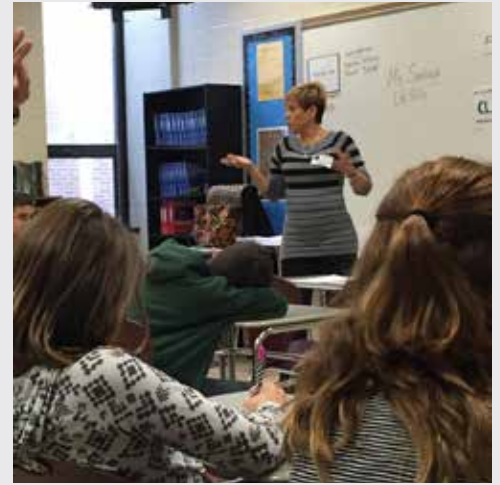


BUILDING UPON A LEGACY



**PREVENTION
WORKS**



**TREATMENT
IS EFFECTIVE**



**PEOPLE
RECOVER!**



In February 2017, COCA participated in the Berks HOPE event at Alvernia University. The event included a panel discussion, and monologue skits about drug & alcohol use.



In March 2017, JROTC students (Jayze M. & Skeisy T.) from the Reading Intermediate High School joined us for our BCTV show to talk about Kick Butts Day. The students participated in tobacco education and awareness at their school.

For additional information regarding fiscal year 2016/17 financial details, treatment specifics and more, please visit: cocaberks.org/ar16-17.html

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WHAT IS COCA?

Since 1972, the Council on Chemical Abuse (COCA) has served in a lead role, offering the resources necessary to respond to the complex problems of substance abuse and addiction. Designated by the County Commissioners as the Single County Authority (SCA) for Berks County, COCA is responsible for the administration and management of publicly-funded alcohol, tobacco, and drug services. COCA is a non-profit organization governed by a volunteer Board of Directors reflective of the local community, and serves as the coordinating agency for publicly supported drug and alcohol programming in Berks County, Pennsylvania.

Learn more about us at www.cocaberks.org

MISSION

To provide leadership in the development and implementation of policies and programs related to a system of prevention and intervention services that prevent the onset of addiction, and treatment services that promote recovery.

A MESSAGE FROM THE EXECUTIVE DIRECTOR



and alcohol services. George did this without seeking recognition for himself and in fact would always look to deflect the credit to someone else. He was instrumental in establishing a continuum of services that we can all be thankful for and a legacy we must all strive to not just maintain, but to build upon.

Berks County is a wonderful place to live with its beautiful landscapes and many employment, educational and cultural opportunities. The people of this county are good, solid hardworking folks who understand that all things worth having are worth working for.

Berks Countians address issues and achieve results in an unassuming manner, not for praise or glory. This describes to a tee my predecessor, George J. Vogel, Jr. As Executive Director of the Council on Chemical Abuse for nearly 40 years (yes that was a 4 followed by a 0), he helped bring effective drug and alcohol prevention, intervention, treatment and recovery services to our community.

In many areas, Berks County serves as a model across the state for the delivery of drug

Even with a solid foundation of drug and alcohol services, situations such as the current, far reaching and unprecedented opioid epidemic can stretch and overwhelm even the best of service delivery systems. This is not indicative of an inept system, but one that requires even more energy, effort and resources to help stem the tide of this devastating situation. The opioid epidemic is not strictly a drug and alcohol issue, but as the President recently most aptly described, this is a public health emergency.

Realistically, the opioid epidemic is not a problem that the government, the criminal justice system, the medical community, the education system, the religious community, or social services, can fix on their own. This is a multi-dimensional issue and it is time for "all hands on deck."

We're headed in the right direction... hope is very much alive.

Fortunately, the spirit of cooperation in Berks County is as strong as ever. It is encouraging how different parts of the community are coming together to seek solutions and find ways to work collaboratively to address this problem. A prime example of this is the Berks Opioid Coalition comprised of many different stakeholders within the county looking for ways to save and improve lives of our fellow citizens. The opioid crisis still dangerously looms all around us, but we're headed in the right direction and hope is very much alive.

THANK YOU GEORGE VOGEL!



Past and present board members and staff joined to honor George's retirement. Photo courtesy of Mike Reese.

After a distinguished career of almost 50 years, George J. Vogel, Jr. retired on September 30, 2017. For nearly 40 years, George served as the Executive Director of COCA. George always seemed to find support and resources necessary to establish innovative and effective programming, and left an impressive legacy of accomplishments. Just a few of his accomplishments include the following:

- Increasing drug and alcohol prevention education programs in Berks County schools
- Expanding access and opportunity to substance use disorder treatment

- Securing funding and governmental agency support to open recovery housing for those in early recovery from addiction.

In celebration of his retirement, the Board of Directors and COCA staff hosted a private breakfast at the Reading DoubleTree to recognize George's service to Berks County. The breakfast was funded through the generous donations of local area businesses that specifically supported this event.

Over 200 individuals came to honor George, including many state and local representatives.

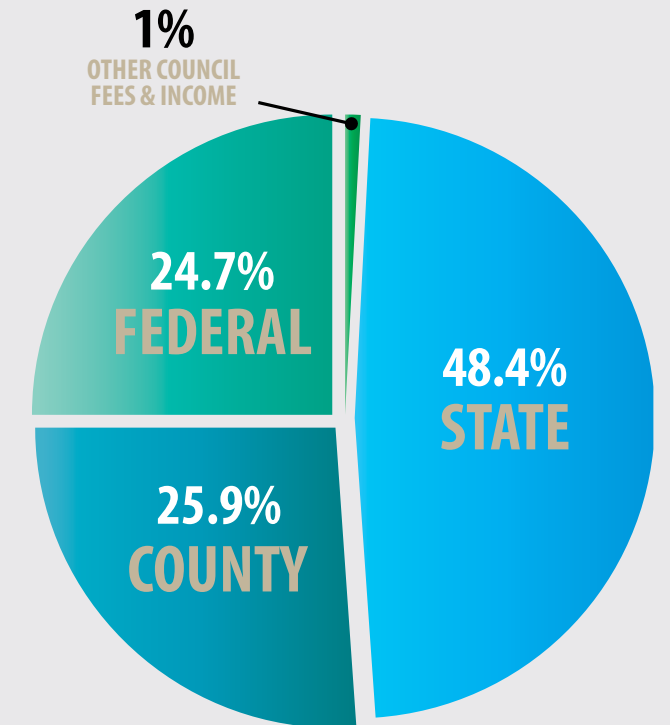


We are thankful for George's passionate spirit and the foundation he has left. His efforts changed the Berks County community forever and helped countless people.

JULY 1, 2016 TO JUNE 30, 2017 FISCAL REPORT

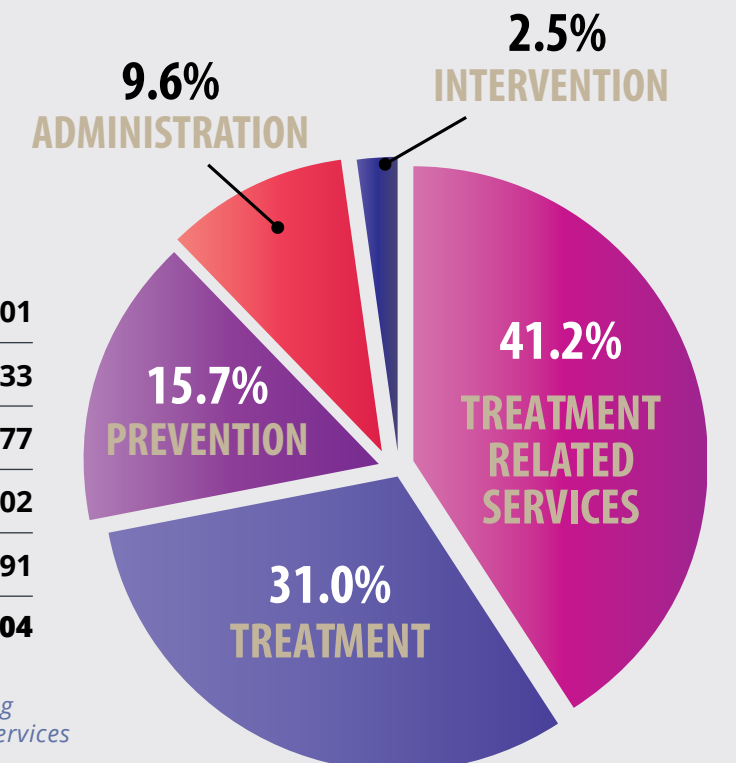
REVENUES

State Funds	\$3,957,265
County Funds	\$2,115,746
Federal Funds	\$2,018,871
Other Council Fees & Income	\$86,422
TOTAL COCA REVENUE	\$8,178,304



EXPENDITURES

Treatment Related Services*	\$3,362,701
Treatment	\$2,537,733
Prevention	\$1,287,777
Administration	\$788,502
Intervention	\$201,591
TOTAL COCA EXPENDITURES	\$8,178,304



* Treatment Related Services include the following: screening assessment, referral, case management, recovery support services and transitional/recovery housing.

WE BELIEVE IN THE POWER OF PREVENTION



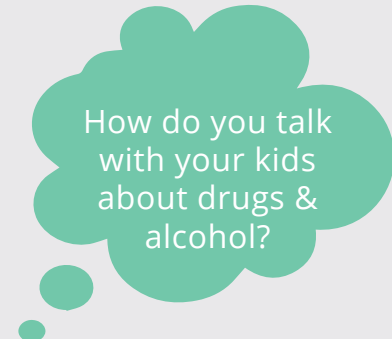
Prevention Specialists are regularly out in the community educating about tobacco, alcohol, and other drugs, as well as gambling. Pictured above: Left - Teresa Detweiler, Top right - Mike Reese, Bottom Right - Sarah Billman

The concept of drug and alcohol prevention is easy to understand, yet challenging to implement. To be effective, we need to start early and be consistent with the messages. Prevention that is age appropriate and reinforced throughout the youth's development at school, home and in the community is setting the stage for a child's success. We recognize that our youth need to be informed about the effects and consequences of substance use. However, more importantly, they need skills to support good decision making and to resist risky behaviors. With science and research on our side, we now have opportunities to engage young people in proven prevention programs. This has moved beyond scare tactics to providing youth with the skills they need to navigate the difficulties of growing up. The Council on Chemical Abuse prides itself on using prevention best practice to deliver the most effective prevention possible. We know to meet demands, we cannot always provide a multi-session classroom experience. We have developed single service education appropriate for classroom size audiences to engage students in conversation about current substance use concerns.

good news
Over 20,000 Berks County students received prevention education!*

For more information and to schedule a program or presentation for your church, community group or school, contact Jaclyn Steed, Prevention Manager at (610) 376-8669, Ext. 107, jsteed@cocaberks.org.

*During the period running July 1, 2016 - June 30, 2017.



PREVENTION

ALCOHOL, TOBACCO, AND OTHER DRUG (ATOD)

Participants in single service events across Berks County	18,129
Berks County school buildings that received ATOD curriculum services/ educational presentations	82
Community groups receiving ATOD educational presentations	48
Parent program participants	513
Pregnant or parenting teen mother participants in addiction and parenting education	108
Number of red ribbons distributed to Berks County schools	48,872
Informational brochures and pamphlets distributed on various addiction topics	27,187

GAMBLING*

Participants receiving COCA gambling recurring curriculum services	123
Participants in single service gambling prevention presentations	2,790
Gambling prevention materials distributed	7,736
Community awareness billboards located across Berks County	45

*There are commonalities between gambling disorders and other addictions (alcohol, tobacco and illicit drugs) and therefore, similar prevention strategies are considered to be effective.

TIME TO TALK

PARENTS REACHED: 338

Silence is dangerous. Waiting for the "right time" to talk about drugs and alcohol may result in no talk at all. "Time to Talk" is a program designed to give parents the skills needed to start the conversation with the children in their lives about drugs and alcohol, as well as how to intervene if there is a concern.

CURRICULUM EDUCATION

STUDENTS REACHED: 1,603

COCA recommends and uses evidence-based curriculum for school prevention lessons. Teaching youth how to make good decisions and to communicate effectively will help them deal with stress and emotions. Lessons contain age-appropriate information about drugs and alcohol while debunking common myths students have about substance abuse.

A CLEAR & PRESENT DANGER

STUDENTS REACHED: 620

This presentation is a two-part educational program about prescription medication safety for middle and high-school students. The program includes engaging, hands-on activities focused on teaching teens safe medication practices, the link between prescription drugs and heroin, as well as techniques for turning down the invitation to use drugs and engaging in positive alternatives.

TEENS & TECHNOLOGY

STUDENTS REACHED: 2,012

What do we love about playing video games or promoting ourselves on social media? In this lesson, students learn about the connection between their technology use and gambling. Other topics discussed include addiction as a brain disease and the signs and symptoms of addiction to gaming and gambling.

INTERVENTION WE CHOOSE LIFE



To request a free Naloxone kit from COCA, please visit cocaberks.org/getnaloxone.html.

Warm Handoff Program

As drug overdose fatalities continue to soar, hospital emergency rooms have been identified as a critical point of intervention. The goal of the Warm Handoff Program is to ensure that drug overdose patients are connected to treatment services immediately. The Berks County Warm Handoff Program, initiated as a partnership of COCA, Treatment Access and Services Center, Community Care Behavioral Health Organization and Tower Health Reading Hospital, utilizes the 24/7 services of hospital-based Certified Recovery Specialists. The role of these specialists is to motivate overdose survivors to accept a referral to treatment. Since the inception of this service in 2015, 212 overdose survivors have initiated treatment. Due to its success, plans are underway to expand this program to Penn State/St. Joseph's Hospital in 2018.

INTERVENTION

Calls to the 24/7 Drug & Alcohol hotline with Reading Hospital - (484) 628-8186	650
Clients receiving drop-in services at the Reading Hospital Drug and Alcohol Center	79
Urine drug tests conducted	41,615
Berks County Jail inmates screened for drug and alcohol problems	2,536
Berks County Jail inmates receiving addiction-specific education and intervention assistance	1,431
Berks County Jail inmates released directly to community-based residential substance use disorder treatment	184

OPIOID OVERDOSE PREVENTION KIT DISTRIBUTION

KITS DISTRIBUTED: 268

These kits contain the medication Naloxone (Narcan) which is used to reverse an opioid overdose and save lives. Kits were distributed to schools, colleges, fire companies, treatment providers, outreach workers, recovery houses and community members. *Kit pictured left.*

STUDENT ASSISTANCE PROGRAM (SAP)

STUDENTS REACHED: 1,066

With the support of Berks County Office of Mental Health and Developmental Disabilities (MHDD), SAP enables school personnel to identify students who are experiencing behavioral and/or academic difficulties, which pose a barrier to learning and scholastic success. A school SAP team offers support to identified students and their families and assists them in accessing appropriate services.

UNDERAGE DRINKING PROGRAM (UDP)

STUDENTS COMPLETED: 145

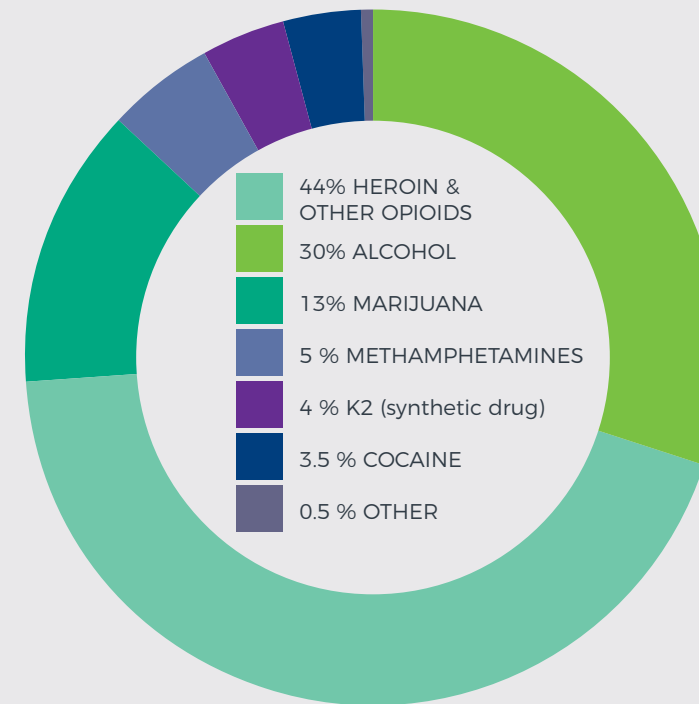
This program offers young adults between the ages of 15 to 21 an opportunity to learn about the consequences of their use of alcohol and other drugs. Educational sessions are designed to increase youth motivation to make healthy choices about substance use.

WHAT IS A SUBSTANCE USE DISORDER?

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including problems, disability, and failure to meet major responsibilities at work, school, or home (SAMHSA).

TREATMENT ON THE ROAD TO RECOVERY

PRIMARY DRUG FOR PEOPLE ADMITTED FOR TREATMENT THROUGH COCA FUNDING



As our nation continues to struggle with the opioid epidemic, it is clear from the primary drug data above that people in Berks County are suffering from opioid use disorders at an alarming rate. Historically, alcohol as the primary drug has always been significantly higher than any other drug. However, in fiscal year 2014/15, opioids emerged as the highest primary drug of choice, marking the first time in the 40 year history of COCA that alcohol has not been ranked highest as the primary drug of choice. Additionally, over the past four years the number of people reporting K2 and methamphetamine as primary drugs of choice has continued to rise while the number of people reporting cocaine as their primary drug of choice has decreased.

What is Treatment?

There are various treatment options available for people with a substance use disorder. These options vary with regard to the setting where the treatment takes place, the number of sessions that are offered and the length of stay. It is vital for a person seeking treatment for a substance use disorder to be evaluated by a qualified professional, such as a physician, psychiatrist or a drug and alcohol counselor, to determine the most appropriate treatment option.

**In accordance with federal and state requirements, pregnant women are afforded preference with regard to access to treatment services funded by COCA.*

1,073 TRAINING PARTICIPANTS

COCA provides training opportunities to drug and alcohol, and other health and human service professionals. The trainings offered address both core competencies and emerging issues and support the provision of quality drug and alcohol services.

TREATMENT ACCESS

REQUESTS TO COCA: 2,610

When an individual requests access to treatment, screening/assessment is completed to determine the person's need for substance use disorder treatment and their eligibility for COCA treatment funding. Berks County residents with a substance use disorder and no public or private insurance benefits are eligible for COCA treatment funding. The number of requests to COCA for treatment access is not a distinct count of individuals, as a person may request treatment access more than once as their situation changes.

TREATMENT SERVICES

INDIVIDUALS FUNDED FOR TREATMENT: 1,521

TREATMENT EPISODES: 2,006

Since in the course of treatment, an individual may require admission to several levels of care (i.e. detoxification followed by residential treatment), the number of treatment episodes is greater than the number of individuals. Of the 2,006 treatment episodes in fiscal year 2016-17, 568 were for residential levels of care (i.e. detoxification, residential treatment and halfway house) and 1,438 were for outpatient levels of care (i.e. intensive outpatient, partial hospitalization and medication-assisted treatment).

WE ARE RECOVERY PROUD!



Individuals gather at the Reading City Park Bandshell for the 2017 Soberstock celebration. Photo courtesy of Phil Bennett.

A Perspective on Recovery

Recovery is defined in the Webster's Dictionary as a process of returning to a normal state after a period of difficulty. For many living in the mainstream of society, this could be interpreted in many ways... economic stability, after a period of recession; communities returning to normal after a horrific storm; or the retrieval of lost or stolen valuables. In each of these instances, the process of recovery takes place over a period of time. This perspective is no different when an individual is experiencing the process of recovery from alcohol and other drugs. It is a journey that includes transitioning from a state of hopelessness and self-destruction to a state of normalcy and the pursuit of physical, emotional, mental and spiritual wellness.

In 2010, the Substance Abuse and Mental Health Services Administration (SAMHSA) defined recovery as a process of change through which individuals improve the quality of their life that is individualized and self-directed. It is estimated that more than 24 million Americans are living in long-term recovery. Pathways to recovery are highly individualized and there is no one specific and clear path for recovery from substance use disorder. Recent statistics illustrate people engage in a variety of recovery supportive approaches including, peer recovery support, 12-step programs, faith-based support, medication-assisted treatment, mutual aid support, internet-based recovery support, gender specific support, as well as culturally specific pathways to recovery. Additionally, evidence-based approaches such as Mindfulness and Cognitive Behavior Therapy have proven beneficial for individuals seeking to recover from substance use disorders.

The unique story of every person's struggle and chaotic experience with addiction must be met with his/her own unique experience in recovery.

INDIVIDUAL RECOVERY SERVICES INDIVIDUALS SERVED: 662

Individual recovery services are peer-based service designed to support individuals in the community who are in various stages of recovery from a substance use disorder. The primary function of these services is to connect individuals with the resources needed in the recovery process.

POST-TREATMENT SUPPORT GROUPS PARTICIPANTS: 429

Post-treatment support groups provide continuing care through education and discussion groups following the completion of formal treatment services. These groups provide the necessary guidance, assistance and encouragement to clients as they transition and become established in a personal recovery program. The ultimate goal of these groups is to sustain treatment gains and to solidify recovery.

TRANSITIONAL/ RECOVERY HOUSING RESIDENTS: 419

This housing provides an alcohol and drug-free residential environment for individuals in early recovery. Transitional Housing offers recovery support services and allows individuals to establish a program of sustained recovery, obtain employment, seek permanent housing and attend treatment on an outpatient basis as needed.



Happy Retirement Jennifer Wang!

Jennifer Wang retired from COCA after serving for 17 years as Chief Fiscal Officer. Her diligence and attention to detail is the main reason COCA's fiscal operation ran smoothly and efficiently. We wish her well in her retirement.

CONGRATULATIONS to our scholarship winners!



2017 Patricia Ganter Scholarship Winners

Every year, the Council on Chemical Abuse awards a student (or students) \$1,000 for college costs. The scholarship is funded through private donations and fundraising. Recipients are chosen for being active in substance abuse prevention in their school or community.

Pictured left to right: Katie Latshaw - Boyertown Area Senior High School; Madelynn Witkus - Hamburg Area High School; Jobany Bedoya, COCA Board of Directors Secretary; Megan Skipper - Muhlenberg High School; Yasiel Taveras - Berks Catholic High School
(Not pictured: Kelsey Yochum - Antietam Middle/Senior High School)

BERKS COUNTY COMMISSIONERS

Christian Y. Leinbach, *Chair*
Kevin S. Barnhardt
Mark C. Scott, Esq.

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Dr. Joan M. Lewis <i>Vice President</i>	Carl W. Brown, Jr.
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	Janet Perez
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	Robert Williams
	Thomas Xavios

STAFF MEMBERS

Stanley J. Papademetriou, *Executive Director*
Deborah Baer, *Billing Technician*
Sarah Billman, *Prevention Specialist*
Paige Carroll, *Prevention Specialist*
Susan Cawley, *Fiscal Technician*
Anais Clemente-Colon, *Intake Benefits Coordinator*
Bernice K. Hines Corbit, *Case Management Supervisor*
Teresa Tieman Detweiler, *Prevention Specialist*
Marcia Goodman-Hinnershitz, *Director of Planning & Resource Development*
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Jennifer L. Kaucher, *Prevention Specialist*
Alicia Kline, *Prevention Specialist*
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Kathleen F. Noll, *Assistant Administrator*
Paul Russell, *Systems Administrator*
Sonia Santiago, *Prevention Specialist*
Nickie Seshan, *Office Manager*
Jaclyn Steed, *Prevention Program Manager*
Yvonne Stroman, *Program Representative*

Staff as of 10/1/2017

INDEPENDENT CONTRACTORS

Beverly Bortner	Mike Reese
Joseph Boyle	David Reyher
Andrew Eisenhauer	Linda Texter
Deborah Mitchell	Jennifer Wang



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Tune into our monthly WEEU show beginning every 3rd Monday on March 19, 2018 at 11 a.m.