



**OFFICE HOURS**  
**Monday - Friday**  
**8:30 a.m. - 4:00 p.m.**



### **Warning Signs a Young Adult May Be Using or Abusing an Addictive Substance**

- Withdrawn, depressed, tired, and careless about personal grooming
- Changes in eating and/or sleeping patterns
- Difficult time concentrating or remembering things
- Grades have slipped and/or school attendance is irregular
- Lost interest in hobbies, sports, and previously enjoyed activities

### **Characteristics of Substance Use/Abuse**

#### **Behavioral**

- Mood swings
- Personality changes
- Defensiveness
- Extremely emotional
- Self-Centered
- Manipulative
- Social problems
- Anxiety

#### **Physical**

- Bloodshot eyes
- Dilated pupils
- Dizziness
- Sweating profusely
- Constantly cold
- Shaky hands
- Weight loss
- Weight gain
- Looking/feeling "run-down"

### **Contact the UDP Coordinator**

**P** (610) 685 4490  
**F** (610) 376-8423  
**E** [udp@cocaberks.org](mailto:udp@cocaberks.org)

### **Council on Chemical Abuse**

601 Penn Street, Suite 600  
Reading, PA 19601

The Council on Chemical Abuse serves as the coordinating agency for publicly supported drug and alcohol programming 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.

# **UDecide**

**A Substance Abuse Educational Program for Youth and Parents**



UDecide combines group discussion and interactive activities, giving participants the opportunity to consider past choices and to gain skills for positive decision-making.

## ABOUT UDECIDE

The UDecide Program (UDP) is an educational program for young adults who have experienced trouble at school, home, or have legal problems as a result of substance use/abuse. This program is not treatment. Rather, it is an opportunity for young adults to learn the facts about alcohol, marijuana, and other addictive substances. UDP is provided to Berks County by the Council on Chemical Abuse (COCA) and is a three-session program, totaling 12 hours.

UDP is facilitated by experienced professionals utilizing an evidence-informed curriculum to help foster behavioral change, and reduce the likelihood of future problems. All parents/guardians are encouraged to participate in a two hour evening session. Parents/Guardians of minors are required to attend the session, as well as the exit interview on the last day of their child's sessions.

### **Young adults must attend all assigned sessions.**

There is a \$100 non-refundable service fee to participate in the program. The fee is payable by check or money order and must be submitted before participant is eligible to schedule his/her sessions. Most sessions are held at COCA, 601 Penn Street, Suite 600, Reading, PA 19601. Please note that session locations may vary.

**(610) 685-4490**  
[cocaberks.org/udecide.html](http://cocaberks.org/udecide.html)

## BENEFITS OF UDECIDE

### *For Young Adults*

This program allows participants to access education relevant to their risk-taking behavior and substance use/abuse.

### UDP topics include:

- Factual information about alcohol, marijuana and other drugs
- Alcohol, marijuana and drug laws
- Examining substance use
- Changing attitudes and beliefs
- Healthy decision making and refusal skills
- Planning healthy alternatives
- Addiction – Craving, Tolerance and Withdrawal

These sessions provide many long-term benefits to the participant. This includes acting as a deterrent and if necessary, an intervention in a young adult's use of alcohol and marijuana. For those participants who are referred to the program due to legal issues, upon successful completion of the program, the Magisterial District Judge and Community Youth Aid Panel may consider lessening the penalty for a summary offense. For those referred by a school Student Assistance Program (SAP), UDecide may be an alternative to disciplinary action.

### *For Parents/Guardians*

The two-hour Parent/Guardian Session provides an overview of the topics covered in the UDecide sessions. Parents/Guardians are offered information and support needed to intervene and assume an active role in assisting those youth with any alcohol or drug problem.

*"This class really helped me think about how alcohol affects me. Now I feel like I am taking these issues more seriously"*

**- Past UDP Participant**

**This program is not treatment. Rather, it is an opportunity for young adults to learn the facts about alcohol, marijuana and other addictive substances.**

## HOW TO MAKE A PROGRAM REFERRAL

Referrals to the UDecide Program are accepted from Magisterial District Justices and Youth Aid Panels, as well as, SAP Teams, school officials, and parents/guardians in Berks County, PA.

A confidential referral form can be downloaded at [www.cocaberks.org/udecide.html](http://www.cocaberks.org/udecide.html). Forms can then be submitted to the program coordinator by email, fax or mail. Referrals can also be made by calling the Program Coordinator.

