



SHIPPENSBURG
UNIVERSITY
CENTERS FOR EXCELLENCE

Shippensburg Community Resource Coalition

Annual Report 2023-2024



SERVE. HELP. INVEST. PARTNER

Shippensburg Community Resource Coalition

www.shipresources.org

The Numbers



Grants:

- 5 grants awarded
- \$187,299

Donations:

- \$19,164 cash contributions
- \$29,574 in kind

Hound Packs:

- 205 youth
- 7,259 bags of food
- 50,813 meals
- 25 volunteers per week

Youth Advisory Council:

- 13 middle and high schoolers enrolled
- 7 youth per meeting
- 13 meetings

Summer Learning Program:

- 88 youth
- Average of 36 youth per day
- 12 volunteers

Grey Matter:

- 54 youth completed program
- 7 high school groups
 - 37 students
- 3 eighth grade group
 - 17 students

Students Involved:

- 3 Social Work Interns
- 1 Graduate Assistant
- 5 Summer Staff
- 10 Social Work class Students

Leaders-In-Training (LIT):

- 13 youth attended LIT Camp
- Average of 10 youth per day attended Summer Learning Program's LIT
- 2 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

Thank you! That is my message for our 2023-2024 annual report. Thank you to the many community and campus members who provided support in many ways over the past year! I want to express my thanks to Jami Burkett, the SCRC Coordinator. Jami has been with us full-time for over a year and works hard to keep our programs operating while expanding opportunities to fulfill our mission. I also want to thank Becca Justinus, our Youth Mobilizer, who works in so many creative and compassionate ways with local youth through the Youth Advisory Committee, Leaders in Training, and Summer Learning Program. Last, but not least, a thank you to our many Shippensburg University student interns and volunteers.

Our growth as an organization can best be described as incremental, creating a strong foundation for our work. We started slowly, with a few volunteers talking about our big ideas. We moved into committee work and eventually formed into an organization with some small grants and projects. For example, SCRC has been coordinating the Shippensburg Human Services Council since 2013, after many years of local volunteers hosting it. We started Hound Packs, a weekend feeding program for children seven years ago and it has continued to grow. The Summer Learning Program began at Katie's Place in 2012, serving about a dozen children and was completely volunteer operated. The Leaders in Training Program was first offered in 2013, and we are thrilled that it is still happening each summer on the SU campus. Our largest grant through the Drug Free Communities program of the Centers of Disease Control provides the support needed to build our coalition and continue to focus on youth risk and resilience. All of these projects have been built on the important partnership between the Shippensburg community and Shippensburg University campus.

Please join me in celebrating the work that we have done this past year to increase access to social services and youth programs in Shippensburg. You could stop by our Kindness Rock Garden to remember Sonja Payne, make a donation, or volunteer for one of our programs! We appreciate your support! As you read through this report, please let us know if we forgot to recognize anyone as it was not intentional and we appreciate our partners very much!



Liz Fisher, PhD, MSW

Center Director, with social work students during silent auction to benefit SCRC

Coordinator's Report

Jami Burkett, LSW, is the SCRC coordinator and runs the day-to-day operations of SCRC. Jami started the SCRC as an intern in 2022 and became coordinator in May 2023 after the passing of Sonja Payne in March 2023. She has been in her role for a little over a year now. Previously, Jami specialized in working with older adults before graduating with her Master's in Social Work. In April of 2024, Jami passed her licensure exam and is now a licensed social worker.

Jami has grown in her supervisor role to BSW and MSW student interns. She enjoys connecting with the students, guiding them through their internship, and becoming a mentor to them. She is able to relate and help the interns not only through their internship but can also relate to the classes that they are taking since she is a Shippensburg University Alumni. One of her most memorable moments at SCRC this past year was SCRC's Holiday party in December. Everyone brought a dish and participated in Secret Santa.

Jami's goal is to continue to implement free programming for youth in the community, create safe spaces for teens, and support an inclusive environment for students at Shippensburg University to experience an internship.



Jami Burkett, LSW, SCRC Coordinator

Board of Directors

Liz Fisher, Chairperson

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

Laurie Cella

Associate Professor, Dept. of English, Shippensburg University

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, Shippensburg University

Diana Nazario

Director, Branch Creek Place Senior Center

Jaime Yingling

IDD Program Specialist, Cumberland & Perry County

Jennifer Hutchinson

Housing Specialist, Franklin & Fulton County HH/IDD/EI

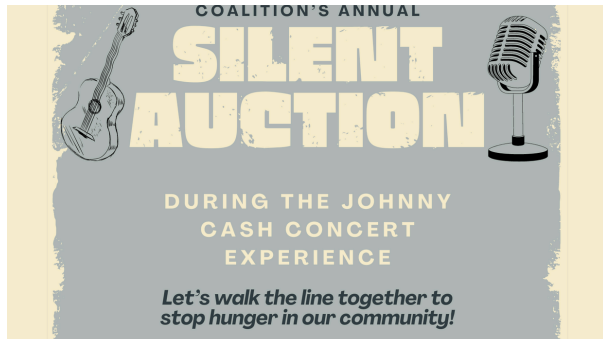
Student Involvement

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 2023, 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.



Co-Op Placement

The SCRC recently started accepting Co-Op students from the Shippensburg Area High School. Our youth intern specialized in networking with community partners, shadowing the SCRC coordinator, and was mentored by the Social Work interns. The youth intern was able to work with different populations in social work to get a scope of what being a social worker is like in different environments. They were also hired on as a staff for our Summer Learning Program.

Meet The Team



Destiny Wade

Graduate Assistant, Fall 2023 - Spring 2024, MSW Class of 2024

My most memorable experience during my GA was being able to do the Grey Matter group. The most helpful thing that I learned was how to work collaboratively with others, as well as learning new aspects of social work. The experience that stretched me the most as a social worker was working with the middle school Grey Matter group because it was out of my comfort zone and continually challenged me. My GA prepared me to work in the field of social work by helping me to work collaboratively as well as challenge myself to do new things. My plan after graduation is to move to Pittsburgh where my job as a Behavioral Health Therapist at UPMC is.



Sarah Bubeck

MSW Intern, Fall 2023 - Spring 2024, MSW/MPA Class of 2025

My most memorable experience during my internship at the SCRC was being able to customize my experience and create and implement a Career Development Workshop in the community. I was also given an amazing, supportive work environment that helped me flourish into the social worker I am today. The most important thing that I learned was learning to communicate and advocate for myself. The SCRC challenged me to speak up for myself and encouraged me to put my own self-care first. My internship prepared me to work in the field of social work because I was able to have opportunities at all levels of practice, even if I originally didn't want it. These experiences challenged me and gave me a first glance into what the field is like. The SCRC has taught me how important it is to meet the clients where they are at. I thought I knew what this meant until I was truly practicing it. The technique is much harder than it seems and takes patience and empathy. The SCRC's flexibility has also prepared me to enter the field by allowing me to focus on my interest areas while also encouraging me to step out of my comfort zone. My plans after graduation are to make a difference in other people's lives and advocate for better programming in local communities. My dream job as a social worker is to develop and implement programs to fill gaps in the community I am serving.

Alia Claggett

MSW Intern, Fall 2023 - Spring 2024, MSW Class of 2024



My most memorable experience during my internship was doing Grey Matter, the ELL group, and anything with Spanish language. I also enjoyed being in the community with different organizations, interacting with client systems, or generally being out in the community. The experience that stretched me the most as a social worker was learning how to balance multiple projects and assignments at once at my job with other factors in my life. My internship has prepared me to work in the field of social work by giving me the confidence I needed to interact with employers, clients, and peers. It has also prepared me for a lot of group work because it is a fundamental part of treatments, interventions, and programs. My dream job as a social worker is to be a Community Advocate and Organizer. I would love a position where I would live in and research varying municipalities in Puerto Rico.

Keelan Kirchner

BSW Intern, Spring 2024, BSW Class of 2024



My most memorable experience during my internship was having the opportunity to attend home visits with the Community Nurse. Through this experience, I was able to make my first referral to the Office of Aging as well as form interpersonal relationships with older adults. My internship has prepared me to work in the field of social work because I was given opportunities to work with diverse groups of people. I was able to gain more knowledge and experience working with older adults, children ages 12-18, differently-abled individuals, working with groups and families, different backgrounds, and more. These experiences gave me the confidence I needed to feel prepared to go into whatever field of social work I plan to take on after graduation. My plan after graduation is to move to Cape May, NJ with my fiancé. There I will join the social services team at the Cape May County Human Services Department as their social/family service worker. My dream job as a social worker is to work with groups ages 12-18.

Lydia Lyman

Shippensburg High School Co-Op student, Youth Intern
Class of 2024



My most memorable experience during my internship was when I was helping set up the bingo at the senior center. After I finished setting up, I played a card game with some of the members and won the game. The most important thing I learned is just how many resources there are in the Shippensburg area and how many people are putting in time and effort for those in need. I also learned how much work needs to be done in the community. My internship has prepared me to work in the field of social work by helping me to understand that there are many different clients that I will work with. My plans after graduation is to get my Bachelor of Social Work degree at Shippensburg University. My dream job is to work as a library 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 decades ago 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. Bi-monthly meetings are open to the public but geared towards the human services field 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 Calendar

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. The coalition is funded by the Drug-Free Communities (DFC) grant through the Center for Disease Control and Prevention (CDC). The goal of the DFC grant is to increase community collaboration and reduce youth substance use. Our coalition aligns with these goals by implementing youth prevention programs like Grey Matter and works to gather the community to identify issues related to youth substance use through the Pennsylvania Youth Survey (PAYS) data. Within the next year, the coalition name will be changed from Healthy Shippensburg to Shippensburg Community Resource Coalition to be more consistent.

What did we do in 2023-2024?

- The coalition re-grouped since there was limited activity going on in the coalition due to the pandemic and the loss of Sonja Payne. In November, meetings were moved to monthly to regain membership involvement and to determine where the coalition stood after being inactive for a few months. We re-evaluated the past committee groups (housing, transportation, youth, and behavioral health) and are using the Communities that Care (CTC) model to identify new committee groups that best fit the coalition where it is now. From November to June 30th the coalition accomplished the following:
 - Hosted 3 Mock Bedrooms in the community
 - Presented 2021 Pennsylvania Youth Survey (PAYS) SASD data results to the community
 - Attended community events, SASHS orientation, and SASHS open house to supply resources to families about youth substance use prevention and other community resources.
 - Social Media campaigns: Alcohol Awareness Month, Vaping Awareness Month, Suicide Prevention Month, and National Alcohol & Drugs Facts Week.
 - Implemented SCRC's youth programming such as Blues Program, Healthy Decision-Making Group, Youth Advisory Council, Summer Learning Program, Leaders-in-Training camp, Be Kind, and the Be Kind Youth Art Contest.
 - Created a community assessment and gaps analysis for Shippensburg

SCRC Project Highlights



Highlights:

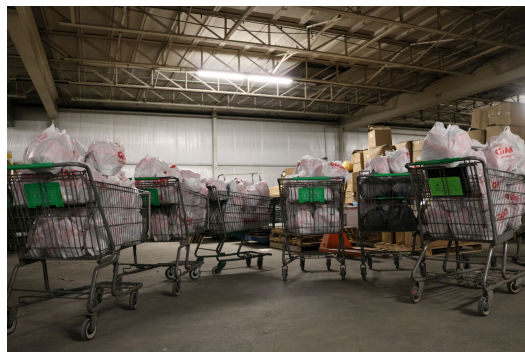
- 7,259 Distributed bags of food
- 50,813 Meals
- 191 average number of bags packed each week (205 maximum number of bags)
- Volunteers: 25 volunteers plus 15 school counselors & office staff
- MSW intern coordinated the program for the school year

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, a fruit/veggie, and 1-2 snacks. This is a collaborative program between the SCRC, SASD, Shippensburg churches, and community members.

This was the seventh 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 2-18 who live in the geographical area of the Shippensburg Area School District can enroll in the program. We delivered to an average of 53 students who do not attend one of the SASD schools but go to a private school, are homeschooled, or attend school virtually.

One of our MSW interns, Sarah, coordinated the program from August - May, including organizing paperwork, picking up donations, and recruiting volunteers in the 16 hours a week she 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, order food, and create menus. Every Thursday, we had at least five 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 25 volunteers to implement this program.

Various churches and community members continue to support Hound Packs with donations of non-perishable foods. If you are interested in donating, please contact the Hound Packs coordinator or email info@shipresource.org.



Summer Learning Program June 17th - August 2nd

Highlights:

- 88 unduplicated youth
- 36 average number of youth each day
- 6 deliveries of fresh produce from Toigo Orchards
- 4 community member volunteers
- 7 guest speakers from the community, Children's Advocacy Center, DVSCP, AmeriHealth Caritas, the Drug and Alcohol Commission, and more!
- 7 Field trips
- 90% of youth who attended the program made new friends



The Summer Learning Program provides free breakfast, lunch, and programming during the summer. The program was 7 weeks long and we had 5 paid staff. The program was held at the Shippensburg Intermediate School. 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 once a week. This year's chosen book was "Summer of a Thousand Pies" by Margaret Dilloway and the Kiwanis Club of Shippensburg donated funds to buy youth books, so they could take it home at the end of the 7 weeks.

Field trips were located at various local spots in Shippensburg like the History Center, Memorial Park, Burd Run, and more. Youth got to spend one of the field trips at Roll R' Way in Chambersburg! For many of the youth, this was their first time roller skating and it was a hit.

Guest speakers and visitors who came to spend time at SLP included the Drug and Alcohol Commission, AmeriHealth Caritas, and Yoga with Chrissy. Every Thursday was Taste Test Thursday where our staff prepared and cooked food with the youth and promoted healthy eating and trying new things.



Leaders-In-Training (LIT)

Highlights:

- Leaders-In-Training Camp: June 10th-13th at Shippensburg University
 - 13 youths entering grades 6th-12th
 - Community leaders including Kurt Dunkel, Barbara Hutchinson, Kristyn Plowden, and Robbin Tolan.
 - Team building exercises and community engagement project
 - When asked what the youth liked the most about the camp, it was a mix of the community project, activities, and meeting new friends.
- Summer Learning Program Leaders-In-Training: June 17th - August 2nd
 - 30 youths entering grades 6th-12th
 - 13 youths, average number of LIT youth daily
 - 1 service learning project
 - Youths favorite part of the day was free play, interacting with the younger youth, and making friends.



Leaders-In-Training Camp: This year, we focused on different community and team-building activities to encourage cooperation and guide participants to fill leadership roles within the activities. The main goal for youth leaders was to give them the tools and language necessary to empower them to step 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. Based on a pre and post youth leadership assessment, youth grew in the following areas:

- 75% of youth had an improved score with the statement that they ask other campers questions to involve them more in the group.
- 58.3% of youth had an increased score of talking to new people
- 58.3% of youth had an improved score with the statement that they can get campers or their peers to work or do projects together

Summer Learning Program's Leaders-In-Training: Staff of SLP were able to develop and implement a program for youth entering grades 6th-12th who 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. They participated in a community service project at Grace Place.



Youth School Programs

- **Highlights:**
- Healthy Decisions Group:
 - 11 youths met from Oct-May
 - 60% felt like they were mostly able to communicate better after the group
 - 60% felt like they were mostly able to react to difficult situations better after attending the group
- Youth Advisory Council:
 - 13 youths
 - 13 meetings from Oct-May including 3 community projects
- Grey Matter
 - 54 youth completed the program
 - 10 groups (7 in SASHS & 3 in SAMS)
 - 73.7% of 8th graders and 53.3% of 9th-12th graders reported decreased depressive symptoms



Healthy Decision-Making Group

The group gives 6th-8th 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, Alia Claggett, and a Master of Science in Counseling graduate assistant, Neysa Thomas.

Youth Advisory Council

The Youth Advisory Council recruited middle school students and high school students in the Shippensburg Area School District to help SCRC identify programs that youth will want to participate in and guide future programming decisions. SCRC's Youth Mobilizer gathered a group of students once a month after school in the high school library to discuss issues they are seeing in schools and how SCRC can help. The youth were informed on the effects of substance use to help guide them in making prevention posters for their school. They spent 2 of their days off school painting kindness rocks with older adults at the senior center and assisting Grace Place with the community gardens. The youth also helped SCRC with Be Kind month and choosing the winners of a Be Kind Art Contest.

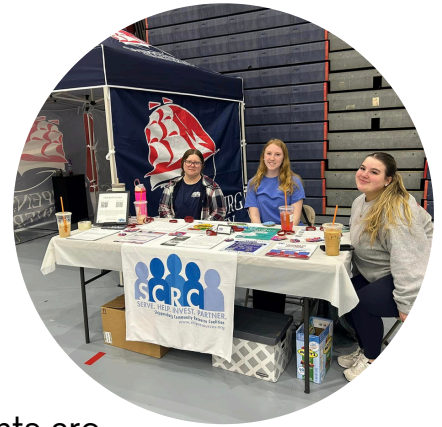
Grey Matter

The Grey Matter program is a free, six-week school-based prevention program for Shippensburg Area Senior High School (SASHS) students who want to learn more about coping with negative thoughts. 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. Four Shippensburg University social work students were trained to facilitate the program. They ran 10 groups during the school year - 7 in the high school and 3 in the middle school. Students take the CES-D, a depression measurement tool before they start the group and at the end of the group. 73.7% of 8th graders and 53.3% of 9th-12th graders reported decreased depressive symptoms

Mock Bedrooms

Highlights:

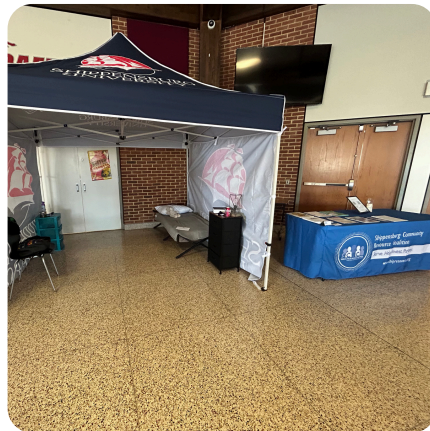
- We hosted 3 Mock Bedrooms
- Reached 77 adults



A Mock Bedroom is posed to look like a teenager's bedroom. Parents are encouraged to walk through the “bedroom” and learn warning signs of teen substance use and what to be aware of. Children are not permitted in the Mock Bedroom.

SCRC hosted 3 different Mock Bedrooms throughout the year. The first one was held at the Shippensburg Family Fun Day back-to-school event, the second was at the Shippensburg Area High School in-service day where teachers walked through the bedroom, and the third was at the Shippensburg University’s Children’s Fair. In total, we educated 77 adults on warning signs of teen substance use and items that could be hidden in plain sight.

At the most recent Mock Bedroom, we reached 21 adults who either had youth or knew other parents who did. Out of all 21 participants, 81% of participants said they were more comfortable with having a conversation with youth about staying substance use free after participating in the Mock Bedroom. 62% were comfortable with correctly recognizing signs of youth substance abuse after participating in the Mock Bedroom.



Financial Highlights

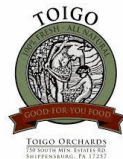
SCRC is under the fiscal umbrella of the Shippensburg University Foundation which is a 501(c)3. As a Shippensburg University Center for Excellence, we are also able to apply for state and federal funding through the university, diversifying our funding options.

| Grants and Fundraisers |
|--|
| Centers for Disease Control: Drug Free Communities Grant |
| Silent Auction Fundraiser |
| The Foundation for Enhancing Communities |
| Alexander Stewart, M.D. Foundation: Hound Packs |
| Partnership for Better Health: Greyhound Wellness Project |
| Naugle Family Foundation |
| Partnership For Better Health Match Madness Fundraiser |
| WellSpan Summit Endowment |

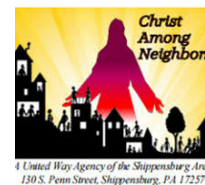
Sponsors & Partners



Elmer E Naugle Foundation



Alexander Stewart
M.D. Foundation





Thank You

Shippensburg Community Resource Coalition

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