

Directions

A newsletter for
those inspired by
Compass Mark

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

Fall 2019

Office Move Provides More Opportunities for Training and Program Expansion

For the first time in over fifty years, Compass Mark's Lancaster office is calling a new place 'home.' In late July, the organization moved from their previous location at 630 Janet Avenue in Lancaster to 1891 Santa Barbara Drive, Suite 104, Lancaster.

The new location is conveniently located just north of Lancaster City and Route 30 in Manheim Township near the corner of E. Roseville Road and Lititz Pike.

"The new Lancaster office provides nearly double the square footage we had at Janet Avenue, positioning Compass Mark for continued growth and offering new opportunities to serve our community," says Executive Director Eric Kennel.

New space: new opportunities

The new space features an open office layout, which Kennel says helps to improve collaboration and communication among team members. There is also a reception area for office visitors, a larger break room for staff, a small conference room, and a training room with seating for 30 people.

The training room is configured with moveable chairs and tables so the space can be rearranged depending on the event: lecture style for a training event, small table groups for a community meeting, or a large circle for staff and board meetings. Multiple meetings and training sessions have already taken place since the move.



The Compass Mark Lancaster Office

Move making positive impact on community

Kennel says that the move to the new location has already had a positive impact on the community. "We hosted an open house in mid-September and there was an incredible turnout of donors, volunteers, community partners and clients. Many people shared stories of the impact that Compass Mark has made on their lives and how excited they were to celebrate this new space with us." The training room also gives Compass Mark greater flexibility to respond to increasing requests for training on addiction-

related topics from our partners. In addition, the walls of the training room are stocked with educational brochures and other materials for attendees to browse and take with them to distribute in the community.

A grant from the Lancaster County Drug and Alcohol Commission and other generous donors provided funding to renovate and furnish the new space for Compass Mark. "We are honored by the support of our donors and funding partners," Kennel says, "and eager to give it back in the form of expanded prevention and education programs for our community." ●

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Student Assistance Program

Compass Mark Trains School Personnel To Help Students Overcome Barriers

Thirty-three years ago, Pennsylvania implemented a program called Student Assistance Program (SAP), designed to assist school personnel in identifying issues which pose a barrier to a student's success, and then implement a plan to help the student overcome those barriers.

SAP: Teams dedicated to removing barriers

Within each school, a SAP team, including teachers, administrators, guidance personnel and SAP liaisons, is trained to identify issues and make recommendations to help students. Anyone can refer a student if there are concerns about their behavior – a friend, parent, staff member or even the student themselves. Since implementation of the program in 1985, SAP teams have received 1.6 million referrals, around 78,000 per year. These referrals can be followed up by school-based services like a one-on-one with the school psychologist, or through community resources like screenings from a mental health provider.

Compass Mark: Training student's first responders

The SAP team is the frontline of assistance for many students, and the team members need to be well-trained for this critical task. Compass Mark is Lancaster County's SAP team training agency and SAP Training Coordinator Deb McCoy says training SAP team members directly affects the school climate. "SAP helps create meaningful connections between students and school staff. It provides a process for removing the barriers to a students' education, collaborates with parents and families, as well as outside community agencies."

Deb recently reached lead trainer status with SAP. The certification required 2-5 years of working with SAP teams and training in topics like



SAP Training Coordinator, Deb McCoy

mental health, suicide, drug and alcohol prevention to ensure that lead trainers are well-versed in all the aspects of Student Assistance.

"Being a lead trainer gives me the ability to conduct SAP team trainings on behalf of Compass Mark in a range of settings," Deb says.

Last year, Deb led training for over 300 SAP team members throughout the commonwealth, including staff within cyber schools. "Cyber schools are required to have SAP teams in place, just as all public schools are," Deb says. "One of the challenges specific to cyber schools with SAP is they do not have their students in a building with them. Compass Mark has been providing SAP training for cyber school staff, along with technical assistance to assist in the implementation of SAP with their students. We are also organizing a Cyber School District Council so cyber school staff may come together for networking and training."

Statistics gathered by the Pennsylvania Student Assistance Services show that a majority of referrals with behavior issues and academic concerns happen during the first few months of the school year. And this fall, SAP teams are ready and waiting to assist these students, equipped with Compass Mark's training to help them develop an environment at their school that is mentally healthy, safe and drug free. ●

Addiction Resource Center

Offering Help and Hope

For over fifty years, Compass Mark has stood at the front line of addiction prevention and education. One long-time community resource has been the Addiction Resource Center (ARC), created in 2001 in collaboration with Lancaster County Drug & Alcohol Commission to streamline each agencies' resources, offering addiction-related brochures, films and books, as well as confidential referrals to addiction treatment and recovery services.

This past year, Compass Mark donated the book and VHS lending library materials to other agencies and replaced them with digital streaming of addiction-related films, to reflect changes in how people access information.

Today, the Addiction Resource Center offers:

- **Publication clearinghouse**, a collection of free brochures and other materials
- **Video streaming service** with resources for addiction counselors or the general public
- **Find Help webpages** to start the journey of getting help with resources for addiction treatment, support groups and more.
- **Community events**. ARC staff can set up



Certified Prevention Specialist, Amy Sechrist

a table at community events, providing resources and answering questions about addiction prevention and treatment.

A vital part of the Addiction Resource Center is the addiction helpline, which offers anonymous, confidential support when it is most needed.

Prevention Specialists **Christine Weidner** and **Amy Sechrist** carefully listen to the client—who may be a person with an addiction disorder, a loved one, employer, or member of the clergy—and help them come up with a plan, including where and how to reach out for treatment and recovery supports. Accessing addiction services can be complicated, and ARC staff members can smooth the way, eliminating roadblocks.



Prevention Specialist, Christine Weidner

Amy was recently visited by a woman who had come in to the office more than two years ago, seeking treatment for opioid addiction. The staff listened to her concerns and narrowed down appropriate treatment centers with her; then helped to make connections so that treatment could start right away. Today, that woman is in recovery, working to rebuild her life. She's so thankful, she says, for the role Compass Mark played in her healing.

Looking for help for you or a loved one struggling with addiction? Start here to take the first step. You can go online to compassmark.org/find-help/ or call Compass Mark at **717.299.2831**. ●

Program Impact

Student Skill for Life

"I discovered that this program is here to help and support you, and to help you realize it's never too late to get help. Thank you so much to my instructor for not giving up on me and helping me realize my worth!"

"I am appreciative of the opportunity to make better decisions in my daily life. I will take the things I have learned here and use it in the real world."

"I already had some knowledge about the hard drugs such as heroin or fentanyl, but I never realized how much of a threat weed is because you never really hear many bad things about weed. I have learned a lot about mental health and what it means to be addicted. The information made me open my eyes to the long-term effects and repercussions."

Student Assistance Program

"This has been one of the most eye opening and useful trainings I have attended in 22 years!"

"Learning about drugs and substance abuse issues and how childhood trauma affects students was eye opening."

Thank you Donors!

Fiscal Year 2018 – 2019

Abel, Nathaniel & Megan	Ciscon, Joanne & Straub, David	Hemlick, Mark & Kathryn	Metzler, Christopher	Spencer, Phyllis
Active Social & Beneficial Association	Conway, Ed & Ann	Hempfield Church of the Brethren	Mid Penn Bank	Stauffers of Kissel Hill
Adams, George	Cooper, Robert	Hill, Carolyn Nunan	Miller, Shawn	Stein, Marilyn
Adsitt, Russell & Linda	County of Lancaster	Hitz, Kristen	MOD Pizza	Sterenfeld, Elliot
Allen, Brendan & Bevan	Crosby, Beth	Hollis, Aaron & Alison	Moore, Stephen	Sugar, Michael
AmazonSmile Foundation	Cwienk, Douglas & Eileen	Hooper, Fred	Morett, Anne	Summy, Scott & Lynda
Ament, David & Nadena	Czabafy, Sharon	Horst Insurance	Morgan, Milton & Doreen	Taylor, Marilyn
Anonymous	Denver Beer Distributor	Hostetter, Robert	Moseman, Rodney	Terrell, Jordan
Ascosi, Andrew & Melinda	DeWitt, Emery & Mary Ellen	Isaac's Restaurant & Deli	Nearly NU Thrift Shop	Thompson, Karen
Ashby, Richard J.	DonationXChange	Jury, Lewis & Jacquie	Network For Good	Thyrum, Elizabeth
Bell, Anna	Draude, Theodore & Patrice	Keener, Brenda	Newkirk, Jonathan & Amy	Titcomb, Warren & Teri
Bender, David	Elliott, Deanna L.	Kelly, Marianne	Nissley, Kristina	Totaro, Donald & Melanie
Bigler, Thomas & Beth	Ellis, Lucy	Kennel, Elizabeth & Eric	Olin, Stephen	Treier, Jack
Birch, Janet & David	Ennis, Diane	Kreider, Ronald	Overly, Patricia	TRUIST
Bogda, Kerri	Evans, William E.	Lancaster County Community Foundation	Paulukow, Becky	Truxal, Jay
Bomberger, R. Michael	Fertal, Thomas	Lancaster County Drug & Alcohol Commission	Paypal Giving Fund	United Way of Lancaster County
Bonner, Patrick & Nicole	First Citizens Community Bank	Lancaster County Human Services Block Grant	Pyne, Dana	United Way of Greater Lehigh Valley
Booker, Wendy	Friendly's Lancaster	Lancaster Osteopathic Health Foundation	Ralph, Ken & Judi	Vassil, Paul
Bossert, Lee & Sandra	Garofola, Susan & John	Landis, Bette	Roland, James & Sandra	Wallace-DiGarbo, Anne & Joseph
Bradley, Kevin & Suzanne	Giant Food Stores	Leaf's Hockey Community Action	Schwanger, Michael & Marcia	Walter, Donna & Richard
Bradley, Nancy & Jeffrey	Gillin, Denise	Lebanon County Commission on Drug & Alcohol Abuse	Seldomridge, Gary & Christina	Weaver, Christopher
Brossman, Douglas & Catherine	Gorick, Tony	Lim, Dave	Sertoma Club of Lancaster	Weaver, Ellen
Brown, H. Zane	Gouveia, John	Lisi, Margie & Joseph	Severson, Jennifer	Weaver, Rodney
Brown, Margaret B	Graybill, H. Reid & Inda	Luek, Susan	Sheaffer, Connie & Timothy	Weis Markets, Inc.
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Brubaker, Lydia and Ziegler, Steven	Groff, Wayne	Mast, Ernest & Esther	Sheetz	Wimer, Jeff & Karen
Bryer, C. John	Gschwend, Dorothy	Mast, Jaqueline	Sherbahn, R. Richard	Yeager, Sandra
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Byrnes, Janice	Haines, Kenneth & Linda		Snook, Craig & Lynda	Yoder, Alice
Capital Blue Cross	Hall, James		Snook, Justin	Yoder, Cornelia
Chipotle	Hamp, William & B.J.		Spencer, Cliff & JoAnn	Zettlemoyer, Mark

Richard Sherbahn:

“ I co-founded Kids Kamp...These kids were at risk for drug and alcohol addiction, often living with abusive parents and doing poorly in school. My will states that in lieu of flowers people may donate to Compass Mark to help fund their many activities. What better way is there to make a difference in the lives of these kids?”

Michael Burnley:

“ Alcoholism affects many families and ours was no exception. I grew up with an alcoholic family member and it's tough on everyone, not just the one suffering from the disease. I'm happy to have been a supporter of Compass Mark for the last three decades and appreciate all they do in the areas of prevention, education and coping strategies for all involved.”

Number of People Impacted by Program

Fiscal Year 2018 - 2019

Staff List

Eric Kennel
EXECUTIVE DIRECTOR

Bevan Allen
DIRECTOR OF OPERATIONS

Phyllis Spencer
DIRECTOR OF
ADMINISTRATION

Denni Boger
FAMILY SERVICES ADVOCATE-
LEBANON

Regina Koppenhaver
PREVENTION SPECIALIST

Vanessa Mendez
YOUTH LEADERSHIP
ADVOCATE

Joshua Mountz
PREVENTION SPECIALIST

Deborah McCoy
SAP PROGRAM
COORDINATOR

Lindsey Ober
FAMILY SERVICES ADVOCATE-
LANCASTER

Amy Sechrist
CERTIFIED PREVENTION
SPECIALIST

Michelle Sweitzer
PREVENTION COORDINATOR

Katie Walsh
INTERIM DIRECTOR OF
DEVELOPMENT

Matt Weaver
PREVENTION COORDINATOR

Christine Weidner
PREVENTION SPECIALIST

PROGRAM NAME	LANCASTER	LEBANON
<i>Addiction Resource Center</i>		
Information and Referral	409	4
Publication Clearinghouse <i>(Created/Distributed)</i>	223,713	4,483
Community Education	12,351	7,772
TOTAL	236,473	12,259
<i>School-Based Prevention</i>		
LionsQuest	507	1,421
Positive Action	0	489
Project Toward No Drug Abuse	113	103
Support for Students Exposed to Trauma	0	0
We Know BETter	34	712
Leaders of Future Generations/Institute	140	236
TOTAL	794	2,961
<i>Community-Based Prevention</i>		
Student Skills for Life	184	12
Family Services Advocate	350	New
Community Events and Provider Training	410	
Prevention Mobilization / TA / Collaboration	4,280	775
TOTAL	5,224	787
<i>Student Assistance Program (SAP)</i>		
SAP Trainings	123	42
SAP Maintenances	77	64
TOTAL	200	106
GRAND TOTAL	242,691	16,113

Duplication may exist if individuals received more than one service

Financial Summary:

July 1, 2018 – June 30, 2019

Revenue by Source

Contracts & Grants	1,146,982
Program Service Fees	71,154
Contributions	64,783
Investments	23,105
TOTAL REVENUE	\$1,306,024

Expense by Program (All Counties)

School-Based Prevention	406,416
Addiction Resource Center	402,756
SAP / Gambling Prevention	282,483
Family Services Advocate	82,679
Student Skills for Life	75,973
Family Services Advocate	62,462
Fundraising and Other	44,586
TOTAL EXPENSE	\$1,281,382

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

Selected Outcomes by Program

Fiscal Year 2018 - 2019

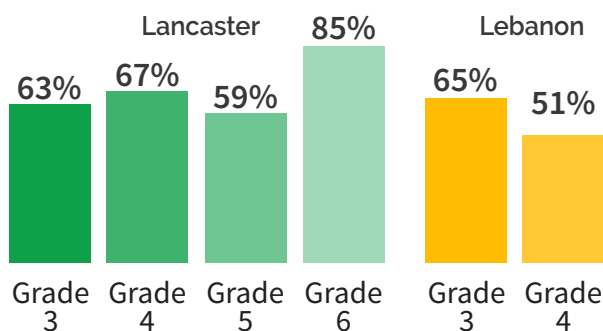
School-Based Prevention: These programs utilize proven skill-building strategies to reach children and youth early in their development and help them learn healthy ways to avoid addiction

LionsQuest: Percent of students demonstrating an increase in skills and attitudes in the areas of

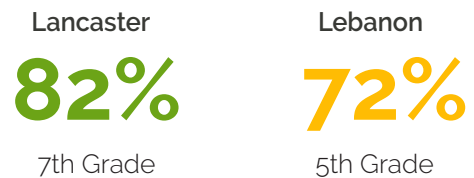
Social and Personal Development

Dangers of Drug & Alcohol Use

School Climate / Behaviors



We Know BETter (WKB): Percentage of students demonstrating an increase in skills, knowledge and perceptions:



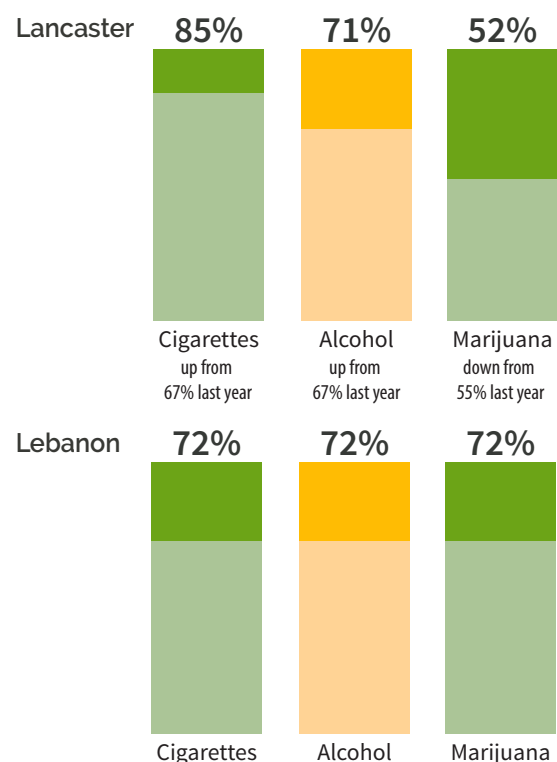
Leaders of Future Generations (LFG):

Percentage of students demonstrating improvement in areas of:



Project Toward No Drug Abuse (PTND):

Percentage of students reporting no increase or decreased intention to use



All Compass Mark School-Based Programs

Lancaster County:

12
Number of districts receiving services
(up from 11 last year)

35
Number of schools receiving services
(same as last year)

Lebanon County:

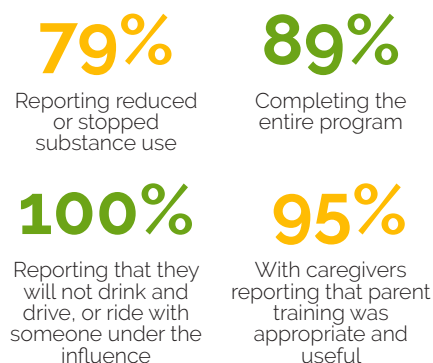
6
Number of districts receiving services
(up from 5 last year)

19
Number of schools receiving services
(up from 14 last year)

Community-Based Prevention: These programs are designed to strengthen resiliency for at-risk individuals and improve the overall health and well-being of the community.

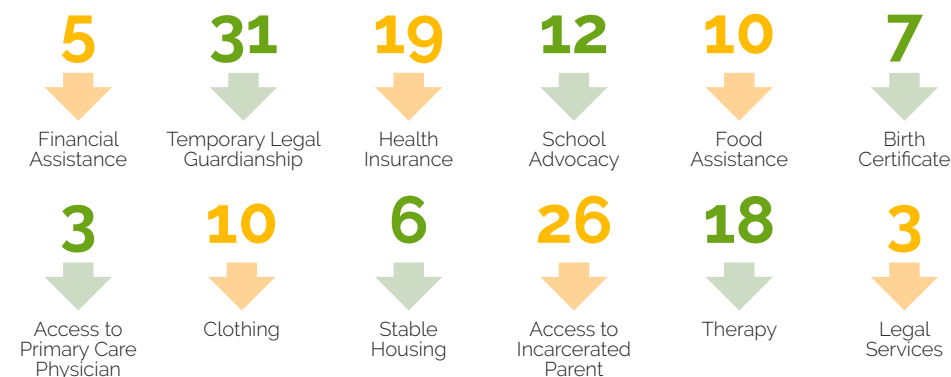
Student Skills for Life:

Percent of participants



Family Services Advocate: Children of Incarcerated

Parents. Number of children with a decreased need for assistance, by type of support provided



Community Prevention Mobilizer: Lancaster County coalitions receiving technical assistance (total of 20, up from 14 last year)

Action for Substance Abuse Prevention of Lititz (ASAP)	Elizabethtown Area Communities that Care (EACTC)	Lancaster Harm Reduction Project
Cocalico Cares	Ephrata Cares	Manheim Community Cares
Columbia Life Network	Factory Ministries	Manheim Township Community Life Task Force
CrossNet Ministries	GOAL Project	Northern Lancaster HUB
Donegal Substance Abuse Alliance (DSAA)	Joining Forces	Project Lazarus Lancaster County
DUI Council of Lancaster County	Lancaster County Recovery Alliance (LCRA)	Penn Manor Bridges
	Lancaster County Recovery House Coalition	Solanco Family Life Network (SFLN)

Training and Technical Assistance: These specialized training and consultation services are available for education professionals, law enforcement, social service providers, businesses, and community members.



Student Assistance Program (SAP):

Percentage of participants reporting "Above Average" or "Excellent" on training evaluations



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

Remember to support Compass Mark on November 22 for the Extra Give! Your contribution at www.extragive.org provides prevention services for children, youth and adults in our community.



School Programs

Teaching Healthy Life Skills to Prevent Addiction

A new school year is underway, and for Prevention Coordinators Matt Weaver and Michelle Sweitzer, it means another year of working in local schools in Lancaster and Lebanon Counties, to provide kids with prevention programs that build critical life skills and reduce the likelihood of addiction in the future.

School programs like LionsQuest, Support for Students Exposed to Trauma and Positive Action are equipping students with skills and education to use as they navigate life. “A lot of kids are dealing with things we just didn’t have to deal with growing up,” Michelle Sweitzer says. “Any of the tools they can learn from these programs are helpful and beneficial to them. It’s putting positive tools into their toolbox, and they can use those tools in a variety of situations moving forward.”

Classroom engagement = learning vital coping skills

In Lebanon County, where Michelle’s team works, they teach 35 full classrooms per week with a total of 428 kids. Many of the classrooms are returning from last year, and Sweitzer says, “The kids are very excited to have us back in the classroom.”

One of the programs they run with younger students is LionsQuest, a life skills education program that helps elementary students develop positive commitments to

those around them, encouraging healthy, drug-free living. “We do this program with a teddy bear called Q-Bear, and as soon as they see us, they say, ‘Where’s Q-Bear? Where’s Q-Bear?’”

She says there is a lot of interaction this fall, with kids engaged, listening and participating. One of the programs getting

“I learned a lot and I think I will remember a lot. I will be sure to stay clear of drugs and alcohol. My advice to my classmates is that the best way to not get caught is to not do the wrong thing in the first place.”

a lot of feedback is Positive Action, which teaches middle school students that positive thoughts lead to positive actions, which lead to positive feelings about themselves. “Everyone really seems to enjoy the program,” she says. “It shows them how to take negative things in their lives and turn them into positives.”

Moving from trauma to resiliency

In addition to programs like LionsQuest, in Lancaster County there are multiple Project Towards No Drug Abuse (PTND) groups up and running. PTND is a program for high schoolers that teaches decision making, goal setting, and problem solving skills.

It pairs these skills with education about addiction and the consequences that addiction can have in their lives. “It’s so important for high school students to learn these skills before they move into college or work settings,” Matt Weaver says.

One of the new programs this year is Support for Students Exposed to Trauma.

These groups are highly selective. School counselors and/or administration works with their Student Assistance Program to identify and screen students who would benefit from the program. “It’s important that the student understands the trauma that has occurred, no matter how big or small, so that they can internally process through it and utilize the tools and skills that they learn in the small group,” Matt Weaver says. So far, his team has started four teams within Lancaster County, with four more slated to begin in a few weeks. “The goal is to teach critical coping skills, and help guide the child from trauma to resiliency. ●