

# Annual Report



**2018-2019**

# Annual Report Summary

**1,354 Lunches**

*Served during  
Summer Lunch Program*



**47 CHILDREN**  
*received Camp Scholarships  
to attend 11 DIFFERENT  
CAMPS*



**2 Grants**  
to fund 2 New  
Initiatives

**98 Youth** *attended  
Summer Lunch Program*

**20,167 Meals**

sent home over  
weekends with  
Students through  
**Hound Packs**



**15 Students** in  
the Middle School Teen  
Leadership Club  
completed **7  
Service  
Learning**



**16 YOUTH** receive **CPR  
& FIRST AID  
TRAINING**



during the Teen  
Leadership Camp



**4 Grants**  
to Fund  
Programming

**1 Support Group**  
for Middle School Students

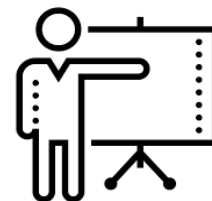
**4 Research  
Projects**

completed by  
Social Work  
Interns



**3 Free  
Community  
Trainings**

offered to  
those who  
live, work, or play in  
Shippensburg



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# Letter From The Chair

About 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 conversations and relationships helped us to grow intentionally and incrementally, and build a strong foundation that has led to this first-ever annual report.



We have had plenty to report on over the past ten years, but this past year was the first that included full-time staff thanks to grants from the Partnership for Better Health and the Pennsylvania Commission on Crime and Delinquency. This milestone has helped us to expand services to the Shippensburg community and offer more learning opportunities for SU students. This very report is the product of a summer Technical Writing internship for an English Student, Kahla Kittrell.

The SCRC has three main objectives: to increase access to social services and counseling services, to increase access to youth programming, and to partner with existing stakeholders such as the school district and Shippensburg University to meet educational and community needs. We do this by working with existing programs and services, regularly assessing strengths and needs, creating new services, and overall partnering for collective strength. This past year, the SCRC has had several successes related to each of these objectives, thanks to the expansion of staff and student support.

*Increase access to social services and counseling services.* Our offices are located at Katie's Place, 130 S. Penn Street, which already had a solid reputation for being a "place to go for help." Our new presence in two offices of the building allows the doors of Katie's Place to be open more often for people who are seeking access to social services. Our staff and students provide information and referral, alongside partners such as Tri-County Community Action and Shippensburg Produce and Outreach (SPO).

*Increase access to youth programming.* The Summer Lunch Program grows every year, as "the" place to be for youth to have fun, share meals, and read a great book! Our Teen Leadership programming is growing to help teens develop into leaders while they attend the summer program and throughout the school year.

*Partner with existing stakeholders.* Our partnerships are numerous and critical, but I'll highlight one in particular with Shippensburg University Department of Social Work and Gerontology. During the 2018-2019 school year, social work student interns provided over 2,000 hours of volunteer work to provide services to the community (that's the equivalent of a full-time staff person for a year!). They met with people looking for help at Katie's Place, wrote grants, led groups in the middle school, proposed new programs, and helped at SPO. I am excited to present our first annual report and look forward to hearing from anyone who is reading this! 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 new staff members, Laura Masgalas and Sonja Payne!

*-Dr. Liz Fisher*

# Our Mission, Vision & Purpose



### Mission Statement

The Shippensburg Community Resource Coalition (SCRC) 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.

### Vision

Serve. Help. Invest. Partner.

### Our Purpose and Objectives

- To increase access to social services and counseling services.
- To increase access to youth programming.
- To partner with existing stakeholders such as the school district and Shippensburg University to meet educational and community needs.



# History of the SCRC

The **SCRC** was started in 2012 in response to the growing need to help residents find and utilize social services. Shippensburg falls between the counties of Franklin and Cumberland which means that services can be difficult for community members to access, if the services extend to Shippensburg at all. The Resource Coalition 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 the needs of the Shippensburg community.



## 2018-2019 Board Of Directors

### **Liz Fisher, Chairperson**

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

### **Stacy Yurko, Vice Chairperson**

Franklin County Info & Referral & Training Coordinator

### **Linda Butts, Secretary**

Director, Shippensburg University Head Start

### **Rhonda Horst, Treasurer**

Controller, Shippensburg University Foundation

### **Laurie Cella**

Associate Professor, Dept. of English, Shippensburg University

### **Kathy Coy**

Mayor, Shippensburg, PA

### **Virginia Lopez**

Teacher, Shippensburg Area School District

### **Nicole Santalucia**

Assistant Professor, Dept. of English, Shippensburg University

### **Amanda Smith**

Vice President, Shippensburg Produce and Outreach

### **Jennifer Steffen**

Shippensburg Community Member

### **Susie Topper**

Shippensburg Community Member

### **Robin Tolan**

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

# Our Team



## **Sonja Payne, MSW Community Health Mobilizer**

Sonja Payne, MSW, is the Community Health Mobilizer for the Healthy Shippensburg project. She has been working in the field of human services since 2001. Her work experience includes the social work fields of IDD and MH, child welfare, education, learning and development specialist, medical social work, aging services, affordable housing, and community development. She has been a part of the SCRC since May 2017 when she started as a Graduate Assistant while completing her Masters of Social Work at Shippensburg University. She occupied that position for two years. In 2019, she became the full-time Community Health Mobilizer for SCRC. 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. She is passionate about giving a voice to the underserved and helping all members of a community reach their highest potential.

## **Laura Masgalas, LSW Community Youth Mobilizer**

Laura Masgalas has been involved with the SCRC since its inception, serving on the inaugural board of directors and in the role of Board Chair from 2015 to 2017. Laura started with the SCRC in a full-time capacity as the Community Health Mobilizer, then moved into the role of Community Youth Mobilizer after the SCRC secured funding for the Communities That Care project. She was previously employed with the PA Coalition Against Rape and YWCA Carlisle. She is a double alumna of the SU social work program, a licensed social worker in Pennsylvania, and is currently enrolled in a PhD program in Administration & Leadership Studies. Laura's areas of expertise include program development and assessment, community organizing, evidence-based program implementation, trauma-informed care, and victims' rights advocacy. She is committed to social justice, activism, and improving the lives of younger generations.



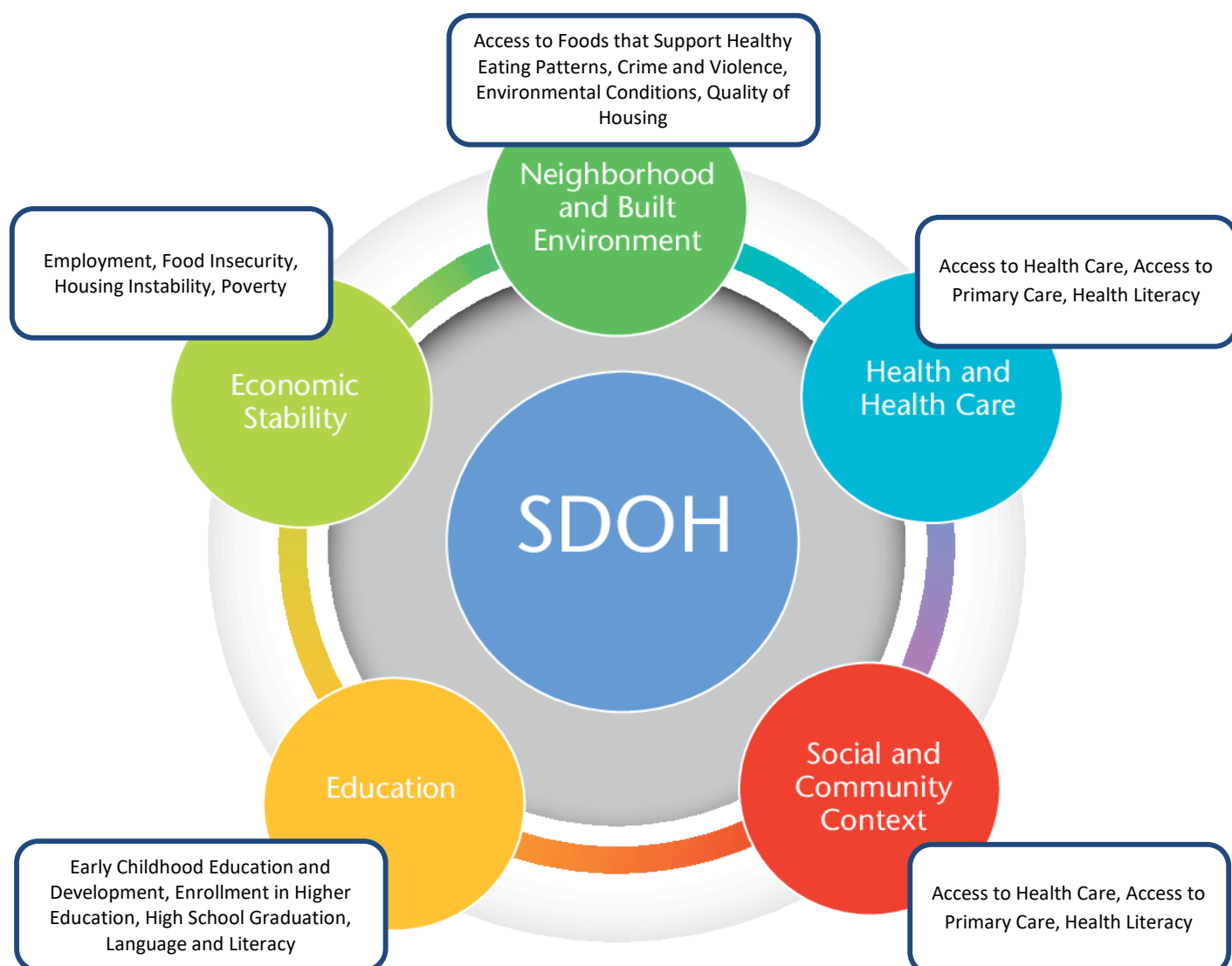
## **Troy Okum, AmeriCorps VISTA**

Troy Okum is an AmeriCorps Volunteer In Service To America (VISTA) working with the SCRC from July 2018 - July 2019. Troy graduated from Shippensburg University in May 2018 with a Bachelor of Arts in Communication/Journalism and Sociology with a minor in Anthropology. Troy's experience in communications and journalism made him an invaluable member of the team and he increased our outreach efforts significantly. His fresh perspective on outreach events and fundraising activities helped increase Hound Packs visibility in the community. Troy is passionate about improving the lives of disadvantaged people and raising the standard of living in communities. His skill set is a great asset to the SCRC and the Hound Packs program in working towards the sustainability of the program.

# Healthy Shippensburg

The Healthy Shippensburg Project is directed by a Community Health Mobilizer who focuses on coalition building for systems change. The aim of the initiative is to increase the overall well-being of all ages of Shippensburg residents. This past year, two trainings on social determinants of health (SDOH) and collective impact were offered to the Shippensburg community. The Shippensburg Community Resource Coalition (SCRC) serves as the backbone agency of the Healthy Shippensburg Coalition, guided by the Community Health Mobilizer. The Coalition formed in the Fall of 2018 as a collaboration of health and human service providers, community members, business owners, churches, and policymakers to work towards the goal of removing barriers and implementing programs to meet the health needs of the Shippensburg community. Healthy Shippensburg Coalition conducted a community assessment focused on the SDOH with the help of the SCRC and students from the Shippensburg University Social Work and Gerontology Department. The Coalition will use the results from the community assessment to help them determine what gaps in services they should first address. Healthy Shippensburg is funded by the Partnership for Better Health.

## The Social Determinants of Health (SDOH)





# Communities That Care

Communities That Care (CTC) is an evidence-based approach to organizing the community to do youth prevention work in several key focus areas: substance use, depression and anxiety, delinquency/crime, violence, teen pregnancy, and school dropout. The CTC model brings together stakeholders across all sectors of the community in order to build positive futures for youth community-wide. CTC uses public data, school district data, and information gathered from surrounding areas to identify the key focus areas for positive youth development in the Shippensburg community. The SCRC, through its support by SU, secured funds to start a CTC project in Shippensburg led by the Community Youth Mobilizer. This past year, more than 30 community members and service providers were trained in the CTC model and are actively participating in the process of building a healthier, stronger community for Shippensburg youth and their families.

For more information about the CTC process, visit [www.communitiesthatcare.net](http://www.communitiesthatcare.net)

## Why does CTC Work?

*Communities That Care empowers communities to use the advances of prevention science to achieve better behavioral health outcomes for young people.*

*-Dr. Nora Volkow, Director  
National Institute on Drug Abuse*

**46 People**

have been  
trained in

**Communities  
That Care**



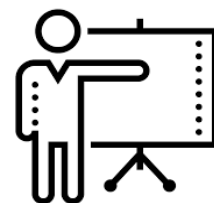
**9 Sectors  
Represented:**

- Parents
- Law Enforcement
- Schools
- Youth-Serving Organizations
- Religious & Fraternal Organizations
- Healthcare Professionals
- State & Local Social Service Agencies



**1 Key Leader  
Training**

**1 Community Board  
Orientation**



**4 Work Group  
Meetings**

# Project Highlights

## Summer Lunch Program

The Summer Lunch Program provides free meals for seven weeks during the summer months for Shippensburg children, a time when the school is not in session to provide free and reduced-cost lunches. In addition to meals, the Summer Lunch Program also provides activities, field trips, and community engagement. Programming is specifically designed to enhance the overall well-being of children through activities that focus on literacy, health, safety, self-esteem building, and building social supports and sense of community. Each summer, a book and theme are chosen to help guide the activities and teach the youth about making healthy choices in all areas of their life. In 2018, the youth read “The Wizard of Oz” graphic novel. When asked about their favorite part of the program, children liked the food, field trips, and making friends! Parents shared that it is beneficial for their children to have structure and continued emphasis on reading and learning during the summer months, in addition to the socialization it provides.



Shoutout to Cargill for helping us create wonderful and fun new memories during the Summer Lunch Program.



Why are these kids smiling? Good food, new friends, and learning new games....not to mention the field trips!

### Things Participants Like Best?

*“Kickball and Music.”*

*“Making new Friends!”*

*“The Theme [Wizard of Oz].”*

*“The Crafts.”*

### New Activities?

*“Musical Chairs.”*

*“Line Tag”*

*“Squirrel in a Tree.”*

*“Making slime!”*

**“ALL of IT!”**

# Project Highlights

## Hound Packs Program

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, Shippensburg First Church of God, AmeriCorps VISTA, and the SASD. The Shippensburg First Church of God is an integral part of the program, coordinating the food purchasing, and providing space for food storage and volunteer work space. Based on program evaluations, compared to the beginning of the school year, 20% more youth reported that they were “never” hungry due to a lack of food at home. Also, youth reported a 25% decrease in feeling hungry while at home. Adults in the family reported a decrease in stress about not having enough food for their family.



Hound Packs volunteers at the Shippensburg Halloween Parade: Passing out candy and flyers about the upcoming Hound Packs Food Drive at Weis.



The Shippensburg First Church of God allows us to store food and pack the bags each week to send home to the students.

## Healthy Decision Making Group

The Healthy Decision-Making Group is for Shippensburg Area Middle School students who are having a difficult time in the school setting. The group meets weekly during the school day. The group is a safe environment to learn and practice new skills as well as to share any concerns the students may have with school, friends or their families. A few topics the students cover are trust, family relationships, communication skills, peer relations, conflict resolution, decision making, coping skills, and self-awareness. It is co-facilitated by a Shippensburg University Master of Social Work graduate assistant and a Master of Science in Counseling graduate assistant.



# Project Highlights

## Teen Leadership Club

The Teen Leadership Club is composed of middle school students ranging from 7-8th grade. The program is a collaboration between SASD and SCRC, and focuses on building adolescents into empowered leaders. The club meets twice per month during the school year, completing activities and discussions related to integrity, communication, healthy relationships, public speaking, and modeling positive behaviors. Students also participate in monthly community service and have volunteered with the SU Farm, Inclusive Basketball at SU, Episcopal Home, the Santa Breakfast at Memorial Lutheran Church, the Mother's Day Tea at Grace United Church of Christ, and have served as tour guides for new and upcoming students to Shippensburg Area Middle School.



The Teen Leadership Club helping out at the Shippensburg Santa Breakfast.



SU Social Work Students hosted the Teen Leadership Club at the University.

## Teen Leadership Camp



Teen Leadership Camp is a three-day summer camp for youth ages approximately 12-16 in the Shippensburg community. Students learn how to enhance their leadership styles and have fun at the same time! The Camp is held at Shippensburg University and youth swam in Hieges Field House pool, did yoga at the Rec Center, and helped out on the SU Farm. They also received training in CPR and First Aid. Students who attend the camp can then use those skills while serving as Leaders-In-Training during the Summer Lunch Program, if interested, or can simply use it as a fun and engaging self-development opportunity.



# Project Highlights

## Mental Health Committee

The Mental Health Committee has members from all various professions coming together to create a successful and sustainable network of mental health services for Shippensburg. The Mental Health committee provides a time for updates, networking and discussion about the current and needed mental health services in Shippensburg.

## Summer Camp Scholarships

Through the SCRC the Partnership for Better Health provides a limited number of summer camp scholarships for children ages 6-17. The scholarship allows children to participate in camps, recreational programs, farm-based or nutrition programs, positive youth development programs promoting healthy practices or purchase family pool passes. Families must demonstrate financial need and live in the Shippensburg Area School District. The SCRC facilitates the distribution of scholarships including marketing, accepting applications, and determining if the eligibility requirements are satisfied. The Shippensburg Area School District Greyhound Foundation manages and distributes the finances for the program. In 2019, 47 children from 24 families were given the opportunity to attend a healthy summer program. Youth participated in 11 different camp programs and 70% of youth attended an 8-week summer program.



BSW Intern Emily Greene with Dr. Liz Fisher



BSW Intern Jordan Hagy



BSW Intern Shakir Alexander-Noah

# Student Involvement

## Student Perspectives

**Taylor Kerns**

**The cool thing about the SCRC is that you can pitch your ideas about outreach and helping the community.**

**Jordan Hagy**

**SCRC prepared me to be a social worker by helping me to become more open-minded and going out of my comfort zone.**

**Emily Greene**

**The SCRC gives you the flexibility to focus on areas that you want to learn about which encourages learning.**

**Shakir  
Alexander-Noah**

**The SCRC is a great place to be an intern as you have the opportunity to really make an impact on the community.**

# Student Involvement

## Opportunities For Students

### Internships

The SCRC is able to offer Bachelor and Master level social work student internships with a variety of experiences where they put classroom knowledge into practice. The SCRC is unique in that it offers opportunities at the micro, mezzo, and macro level of social work. The SCRC loves the fresh perspective and eagerness to learn that our student interns bring to our agency and programs. Other types of internship may be available as well.



Back Row: Laura Masgalas, Taylore Kerns, Sonja Payne, Troy Okum,  
Front Row: Jordan Hagy, Brenda Onzere

### Service Learning

SU Social Work students in the Practice with Organization and Communities class work with a community organization to complete a project. Last year, groups of students completed a food drive for Hound Packs and raised money for the Summer Lunch Program. These projects provide valuable learning experiences for students to put the theory they learn in the classroom into practice. Service learning projects from other SU classes are encouraged!



Our New Interns August 2018: Taylore Kerns Emily Greene; Shakir Alexander-Noah with staff Laura Masgalas

### Volunteer

Shippensburg University students are encouraged to volunteer at the SCRC or with one of our partner agencies located at Katie's Place. Many SU students volunteer with Hound Packs, from packing bags each week to fundraising events. Students also volunteer with our Summer Lunch Program in the summer by assisting with daily activities, providing lessons or workshops for the youth, or by evaluating the program. Students also volunteered with the community assessment by passing out the community survey and facilitating focus groups. The SCRC could not do all that it does without its student volunteers!



Student volunteers packing bags for Hound Packs at Shippensburg First Church of God.



# Student Involvement

## Student-Faculty Service Learning Projects

During the summers of 2017 and 2018 Gabrielle Binando worked with Dr. Laurie Cella, Associate Professor of English, and Dr. Michael Lyman, Professor of Social Work, to evaluate the SCRC's Summer Lunch Program (SLP). This research was funded through generous grants from the Shippensburg University Undergraduate Research Program and the Summer Undergraduate Research Experience (SURE) program. In each of these summers, Gabrielle distributed surveys and conducted interviews with parents whose children participated in the SLP. She also worked with the other employees of the SCRC who carried out the daily programming and activities. This research was presented in consecutive years (2018, 2019) at the 30th and 31st Annual Ethnographic & Qualitative Research Conference (EQRC), in Las Vegas, Nevada by Gabrielle and Dr. Lyman.

## Interns

### Taylor Kerns

Taylor was a Master of Social Work student intern for a full academic year and recently graduated in May 2019. Taylor gained experience in grant writing and secured funding for the Teen Leadership Camp. She also was vital in the planning and preparation of our Summer Lunch Program. Taylor's most memorable experience of her internship was "getting to see an organization from the ground up and understanding what goes into creating something meaningful, sustainable, and genuine." Taylor learned how to be flexible and more confident in her ideas for programming and community work. She felt that her ideas were heard and mattered at the SCRC which helped her confidence to grow. This internship helped her to "build self-efficacy" and "the confidence to make it on my own after graduation in the social work field." Taylor is currently working as a family therapist for Caron.



### Brenda Onzere

Brenda completed a field placement with the SCRC during the Spring 2018 semester. Bachelor of Social Work students complete an agency-based research project among other projects. Brenda analyzed the PA Youth Survey data, comparing minority youth answers for Franklin County and Cumberland County. Brenda enjoyed helping out our partner agency, Shippensburg Produce and Outreach for their weekly food distribution and providing intake services. Currently, Brenda is pursuing further education to prepare her to provide services in her home country of Kenya.



# Student Involvement

## Recent Graduates

### **Shakir Alexander-Noah**

Shakir graduated in December 2018 and is currently working as a Supports Coordinator and Case Manager at People First Supports Coordination. He interned during the Fall 2018 semester and says the important piece for him as an intern at SCRC was “gaining experience in coordinating services for individuals.” He also felt that learning how to build rapport with human services providers that could provide support for future clients helped prepare him to be a social worker. One of his favorite duties as an intern was helping with Shippensburg Produce and Outreach’s weekly food distribution. He enjoyed “interacting with the community, hearing people’s stories and seeing how they were doing week to week.” The SCRC is a great place to be an intern as you have the opportunity to really make an impact on the community.

### **Emily Greene**

Emily interned with the SCRC for the Fall 2018 semester, graduating with her Bachelor of Social Work in December 2018. She enjoyed learning about fundraising by helping to organize our “Boot Out Hunger” Silent Auction. Emily helped facilitate the Shippensburg Area Middle School’s Teen Leadership Club which was one of her favorite tasks as an intern. Emily says that her internship at the SCRC gave her a solid background in micro, mezzo, and macro social work. “I felt prepared and confident to work in the social work field because I had experience in all three areas.” She also credits her supervisor’s social work experience, advice and leadership in preparing her, too. Emily now works in the Washington, D.C. area at the Friendship Place as a case manager.

### **Jordan Hagy**

Jordan graduated in May 2019 and feels that her internship at the SCRC helped her to “become more open-minded and go out of my comfort zone...especially with my work on the community assessment.” Jordan interned with the SCRC during the Spring 2019 semester. Her most valuable experience was learning about the various human service agencies and the resources that they offered. She enjoyed shadowing people at the agencies as it prepared her to help support the clients she worked with. She is now working as a direct support professional at Excentia Human Services and hopes to begin her Master of Social Work degree in 2020.

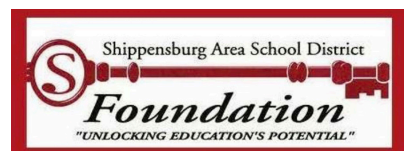


BSW Interns: Brenda Onzere & Jordan Hagy

# Sponsors & Partners



## Elmer E Naugle Foundation



# Sponsors & Partners



the Foundation  
for Enhancing Communities





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***Shippensburg Community Resource Coalition***

***<https://www.shipresources.org>***

Prepared with help from Kahla Kitrell  
(SCRC Technical Writing Intern), Summer 2019

***The SCRC is currently located at:***

***Katie's Place  
130 South Penn Street  
Shippensburg, PA 17257***