Greetings from the Executive Director

We are excited to share our 2019 - 2020 CTC accomplishments. Meet our Healthy Youth Positive Energy (HYPE) club members from the Downingtown Area School District as they share their advocacy and peer mentoring stories; read about the impact of prevention programs in our schools; and celebrate with us our increased capacity to deliver messages of prevention to our schools and community.

Our CTC collective of community partners is guided by the strength of 25 organizations and a message of collaboration, commitment, and prevention. Communities That Care of Greater Downingtown is committed to building capacity to support our youth and families to meet a simple mission: “to empower youth to make positive choices to reach their full potential.” With the power of our collective we believe we can achieve this mission and bring significant progress in the focus areas of:

- Engaging youth in prevention initiatives
- Promoting alternative healthy social activities and events for youth
- Equipping parents and strengthening families
- Providing prevention education and public awareness

We recognize that real change comes from the combined commitment of our community prevention partners to reduce risk behaviors and build protective factors to meet mental health and substance use challenges. We are grateful for the continued generous support of our donors, funding provided by the Chester County Department of Drug and Alcohol Services, The Pennsylvania Department of Human Services, and CCRES. We hope to see you at our upcoming school and community events and encourage you to stay connected through our CTC website, Facebook and Instagram.

Thank you for believing in the power of prevention and partnering with us to support Downingtown community youth and families.

Bethann Cinelli, D.Ed.
Executive Director, CTC

19 schools engaged in prevention programming.
25 CTC Collective Partners
160 DASD staff trained in K-12 Prevention Curriculum
750 6th Grade students trained in Suicide Prevention
7107 Students Impacted

OUR MISSION To empower youth to make positive choices to reach their full potential.

OUR VISION A thriving community where youth are making positive choices and are achieving their goals.

OUR GOALS To create a safer, supportive community for youth. To strengthen community collaboration in prevention efforts.

OUR CORE VALUES Community, Commitment, Integrity/Transparency, Volunteerism.
The Team

2019-20 Board of Directors

Patricia Bell
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CTC President
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Staff

Bethann Cinelli
Executive Director
Christine Dziembowski
Prevention Program Coordinator
Carmen Glenn
HYPE Coordinator & Administrative Support
Suruchi Baheti
Bookkeeper
Aria Walerski
Social Media/Communications
Joshua Fetzer
Website and Marketing

Partners

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Brandywine Hospital
Caron Treatment
CC District Attorney
CC Dept. of Drug and Alcohol Services
Center For Families
Chester County AVOID (Advocates for Victims of Impaired Driving)
Chester County Health Department
COAD (Council on Addictive Diseases)
Collegium Charter School

About Us

CTC Programs

The CTC is a community based collective working to create resilient youth and families through increased awareness, education, and shifting social norms surrounding mental health, drug, and alcohol use/abuse. The CTC aims to cultivate an environment of positive impactful change. We strive to facilitate the interpretation of research and knowledge regarding drug, alcohol, and mental health into accessible tools for local communities.
Meet our CTC Healthy Youth Positive Energy (HYPE) clubs: Making a difference in creating a healthy school community!

HYPE, Healthy Youth Positive Energy, is a student club that is currently active at 6 Downingtown Area School District schools: Marsh Creek 6th Grade Center, Lionville Middle School, Downingtown Middle School, Downingtown West High School, Downingtown East High School and the STEM Academy including 78 active members leading 16 school-based projects.

HYPE clubs engage youth in prevention initiatives by promoting healthy behaviors and providing student education on substance use and abuse, as well as mental and emotional wellness. HYPE clubs, with the guidance of dedicated faculty mentors, design positive prevention message campaigns to raise awareness and send consistent messages to youth about the power of healthy choices.

Thank you to our HYPE club faculty mentors - your leadership and commitment to mentoring youth is the power behind prevention!

Jynelle Sass & Bill Bennett  
Downingtown East High School

Susan Tancredi  
Downingtown West High School

Kathy Buchovechio  
Downingtown S.T.E.M. Academy

Brandon Prieto  
Lionville Middle School

Patti Reidinger & Beth Burkhardt  
Downingtown Middle School

Stephanie Britton & Bethany Deamer  
Marsh Creek 6th Grade Center
HYPE Club Highlights for 2019 - 2020

Anti-Vaping Poster/Ads
Students hung posters in the school with original messages around anti-vaping goals and discussed them on the morning news broadcast.

Contest
Students participated in a county wide contest to create an anti-vaping meme. One student from DMS earned an honorable mention and received a poster of his meme to hang in the school.

Thumbs up for No Vaping
Students created two murals with student thumbprints to raise awareness.

World Kindness Day
Students created a meditation room and gave out chocolates with positive messages.

Red Ribbon Week
Passed out red ribbons to support anti drug message and students signed an anti drug pledge.

New Year’s Resolution campaign
Posters highlighting the healthy habits to start in 2020.

Schoolwide Contest
The entire school population was engaged in a contest to come up with anti-vaping slogans, visual, memes, etc.

Anti-vaping bulletin board
Created a visible bulletin board promoting anti-vaping.

Kind Grams
Students handed out KIND bars with Kind Grams for Kindness Week highlighting the importance of being kind to others.

Pledge to be Vape Free
Students created a banner that hundreds of fellow students signed as a pledge to be vape free. In recognition of their pledge each student received a bracelet with the same message on it.

Role Models for Change
Students from our three high school HYPE clubs participated in a program provided by Caron Foundation utilizing education, mentorship and peer to peer support training to highlight the consequences of nicotine use by youth. The high school students will communicate the message to their younger peers and serve as role models for change.

Instagram
HYPE Club instagram accounts were created as an additional resource to get various anti-drug and positive mental health messages to students through social media.

Positive Video
Students created a “stay positive” video that was distributed through social media during COVID-19 pandemic.

Cyber Pet Week
Students posted pictures of themselves with their pets to social media as a way to connect during the pandemic.

ROCK It!
Students painted rocks with positive messages and posted online during the school closure due to pandemic.

“On HYPE

“I participated in HYPE because I wanted to make a difference in the community. Whilst our community is lucky to not have as many significant substance abuse problems as other communities; many students still face these issues on a daily basis. I have seen the horrible effects that abuse of drugs and alcohol can have on both a person and a community, and I want to prevent that in our community as much as possible.”

- Ryan Kosta
Downingtown West

“I participated in HYPE because I wanted to help the school in a positive way while meeting new friends.”

- Ava Lichok,
Downingtown East

“I have seen the horrible effects that abuse of drugs and alcohol can have on both a person and a community, and I want to prevent that in our community as much as possible.”

- Issy Karp,
Downingtown West

6 HYPE Clubs

16 Campaigns
In February, CTC staff attended the 30th Annual National Leadership Forum of the Community Anti-Drug Coalitions of America (CADCA). Over the four day conference, offerings included workshops, guest speakers, and Capitol Day, when Coalition leaders gathered with others from their state to present concerns and needs for their communities to senators and representatives.

The mission of CADCA is to strengthen the capacity of community coalitions to create and maintain safe, healthy and drug-free communities globally. Since 1992, CADCA has demonstrated that when all sectors of a community come together, social change happens.

SHOWN IN PHOTOS
Bethann Cinelli, Executive Director, Carmen Glenn, HYPE Coordinator, and Chrissie Dziembowski, Prevention Program Coordinator.
Prevention Program Trainings

Thanks to the Chester County Department of Drug and Alcohol Services, CTC received funding to build capacity of prevention education for grades K-12 in the greater Downingtown community.

160 school personnel were trained as new facilitators for three (3) evidence-based programs including: Footprints for Life; Say It Straight and Signs of Suicide (SOS). These social and emotional learning programs will become part of the on-going curriculum to increase coping and resiliency in our youth.

School Culture

School and Community prevention and early intervention program teaching students, grade 6, how to identify situations experienced by a children’s soccer team. The lessons focus on five key competencies: planning and decision-making skills, interpersonal skills, cultural competence, peer pressure, and peaceful conflict resolution. Students with these abilities are better able to articulate their feelings, and less likely to engage in risk taking behaviors, including alcohol, tobacco, and other drug use.

Communication

Signs of Suicide (SOS)

Signs of Suicide (SOS) is a mental health prevention and early intervention program teaching students, grade 6, how to identify the signs of depression and suicide in themselves and their peers, and how to access resources in the school and community.

Footprints for Life™

Footprints for Life™, for grades 2 and 3, uses animal puppets and stories that feature “real-life” situations experienced by a children’s soccer team. The lessons focus on five key competencies: planning and decision-making skills, interpersonal skills, cultural competence, peer pressure, and peaceful conflict resolution. Students with these abilities are better able to articulate their feelings, and less likely to engage in risk taking behaviors, including alcohol, tobacco, and other drug use.

Say It Straight

Say It Straight (SIS) participants, grades 7 and 8, explore negative communication behaviors and learn how to communicate with honesty and respect through discussion, role plays and other interactive group activities. Students will increase self-awareness and confidence, positive relationships, personal and social responsibility, and be empowered to avoid substance use, violence, and high-risk sexual behavior.

Back to the community

CVC values our partnership with the Downingtown CTC as it keeps us connected with the Downingtown Community and the other providers who serve it. For years, CVC has partnered with different folks around Downingtown to try and make it a safer and healthier space for all who live there. Serving all of Chester County, CVC could not possibly be successful without passionate, dedicated, and supportive partners like those represented on the Downingtown CTC. The word “partner” is very important, because these partners turn the work CVC does into the work that the whole community can participate in. They welcome us and support us and collaborate in such a way that makes us sure that we can succeed.”

Joe Myers
Community Outreach Coordinator
Crime Victims Center of Chester County

Selena Moresi, MPH, GTCS, CHES, Caron Treatment Centers

Caron has worked closely with the CTC for the past six years, attending their meetings, engaging in their brainstorming sessions and delivering drug prevention programming when opportunities arise. The CTC are experts at identifying the needs of the Downingtown community and finding partners to address those needs. Last year through the CTC we connected with the middle schools to deliver student and professional presentations on the dangers of vaping. In 2020, through the organizing of the CTC, we were able to train the HYPE (Healthy Youth Positive Energy) groups at all three district high schools in our Role Models for Change program, so that they can provide vaping and other tobacco prevention lessons to middle school students. We know the powerful impact peer to peer education can have and I’m thrilled that the CTC is providing a platform for youth who want to make a difference in their own schools.
Mental health services have been undervalued in this country for decades...according to Dr. Brad Dyer, pediatrician in our community for over 25 years, speaking on the increasing incidence of mental health issues in our youth, particularly teens. Dr. Dyer was one of the presenters, along with CTC, at the Youth Mental Health House Policy Hearing in October, sponsored by Rep. Danielle Friel-Otten at the Lionville YMCA.

“Several years ago, my colleagues and I began to notice an uptick in calls and office visits regarding mental health—particularly anxiety and depression. Ten years ago I could count the number of my patients on medications for such diagnoses on one or two hands. Now they number in the hundreds. One in five calls coming in to our nurse triage center is about mental health. A brief search of our records shows that new consult visits for anxiety and depression this year have increased by almost five-fold, to over 300. Today we find ourselves overwhelmed with requests to provide counselling services and prescribe anti-anxiety and antidepressant medications—either by patients, their parents, their psychologists, or even school personnel. This is something that none of us were trained for—but have had to learn because the demand for these services is so high and there is no one else available to provide them. Our country’s system for taking care of patients with mental health problems is fractured. Who and where we refer patients depends on age, the nature of the problem, whether or not they have medical insurance, who that insurance company is, and whether or not the provider is taking new patients. Urgent referral visits are almost non-existent unless a patient is acutely suicidal. Wait times to see pediatric or adolescent psychologists usually range from several days to several weeks, and to see a pediatric psychiatrist usually takes several months. The urgent need is simply to provide timely, high quality care by trained professionals who are paid appropriately for their time. Mental health services have been undervalued in this country for decades, and this is nowhere more apparent than in insurance reimbursement for professional services. This has resulted in a lack of practitioners qualified to care for our children with mental health issues. When one of my youngest patients is showing delays in development, I refer them to the county intermediate unit, where they are evaluated, and, if necessary, provided treatment as long as the condition lasts, regardless of family income or insurance coverage. Isn’t it time we came up with a similar program to treat children with mental health issues?”

Dr. Dyer is founder and physician with All Star Pediatrics, serving over 10,000 patients and their families.
When I started high school, it was hard to meet people, and I couldn’t find “my group.” It seemed that many were drinking and partying. Then, as a sophomore I became involved in HYPE—and I found a place where I could be myself, where others were willing to speak up and promote healthy choices. Now I know how to listen to my peers and share what I’ve learned. I feel like students are more informed and things are getting better!  
- Allison, Downingtown Senior.

I have learned that I can make a difference to my peers and in my community – I am sharing what I know about substance abuse and mental health with everyone I meet. Participating in HYPE has been one of the best times of my high school career!  
- Taylor, Downingtown Senior.

HYPE (Healthy Youth Positive Energy) is our signature program for students in grades 6 – 12, providing leadership and advocacy opportunities for youth to share their voice as part of the prevention community.

With your support Communities That Care of Greater Downingtown (CTC) will sustain and expand HYPE clubs in our community and continue to provide mental health workshops, speakers, and resources for our youth and parents before they face difficult challenges.

2019 Gala Sponsors

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Hopewell UMC
Nelson Building Services
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Smedley Orthodontics
James A. Cochrane Realtors
Bryn Mawr Trust Bank
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- Lionville Natural Pharmacy
- Marchwood Dental Associates
- The UPS Store, Lionville
- Dr. Brett Boden, DMD
- Thornsdale United Methodist Church
- Marsh Creek Community Church
- Chester County Dept. of Drug and Alcohol Services
- PA Dept. of Human Services
- CCRES Inc.
- Delno & Dennis Large Memorial Fund
- Whitford Charitable Foundation

**INCOME**
- Individual Donations $18,500
- Corporate Donations $6,200
- Total Income $180,938

**EXPENSES**
- Program $101,000
- Fundraising $12,900
- Administrative $37,500
- Total Expenses $151,400

**CONTACT US**
- dtownctc@gmail.com
- www.dtownctc.org

**Out & About**

Bethann and Patricia Bell Tabling at Community Wellness Fair at Marsh Creek Community Church, October, 2019

Lena Elguindi, Board member, sharing resources.

Local fundraiser held for CTC by Flour and Oats Bakery and Stein Realty Team, February, 2019
Our Prevention Strategies

Prevention Education and Public Awareness

Supporting Parents and Strengthening Families

Engaging Youth in Prevention

Promoting Community Opportunities and Rewards for Prosocial Involvement

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