

## ANY ILLNESS NEEDS TREATMENT...

Addiction is a brain disease, and not a moral issue. The disease of addiction has no regard for age, gender, race, ethnicity, economic status or neighborhood. Anyone can be affected by addiction, but with appropriate treatment, individuals can enter into recovery.

### Does someone I care about need treatment?

- Do you question whether dependency on drugs or alcohol is a problem for someone you care about?
- Do they use drugs or alcohol to handle stress or escape from life's problems?
- Have they unsuccessfully tried to cut down or quit using drugs or alcohol?
- Have they ever been in trouble with the law, or been arrested because of drug or alcohol usage?
- Do they avoid people or places that do not support their drug or alcohol usage?
- Do they do things under the influence that they would normally not do?

### How to talk about treatment

It can be difficult to talk about treatment. Family intervention services are available to help loved ones express their concern and provide the opportunity to enter treatment. These services work with the goal of motivating the individual suffering from a substance use disorder to get the help they need.

### What if my loved one isn't motivated to enter treatment?

Don't lose hope. Some individuals may need multiple courses of treatment, and some fight entering treatment. Remember, your loved one is sick, but there is hope in recovery. For more about support for loved ones, please call our office or visit our website.

If you feel a family intervention may be necessary, please call our office: (610) 376-8669

### Emergency Help

Individuals arriving at an emergency room due to an overdose, or presenting severe withdrawal symptoms are welcomed as part of the Warm Handoff Program. Once the individual is medically stable, a certified recovery specialist (CRS) meets with the survivor on site at the hospital and assists them in engaging in treatment and recovery services. The Warm Handoff program is offered at both Reading Hospital and Penn State Health St. Joseph.

For more information about this program, please contact the TASC office at (610) 375-4426.

### How can I get Naloxone?

Naloxone (the medication that reverses opioid overdoses) is available to Berks County residents through COCA at no charge. Visit [cocaberks.org/getnaloxone](http://cocaberks.org/getnaloxone) to start the process.



## What is COCA?

Established in 1971, 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, PA.

Learn more about us at [www.cocaberks.org](http://www.cocaberks.org) or scan the code below with your smart phone.



## 24/7 Drug & Alcohol Hotline

(484) 628-4673

# DRUG & ALCOHOL TREATMENT SERVICES

50 N. 5th Street | 5th Floor | Reading, PA 19601  
Phone (610) 376-8669 | [www.cocaberks.org](http://www.cocaberks.org)

# How does someone get into treatment?

If you are experiencing a true medical emergency, seek help from the closest emergency room.

## I have health insurance.

- 1 Call the customer service number on the back of your insurance card and tell them you are in need of treatment
- 2 Get a drug & alcohol assessment from a qualified provider.
- 3 After your assessment, you will receive a referral determining what kind of care is necessary.
- 4 Act 106 of 1989 is a Pennsylvania law. Under most group insurance plans in PA, you are entitled to certain substance use treatment benefits. For more information on insurance requirements regarding substance use services, visit the following website: <https://www.insurance.pa.gov/Coverage/Pages/MentalHealthSUD.aspx>

## I am uninsured\*, under-insured\*, or on Medical Assistance

For help during normal business hours (Monday - Friday, 8 a.m. - 5 p.m.), please report to Treatment Access & Services Center (TASC) for an evaluation and referral for treatment. In-person and telehealth options are available.

**Contact TASC @ (610) 375-4426**

For immediate withdrawal management services during evenings/weekends/holidays, please contact Pennsylvania Adult & Teen Challenge:

**PENNSYLVANIA ADULT & TEEN CHALLENGE**  
(844) 888-8085 | [paatc.org](http://paatc.org)

\* Must be a Berks County resident for a minimum of 90 days.

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

“ During a hopeless time in my life, I was pregnant and addicted to heroin. I knew I needed help. Thankfully, help was available. ”  
- Margaret M., Person in long-time recovery since 2014

## COCA-Approved Services from Our Contracted Treatment Providers

### ADDICTION MEDICINE: TOWER HEALTH MEDICAL GROUP

101 Wellness Way, Suite 210, Reading, PA 19605  
(484) 628-9784 | [reading.towerhealth.org](http://reading.towerhealth.org)

*Medication-Assisted Treatment (Buprenorphine Induction and Maintenance)*

### BERKS COUNSELING CENTER

645 Penn Street, 2nd Floor, Reading, PA 19601  
(610) 373-4281 | [berkscounselingcenter.org](http://berkscounselingcenter.org)

*Outpatient Treatment (Adult & Adolescent); Outpatient Treatment (Adult Dual Diagnosis); Outpatient Treatment for Pregnant Women/Women with Children (child care provided); Transitional Housing for Women with Children; Medication-Assisted Treatment (Buprenorphine/Suboxone)*

### Caron Counseling Services (CCS)

845 N. Park Road, Wyomissing, PA 19610  
(484) 345-4670 | [caron.org/locations/caron-outpatient-pennsylvania](http://caron.org/locations/caron-outpatient-pennsylvania)

*Outpatient Treatment (Adult & Adolescent)*

### EASY DOES IT, INC.

1300 Hilltop Road, Leesport, PA 19565  
(610) 373-2463 | [easydoesitinc.org](http://easydoesitinc.org)

*Transitional Housing (Adult)*

### NEW DIRECTIONS TREATMENT SERVICES

832 N. Park Road, 1 Park Plaza, Wyomissing, PA 19610  
(610) 750-6130 | [ndts.org](http://ndts.org)

*Outpatient Treatment (Adult); Medication Assisted Treatment (Methadone & Buprenorphine/Suboxone)*

### PENNSYLVANIA ADULT & TEEN CHALLENGE

33 Teen Challenge Road, PO Box 98, Rehrersburg, PA 19550  
(844) 888-8085 | [paatc.org](http://paatc.org)

*Withdrawal Management; Residential Treatment (Short-Term); Outpatient Treatment (Adult)*

### PENNSYLVANIA COUNSELING SERVICES - READING (WYOMISSING)

1733 Penn Avenue, Reading, PA 19609  
(610) 670-7270 | [pacounseling.com](http://pacounseling.com)

*Outpatient Treatment (Adult)*

### PENNSYLVANIA COUNSELING SERVICES - READING PSYCHIATRIC

125 South Fifth Street, 2nd Floor, Reading, PA 19602  
(610) 685-2188 | [pacounseling.com](http://pacounseling.com)

*Outpatient Treatment (Adult & Adolescent); Outpatient Treatment (Adult Dual Diagnosis); Outpatient Treatment (Adult Spanish Speaking)*

### READING HOSPITAL CENTER FOR MENTAL HEALTH, BUILDING K

101 Wellness Way, Reading, PA 196051  
(484) 628-8070

*Outpatient Treatment (Adult); Outpatient Treatment (Adult DualDiagnosis)*

### TREATMENT ACCESS & SERVICES CENTER (TASC)

19 North Sixth Street, Suite 300, Reading, PA 19601  
(610) 375-4426 | [berkstasc.org](http://berkstasc.org)

*Evaluations, Referral, Case Management (Adult)*

### WALK IT OUT RECOVERY

PO Box 34, Womelsdorf, PA 19567  
(484) 525-9832 | [walkitoutrecovery.com](http://walkitoutrecovery.com)

*Spanish speaking Family Education and Support*

### YMCA OF READING AND BERKS COUNTY

Reed and Washington Streets, Reading, PA 19601  
(610) 378-4700 | [ymca-berkscounty.org](http://ymca-berkscounty.org)

*Transitional Housing (Adult Homeless), Transitional Housing (Adult Dually Diagnosed Male), Transitional Housing (Adult Criminal Justice), Transitional Housing (Speciality Court House), Transitional Housing (Spanish Speaking)*

Our contracted treatment providers are licensed and undergo on-site inspection by the PA Department of Drug and Alcohol Programs (DDAP). Additionally, COCA performs regular monitoring of each contracted provider to assure compliance with conditions of the contract. Drug and alcohol treatment services are governed by both federal and Pennsylvania drug and alcohol confidentiality regulations. All programs must adhere to the federal Health Insurance Portability and Accountability Act (HIPAA) developed to protect the security, confidentiality and integrity of health information. As such, the privacy of the clients and the services provided are strictly enforced.

Please visit [www.cocaberks.org](http://www.cocaberks.org) for the most up-to-date provider list.