

# ETOWN CARES ABOUT ME!

## Elizabethtown Area Communities That Care & the Extraordinary Give

In 1999, a group of Elizabethtown community members came together to create a non-profit organization, Elizabethtown Area Communities That Care, to provide positive opportunities and initiatives for youth and families. Elizabethtown is a wonderful place to live and we aim to contribute to its continued vibrancy. Our goal has been to balance hope and concern by taking a comprehensive approach to understanding the causes of issues facing our community and developing effective strategies to address them. We know from community needs assessment data in Elizabethtown that the most significant risk factors facing our youth are:

- **Low Commitment to School:** Students are more likely to have stopped seeing being a student in a positive light
- **Perceived Risk of Drug Use:** Students perception of the risks associated with drug and alcohol use is low, especially in binge use of these substances
- **Low Neighborhood Attachment:** Students do not feel a sense of belonging and attachment in their neighborhoods and report changing homes multiple times in one year
- **Family Management:** Students experience unclear expectations for behavior

**There is a clear association between these risk factors and unhealthy, risky behaviors.** Our programs are delivered directly to youth and families in Elizabethtown to specifically target these risk areas. Community engagement is essential in addressing these issues to help keep our children healthy and safe. We see ourselves as partners to local families by providing additional tools and supports to help our youth lead healthy, purposeful lives.

*"Never doubt that a small group of committed citizens can change the world, indeed, it is the only thing that ever has."*

*- Margaret Mead*

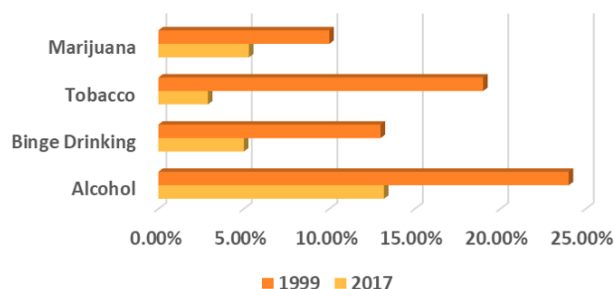
Grant funds and community support have made it possible to address the risk factors facing children and families in Elizabethtown, however, funding for prevention has significantly decreased. Community funding support is essential for EACTC to continue the prevention work that our community needs. We ask that you join the group of concerned citizens that began EACTC 20 years ago and help us continue to make a significant, positive difference in the lives of our children.

*-Gail Viscome, Executive Director*

**EACTC Mission:** Engage in initiatives and strategies that address relevant issues and challenges which may lead to high risk behaviors within our community

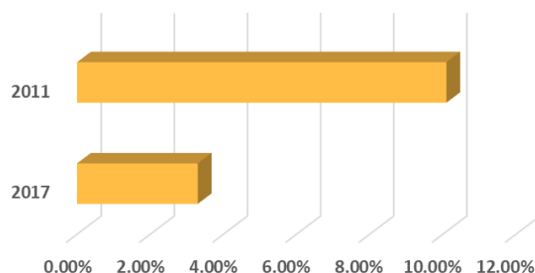
Over the past 20 years, EACTC has brought significant external grant dollars into the community to fund programs and partnerships that directly benefit Elizabethtown youth and families. Since 1999, we have seen a significant impact in reducing negative choices in drug and alcohol use among Etown teens.

**Student Self Report of 30-Day Use  
Comparison of 1999 data vs. 2017 data**



From PA Youth Survey data, 1999 & 2017

**High School Student Self Report of Prescription  
Drug Abuse in Past 30-Days**



From PA Youth Survey data, 2011 & 2017

**ELIZABETHTOWN AREA**  
**CTC**  
Communities That Care

*Celebrating*  
**20 Years**  
*of Prevention*

To give to EACTC during the ExtraGive, please go to  
[www.extragive.com/organizations/elizabethtown-area-communities-that-care](http://www.extragive.com/organizations/elizabethtown-area-communities-that-care)

# Opioid Crisis Response

EACTC quickly responded to the opioid crisis in partnership with other agencies in Elizabethtown by providing resources, prevention initiatives, and support aimed at preventing youth opioid addiction by:



- Educating parents and the community on ways to decrease ease of access for youth to prescription medications in the home, providing medication lock boxes for families, and encouraging the practice of medication take back at designated community locations to decrease the availability of prescription drugs
- Hosting a large community forum with 500 attendees to provide community education on opioids and invited community members to join the Coalition to develop a call to action
- Partnering with police departments to increase the amount of medications brought to local Take Back Days from 20lbs to 165lbs and set up permanent take back boxes in Etown.
- Sponsoring Elizabethtown Borough Police Department officers in attending the Police Assisted Recovery Initiative training to develop the Second Chance Program
- Working with a group of community members to petition the Borough Council and Northwest Regional Police Dept to include Etown police officers on the Lancaster Drug Task Force
- Applying for and receiving the Comprehensive Addiction and Recovery Act (CARA) grant to implement opioid prevention in our community



## Program Spotlight: Club Ophelia

### Improve Relationships with Peers

87% of participants say Club has helped them cooperate with other girls

93% of participants have learned to be tolerant of girls who are different from them



Club Ophelia is an arts-based program curriculum that provides students with alternatives to bullying behaviors/situations and empowers them to overcome relational aggression through sound decision-making, conflict resolution, communication, role-playing and other key life skills. High school students serve as mentors and role models to the younger girls. Students can either self-elect to participate or school staff members and parents can identify students for participation. Since 2002, this program has served over 1000 girls and 80 middle and high school mentors within the Elizabethtown Area School District.

***"I want to empower girls and encourage them to be the unique person that they are."***

"The most important benefit of Club Ophelia, aside from teaching friendship skills for life, is the building of relationships, especially with the girls and their mentors, who are middle school and high school students. The 5th grade girls really form bonds and trust with the mentors which gives them the opportunity to talk and relate with older girls that may or may not have encountered girl aggression, but they can seek experience and someone will listen. I love to hear the mentors tell their own stories. It helps the girls who struggle with girl aggression for just making friends realize they are not alone. The mentors not only have the opportunity to share and connect to younger girls but they also have the opportunity to be leaders and to positively encourage them to make better choices. The mentors can repeat the same concepts adults suggest to the younger girls and it is received much better!" *-MaLisa Jordan, Club Ophelia Advisor*

## EACTC Programs, Initiatives & Partnerships

### School-Based Programs

- Botvin Life Skills
- Club Ophelia
- Do The Right Thing
- Attollo
- PAWS and Think
- Positive Experiences Program (PEP)
- Suite 360
- Club Aavidum
- Turnaround Recognition Breakfast
- Mentoring Program

### Initiatives

- Community Coalition
- Prescription Drug Take Back
- Parent Education
- Positive Community Norms Campaign
- Legislative Advocacy
- Mental Health Parent Education
- Sticker Shock

### Partnerships

- Prescription Drug Take Back
- Opioid Crisis Response
- Pre-Natal to Third Grade Program partner
- Incredible Years
- Prescription Drug Lock Box Distribution Program



# ELIZABETHTOWN COMMUNITIES THAT CARE

EACTC is a community organization committed to improving the lives of children, youth, and families in the Elizabethtown area. Using research-based programs, we guide and encourage our youth in making positive choices about alcohol, drugs, and other high-risk behaviors. EACTC partners with schools, parents, churches, and businesses to make positive changes in our community.

## 20TH ANNIVERSARY

EACTC is proudly celebrating its 20th anniversary this year! Elizabethtown Area Communities That Care is the only organization in Elizabethtown doing this type of outcomes-based prevention work benefiting youth and families.

## HOPE & CONCERN

The focus at EACTC is to balance hope and concern by addressing the known risk factors for youth in Etown and building on protective factors. EACTC implements programs in Etown schools, collaborates on initiatives with partners, and provides community-based education and prevention.

## OUTCOMES FOCUSED

EACTC uses data from the PA Youth Survey, administered every two years, to determine the most updated risk and protective factors for youth in the Elizabethtown Area School District. After reviewing the results, EACTC uses programs with a proven track-record to address those factors.

## PARTNERS

EACTC partners with the Elizabethtown Area school district, parents, local churches, businesses, law enforcement, coalitions, non-profits, and others to make positive changes in our community.

EACTC was awarded the PA Coalition of the Year in 2015 by the Commonwealth Prevention Alliance.

## OPIOID EPIDEMIC

EACTC is a partner in providing the early prevention efforts that are critical in addressing the significant impact of opioid use in our community. EACTC immediately responded to the opioid crisis in Elizabethtown and continues to address these issues today through education, prevention, prescription drug take back events, and medication lock box distribution.

## IMPACT

Did you know that every \$1 spent on prevention saves \$18 in future addiction treatment costs?

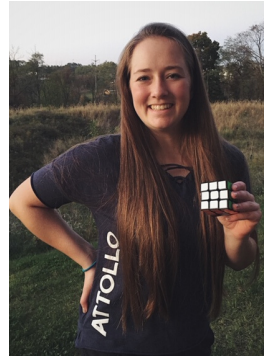
EACTC has programs and initiatives that range from focusing on helping individual students build positive social emotional skills to initiatives directed toward building a safer, healthier community for over 36,000 residents in the Elizabethtown Area School District

## FUNDING

EACTC is funded primarily through state and federal grants, including a 10-year Drug Free Communities grant and the Comprehensive Addiction and Recovery Act (CARA) grant. EACTC is also part of the United Way of Lancaster County Collective Impact grant in Elizabethtown, which is a collaboration of more than 60 partners in Etown working together to innovate education, physical/mental health, financial well-being, housing, and food services for our residents.

## Student Leader Spotlight:

### Maya Kenley



Maya Kenley, a busy 12th grade student at Elizabethtown Area High School, has been involved in two EACTC funded initiatives, the PAWS and Think Club and the Attollo college access & leadership program. She and 17 other students accepted the invitation to become "recruits" for Attollo, an intensive 6-week college access & leadership program. With the full support of her parents, Maya jumped at the chance to become

involved because she saw the unique opportunities and skill development that the program would offer her. After finishing the six-week course Maya completed an interview during which she reflected on the six Attollo pillars - strong mind, competition, resiliency, accountability, finish strong, and sacrifice - and solved the Rubik's Cube in less than 90 seconds! Over the summer, Maya was able to travel with the Attollo program on a funded college tour to Florida, during which she visited four colleges throughout the state with other Attollo students.

Maya has also participated in the EACTC funded PAWS...And Think Club at the Elizabethtown Area High School for the past three years. PAWS...And Think focuses its work on engaging student leaders in changing school-wide misperceptions about student substance use. She became a member in the club as a freshman and stepped into a leadership role in the club during her Sophomore and Junior years. She really enjoys participating in the activities of the club, especially those that involved interacting with other students. "I loved working with the elementary school children in the Plant the Promise program. I have learned a lot through PAWS...And Think about the importance of healthy choices and in developing leadership skills."

During her Senior year, Maya is enrolled in the Sports Medicine and Rehabilitation Technician program at Lancaster County Career and Technology Center, which she hopes will help prepare her for a college sports medicine program next Fall.

## Do The Right Thing Program Spotlight

"The 'Do the Right Thing' program is an outstanding and meaningful program that highlights and recognizes the remarkable ways our students show empathy and kindness to one another, to their teachers, and to their community as a whole. Students and parents are always humbled by the attention and praise they garner from the "Do the Right Thing" program. Furthermore, other students are often motivated by their classmates' random acts of kindness, which often inspires them to do the right thing. The "Do the Right Thing" program is incredibly impactful and effective, as it recognizes students for showing kindness, compassion, and empathy, character traits that are far more important than any lesson from a textbook. The Elizabethtown community is truly blessed to have the "Do the Right Thing" program in our schools, and it is programs like this that inspire and motivate students to act with civility, compassion, and kindness. "

- Mike Pericci, Principal, Mill Road Elementary School



The Elizabethtown Area Communities That Care needs your help! Please consider making a contribution to EACTC during the Lancaster 2019 ExtraOrdinary Give. Your contribution will help sustain efforts that make a positive difference in the lives of Elizabethtown's children. Contributions can made online to EACTC at: [www.extragive.org](http://www.extragive.org).



Please join us on Nov. 22, 2019 from 5-8pm at Mt. Calvary Christian School at an event showcasing a group of Elizabethtown non-profits participating in the ExtraGive fundraising day. Activities, door prizes and a free meal will be provided.

Support Our Organization During

# THE EXTRA<sup>TM</sup> ORDINARY GIVE

NOVEMBER 22  
EXTRAGIVE.ORG

On November 22, donate online at [ExtraGive.org](http://ExtraGive.org) and your generous gift will be stretched by more than a HALF MILLION DOLLARS in stretch pool and prizes from the Lancaster County Community Foundation and sponsors.

[Help us go the EXTRA mile together!](#)

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