



# 2020 Virtual Conference

## Staying Connected

Responding to the Challenges  
of Addictive Diseases

**Join us online this year!**

**Thursday, November 5**

**8:30 AM – 12:30 PM**

# Staying Connected

Responding to the Challenges  
of Addictive Diseases

We invite you to our 20th Annual Conference! Like many events this year, our annual conference will be held virtually. We will miss meeting with you all in the family reunion of sorts that happens annually at the Crowne Plaza. We hope you will join us for our half-day virtual conference, totalling four hours and three presentations. We are pleased to provide this year's conference at NO COST to Berks County residents & employees.

The COVID-19 pandemic has presented unique challenges for the behavioral health field and people with substance use disorders. Adaptations for prevention and treatment have re-shaped our approach to helping individuals and families through innovative and effective strategies that promote safety and wellness. The 2020 COCA Virtual Conference will provide information and resources for support systems to meet the growing changes and needs in the treatment and recovery field.

**This half-day virtual  
conference includes three  
one-hour presentations.**

**8:30-9AM** Welcome & COCA Update

**9-10AM** Current Drug Trends:  
A Statewide Perspective

**10:15-11:15AM** The Effect of the COVID-19  
Pandemic on Substance Abuse Treatment

**11:30 AM - 12:30PM** Identifying and  
Addressing Compassion Fatigue

*Check website for  
credit opportunities*

# PRESENTATIONS

**9-10 AM**

## **Current Drug Trends: A Statewide Perspective**

Presented by Alan McGill, PA Attorney General's Office

The overdose crisis in Pennsylvania and Berks County rages on, but opioids are not the only problem. There has been a steady increase in stimulant use across the Commonwealth. A representative from the PA Attorney General's office will offer a state-wide overview of the various drugs currently infiltrating our community.

**10:15-11:15 AM**

## **The Effect of the COVID Pandemic on Substance Use Disorder Treatment**

Presented by Dr. David Loveland, Community Care Behavioral Health

The substance use disorder field has been steadily built upon and has improved its methods and modalities for treating addiction. The impact of COVID-19 on the substance use disorder field has resulted in limited face-to-face services and substantial reliance on telehealth. How has this shift impacted best practices? How might this change the way addiction services are provided?

**11:30 AM-12:30 PM**

## **Identifying and Addressing Compassion Fatigue**

Presented by Dr. Martha Thompson, Empower the Mind, LLC

The Behavioral Health services field teaches and promotes self-care. Yet, those in the helping professions are not always good at heeding their own advice. This workshop will discuss Compassion Fatigue and identify ways to take care of oneself that are pivotal to reduce burnout and increase resilience.

**Register today!**

[COCABerks.org/2020ac](https://COCABerks.org/2020ac)

# COST & REGISTRATION

## FREE

There is no cost for those who live and/or work in Berks County

## \$20

For our guests outside Berks

\*Registration/payment will only be accepted online.\*



# THANK YOU TO OUR SPONSORS

**Berks County Board of Commissioners** – Christian Y. Leinbach, Kevin S. Barnhardt, and Michael S. Rivera

**This year's co-sponsor Berks County's HealthChoices Program** is regulated by the Pennsylvania Department of Human Services' Office of Mental Health and Substance Abuse Services. In collaboration with the Council on Chemical Abuse, oversight of the behavioral health component of the HealthChoices Program is provided.

**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.

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

**A sincere thank you to our presenters:** Alan McGill, Dr. David Loveland and Dr. Martha Thompson

A shoutout and thanks to VA Productions for their help today with technical assistance.

Finally, a most heartfelt thank you to all the 2020 COCA Virtual Conference participants. We hope to see you next year for our 21st conference!