



**Council on
Chemical Abuse**

YOUR BRIDGE TO ADDICTION RESOURCES

Annual Report

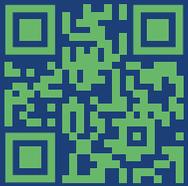
2021-2022



Pictured above: Reading High School JROTC Students with Courage on National Take Down Tobacco Day

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WHAT IS COCA?

Since 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 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



A handwritten signature in black ink that reads "Stanley J. Papademetriou".

Stanley J. Papademetriou

Over the years, there have been numerous fluctuations as it relates to substances most frequently being used in our community. Primary drugs of abuse do change, and often with significant impact on the community. While alcohol use disorders have historically been the most prevalent problem, other drugs, whether it be heroin, cocaine, prescription drug misuse and more recently fentanyl, have wreaked havoc on our community. Notwithstanding the cyclical nature of the drugs of abuse, rigorous efforts to prevent and treat any substance use disorders remains COCA's prime objective.

Our community has seen significant strides in how substance use, and related issues are addressed. Whether it be prevention, treatment or recovery support, the emphasis and reliance is now more on evidence-based services. Such services have been studied and shown to work. No more guess work in what approaches to use. No more need for scare tactics that typically do not work. No more need to rely on employing the same method in every situation to treat someone suffering from a substance use disorder. We have learned more; we understand more; and the result is that services are more successful.

In our schools, we now strive to have multi-session prevention programs for youth that measure knowledge gained, as well as changes in perception regarding substance use. This is significantly more effective than one-time instructional events. Treatment programs now incorporate proven approaches and techniques that individualize counseling and therapy, with the goal being wellness, which many times incorporates the principals of harm reduction. Now, more than ever, we recognize the importance of supports in the community as the key to long-term recovery from a substance use disorder. When it comes to recovery from a substance use disorder, one size does not fit all. There are many pathways to recovery, each with its own benefit, depending on the needs of the individual.

Of course, it would have been beneficial to have had these techniques and approaches several years ago. But what really matters is that we have them now. We have come a long way in the past five to ten years and we have the utmost confidence that over the next several years we will know and understand even more on how to better prevent, treat, and support those with a substance use disorder. The progress we have achieved offers encouragement as we face the future. Our hope always has and always will be for our community to become more resilient and healthier as it relates to substance use issues.

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Resiliency and Wellness

Berks County's families, youth, and communities are confronted on a daily basis with on-going challenges to health and wellness. The easy availability of alcohol, tobacco, and other drugs and norms that are favorable to use are formidable risks factors that must be addressed. Resiliency is the ability to overcome these challenges and navigate through life's obstacles. Our work in prevention must focus both on reducing the risks, as well as enhancing the protective factors that build resiliency.

We can build the resiliency of our youth by providing opportunities and rewards for pro-social involvement and supporting school, community, and family bonding. The Council on Chemical Abuse offers a variety of prevention programs in schools and communities that strengthen resiliency-related protective factors. The Strengthening Families Program for Parents and Youth Ages 10-14 encourages family engagement, and rewards positive activities and behaviors. Youth-led prevention programs such as Berks PRIDE and LEAP: The Teen Prevention Coalition, engage youth in pro-social leadership roles. When youth feel connected, they are more likely to make positive health choices and abstain from substance use. If we create the opportunities for youth to demonstrate their competencies and ensure they are recognized for their accomplishments, we are setting the foundation for wellness. We can protect our youth from life-compromising consequences of substance use when we all commit to taking these simple steps in the promotion of resiliency.



In memory of Myrna M. Warwick

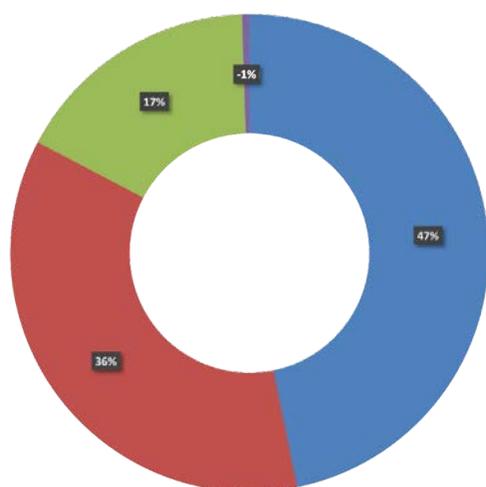
Passed away August 1, 2022

*Myrna was a long-time fiscal employee of
Council on Chemical Abuse.*

Join an upcoming event or training!
cocaberks.org/events

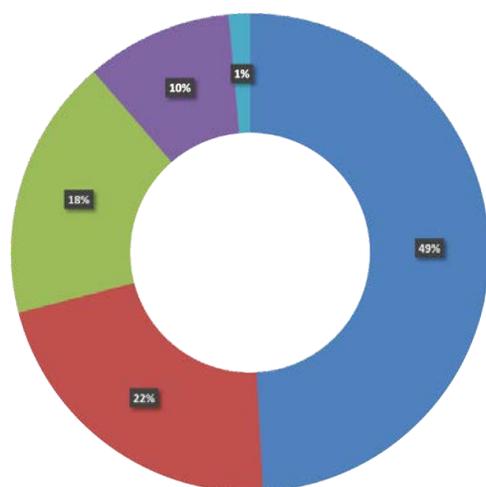
Fiscal Report

July 1, 2021 - June 30, 2022



Revenues

● State Funds	\$3,668,152
● Federal Funds	\$2,813,026
● County Funds	\$1,319,205
● Other COCA Fees & Income	\$37,918
Total COCA Revenue	\$7,838,301



Expenditures

● Treatment Related Services	\$3,851,289
● Treatment	\$1,711,277
● Prevention	\$1,387,379
● Administration	\$775,796
● Intervention	\$112,560
Total COCA Expenditures	\$7,838,301

For more information regarding our 21-22 fiscal report, please visit cocaberks.org/annualreport

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

Prevention



Certified Prevention Specialist Paige Carroll shared mocktail recipes to promote FASD Awareness.

FASD Awareness Campaign

People Reached: 4,261

Every September, COCA focuses on Fetal Alcohol Spectrum Disorder Awareness with a media campaign and education efforts geared toward women who are pregnant or of childbearing age. With the support of the Community Prevention Partnership, an English and Spanish virtual program, "Mama's Little Mocktails" was facilitated in 2021, fostering education on the impact of alcohol on mother and child during pregnancy. Participants learned about seeking health care and having conversations with providers if they are struggling to discontinue alcohol use during pregnancy. Presenters offered ideas for celebrating without alcohol and other substances, and provided recipes for mocktails, as well as tips for a healthy, safe pregnancy. [Learn more at cocaberks.org/fasd](https://cocaberks.org/fasd)

Media & Communications

Social Media Posts	2,004
Social Media Post Impressions	145,310
<i>The Response</i> magazine - copies distributed to community	8,200

Prevention Services

Prevention Department Speaking Engagement Participants	1,561
Too Good For Drugs Evidence-Based Curriculum Participants	265
Teens & Technology School Education 2-Session Participants	888
Gambling Speaking Engagement Participants	405
Information and Promotional Material Distributed	23,192
LifeSkills Training Participants	259

**Some participants may have attended more than one event*



Pictured left: Children from Spring Rose Childcare show off their Summer Prevention Adventure Courage tattoos.

Vaping Education

Parents & Youth Reached: 818

With the rise of vaping among youth, COCA has made vaping education a priority, initiating programs to educate youth, parents and school staff, and providing support to school administrations seeking strategies to reduce student vaping on school property.

[Learn more at cocaberks.org/vaping](https://cocaberks.org/vaping)

Health Fair Events

People Reached: 4,914

As COVID-19 restrictions were lifted, COCA began participating again in community events, distributing information on substance use prevention, treatment and recovery, and promoting healthy choices at health fairs, back-to-school nights and National Night Out events.

PAYS

Districts Participating: 13

The Pennsylvania State Youth Survey (PAYS) is a free, voluntary survey administered to students in grades 6, 8, 10 & 12. COCA urges Berks County schools to participate because the survey provides crucial data on attitudes and behaviors of area youth on issues that put students at risk, including violence, alcohol, tobacco and other drugs. It also assesses students' perspectives on school environment and their mental health and helps gauge the effectiveness of existing prevention programs.

[Read more at cocaberks.org/pays](https://cocaberks.org/pays)



LEAP: Teen Prevention Coalition

COCA's Teen Prevention Coalition, LEAP, is a leadership development program for high school students who live in Berks County. The program was initiated in the spring of 2022, and engaged 14 students throughout the year who participated in various community prevention activities, and learned about prevention messaging and advocacy strategies. The program is led by the Council on Chemical Abuse prevention specialists, and is founded on an evidence-based model of empowerment designed to engage youth through knowledge, skills, and action. During monthly meetings, students learned about substance use prevention topics, and had the opportunity to develop leadership skills, gain community service hours, design media campaigns and build their resumes. The students participated in the Day at the Capital event for tobacco control legislation, the Project Sticker Shock campaign, and visits with local legislators. They also created a name and logo for the coalition, LEAP, to signify Leaping Forward, Protecting Futures.



I like being part of a group that is passionate about creating change in our community.

- Participant

Intervention, Treatment & Treatment Related Services

Intervention Services & Programs

Medication Lock Boxes Distributed	507
Narcan® Kits Distributed	2,462
Blue CARES Visits	171
SAP Assessments	1,034
Medication Assistance Jail Program Treatment Admissions	270
Warm Handoff Interventions	867
Marijuana Diversion Program Completions	341
Urine Specimens Tested	33,183

SAP Professional Development Day

School Professionals who Attended: 90

COCA, along with Caron Treatment Centers and the Berks County Intermediate Unit, sponsored the 7th annual Berks County Student Assistance Program (SAP) Professional Development Day in August 2021. COCA has been providing this free event to Berks County school professionals since 2015, and this was our 2nd time offering it virtually. SAP is a mandated team process designed to help identify students who are struggling with issues such as substance use and mental health concerns. All Professional Development Day workshops provide educators with information aimed at identifying students and helping them achieve.

Today There's Hope

Hope for saving a life with Narcan®. When properly administered, Narcan® can reverse an opioid overdose.

Learn more on our website at COCABerks.org/hope



Pictured left: Drug & Alcohol Program Specialist, Brian Kammerer shows the new Narcan kit package with Dr. Sarah Payne, an OB/GYN resident at Reading Hospital.

Medical Assistance Jail Program

Individuals who Received Services: 270

Through this program, COCA funds a Case Manager position on site at the Berks County Jail. The Case Manager provides drug and alcohol assessments and treatment referrals to incarcerated individuals in need of residential substance use disorder treatment. The Case Manager assists the incarcerated individual in applying for Medical Assistance benefits in order to fund the appropriate treatment. The Case Manager coordinates with the jail, the County Assistance Office and the treatment facility to schedule admission into treatment and the start of MA benefits for the day the individual is released from jail. The individual is transported directly from the jail to the residential substance use disorder treatment facility. This "door-to-door" process guarantees the individual's admission into much needed treatment services.

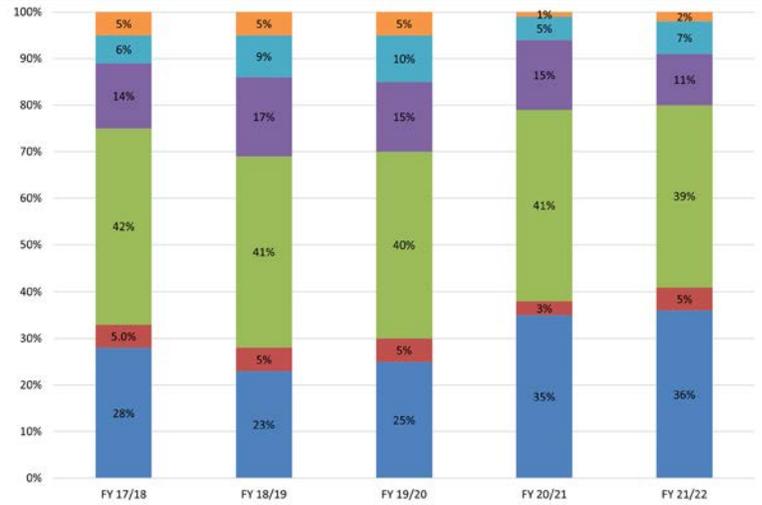
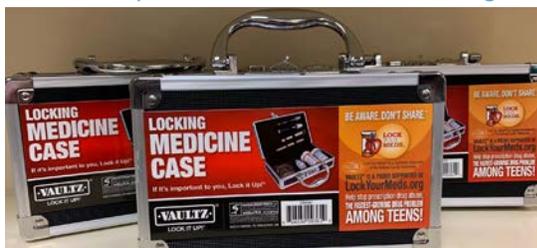
Narcan® Distribution after Incarceration

Research shows that individuals who have been incarcerated are approximately 100 times more likely to die by overdose in the first two weeks after their release from jail than the general public. To combat overdoses among people re-entering the community following incarceration, COCA expanded its Narcan® distribution program to include providing an Opioid Overdose Prevention Kit to individuals being released from the Berks County Jail. Narcan® is a medication that can reverse an opioid overdose. The Overdose Prevention Kit includes two doses of Narcan® nasal spray, as well as information about substance use disorder treatment and recovery resources. Since January 2022, COCA has provided approximately 150 Opioid Overdose Prevention Kits to the Berks County Jail for distribution to people being released from the jail. Additionally, COCA is working with the Berks County Adult and Juvenile Probation/Parole Departments to provide Opioid Overdose Prevention Kits to people under supervision and their families.

In addition to distributing Opioid Overdose Prevention Kits, COCA also distributes medication disposal bags and medication lock boxes to insure the safe use and disposal of prescription drugs. During fiscal year 2021/2022, COCA distributed over 2,500 medication disposal bags and over 500 medication lock boxes.

Medication disposal bags, medication lock boxes and Opioid Overdose Prevention Kits are free to people who live or work in Berks County.

[Learn more or request items at cocaberks.org/rxsafety](https://cocaberks.org/rxsafety)



Primary Drug for People Admitted for Treatment Through COCA Funding

- Alcohol
- Cocaine
- Heroin & Other Opioids
- Marijuana
- Stimulants
- Other

689 Individuals

Received Pre-Treatment Services at Berks County Jail

Treatment Services

Individuals Funded for Treatment: 715

In the course of treatment, an individual may require admission to several levels of care (i.e. detoxification followed by residential treatment). A total of 715 individuals were funded for 828 treatment episodes in fiscal year 2021/22, 278 episodes were for residential levels of care (i.e. withdrawal management, residential treatment and halfway house) and 550 episodes were for outpatient levels of care (i.e. intensive outpatient, partial hospitalization and medication-assisted treatment).

Treatment Access

Requests to COCA: 1,884

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.



Berks County Recovery Houses

In December 2021, the Pennsylvania Department of Drug and Alcohol Programs (DDAP) issued regulations for the licensure of drug and alcohol recovery houses. A recovery house is defined as housing for individuals recovering from a substance use disorder (SUD), which provides those individuals with a safe and supportive, drug and alcohol-free environment that may include peer support and other recovery support services. Recovery houses are not SUD treatment facilities. Rather, they provide support to individuals in recovery from SUD, who may benefit from a substance-free environment and peer camaraderie. Without adequate supports, individuals with a SUD are at greater risk of relapse, increasing their chances of overdose and death.

This licensure requirement was born from a growing concern nationwide of unscrupulous individuals who seek to enrich themselves by exploiting those in recovery. There was little to no protection from unregulated, substandard houses providing low-quality to no supportive services, committing insurance fraud and actually harming vulnerable populations. In 2017, Governor Wolf signed Act 59 into law, giving DDAP the power and duty to license drug and alcohol recovery houses. The licensing requirements include safety and service standards to protect and better serve those in early recovery. Drug and alcohol recovery houses must get a license in order to accept referrals from state agencies or state-funded facilities, or federal or state funding to deliver services.

Currently, COCA funds a total of 131 recovery house beds through long-standing contracted providers Berks Counseling Center, Easy Does It, Inc, and the YMCA of Reading and Berks County. All have applied, been fully inspected and received full licensure from DDAP

Icon from www.flaticon.com/authors/freepik

Recovery

Individuals who received Recovery Housing Services **190**

Individuals who received Case Management Services **1,279**

Individuals who received Treatment Follow-Up Contacts **178**

181 Individuals

Attended Recovery Support Services

32,257 Bed Days

Provided to individuals in recovery housing



Pictured above: Community Programs Specialist Yvonne Stroman hosted a free, weekly make-your-own sundae event, Sundaes on Fridays, at the RISE Center throughout the summer.



2021 Annual Conference

Over 150 individuals joined us at this year's hybrid conference. In-person attendees joined COCA staff at the Double Tree Reading. The half-day conference including presentations on the topics of marijuana, the opioid crisis and community prevention.

Pictured below: Kim Kulp, of Ms. Kim's Focus on Healthy was presented with the COCA President's Award.



Berks County Commissioners

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 Kevin S. Barnhardt, Vice Chair
 Michael S. Rivera

Board of Directors

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 Nicolas Camacho, Vice President
 Jeffrey Auman, Treasurer
 Courtenay Dillard, Secretary
 Jobany Bedoya
 Dr. Danelle Bower
 Wynton Butler
 Dr. Jill M. Hackman
 Andrea Mertz
 Jillayne Rech
 Kevin Rudy
 Richelle Smith
 Josephine Torres-Boykins
 Robert Williams
 Thomas Xavios

Staff Members

Stanley J. Papademetriou, Executive Director
 Deborah Baer, Billing Technician
 Paige Carroll, Prevention Specialist
 Laura Catalano, Digital Media Specialist
 Susan Cawley, Fiscal Technician
 Nicole Charlanza, Prevention Specialist
 Teresa Tieman Detweiler, Prevention Specialist
 Marcia Goodman-Hinnershitz, Director of Planning & Resource Development
 Bernice K. Hines Corbit, Case Management Supervisor
 Sharon Ingraham, Chief Fiscal Officer
 Brian Kammerer, Drug and Alcohol Program Specialist
 Jennifer L. Kirlin, Communications Coordinator
 Alicia Kline, Prevention Specialist
 Francheska Lantigua, Case Management Specialist
 Sara Liu, Fiscal Technician
 Minna Lopez, Administrative Support Specialist
 Kathleen F. Noll, Assistant Administrator
 Paul Russell, IT Administrator
 Sonia Santiago, Prevention Specialist
 Nickie Seshan, Office Manager
 Jaclyn Steed, Prevention Program Manager
 Yvonne Stroman, Community Programs Specialist

Staff and Board as of 6/30/22

Connect with #COCABerks!

Get up-to-date news, statistics, videos, information on upcoming events, addiction resources and more.



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youtube.com/COCABerksvideo | linkedin.com/company/council-on-chemical-abuse



**Tune into our monthly WEEU show every
3rd Monday of the month at 11 a.m.**