

## Keynote Speaker



Dr. Rachel Levine is currently Physician General for the Commonwealth of Pennsylvania and Professor of Pediatrics and Psychiatry at the Penn State College of Medicine.

Her previous posts included Vice-Chair for Clinical Affairs for the Department of Pediatrics and Chief of the Division of Adolescent Medicine and Eating Disorders at the Penn State Hershey Children's Hospital-Milton S. Hershey Medical Center.

Dr. Levine graduated from Harvard College in 1979 and the Tulane University School of Medicine in 1983. She completed her training in

Pediatrics at the Mt. Sinai Medical Center in New York City in 1987 and then did a Fellowship in Adolescent Medicine at Mt. Sinai from 1987-88. She was in the practice of pediatrics and adolescent medicine at the office of Edward A. Davies, M.D. from 1988-1993 as well as on the faculty of the Mt. Sinai School of Medicine. She came to Central Pennsylvania in 1993 as Director of Ambulatory Pediatrics and Adolescent Medicine at the Polyclinic Medical Center. She joined the staff at the Penn State Hershey Medical Center in 1996 as the Director of Pediatric Ambulatory Services and Adolescent Medicine.

Her accomplishments at the Penn State Hershey Medical Center include the initiation of a Division of Adolescent Medicine for the care of complex teens with medical and psychological problems.

## Conference Agenda

- 7:45 a.m. - 8:15 a.m..... Registration
- 8:15 a.m. - 8:30 a.m..... Opening Remarks
- 8:30 a.m. - 9:30 a.m..... Keynote Presentation
- 9:30 a.m. - 12:00 p.m..... Morning Workshops
- 12:00 p.m. - 1:00 p.m..... Lunch & Awards Presentation
- 1:00 p.m. - 3:30 p.m..... Afternoon Workshops
- 3:30 p.m. - 4:00 p.m..... Evaluation & Certificates

## Conference Awards

The 2016 Council on Chemical Abuse award winners will be recognized during the lunch break. These individuals and/or organizations have exemplified the highest standards in the areas of addiction prevention, intervention, treatment and recovery services.

To nominate an individual or agency for recognition in one of these categories, please visit [www.cocaberks.org/nomination.html](http://www.cocaberks.org/nomination.html) or call the Conference Coordinator at (610) 376-8669, Ext.123. Nominations must be received by October 14, 2016.

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Chemical Abuse**  
YOUR BRIDGE TO ADDICTION RESOURCES  
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Reading, PA 19601

# MEDICATION ASSISTED TREATMENT:

*Taking a Closer Look*



NOVEMBER 3, 2016  
CROWNE PLAZA HOTEL  
WYOMISSING, PA

# MEDICATION ASSISTED TREATMENT:

## Taking a Closer Look



The process of recovery begins on the first day of treatment! Residential treatment centers, outpatient programs and 12-Step support groups have historically upheld abstinence as the primary measurement of successful treatment and recovery. Unfortunately, the use of medication in the treatment and recovery from addiction has historically been viewed as substitution of one drug for another and not true recovery.

The 2016 COCA Annual Conference will highlight Medication Assisted Treatment (MAT), its applicability in the treatment of opioid addiction and a pathway to succeed in recovery. This is a topic that has shaken the pillars of how treatment and recovery have been viewed. Individuals such as families, caseworkers, educators, and probation/parole officers who are closely aligned to a person's recovery need to understand all viable approaches. Addiction is a chronic, progressive and potentially fatal disease that requires effective treatment and sustained recovery. Given the extent of the opioid crisis, now is the time to take a closer look and accept Medication Assisted Treatment as another valid and valued means to recovery.

## Workshops

### WORKSHOP 1

#### METHADONE & SUBOXONE: OPIOID ANTAGONIST THERAPY

Presented by William Santoro, M.D., Reading Health Systems

Research over time has demonstrated that Methadone and Suboxone can be very effective in helping individuals addicted to heroin and/or other opioids stabilize their lives and reduce illicit drug use. This workshop will discuss the value of these medications to treat opioid dependence and describe the salient issues related to selecting Methadone or Suboxone treatment. This workshop will also include information regarding the basic science of addiction, defining appropriate goals for Methadone and Suboxone treatment, and adapting therapeutic termination from treatment.

### WORKSHOP 2

#### THE IMPACT OF VIVITROL

Presented by Christopher Davis, M.D., Bridgewater Landing Treatment Center

Studies have shown the effectiveness of medication in combination with therapy as a valid pathway to recovery. Vivitrol is an opioid blocker used for the treatment of opioid dependence and the withdrawal symptoms associated with opioid use. Registrants attending this workshop will be provided with an overview of the drug Vivitrol, the basic science of addiction and description of methods for integrating Vivitrol into treatment programs.

### WORKSHOP 3

#### HIJACKING THE BRAIN: WHEN USING IS NOT A CHOICE

Presented by Dean Drosnes, M.D., Caron Treatment Centers

Have you ever wondered why someone uses drugs the way they do? Participants attending this workshop will receive a basic understanding of substance abuse disorder (SUD) as a brain disease and the psychological and physiological impact on the user. Participants will learn about the brain's function and its susceptibility to addiction based on biological, psychological, social and spiritual factors that can contribute to an individual's dependence on mood-altering chemicals and behaviors.

### WORKSHOP 4

#### RECOVERY THROUGH M.A.T.

Presented by Ken Dickinson, M.S., RPh., HonDSc., Gaudenzia, Inc.

What does it mean to be in recovery from alcohol or drug use? Most define it as a commitment to being totally abstinent from the substance(s). The use of any kind of medication for addiction has been seen as incompatible with the concept of abstinence in recovery. This workshop will examine recovery with the support of medication. The presenter will address past traditions and approaches to treatment for the disease of addiction as well as current methods to treatment including Medication Assisted Treatment.

### WORKSHOP 5

#### BETTER BOUNDARIES: BETTER OUTCOMES

Presented by Dave Reyher, M.A., C.A.A.D.C., Instructor, Alvernia University

Professional and peer support services are integral contributors to an individual's successful treatment and recovery process. But there is a fine line between well-meaning attempts to help and those which may actually do more harm than good. In this workshop, participants will explore the related dynamics of healthy and unhealthy boundaries, professional enabling, managing dual relationships and occupational burnout. Using discussion, case studies, and interactive activities, this workshop will provide valuable information for building better boundaries that lead to better outcomes for all involved.

### WORKSHOP 6

#### CO-OCCURRING DISORDERS: WHEN TWO ROADS MEET

Presented by Marge Hanna, M. Ed., and David Loveland, Ph.D., Community Care Behavioral Health (CCBH)

Individuals with opioid dependence are likely to have multiple co-occurring behavioral and physical health conditions, in particular, those seeking Medication Assisted Treatment. The interactive workshop will provide participants with a case study of an individual with an array of co-occurring conditions, has had multiple disconnected/incomplete episodes of care, and is now seeking Medication Assisted Treatment services. Participants will learn about a range of effective strategies that can be used efficiently within the existing treatment system to engage and retain an individual who has multiple treatment needs.

[www.cocaberks.org/conferencereg.html](http://www.cocaberks.org/conferencereg.html)

## Registration Form

To register for the 2016 COCA Annual Conference, please submit the following form to the Council on or before **October 24, 2016**. Register online at [www.cocaberks.org/conferencereg.html](http://www.cocaberks.org/conferencereg.html). There is a \$50 non-refundable registration fee for all participants. The registration fee may accompany the registration form or it can be presented the morning of the conference during registration. Each participant will be given six CAC credits for attending (pending approval). Six Social Work continuing education (CE) credits will be offered for an additional \$10 fee (see below).

### SUBMITTING REGISTRATION MATERIALS

Registration forms and payment can be submitted to:

The Council on Chemical Abuse | 601 Penn Street, Suite 600 | Reading, PA 19601  
Phone: (610) 376-8669 | Fax: (610) 376-8423 | Email: [drugfree@cocaberks.org](mailto:drugfree@cocaberks.org)

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Name

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Agency | Facility | School | Workplace

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Address

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City | State | Zip

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Phone | Email

### Please indicate the correct response:

Add contact information to the Council mailing list:  YES  NO

\$50 registration fee (payable to COCA):  ENCLOSED  MAILED  GIVEN AT REGISTRATION

\$10 Social Work CE Credits fee (additional fee payable to Alvernia University Social Work Program):  
 NOT APPLICABLE  ENCLOSED  MAILED  GIVEN AT REGISTRATION

### Workshop Selections

Attendees are requested to indicate their preferences for the two workshop sessions.

AM Workshop	-	1	2	3	4	5	6
PM Workshop	-	1	2	3	4	5	6

### CONFERENCE SPONSORS

**The Council on Chemical Abuse** serves as the coordinating agency for publicly supported drug and alcohol services in Berks County. These services are made possible through private monies received from client fees and private/corporate contributions, tax dollars received from federal, state and local governments through the Pennsylvania Department of Drug and Alcohol Programs and the Berks County Board of Commissioners.

**The Mental Health/Developmental Disabilities/HealthChoices Programs of Berks County** are regulated by the Pennsylvania Department of Human Services' Office of Mental Health and Substance Abuse Services and the Office of Developmental Programs. In Berks County, the Mental Health/Developmental Disabilities Program maintains responsibility for all MH/DD funded programs and services. Furthermore, in collaboration with the Council on Chemical Abuse, Berks County's HealthChoices Program provides oversight of the behavioral health component of the HealthChoices Program.

**Community Care Behavioral Health Organization's** mission is to improve the health and well-being of the community through the delivery of clinically effective, cost-efficient and accessible behavioral health services.

**Berks County Children and Youth Services** is regulated by the Pennsylvania Department of Public Welfare and governed by the Pennsylvania Protective Services Law, the Pennsylvania Juvenile Act, and Act 148. Funding is provided by county, state and federal resources. Berks County Children and Youth Services' mission is to protect children, to assure their physical and emotional well-being as provided by law, and to strengthen and empower their families.

**Substance Abuse Service Providers Association of Berks County** serves as a forum addressing common concerns regarding drug and alcohol prevention, intervention, treatment and recovery in Berks County.