

Directions

A newsletter for
those inspired by
Compass Mark

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

Fall 2020

Responding to our Community Intensifying Prevention in Uncertain Times

Dear Friends,

On the afternoon of March 12th, a motivated group of teachers and district administrators completed their first day of Student Assistance Program (SAP) training at our Lancaster office. They engaged in group work together around small tables, learning how to effectively manage their first team meeting. Many expressed enthusiasm that they could receive valuable information about student psychosocial development, substance use, trauma and resiliency, and other topics.

Little did any of us know that over the following weeks, the COVID-19 pandemic would require a literal rewrite of our entire SAP training manual. School-based prevention programs were halted mid-course, and the dedicated professionals in the March SAP training returned in the fall to an academic environment, and entire student population, monumentally impacted by our experience of the past several months.

I am occasionally asked what keeps me motivated each day. Often the first thing that comes to mind is the commitment of our staff and community partners

to being agents of change. Throughout this pandemic, I am finding further inspiration in knowing that the core elements of prevention found in our Compass Mark mission – education, skill-building, and community mobilization – are precisely the strategies that will be most effective in guiding us all forward during these uncertain times.

It is far too early to make definitive statements on the effect of the pandemic, but early numbers are troubling. Alcohol sales have risen by more than 25%. Youth mental health diagnoses are growing, driven in part by increased social isolation and anxiety. Among adults, 13% report starting or increasing substance use to cope with stress, and the prevalence of depressive disorder is approximately 4x higher than just one year ago.

Since March, Compass Mark has initiated numerous program changes that demonstrate our leadership in prevention while observing necessary COVID-19 precautions. (See the article page 2 for



more on how we've pivoted to continue to provide essential care during this crisis.)

But there is so much more that must be done.

The importance of comprehensive, evidence-based prevention programs is more urgent than ever. I am inviting you

to help us during this pivotal time. With your support, we will continue to deliver new strategies for guiding children, youth, and adults on a path towards healthy, fulfilling lives free from addiction.

If you are able to make a financial gift to expand prevention services for our community, please visit www.compassmark.org/donate or contact me at 717-299-2831.

-Eric Kennel, Executive Director

P.S. Looking for more information about upcoming trainings, new services, and program highlights? Sign up for our email newsletter at www.compassmark.org or like us on Facebook!

Remember to support Compass Mark on November 20 for Extra Give! Your gifts help us expand prevention services for children, youth and adults throughout our community.



Prevention in Uncertain Times

How Compass Mark Has Pivoted to Continue Essential Addiction Prevention

“We had two options: problem solve or lose hard-earned ground.” That’s how Bevan Allen, Director of Operations at Compass Mark, categorizes Compass Mark’s choices when Pennsylvania shut down this spring. And really, it wasn’t an option at all.

Over the past ten years, Allen says they’ve seen that death from drugs, alcohol and suicide—“deaths of despair”—tend to rise with a downturn in the economy and unemployment. Because of COVID, these deaths of despair are projected to hit unprecedented levels. Allen says, “Our work is too important to lose any ground; it’s the layer of public health services that help people stay ahead of risk or bounce back from it.”

The Compass Mark team jumped into action, aided with support and collaboration at both state and local levels. Moving quickly, they made individualized changes to their programs to maximize continued community and client access while preserving effectiveness. They used new technology, established partnerships and relationships, and drew heavily on a coping trait they teach students: resiliency.

When the Family Services program lost access to incarcerated parents in the prisons due to COVID lockdowns, partners at Lancaster County Prison stepped in to help Compass Mark assess and overcome the changes. The Addiction Resource Center has been providing additional information via their website and social media. Both the helpline and new chat feature offers addiction help in real time during business hours.

Compass Mark’s annual Positive Change Conference is set for a virtual launch for the first time ever this fall.



Registrants will receive a swag box filled with a collection of resources and vendor goodies, along with opportunities to network live with local providers.

The largest ongoing project; however, is reaching students in schools. An evaluation of Compass Mark’s evidence-based programs this summer allowed them to determine which programs were best suited for virtual or blended facilitation. Program facilitators are looking forward to using beloved puppet friends from the P.A.T.H.S programs virtually. In person, social emotional learning will help students discover how our thoughts connect to our feelings and our actions. Many programs have continued in person with increased health and safety measures for the time being, though some are proving effective online as well.

This fall, there has been an influx of schools requesting services. “This pandemic has provided the world with proof that effective prevention is the best defender of public health, but it must be done broadly and it has to be done well.” Allen says.

As the Compass Mark team focuses on providing support to partners, clients, and colleagues, they’ve also been caring for each other. “It’s not easy to shift program implementation on short notice, regularly adapt to new procedures and changing landscapes, or work from home with kids and dogs and passing trains in the background,” Allen says. “This team rallied behind our mission because they understand the potential implications of the pandemic’s impact. There is more pain, stress and struggle for families and kids today when compared to 7 months ago. We need to address that with increasing prevention right now.”

Allen says that each team member’s demonstration of the organizational values provides motivation and inspiration across the team. “It has not been without grief or frustration, but our entire field of practice is based upon the premise that if we can’t avoid trouble, we can still get to the other side of it perhaps even stronger than we started. That’s what we are determined to do.”

Help us keep in touch with you!

Do we have your email address? Email is the of the fastest and most affordable ways for us to communicate with you. Help us stay in touch with you – fill out your email address on the included form, or send your email address to info@compassmark.org.

Compass Mark expands to Chester County

This fall as the pandemic is driving increases in substance use and mental health concerns, there's new hope in Chester County. Compass Mark is thrilled to unveil new plans for a comprehensive array of prevention programs throughout the area. These services will be available to schools, community organizations, and the general public, thanks to a recently-announced contract Compass Mark received from the Chester County Department of Drug & Alcohol Services.

Involvement in this community began when Kathy Collier, Prevention Director for the Chester County Department of Drug & Alcohol Services, reached out to Compass Mark because she was aware of its excellent reputation as a training provider for schools.

In 2018, Compass Mark began providing Student Assistance Program (SAP) training in Chester County. SAP is a state-mandated, systematic process that mobilizes school resources to remove student barriers to learning. Compass Mark's SAP Coordinator, Deb McCoy, quickly began to develop relationships with school districts in Chester County, including a number of cyber schools.

"I started working with Chester County by providing SAP Team Training and follow-up to Chester County schools," she says. "They had been without a SAP team trainer for some time, and SAP was not faring well, overall, in Chester County."

She was also able to help cement a close relationship with cyber charter schools in the county, all of whom had well-run SAP teams. "There had

previously been a reluctance to welcome cyber schools to the SAP table, but Kathy Collier valued working with those schools and our collaboration with her enabled us to continue and grow our SAP services there."

"We couldn't be more excited about this opportunity to expand our partnerships with local school districts and community partners to deliver new services for the residents of Chester County," Compass Mark Executive Director Eric Kennel says.

More than 100 school professionals were trained over the course of the year, with overwhelmingly positive evaluations and follow-up requests for technical assistance. Compass Mark later submitted a proposal to provide a full continuum of prevention programs, and was awarded the contract in June 2020.

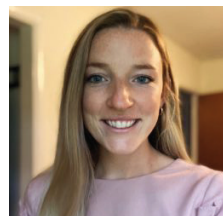
Services will include a menu of evidence-based prevention programs teaching important life skills such as decision-making, empathy, communication, and resisting peer pressure. And even though most Chester County schools are operating in a remote format at the start of this school year, evidence-based prevention programs like Positive Action and Promoting Alternative Thinking Strategies (or P.A.T.H.S.) will be offered in a fully online setting.

Compass Mark is also reaching out to the many community coalitions and provider organizations that are doing incredibly important work throughout the community. "We are ready to offer support to our new community partners,"

Kennel says. "Whether that's with an educational presentation at a staff meeting or community event, providing free brochures and other print resources, or offering referrals for individuals seeking addiction treatment or recovery services."

Compass Mark's Chester County office is located at 590 Exton Commons, Exton, PA. It is officially opening in November, and will provide workspace for three full time staff members, as well as a conference room and resource library.

"I look forward to connecting with Chester County stakeholders over the coming months - especially those who are engaged with our mission and are interested in opportunities to collaborate," Kennel says. "The building blocks of effective prevention are strengthened by the involvement of everyone in the community working together."



Welcome!

We welcome Prevention Specialist Danielle DiGiorgio (left) and Prevention Program Coordinator Laura Wiechecki (right) to our new Chester County location!

Why I Support Compass Mark

By Kevin Bradley, Board President

When I was invited to serve on the board, I admit I didn't know much about Compass Mark. I set out to learn all I could because I wanted to associate with an organization where actions exceeded words. I found that and more.

I saw how board members conduct business and navigate difficult

transitions. I watched the staff engage in the community and create meaningful impact. And I saw real lives being positively impacted.

Whether it's students in our Leaders of Future Generations program, children impacted by the incarceration of a parent, or educators building skills

with our training programs, I've gotten a front row view of many meaningful interactions.

I joined so I could give back, but I continue to be engaged because of the quality of the people with whom I get to take this journey!

Members of the Board

Kevin L. Bradley, President

SENIOR VICE PRESIDENT, JANNEY
MONTGOMERY SCOTT LLC

Dana Pyne, Executive Vice President/ Secretary

SENIOR PROBATION OFFICER, COUNTY
OF LANCASTER

Mark Zettlemoyer, Treasurer

PARTNER, AUDIT SERVICES GROUP, RKL
LLP

Christopher E. Metzler, PhD, Vice President

DEAN OF STUDENT SERVICES,
THADDEUS STEVENS COLLEGE OF
TECHNOLOGY

Kate Brossman, Vice President

COMMUNITY VOLUNTEER

Aaron D. Hollis, Past President

ATTORNEY, BLAKINGER THOMAS PC

Douglas Brossman

PRESIDENT AND CEO, BURNHAM
HOLDINGS INC.

Sharon Czabafy, DSW

TOBACCO TREATMENT SPECIALIST,
WELLSPAN EPHRATA COMMUNITY
HOSPITAL

Christopher Danz, EdD

ASSISTANT SUPERINTENDENT,
LEBANON SCHOOL DISTRICT

Tracy Gray Hayes, MBA

COMMUNITY VOLUNTEER

Lewis E. Jury, PhD

SUPERINTENDENT EMERITUS, MANHEIM
CENTRAL SCHOOL DISTRICT

Leo Lutz

MAYOR, BOROUGH OF COLUMBIA

Connie Sheaffer

RETIRED NURSE MANAGER, WELLSPAN
HEALTH

Justin Snook

SCHOOL COUNSELOR, HEMPFIELD
SCHOOL DISTRICT

Jeffrey Wimer, PhD

ASSOCIATE PROFESSOR OF WELLNESS
AND SPORT SCIENCES, MILLERSVILLE
UNIVERSITY

John Zeswitz

CONSULTANT, NORTH GROUP
CONSULTANTS

Kids Kamp Continues!

Leaders of Future Generations Practice Skills in Change and Resiliency

Each summer, Kids Kamp offers a weeklong experience for Leaders of Future Generations participants to learn about relationships and healthy coping skills. When overnight camping became unfeasible, Compass Mark embraced the opportunity to create a fun-filled week of daily activities.

Prevention Coordinator Matt Weaver says, "The campers were very excited to see what was in store each day. Even with their masks on, you could see their eyes smiling when they walked through the door."

He says their stop at Refreshing Mountain Retreat was a highlight. Campers were able to face their fear (of heights, horses, etc) while solving problems and taking healthy risks.

He says that the change to daily activities was a good one. "The week really emphasized the wide diversity Lancaster County holds in providing new and enjoyable experiences. Additionally, the day-camp format allowed them to interact with their families each night and share what they'd learned."

In a time of uncertainty, Kamp stood out as a bright spot in the summer for these campers. "It gave them something



to look forward to and provided them with a social setting where they could talk to peers in person. That's so key for adolescents," Weaver says. Plus, he adds, "it was a safe and comfortable environment to build protective factors and HAVE FUN!"

Compass Mark is grateful for Civitas Lancaster and many other generous donors for their continued support which helps make KidsKamp possible!



Thank you Donors!

Fiscal Year 2019-2020

Christine Adams	Theodore & Patrice Draude	Lancaster County Community Foundation	Michael A. Sheely
Russell & Linda Adsitt	Lauren Edgell	Margie & Joseph Lisi	R. Richard Sherbahn
AmazonSmile Foundation	Donna Ellenberg	Laura Liss	Craig & Lynda Snook
David & Nadena Ament	Deanna L. Elliott	Brian Long	Justin Snook
Anonymous	Jack & Beverly Enco	Jennifer Long	Matt Snook
Debra Apple	Glenn & Shari Farrell	Kathleen Long	Phyllis Spencer
Andrew & Melinda Ascosi	Festoon	Susan Luek	Marilyn Stein
Richard J. Ashby	Adam & Kelly Finefrock	Leo & Kathleen Lutz	Student Services Millersville University
Avalon Insurance Company	First Citizens Community Bank	Amy Marenick	Scott & Lynda Summy
Dani Beam	First National Bank of PA	Patricia Marion	Tanner Furniture
Kathy Bell	Mark & Melodie Forsha	Martin Enterprises	David Taylor
David Bender	Giant Bags 4 My Cause Program	Judith Maurice	The Ashland Foundation
Linda Berger	Denise Gillin	Barbara May	The McCance Foundation
Thomas & Beth Bigler	John & Soni Gingrich	Gerald & Lynette Meck	Elizabeth Thyrum
Blakinger Byler & Thomas	Inc. Giving Assistant	Merrill Lynch	Teri Titcomb
R. Michael Bomberger	Mary Glazier	Robert & Betsy Messner	Donald & Melanie Totaro
Lee & Sandra Bossert	Jean Good	Christopher Metzler	Jack Treier
Pat Bowman	Lee & Ashley Greely	Mid Penn Bank	Kenneth & Gail Twiford
Kevin & Suzanne Bradley	Robert & Linda Groff	Shawn Miller	United Way of Greater Lehigh Valley
Nancy & Jeffrey Bradley	Wayne Groff	Tommy Miller	United Way of Lancaster County
Bright Funds	Groff's Home Comfort Team	Anne Morett	UPMC Health Plan
Doug & Kate Brossman	Kenneth & Linda Haines	Milton & Doreen Morgan	United Way of Allegheny
H. Zane Brown	Harrington Hoist	Jason Mundok	United Way of Greater Lehigh Valley
C. John Bryer	Barry & Carol Heiserman	Murray	Paul Vassil
Burnham Holdings	Mark & Kathryn Hemlick	Penny Neff	Donna & Richard Walter
Michael & Carol Burnley	David Hill	Michael & Karin Nicoletti	Cheri Weaver
Campbell Soup Company	Alison Hobbs	Stephen Olin	Christopher Weaver
Marsha Chilcoat	Aaron & Alison Hollis	One2One Computer Services	Ellen Weaver
Michael Chuhran	Horst Insurnace	Patricia Overly	Rodney Weaver
Community Action Partnership	Robert & Cynthia Hostetter	Paypal Giving Fund	Mary Theresa Webb
Ed & Ann Conway	Janney Montgomery Scott	Dana Pyne	Weis Markets
Robert & Dorothy Cooper	Deborah Johnson	Ken & Judi Ralph	Wells Fargo Advisors
County of Lancaster	Lewis & Jacquie Jury	Linda Rice	Teresa Williams
Beth Crosby	Brenda Keener	RKL	James & Kathleen Wilson
Laurie & Allen Cubell	Marianne Kelly	Ricardo Rodriguez-Quesada	Jeff & Karen Wimer
Sharon Czabafy	Anna Kennedy	James & Sandra Roland	Barbara & Thomas Yingling
Donald Dagen	Elizabeth & Eric Kennel	Rotary Club Myerstown	Cornelia Yoder
Denver Beer Distributor	Kevin & Suzanne Bradley Family Foundation	Swisher and Co. Sager	Mark & Teresa Zettlemoyer
Design Data Corporation	Carole M. Kirchner	Michael & Marcia Schwanger	
Emery & Mary Ellen DeWitt	David & Elizabeth Koser	Gary & Christina Seldomridge	
Karen Dielman	Lamar Advertising of Pennsylvania	Shirley Shaheen	
Angela Dietzel		Connie & Timothy Sheaffer	
Donegal Insurance Group			

Your ongoing gifts make a big impact

When you support Compass Mark, you invest in award-winning, research-based prevention programs that promote individual resiliency and strengthen the fabric of our community. Your gifts give a child a meaningful week at Future Generations, provide an educational experience for at-risk youth through Student Skills for Life, and ensure that a helpful, reassuring voice is available each day. You can set up a recurring gift

and make a bigger impact during this critical time. To set up a recurring gift, go to compassmark.org/donate, or use the included form.

Thank you for partnering with us to guide more people toward healthy, successful lives free from addiction... and full of promise!

Number of People Impacted by Program

Fiscal Year 2019 - 2020

Staff List

Eric Kennel, MPA
EXECUTIVE DIRECTOR

Bevan Allen, MPS
DIRECTOR OF OPERATIONS

Phyllis Spencer, ASB
DIRECTOR OF ADMINISTRATION

Ashley Denlinger
PREVENTION SPECIALIST

Danielle DiGiorgio
PREVENTION SPECIALIST

Xavier Garcia-Molina
COMMUNITY PREVENTION
MOBILIZER

Regina Koppenhaver, MA
PREVENTION SPECIALIST

Deborah McCoy
SAP PROGRAM COORDINATOR

Vanessa Mendez
PREVENTION SPECIALIST

Joshua Mountz, MEd
PREVENTION SPECIALIST

Lindsey Ober
FAMILY SERVICES ADVOCATE-
LANCASTER

Liz Sanchez-Stanley
PROGRAM SUPPORT
SPECIALIST

Amy Sechrist, CPS
CERTIFIED PREVENTION
SPECIALIST

Michelle Sweitzer
PREVENTION COORDINATOR-
LEBANON COUNTY

Katie Walsh, MS
INTERIM DIRECTOR OF
DEVELOPMENT

Matt Weaver, CPS
PREVENTION COORDINATOR-
LANCASTER COUNTY

Christine Weidner
PREVENTION SPECIALIST

Laura Wiechecki
PREVENTION COORDINATOR-
CHESTER COUNTY

PROGRAM NAME	LANCASTER	LEBANON	CHESTER
<i>Addiction Resource Center</i>			
Information and Referral	398	5	
Publication Clearinghouse	474,065	4,747	
Community Education	2,111	2,513	
TOTAL	476,574	7,265	
<i>School-Based Prevention</i>			
LionsQuest	822	1,310	
Positive Action		116	
Project Toward No Drug Abuse	69	109	
Support for Students Exposed to Trauma	66		
We Know BETter	14	58	
Leadership Institute	57	95	
TOTAL	1,028	1,688	
<i>Community-Based Prevention</i>			
Student Skills for Life	163	13	
Family Services Advocate	378	65	
Community Events and Provider Training	318		
Mobilization / Multi-Agency Collaboration	2,382	333	
TOTAL	3,241	411	
<i>Student Assistance Program (SAP)</i>			
SAP Trainings	73	46	49
SAP Maintenances	46	52	64
TOTAL	119	98	113
GRAND TOTAL	480,962	9,462	113

Duplication may exist if individuals received more than one service

Financial Summary: July 1, 2019 – June 30, 2020

Revenue by Source

Contracts & Grants	1,305,597
Program Service Fees	73,484
Contributions	55,521
Investments	13,253
Other	567
TOTAL REVENUE	\$1,448,422

Expense by Program

Addiction Resource Center	348,474
School-Based Prevention	238,418
Lebanon County Services	231,694
SAP / Gambling Prevention	157,679
Family Services Advocate	68,672
Student Skills for Life	30,707
Chester County Services	24,344
Management and General	173,941
<i>Fundraising</i>	<i>61,897</i>
TOTAL EXPENSE	1,335,826

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

Selected Outcomes by Program

Fiscal Year 2019 - 2020

Addiction Resource Center: Positive Change Conference

320

Number of Registered
Participants
(highest ever)

403

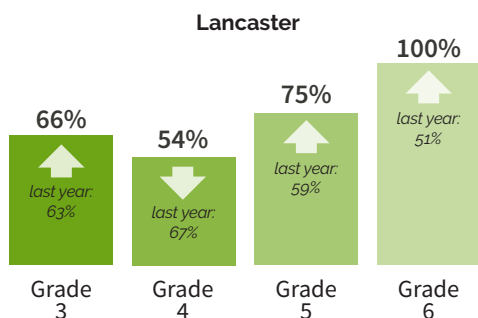
Information &
Referral Contacts

478,812

Publications &
Resources
Distributed

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

LionsQuest: Percentage of students demonstrating an increase in skills and attitudes in the areas of Social/Personal Development



All Compass Mark School-Based Programs

Lancaster

12



Number of districts
receiving services
(same as last year)

35



Number of schools
receiving services
(same as last year)

Lebanon

4



Number of districts
receiving services
(down from 6 last year)

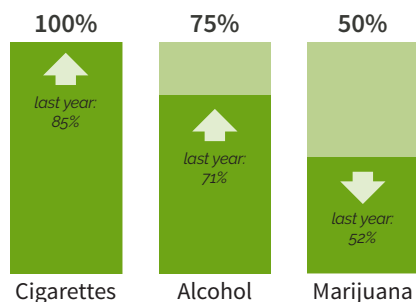
12



Number of schools
receiving services
(down from 19 last year)

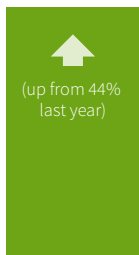
Project Toward No Drug Abuse (PTND):

Percentage of students reporting no increase or decreased intention to use



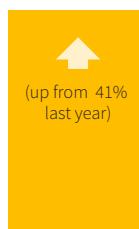
Leaders of Future Generations (LFG): Percentage of students reporting desired change in areas of

83%



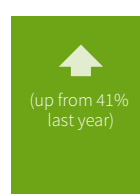
School
Climate

72%



Relationships

58%



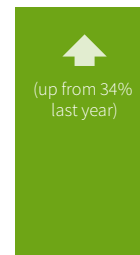
Decision
Making

63%



Self-Control

83%



Leadership
Ability

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!

Selected Outcomes by Program

Fiscal Year 2019 - 2020

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

89%

Reporting reduced or stopped substance use
(79% last year)

90%

Completing the entire program
(89% last year)

100%

Reporting they will not drink/drive, or ride with someone under the influence
(Same)

100%

Caregiver reported that training was appropriate and useful
(95% last year)

Family Services Advocate - Children of Incarcerated

Parents: Number of children with a decreased need for assistance after 90 days, by type of support provided:



47/55

Access to Incarcerated Parent



45/45

Health Insurance



41/41

Establishment of Legal Guardianship



29/29

Financial Assistance



26/26

Food Assistance

Participant evaluation of program:

(scale of 1-5, with 5 highest)

4.1/5

The class helped improve my decision making & problem-solving skills

4.75/5

I know more about alcohol use/abuse/addiction & consequences than before

4.6/5

The program was clear and easy to understand

4.5/5

The leader was considerate and courteous

4.8/5

The leader showed interest and enthusiasm

5.0/5

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



26/26

Advocacy in School



25/25

Behavioral Health / Therapy



13/13

Clothing



9/13

Housing

Community Prevention Mobilizer: Lancaster County coalitions receiving technical assistance

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

Student Assistance

Program (SAP): Percentage of participants reporting "Above Average" or "Excellent" on training evaluations

100%



Quality of Training

100%



Usefulness to Participant

99%



Appropriate to Participant Skill Level

99%



Organization of Training

98%



Physical Facility