



SHIPPENSBURG
UNIVERSITY
CENTERS FOR EXCELLENCE

Shippensburg Community Resource Coalition

Annual Report 2021-2022



SERVE. HELP. INVEST. PARTNER

Shippensburg Community Resource Coalition

www.shipresources.org

The Numbers



Grants

- 9 grants awarded
- \$269,579

Donations

- \$36,243 in cash
- \$12,000 in kind

Hound Packs

- 161 youth
- 5,482 bags of food
- 38,374 meals
- 26 volunteers per month

Be Kind Campaign

- 24 Middle School Teen Leadership Club Students
- 9 Events at Middle & High School
- 158 Students Caught being Kind
- 3 SU Events

Summer Learning Program:

- 63 youth
- 1,266 meals served
- 57 volunteers

Grey Matter:

- 56 youth completed program
- 12 groups

Students Involved:

- 1 AmeriCorps VISTA Summer Associate
- 5 Social Work Interns
- 2 SURE Students
- 5 Summer Staff
- 5 POC Students

Leaders-In-Training (LIT)

- 14 youth attended LIT Camp
- 20 youth attended Summer Learning Program's LIT
- 1 Service Learning Project

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Our Mission Statement

The Shippensburg Community Resource Coalition is a collaborative effort to provide quality social services and youth programs that are accessible and safe and that recognize the dignity and worth of each person. Our goal is to help community members reach their full potential.

We work to fulfill our mission in the following ways:

- Working with existing programs in surrounding communities to encourage them to provide services in Shippensburg.
- Regularly assessing community needs and resources.
- Creating new services as necessary.
- Partnering with other community programs to strengthen our collective efforts.

Our Vision

Serve. Help. Invest. Partner

Our Purpose

- To provide a central hub for social services
- To provide a central hub for youth programming
- To refer clients to counseling services
- To partner with existing stakeholders such as the school district and Shippensburg University to meet educational and community needs.

Our History

SCRC was started in 2010 in response to the growing need to help residents find and utilize social services. Shippensburg falls between Franklin and Cumberland Counties which means that services can be difficult for community members to access if the services extend to Shippensburg at all. SCRC formalized in 2012 and has brought service providers and community members together since this time, with the aim of connecting clients with resources as well as developing programs to meet needs. In 2018, SCRC officially became a Shippensburg University Center for Excellence.

Director's Report

Over ten years ago, the idea for the Shippensburg Community Resource Coalition (SCRC) began with conversations over coffee...many conversations with many people. This approach to program development and community organizing is the foundation of how we do our work. These early relationships helped us to grow intentionally and incrementally and build a strong foundation as a community-university partnership where we provide social services and learning experiences for SU students.

Thanks to our collaborative work, our programs have grown, our learning opportunities are even more enriching, and our space is new! We appreciate the partnerships with Community CARES and St. Andrew's Episcopal Church as we moved into our new space on Burd Street. We have also found great success working with Shippensburg Area School District to provide Grey Matter groups to students. Shippensburg University and Shippensburg University Foundation continue to provide networks of support that help SU SCRC students learn, grow, and provide services to the community.

Please share your ideas, your feedback, and your energy with the SCRC. Our work is only possible because of collaboration. Thank you to the many people who support our work and a very special thanks to our amazing coordinator, Sonja Payne, and the SU SCRC students!

Liz Fisher

Center for Excellence Director and SCRC Board of Directors Chair



Sonja Payne, MSW, SCRC Coordinator

Sonja Payne, MSW, is the SCRC Coordinator and runs the day-to-day operations of SCRC. She has worked in different capacities for SCRC since 2017 and as the SCRC Coordinator since 2020. She was previously the Community Health Mobilizer and while she continues to do those tasks, she enjoys also working on the more administrative leadership side. She came to the SCRC with a broad background in the field of human services and continues to hone her skills in community work and as a supervisor.

Sonja specializes in community organizing as well as forming relationships within the community to bring different agencies, organizations, churches, and community members together to address the needs of the community. When the pandemic hit, it was her quick thinking and organizing skills that started the Shippensburg Community Conference Calls the first week of the shut down. Other communities looked to Shippensburg to learn how to mobilize their community response. She continues to seek learning opportunities to grow in her community organizing and leadership skills. She is passionate about giving a voice to the underserved and helping all members of a community reach their highest potential and thrive.



Sonja's other area of passion is teaching the next generation of social workers by having multiple social work interns every semester. Her goal is not only to help students connect what they are learning in class to work in the field but also to empower them to be a rockstar social worker. This often means that her interns are asked to do things that they may be uncomfortable with at first such as leading a group supervision session or community meeting but by the end of the internship they have a wide range of new skills. Sonja also sends her interns to work with community partners to provide a well-rounded internship experience that includes taking into account the intern's career goals. When asked why she takes so many interns, she says "One, I can't get all the work done without this many interns and two, these students may one day be my colleague and I want to make sure they are well-trained!"

Board of Directors

Liz Fisher, Chairperson

Professor, Dept. of Social Work and Gerontology, Shippensburg University

Stacy Yurko, Vice Chairperson

Franklin County Info & Referral and Training Coordinator

Courtney Porter, Secretary

Chambersburg Memorial YMCA & Volvo CE Wellness Coordinator

Rhonda Horst, Treasurer

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Laurie Cella

Associate Professor, Dept. of English, Shippensburg University

Kathy Coy

Mayor of Shippensburg

John Dyson

Broker of Record, Sailhammer Real Estate

David Lindenmuth

School Counselor, Shippensburg Area School District

Dorlisa Minnick

Associate Professor, Dept. of Social Work & Gerontology

Diana Nazario

Director, Branch Creek Place Senior Center

Beverly Shumway

Retired Second Grade Teacher

Amanda Smith

Community Member and Circle of Love

Robin Tolan

Senior Human Services Program Manager, County of Cumberland;
Cumberland/Perry MH.IDD

Student Involvement

The SCRC is a Shippensburg University Center For Excellence and serves as a “learning lab” for the university. Students, faculty, and staff are involved in our work and have initiated many of our programs and services. We also provide a bridge for building community-university relationships.



Internships

The SCRC is able to offer internships for a variety of majors but specializes in Bachelor and Master level social work student internships. The SCRC has 4-5 interns each Fall and Spring semester. Summer internships are also available.



Service Learning Projects

SCRC works with many university classes and groups to complete projects either at SCRC or in the community. During Spring 2022, a group of social work students organized the SCRC Silent Auction. These projects provide valuable learning experiences for students to put the theory they learn in the classroom into practice.



Student-Faculty Research

We have many undergraduate and graduate research opportunities with SU faculty and SCRC. Students also have the opportunity to present their research at national conferences. In 2021 and 2022, three undergraduate students worked with faculty on SU Summer Undergraduate Research Experience grants.

Dr. Michael Lyman and Zoe Willard assessed the community's ability to respond to the incoming casino in 2021. Dr. Lyman and Kiersten Melder assessed yoga and mindfulness's impact on LIT students in 2022. Dr. Laurie Cella and Nate Hallman assessed the 2022 Summer Learning Program's Harry Potter theme's impact on youth literacy.

Meet The Team



Ted Chylack

MSW Intern, Fall 2021 - Spring 2022, Class of '23

Ted enjoyed co-facilitating the Grey Matter sessions with Shippensburg Area Senior High School students. He liked working directly with the students, and the Grey Matter program gave him his first look at school social work. Ted loved that SCRC's primary focus is to help local agencies network and pool their resources. Having had the experience of attending and leading different meetings for a community organization will remind him to constantly ask himself "Are there other sources of support I haven't considered yet?" Ted hopes to become a school social worker after graduating with his MSW.



Blaine Shindle

MSW Intern, Fall 2021 - Spring 2022, Class of '22

Blaine's most memorable experience during his internship with SCRC was working with middle school students in the Healthy Decision-Making group. He enjoyed it because he was able to see the youth grow and learn over time in the group. This internship helped him improve his skills in providing group therapy to a diverse population and how to help empower group members. Blaine plans to work as a family-based therapist for a local agency and possibly become a school social worker later in his career.



Joey Loffio

MSW Intern, Fall 2021 - Spring 2022, Class of '22

Joey enjoyed working as the Hound Packs Coordinator and his most memorable experience was the turkey drive and interacting with the community members. The most important thing he learned at SCRC is to continue being yourself. People can focus too much on being professional and sometimes lose what makes them special. Joey's time at SCRC has empowered him to continuously strengthen his competence as a social worker and human being. After graduating, Joey plans to move to Philadelphia and hopes to secure a job working for the Commonwealth. Long term, Joey wants to be a macro social worker with a focus on policy changes and social justice.



Noah Steinfeldt

BSW Intern, Fall 2021, Class of 2021

Noah's most memorable experience at SCRC was being able to work with Hound Packs. He enjoyed having the opportunity to make a difference in food insecurity in the community. Noah felt confident that the Hound Packs program is truly making a difference in the community. SCRC gave him the opportunity to put what he is learning in his social work classes into real-world practice. Interning at SCRC was an eye-opening experience for Noah and gave him an insight into what families in the Shippensburg community struggle with the most. Noah gained a new perspective on macro social work practice and can see himself in the macro field after graduating.



Erika Lopez Martinez

BSW Intern, Spring 2022, Class of 2022

Erika enjoyed working with the school district on the "Be Kind" campaign. She loved the interactions with the students and felt like she was able to make a difference. She learned to be confident in her social work abilities and skills. SCRC helped prepare her to work in the field by witnessing how networking is essential in the field of social work. She was able to experience working with different groups of clients that will help her with her career in the future. Erika also worked over the summer as an AmeriCorps Volunteer In Service To America (Vista) Summer Associate. Her career goals are to create programming and be a director at an agency.



Amber Cornell

SCRC Graduate Assistant, Fall 2021 - Spring 2022,

Class of 2022

Amber's most memorable experience at SCRC was helping at the children's fairs where she face- and hand-painted for the children. During her time at SCRC, she had to work outside of her comfort zone and was able to get used to experiences that used to make her uncomfortable like calling people on the phone. She believes that being the GA for SCRC helped prepare her for macro-level social work and develop her self-care skills. Amber plans to find a job related to behavioral health and hopefully work as a clinical social worker.

Community Programs

Community Conference Calls

The Community Conference Calls started on March 17, 2020 in response to the pandemic and the shut-down. The goal was to bring key stakeholders and community members together to identify the needs in Shippensburg and how to address them as a community. While SCRC thought that these calls would only continue during the height of the pandemic, the community asked to continue them permanently. Thus, we continue to have these calls on the first and third Tuesdays of the month. We average 15 people on each call which includes community members, human service agencies, school district personnel, Shippensburg University staff and faculty, government representatives, and faith-based community members.

Shippensburg Human Service Council

The Shippensburg Human Service Council (SHSC) was created by a core group of committed community members who saw the need to share information across organizations about the human services programs and challenges in Shippensburg. SCRC has coordinated the monthly luncheons since 2013. The intent of the meetings is to bring together community organizations, county agencies, and anyone interested in human services in the Shippensburg area to share what they are doing and network with other people in the area. Monthly meetings are open to the public but geared towards the human services field. Since the pandemic, we meet over Zoom on the second Friday of the month from September - May.

Shippensburg Resource Guide

The town of Shippensburg is located in both Cumberland County and Franklin County, leading to confusion about how and where to access social services. County social services are available in the neighboring towns of Carlisle and Chambersburg. Both counties have their own guides to social services so this guide was created to focus only on the services that are available within the Shippensburg Area School District boundaries.

Community Meals

The free community meals that are offered Monday-Friday nights and the first three Saturdays of the month for breakfast have been a regular part of the community for over ten years. SCRC helps by coordinating to make sure each evening is covered and promoting them with a monthly calendar.

Healthy Shippensburg Coalition

Mission

To help community members reach their full potential by strengthening health and social services related to the ways that home, school, workplace, neighborhood, and community factors impact one's health. This work includes a reduction in risk factors related to youth substance use and social, emotional, and physical health in order to increase youth resiliency.

Who are we?

We are a group of community members, business owners, and health and human service providers. The coalition works to implement new programs, policies, and/or procedures in the community to help break down identified barriers and fill in the gaps in services to increase the overall well-being of Shippensburg residents. This is a task-oriented group and anyone who lives, plays, works, or worships in the Shippensburg community is welcome to join!

What did we do in 2021-2022?

- Restructuring the coalition to include the Communities That Care coalition and add youth resiliency as the fourth area of focus
- Advocacy Training: How to advocate as an individual and coalition
- Be Kind Campaign
- Grey Matter in the High School
- Youth Art Contest
- Coalition Check Up with Penn State EPIS Center

Areas of Focus

- 01 Affordable Quality Housing:** All residents of the greater Shippensburg community will have access to stable, affordable housing.
- 02 Access to Affordable Behavioral Health Services** (includes mental health and drug and alcohol): Enhance awareness of and reduce barriers to mental health and substance use services.
- 03 Reliable & Consistent Transportation:** Increase transportation opportunities in the community and reduce transportation barriers to accessing services.
Youth Resiliency: The youth task group is continuing with the Communities That Care model that SCRC and the Shippensburg community started in 2018. Using the PA Youth Survey data, we identified the following areas of focus: Parental attitudes favorable to anti-social behavior such as drug and alcohol use; Depressive symptoms, and; Community recognition of pro-social behavior
- 04**

SCRC Project Highlights



Highlights:

- 5,482 Distributed bags of food
- 38,374 Meals
- 145 average number of bags packed each week (163 maximum number of bags)
- Volunteers: 45 volunteers plus 15 school counselors & office staff
- MSW Intern was the Hound Packs Coordinator for the first time

The Hound Packs program helps bridge the food gap students experience on the weekends during the academic school year. Food insecure students in the Shippensburg Area School District (SASD) receive a bag of food over the weekend with 7 meals and 1-2 snacks. This is a collaborative program between the SCRC, SASD, Shippensburg churches, and community members.

This was the fifth year of the Hound Packs program and we have had many changes since the start of our program! One of the most significant changes is that we are now an inclusive program meaning any child ages 3-18 that lives in the geographical area of the Shippensburg Area School District can enroll in the program. We delivered to 45 students that do not attend one of the SASD schools but go to a private school, are homeschooled, or attend school virtually.

This was our first year running the program without a full-time AmeriCorps Volunteer In Service To America (VISTA) coordinator. One of our MSW interns, Joey Loffio, coordinated the program, including ordering food, making menus, picking up donations, and recruiting volunteers in the short 16 hours a week he interned. Beverly Shumway helps to coordinate volunteers, raise funds, and problem-solve any issues. Dan Watkins led the staging volunteers in setting up the items to be packed in the bags and packed the bags for students with allergies on Tuesdays. Nicole Bard was in charge of the volunteers who came on Wednesdays to pack the bags. Every Thursday, we had at least four volunteers who helped deliver the bags to the schools and homes. Branch Creek Senior Center members double bag the bags that Giant donates to us so the bags do not rip when students take them home. Each month it takes a minimum of 26 volunteers to implement this program.

Another addition this year was churches regularly collecting donations. We have partnerships with the following churches that help support us:

- Hope Church
- Life Community Church
- Messiah Methodist Church
- Middle Spring Presbyterian Church
- Newburg United Methodist Church
- Oasis of Love
- Our Lady of the Visitation
- Prince St. United Brethren Church
- Ridge Church of the Brethren
- Shippensburg Church of the Brethren
- Shippensburg First Church of God



Summer Learning Program

Highlights:

- 63 unduplicated youth
- 17 average number of youth each day
- 1,266 breakfasts & lunches plus daily snacks
- 16 deliveries of fresh produce from Toigo Orchards
- 35 community member volunteers
- 22 guest speakers from the community, Shippensburg University staff/faculty, and a White House Park Ranger
- 9 Field trips

The Summer Learning Program provides free breakfast, lunch, and programming during the summer. This is the first year we were able to offer the program for 8 weeks instead of 7 weeks. In 2022, the program hired a Director, Program Assistant, AmeriCorps VISTA Summer Associate, and Leaders-In-Training Director. The program was held at Nancy Grayson Elementary School. Breakfasts, snacks, and Friday lunches were provided by community members and churches. The lunches were provided by the Shippensburg Area School District's Ship's Galley through the USDA Summer Food Service Program. Toigo Orchards gave us fresh produce twice a week.

Through our grant with the Department of Environmental Protection, we had 4 different lessons related to environmental justice and climate change. We also went to King's Gap Environmental Center and Renfrew Museum and Park for special lessons, too. Other field trips included Horse-Powered Reading with Reins of Rhythm Riding Center, Shippensburg University Farm, Baseball and Track & Field Day, and Snakes in Shippensburg.



Leaders-In-Training (LIT)



Highlights:

- Leaders-In-Training Camp: June 6th-9th at Shippensburg University
 - 14 youths entering grades 6th-12th
 - 4 community leaders
 - 1 SURE project on Yoga and Mindfulness daily with youth
- Summer Learning Program Leaders-In-Training: June 13th-August 5th
 - 20 youths entering grades 6th-12th
 - 6 youths, average number of LIT youth daily
 - 1 service learning project
 - 1 LIT youth only field trip

Leaders-In-Training Camp: To coincide with our Summer Learning Program theme and reading project, LIT participants used Harry Potter houses as a fun way to think about leadership. Each day, we focused on a Hogwarts house (Gryffindor, Slytherin, Hufflepuff, and Ravenclaw) and discussed how leadership looks different with the different strengths associated with each house. One of the goals for the youth leaders was to give them the tools and language they needed to feel comfortable stepping into a leadership role. Students were able to lead activities, utilize resources to learn more about leadership, and hear from community members about their own life experiences with leadership.

Summer Learning Program's Leaders-In-Training: Through a grant from the Partnership for Better Health, we were able to fund a LIT Director to develop and implement a program for youth entering grades 6th-12th that attended our Summer Learning Program. The LIT program's goal is to help develop youths' leadership skills through leadership lessons and hands-on work as leaders for younger SLP participants. LIT youth assisted the SLP staff with daily responsibilities such as snack preparation and distribution, meal cleanup, art activities, and games. Based on a pre-and post-Leadership Assessment Survey, below is the percentage of youth reporting improvement for some of the behaviors assessed:

- 63% Initiate to assist staff with tasks
- 54% I have made at least one new friend
- 54% Overall positive attitude
- 50% I can get campers or my peers to work or do projects together
- 46% I lead by example; I help others willingly and learn eagerly
- 45.45% I ask quiet peers about their thoughts
- 38.46% I make people feel comfortable and welcome at SLP



Youth School Programs



Highlights:

- Healthy Decisions Group:
 - 7 youth met from Oct-May
- Teen Leadership Club at the Middle School
 - 24 youths
- Grey Matter
 - 59 youth completed the program
 - 12 groups
 - 63% of participants reported decreased depressive symptoms

Healthy Decision-Making Group

The group gives seventh-grade students a safe place to open up and discuss their concerns and struggles. The goal is to help students process the challenges in their lives so that they do not negatively impact them in the school setting. The group meets throughout the school year for one hour each week. This year it was co-facilitated by a Master of Social Work intern, Blaine Shindel, and Master of Science in Counseling graduate assistant, Megan Seewood.

Teen Leadership Club

Angie McKee, a middle school counselor led this group and SCRC worked with them on the "be kind." campaign. The 24 students developed the "be kind." calendar for the schools and the community, decorated the windows of the schools in the district with "kind" sayings, and planned four different events at the middle school to encourage students to "be kind." They also went to Shippensburg University to paint kindness rocks with the students.

Grey Matter

The Grey Matter program is a free, six-week school-based prevention program for Shippensburg Area Senior High School (SASHS) students showing a lack of motivation, sadness, or irritability. Group sessions include building group trust, increasing participant involvement in fun activities, learning and practicing new ways of thinking, and developing plans to respond to life stressors. 13 people including 5 Shippensburg University social work students were trained to facilitate the program. They ran 12 groups during the school year and 56 youth completed the program. Students take the CES-D, a depression measurement tool before they start the group and at the end of the group. 63% of the students had an improved depressed affect score at the end of the group.

Summer Youth Scholarships

The Partnership for Better Health provides monies for children ages 6-17 years old in the Shippensburg Area School District to attend a summer camp. The families of the children must demonstrate a financial need and request to attend a summer program that supports overall good health. The SCRC facilitates the program including marketing, accepting applications, and determining if the eligibility requirements are satisfied. The Shippensburg University Foundation managed and distributed the finances for the program. In 2022, 34 youth from 23 families received scholarships of \$150 to attend camp.

Financial Highlights

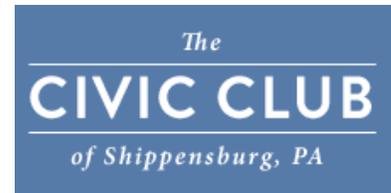
SCRC is under the fiscal umbrella of the Shippensburg University Foundation which is a 501(c)3. As a Shippensburg University Center for Excellence, we are also able to apply for state and federal funding through the university, diversifying our funding options.

Grants and Fundraisers
PCDE Leaders-In-Training Camp
Silent Auction Fundraiser
The Foundation for Enhancing Communities, The Children's Foundation: Summer Learning Program
Alexander Stewart, M.D. Foundation: Hound Packs
Partnership for Better Health: Summer Learning Program Leaders-In-Training
Partnership for Better Health: Youth Summer Scholarships
Naugle Family Foundation
Partnership For Better Health Match Madness Fundraiser
Shippensburg University Homecoming Philanthropy
Dittmar Memorial Grant - Community Nurse and Social Work Intern
Partnership for Better Health: SCRC Coordinator for Healthy Shippensburg Project
Pennsylvania Commission on Crime and Delinquency The Blues Program (Grey Matter)

Sponsors & Partners



Elmer E Naugle Foundation



The Growing Edges
Community Counseling Clinic



Kiwaniis
PENNSYLVANIA DISTRICT



EDNA BENNETT PIERCE PREVENTION RESEARCH CENTER
The EPiSCenter is funded by PCCD, the PA Department of Human Services, and DDAP through PCCD grants VP-ST-28168 and VP-ST-28935.





Thank You

Shippensburg Community Resource Coalition

 Address

206 East Burd Street, Shippensburg, PA 17257

 Telephone

717-477-1961

 Website

www.shipresourcs.org