that they are not alone."

This message can sometimes make all the difference for a family member trying to help a loved one, which Amy says can be overwhelming and isolating. "We tell them: 'You are brave, you are awesome, and we are just a phone call away if you need to hear that again.'"

Addiction Resource Center:

FY20-21 Individuals Served.

448

Information & Referral

871,015

Publications Distributed

1,611

Community Education

Client Testimonial

"I can't thank you enough for your guidance, wisdom and compassion. I will take the next few days to look more closely at all your resource recommendations. Anyway, my mind, heart, soul, and stomach are all upset, as I know an ultimate boundary is ahead. Thank you, thank you for no judgement—just kindness."