



Council on
Chemical Abuse
Concilio de Abuso de Sustancias Químicas

2010 ANNUAL REPORT

Bridges to Recovery

Annual Report 2010

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**Council on
Chemical Abuse**
Concilio de Abuso de Sustancias Químicas

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Funding for this publication was provided by the Council on Chemical Abuse Volunteer Committee.

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Please note that the programmatic and financial information presented in this annual report is only for those services funded partially or in-full by the Council on Chemical Abuse. There are additional entities, both public and private, which fund drug and alcohol activities in the community. As such, the data contained herein is not reflective of the entirety of drug and alcohol prevention, intervention, and treatment services provided in Berks County.

From the Executive Director



George J. Vogel, Jr., Executive Director

As July began, legislation (HB 1186) was being passed by the Pennsylvania House and Senate to create a Department of Drug & Alcohol Programs. For the past six years, the creation of this department has been a primary focus of individuals, as well as agencies that work for the prevention and treatment of addiction.

You may not be aware of the legislation since a lot of media “air time” was deviated once again to the passage of PA’s budget. But the importance of HB 1186 cannot be overstated as indicated by its passage in the House by a vote of 191-3 and in the Senate by a vote of 43-7. Republicans and Democrats were united in the need for this legislation. Perhaps the unanimous support was caused by the recognition that an estimated 288,000 Pennsylvanians have a drug or alcohol problem but are not able to get treatment. Or possibly it’s the recognition that un-

treated addiction is a significant contributor to criminal activity, jail overcrowding, hospital emergency room visits, welfare claims, domestic disputes, and violence. Or maybe it is the recognition that for every dollar invested in treatment, there will be a return of \$12.00 in savings in health care and related costs. Or it could even be the fact that not a single day goes by without the news media making some mention of, or reference to, problems created by the use of alcohol or drugs.

Regardless of the reasons for its passage, hopefully the creation of a cabinet level post will provide a stronger voice and higher profile for the prevention and treatment of addiction. Truth be told, all of us know someone whose life has been in turmoil as a result of their use of chemicals. The problem is significant and if we are going to be serious about addressing it in a forthright manner, then it makes absolute sense to create a cabinet level position to lead that effort. This new post is not about making government bigger, but more so about making the government’s response to its people better.

On the Cover

The stone bridge can be found in Mineral Spring Park, located just north of the Lindbergh Viaduct in Mt. Penn, Berks County. The Council chose the bridge to symbolize the support that is many times needed to “cross over” from addiction to recovery.

Cover Photo Courtesy of Berks County Conservancy.

Mission

To provide leadership in the development and implementation of policies, programs, and a system of prevention and intervention services that prevent the onset of illegal alcohol, tobacco and drug use, and treatment services that promote recovery from addiction to all substances.

About the Council

Since 1972, the Council has served the Berks County community in a lead role, offering the resources necessary to respond to the complex problems of substance abuse.

Designated by the County Commissioners as the Single County Authority (SCA) for Berks County, the Council is responsible for the administration and management of publicly funded alcohol, tobacco, and drug services.

The Council is a nonprofit organization governed by a volunteer board of directors reflective of the local community.

2 Highlights

Treatment Court Expansion



Treatment Court Judge, Peter W. Schmehl congratulating a Treatment Court participant.

In 2005, Berks County responded to the high percentage of inmates and probationers whose criminal justice involvement directly resulted from substance abuse and/or mental health disorders by establishing a single specialized Treatment Court.

This endeavour combines the efforts of the criminal justice system and drug and alcohol treatment services to intervene on non-violent criminal offenders and break the cycle of substance abuse, addiction, mental illness, and crime. In fiscal year 2009/2010, Berks County applied for both federal and state funding to expand and enhance the Berks County Treatment Court system. This additional funding will allow Treatment Court to be more comprehensive in scope, structured around evidence-based practices, and will allow for a greater number

of participants to benefit from the approach. Expansion efforts will focus on tripling the number of individuals served. Enhancement efforts will focus on incorporating Motivational Interviewing as the primary evidence-based strategy for court interactions. Additional components to address employment issues and support a sustained recovery and crime free lifestyle will also be established.

Reentry Center Opens Doors

The Council began providing services at the Berks County Community Reentry Center (CRC), which targets underlying issues that contribute to a significant number of incarcerations. Services offered at the CRC include drug and alcohol and mental health treatment, education, job readiness, life skills, and mentoring.

Additionally, the Council has received approval for HealthChoices Reinvestment funds to establish an Early Recovery Unit at the CRC. This unit will provide an environment that promotes and sustains recovery from addiction as well as eliminating the criminal activity driven by the addiction.

The Early Recovery Unit will provide a living environment and supportive services to engage approximately 24 CRC residents in the process of change and facilitate movement from the culture of addiction to the culture of recovery. Easy Does It, Inc. will provide staffing and day to day operation for the unit.

“Being sober, I now see the worth for not only myself but also for others in recovery. Where I once lived in isolation and self-centeredness, I now value my relationships and time spent with others.”

- Recovering Alcoholic, Berks County

Evidence-based Prevention and Treatment

During the past several years, the Council has increasingly adopted evidence-based practices into agency funded prevention, intervention, and treatment services. Evidence-based practices have been scientifically tested and are supported by positive statistical outcomes in the prevention and treatment of substance abuse disorders.

In the scope of prevention and intervention, evidence-based practices require multiple educational sessions and exploration of insight into destructive behaviors. Positive outcomes are monitored by comparing pre- and post- test data. Evidence-based treatment approaches are designed to meet individual needs while improving outcomes such as increasing abstinence and decreasing criminal behavior. A variety of these approaches, including behavioral therapies, medications, and their combination have been proven to be effective in treating addiction.

“The Healthy School, Healthy You mural project had a positive impact for the students that participated providing them with an opportunity to get involved in their community and learn about healthy decision making.”

-Kate Clewell, Chair, Reading High School Art Department

Reading High School Mural Project

In late February, Reading High School youth unveiled their newest work of art. Over a period of five months, students from the Art Club and BUST-ED! joined forces to present the “Healthy School, Healthy You” mural to their peers. The project was sponsored by the Council and the Reading High School Art Department and supported by a grant from the Berks County Community Foundation’s Youth Advisory Committee.

The students designed the mural to discourage a growing graffiti problem and to increase student ownership of promoting healthy messages within the school. The mural depicts a strong young woman who is in the process of determining her future. The phrase, “Your life is what you choose, choose success,” is depicted on the mural to encourage students to make healthy choices. Over 100 students helped with the design, preparation, and installation of the piece.



The student’s mural encourages peers to make healthy choices.

“Pre-Treatment Groups at TASC have helped me to get started in the right direction. The staff addressed my concerns and motivated me to commit to my recovery.”
– Ken S., Pretreatment Group Participant.

Pre-Treatment Services

Upon the identification of the need for treatment, it is important to engage clients into services as soon as possible. Anticipated funding decreases for fiscal year 2009/2010 increased the potential that extended waiting lists for treatment would occur. Waiting lists are extremely detrimental as clients without necessary support often abandon the pursuit of necessary services. To this end, the Council initiated Pre-Treatment Groups in July 2009. Administered by the Treatment Access Services Center (TASC), these Pre-Treatment Groups offer clients support, encouragement, and vital information as they wait for admission into treatment.

This service keeps clients engaged in the treatment process, provides opportunity for insight specific to expectations of treatment, and also assists clients in identifying and accessing other social services. Clients who participate in Pre-Treatment services have a greater likelihood of actually engaging in recommended treatment services. During fiscal year 2009/2010, 232 individuals participated in Pre-Treatment Groups facilitated by TASC.

Youth Survey

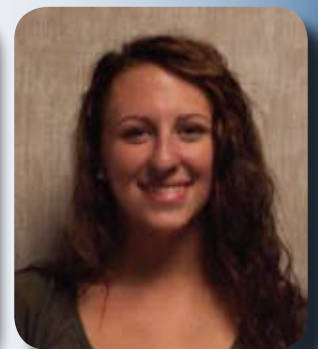
During fiscal year 2009/2010, the Council supported the administration of the Pennsylvania Youth Survey (PAYS) to 4,850 youth in 14 school buildings, across five school districts. The PAYS is administered in collaboration with the Pennsyl-

vania Commission on Crime and Delinquency and collects information on violence, weapons use, and risk factors associated with delinquent behavior and substance abuse. Data obtained through the PAYS aids the schools and community in identifying vital service needs and in the planning of future prevention services.

Pat Ganter Prevention and Recovery Fund Scholarship Recipients



Kelsey Hoffman Cullen



Carli Rapp

Congratulations to Kelsey Hoffman Cullen and Carli Rapp, the 2010 recipients of the Pat Ganter Prevention and Recovery Fund Scholarship. This scholarship is available to Berks County high school students involved in prevention programs who intend to pursue education in human services, behavioral health, social work, addiction studies, criminal justice, or psychology.

6 Prevention



Natural High presentation at Laureldale Playground Program - Summer 2010

The Council on Chemical Abuse prevention programs are designed to reduce those factors that place our youth at risk for alcohol, tobacco, and other drug use. The Council actively engages both youth and family members in a variety of prevention activities in both school and community settings.

Alcohol, Tobacco, and Other Drug Education

Classroom education in evidence-based alcohol, tobacco and other drugs (ATOD) curriculum occurs in the traditional school setting as well as community after-school centers. Both locations serve as a means to

connect youth and their parents to prevention resources. All Council sponsored prevention education curriculums focus on healthy decision making, while reinforcing refusal skills to prepare students to carry a drug and violence-free message to their peers and younger youth. Fiscal year 2009/2010 marked the first year that Council staff worked with the National Guard to implement curriculum. During this fiscal year, the Council has also developed additional ATOD lessons that focus on positive decision making and refusal skills. This type of service is often requested by community groups such as scouts, recreation centers, and summer playground programs.

Safe Homes

Studies show that youth whose parents talk to them about substance use are up to 50 percent less likely to experiment with drugs and alcohol. Based upon this principle, the Berks Safe Homes Parent Network seeks parental commitment in establishing and enforcing rules regarding

Students are more productive at home, at school, and in the community when provided with the tools to make healthy choices

alcohol and other drug use by children in their home. This lifestyle commitment is then shared on a private online directory of those in their school district, church, or community group.

Peer Mediation

Council staff provide evidence-based training and education for school aged youth to prepare them to mediate conflict with their peers, family members, and community members. Utilizing the Peers Making Peace curriculum, youth are taught that conflict of any kind can be resolved in a peaceful manner that reduces violence, assaults, and discipline referrals while increasing academic performance.

Tobacco

The Council's tobacco control program is supported by the Health

Promotion Council (HPC) and funded through a grant from the Pennsylvania Department of Health. During fiscal year 2009/2010, the Council provided advocacy training to 36 youth prevention leaders across Berks County. The training focused on teaching youth the importance of advocating to legislators and local media regarding topics impacting their health, including tobacco. In an effort to reduce the sale of tobacco products to use, Council staff worked with local law enforcement to monitor Berks County tobacco retailers.

Creating Lasting Family Connections

Parents can greatly impact the choices their children make by educating them and getting involved in their lives. Creating Lasting Family Connections (CLFC) is a dynamic, evidence-based program designed to increase parental involvement by setting expectations for youth regarding alcohol and other drug use. Establishing and maintaining rules and consequences help decrease use of ATOD by youth.

“Our teachers see the Council’s evidence-based programs as a valuable asset to our school curriculum, assisting students in steering away from the pressures that surround them in our community.”

- Chad Gresh, Instructional Supervisor, Amanda E. Stout Elementary

Kutztown University, President's Roundtable on Alcohol and Other Drugs



Old Main, Kutztown University

Serving as the coordinating coalition of a four year strategic plan, the President's Roundtable is actively working to reduce the risks of alcohol use by young adults under the age of 21. The second year of activities included an array of prevention and intervention efforts. The campaign was developed by students focusing on the misconceptions of alcohol use by college students. Evidence-based screening and intervention services were also implemented as a means of assisting students who are concerned about their drinking. Finally, a series of educational programs were offered to keep students updated on current substance abuse

issues and available resources, while on-going student activities provided young adults with safe and sober options to alcohol use.

Problem Gambling

Problem gambling is an emerging concern that merits attention as an addictive behavior. Studies in the field of gambling have established that many individuals that engage in gambling activities are impacted by the same risk factors linked to substance abuse. The expansion of various venues for legalized gambling and the proliferation of gambling web sites have increased the availability of gambling opportunities and may place more individuals at higher risk for engaging in problem gambling behaviors.

A grant from the Bureau of Drug and Alcohol Programs allowed the Council to secure an extensive array of gambling resources available for distribution through the Council's Addiction Resource Library. The grant also supported a public forum addressing the issues of problem gambling to Berks County professionals and community leaders via a public forum on the issue.

Council Prevention Service Outcomes (Fiscal Year 2009/2010):

ATOD Education

- 4,258 youth attended Council ATOD educational presentations in 24 school buildings & 28 community settings
- 7,691 youth attended single service events across Berks County

Peer Mediation

- 135 teens were trained as peer mediators in 10 Berks County schools
- 200 students from twelve Berks County schools were in attendance for the annual Peer Leadership Conference

Safe Homes

- 1,367 Berks County families from 12 schools and various community locations pledged to participate in the Safe Home initiative
- 688 of these families also provide a smoke free home and car for their children and visitors
- Program received state recognition by the PA Liquor Control Board

Tobacco

- 399 tobacco compliance checks were completed resulting in a total of 20 sales (5.01% sale rate)

Creating Lasting Family Connections

- 114 parents served by Berks Counseling Center, the Children's Home of Reading and Easy Does It, Inc., participated in CLFC
- The CLFC program was expanded to serve delinquent youth at the Berks County Evening Report Center through a partnership with the Council, EDI, the Berks County Juvenile Probation Office, and the Children's Home of Reading

Kutztown University,

President's Roundtable on Alcohol and Other Drugs

- 179 college students participated in an alcohol screening, 23 of which were referred to the Brief Alcohol Screening and Intervention for College Students (BASICS) program
- 309 college students attended alcohol education programs
- 2,126 college students participated in a variety of alcohol and drug-free alternative activities

The 2010 CORE Survey has found that 9 out of 10 Kutztown University freshmen living on campus prefer not to have drugs available at parties

8 Intervention

The warning signs exhibited by addicted individuals allow others the opportunity to intervene and potentially arrest the addiction and addiction-driven behaviors. Intervention provides the opportunity for addiction to be successfully addressed.

Intervention services are available in Berks County for youth, adults, and families. During the fiscal year 2009/2010, Council funded youth intervention services were available via the Student Assistance Program (SAP), Teen Parenting Program, Underage Drinking Program of Berks County, and the Berks County Youth Center Intervention Program. Council funded intervention services for adults included central intake and referral services, hotline and drop-in services, and screening and group counseling at Berks County



County Prison and Treatment Court. Fiscal year 2009/2010 also brought the addition of Council funded Family Intervention services.

Underage Drinking Program

Education on the long-term effects of alcohol and substance use is a significant factor in youth intervention services. The Underage Drinking Program of Berks County is a collaboration between the Berks County Judicial Court System and the Council that serves to educate and divert youth engaged in substance abuse behaviors. Youth charged with a summary offense related to alcohol or other drugs may be offered the opportunity to complete 12 hours of drug and alcohol education. Upon completion of the program, a lesser penalty for the offense may be offered by the referring judge. Youth participants that are under 18 years of age at the time of the offense are also required to have parental participation. A two hour education session is held for parents to review the dangers of underage drinking and substance use. Consumption of alcohol under the age of 21 damages the brain and other parts of the body. It makes youth more susceptible to academic problems, violent crime, sexual assault, and addiction. The Underage Drink-

“ The Council’s Underage Drinking Program has been a valuable resource to the County’s District Courts, providing first time offenders with insight and options when faced with underage drinking situations.”

- Ann L. Young, MDJ, District Court 23-1-01

ing Program allows youth that have demonstrated substance abuse behaviors to gain insight into the short and long term effects of their actions.

- 367 youth participated and 320 completed the program
- Four instructors taught 24 cycles of three classes per cycle
- 13 youth were referred for drug and alcohol evaluation services and seven were referred to 12-Step support groups

** As participants have varying periods to complete the class, it cannot be said that a specific percentage of those referred went on to complete the class. Engagement in the program is on a rolling basis.*

Student Assistance Program

Student Assistance Program (SAP) services empower school staff to identify any barriers to learning their students may experience. These barriers can include behavioral problems, mental health issues, or alcohol and other drug use. The purpose of the SAP process is to recognize these barriers and partner with social service personnel to provide ap-

propriate screenings, and referral for services as necessary. SAP is not a treatment program, rather a structure to mobilize school resources to remove barriers to learning.

Berks County schools continue to offer SAP services at the elementary and secondary levels. In collaboration with the Berks County Mental Health/Mental Retardation Program, the Council funds SAP activity for these teams and Council staff provide technical support as necessary. Students with higher grades are less likely to engage in alcohol and other drug behaviors than their classmates with lower grades. By removing barriers to learning, SAP teams encourage the realization of higher grades and a lower likelihood of engaging in alcohol and drug use.

- 1,175 students received SAP assessments from 67 school buildings serving Berks County youth
- The scope of SAP services within Berks County elementary schools continues to expand

Family Intervention

For each person suffering from an addiction, there are several family members and friends who are also in anguish because of the situation. Sometimes, the family members suffer more from a loved-one's addiction than the addicted individual. It is often unnecessary to wait for someone to hit bottom before helping them to seek care. Families and friends can effectively intervene prior to the addicted individual experiencing destructive consequences.

The Family Intervention process begins with educating family members and friends about the disease of addiction to establish an understanding of the disorder and gain insight into the process of treatment. The intervention culminates in confronting the addict in a firm, compassionate spirit about the destructive behaviors and the need to pursue treatment to address the problem. While not all interventions result in the addict entering or completing treatment, family members are more aware of how to constructively deal with the addicted individual and where to seek support for themselves. The Council contracts with East Coast Recovery Services for family intervention.

Additional Council Supported Intervention Services FY2009/2010:

Youth and Adults

Berks Talkline: Through its confidential listening and referral service, Berks Talkline received 4,633 calls from youth and adults seeking information and support.

Youth

Teen Parent Program: Berks Counseling Center provides both community outreach and education to teen mothers at high risk for substance abuse. A total of 95 pregnant or parenting teen mothers participated in multi-session addiction education and parenting program designated for this high risk population.

Berks County Youth Center: The Center for Mental Health at the Reading Hospital and Medical Center coordinates this drug and alcohol program for youth, housed at the Berks County Youth Center. The intervention services include a screening for alcohol and drug use and an addiction awareness education group. The addiction awareness group addresses topics including alcohol and drug use and dependence, criminal behavior and consequences, social functioning, and coping skills. A total of 504 participants received intervention services.

Adult

Drug and Alcohol Hotline: This 24-hour telephone service operated by the Reading Hospital and Medical Center provides referral services and support for people experiencing emergencies and/or crises related to drug/alcohol use. The Hotline received 305 calls along with 83 drop-in admissions. Both services are located at the Drug and Alcohol Center of the Reading Hospital and Medical Center.

Interventions at Berks County Prison (BCP): 2,395 inmates were screened for drug and alcohol problems, while 1,125 inmates were provided addiction-specific education and intervention groups.

Urine Drug Testing: Urine drug testing is used to help identify and monitor drug-using individuals who are involved with Berks County Probation/Parole, and/or treatment programs. A total of 25,933 urine drug tests were conducted. Assuring abstinence is critical to successful treatment outcomes.

HIV Testing: All individuals entering drug and alcohol treatment at local facilities are offered HIV services. These services include risk reduction counseling, HIV testing, and post-test support. The following HIV early intervention services were provided: 1,918 pre-test counseling sessions, 861 antibody tests, and 1,162 post-test counseling sessions.

“The SAP process is such a vital part of our District. It truly supports our efforts to strengthen the home-school connection and provides an opportunity to offer outreach services within our rural community. Our SAP services allow us to better address the emotional and social well-being of our students in addition to academic support.”

- Hillary Malone, Social Worker, Tulpehocken School District

10 Treatment

Substance abuse treatment is the management and care of a patient suffering from alcohol or drug abuse to reduce or eliminate the adverse effects of the disease upon the patient. Approaches to treating addiction are referred to as *levels of care* and differ in setting, number of sessions, and lengths of stay. The Council is committed to providing a full continuum of treatment options for Berks County residents who have no public or private health care benefits with which to access drug/alcohol treatment.

Intensive Case Management Services

For many people entering treatment, intensive case management services are provided to help resolve other problems that surround the addictive behavior. Intensive case management services can assist with health care, psychiatric care, housing, support networks, education, vocational training, and employment. During fiscal year 2009/2010, the Council supported intensive case management services via contracts with the Treatment Access and Services Center, Berks Counseling Center, and the Children's Home of Reading.

Treatment Access and Services Center (TASC)

All individuals eligible for Council funded treatment are given the opportunity to receive intensive case management services to assist in addressing their individual needs and reduce the risk or recidivism. During this fiscal year, TASC provided case management services to 128 chemically dependent individuals, including individuals participating in Treatment Court and Restrictive Intermediate Punishment Programs.

Levels of Care



Pregnant Women and Women with Children



This program is coordinated by the Berks Counseling Center and the Berks Parents Services Collaborative operated by the Children's Home of Reading. Both programs provide specialized case management

services for pregnant and/or postpartum chemically dependent women. During this fiscal year, 231 women were provided these services.

In accordance with federal and state requirements, pregnant women are afforded preference in regard to access to treatment services funded by the Council.

Episodes of Service

The following data is related to the individuals who received Council funded treatment services during fiscal year 2009/2010. In the course of treatment, an individual may require admission to several levels of care. As such, the number of treatment episodes will always be greater than the number of individuals. During this fiscal year 1,891 individuals were funded for 2,662 treatment episodes.

Client Demographics

- Ethnicity: 59% White, 26% Latino, 12% African American, 2% Unknown, 1% Other
- Gender: 77% male and 23% female
- Age: 42% ages 18-30, 38% ages 31-45, and 17% age 46 or older.

Client Satisfaction Survey

Studies have shown that the longer a client is engaged in drug and alcohol treatment, the more likely long term abstinence or sobriety will

“I emerged from treatment a new man full of joy, hope and vigor. I had been given a box of spiritual tools and the support of other like minded people that has provided me a continuous sober life beyond my wildest expectations.”

- Recovering Alcoholic, Berks County

occur. It is generally accepted that clients will remain engaged in drug and alcohol treatment if they are satisfied with their treatment experience. To this end, the Council on Chemical Abuse monitors the level of satisfaction of the clients who access drug and alcohol treatment via Council funding. Treatment providers contracted with the Council are required to administer a standardized client satisfaction survey to clients engaged in drug and alcohol treatment during specified periods throughout the year. This standardized survey is comprised of demographic information and 15 statements related to different aspects of treatment. During fiscal year 2009/2010 clients responded to the survey and reported a high level of overall client satisfaction with regard to treatment experiences.

Over 87% of clients surveyed agreed or strongly agreed with the following statements about their treatment experience:

- The program treated me with dignity and respect
- I believe the program has helped me develop the skills to stay sober
- The program has offered me the correct services to address my problem
- I believe I have made progress on the issues that brought me to this facility
- The staff has been sensitive to my cultural and ethnic background
- I would recommend these services to others who have a drug or alcohol problem

Treatment Episodes FY2009/2010

- 1,071 Outpatient** - Non-residential services which provide a combination of group and individual therapy up to five hours per week, on a regular basis.
- 111 Methadone Maintenance** - A drug replacement therapy provided on an outpatient basis to treat opiate (heroin, morphine, oxycontin) addiction. Under a physician's supervision, it is administered orally on a daily basis with strict program guidelines and a counseling requirement.
- 203 Intensive Outpatient** - Non-residential services which provide a combination of group and individual therapy up to 10 hours a week, on a regular basis.
- 202 Partial Hospitalization** - Non-residential services which provide a combination of group and individual therapy via regularly scheduled sessions at least three times per week with a minimum of 10 hour per week.
- 447 Detoxification (Detox)** - A medically supervised treatment program designed to purge the body of intoxicating or addictive substances. This first step in recovery from alcohol and drug dependency can be provided within a hospital setting or a non-hospital facility depending upon the needs of the client.
- 292 Residential Treatment** - Twenty-four hour professionally directed residential care and treatment for chemically dependent individuals in acute physical distress and/or whose chemical dependence symptoms include significant impairment of social, occupational, or school functioning. Residential treatment can be provided within a hospital setting or a non-hospital facility depending on the needs of the client. There are three levels of residential treatment.
 - 240 Short-term:** up to 30 days
 - 17 Moderate-term:** 30 to 90 days
 - 31 Long-term:** more than 90 days
- 18 Halfway House** - A residential facility that provides a structured environment for an extended period (average three to six months). This treatment approach is often used to provide additional support between an inpatient program and independent living.
- 332 Transitional Housing** - An alcohol and drug-free residential environment for chemically dependent individuals in early recovery. Transitional housing allows clients to obtain employment, seek permanent housing, and attend treatment on an outpatient basis.

NOTE: These episodes represent only those funded by the Council

Many clients are reluctant to enter treatment; however, our survey response indicates that once there, clients gain valuable insights into their substance abuse and generally respond positively to their treatment experience

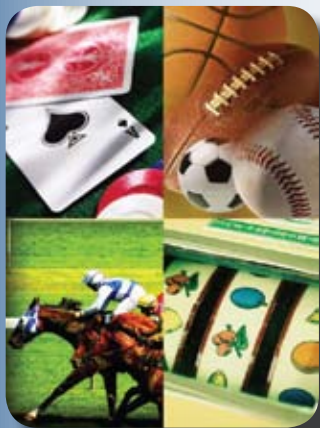
4 Professional and Youth Development

Professional Development

The Council is committed to assisting drug and alcohol and human services professionals in developing preparedness to address the complex issues surrounding substance abuse and addiction. In coordination with the Pennsylvania Department of Health's Bureau of Drug and Alcohol Programs, the Council offers trainings that focus on a variety of addiction related issues, including assessment and evaluation, confidentiality, and relapse prevention as well as other trainings required for program licensing and counselor certification.

During this past year 536 professionals participated in Council sponsored trainings. With an emphasis on the integration of evidence-based practices into local drug and alcohol prevention and treatment programs, the Council also initiated a series of trainings on the counseling technique of Motivational Interviewing.

Community Forum: Problem Gambling



In conjunction with the Pennsylvania Department of Health, the Council sponsored a professional forum on problem gambling. This one day forum served as an important first step in the development of local resources for

problem gambling. James Papas and Carl Robertson, Council on Compulsive Gambling of

Pennsylvania representatives, presented the impacts of problem gambling on youth, women, and minority populations. The forum provided the attendees with an opportunity to enhance their understanding of signs, symptoms, and evidence-based responses to problem gambling.

Council on Chemical Abuse 2009 Annual Conference



Keynote speaker, Deborah Van Horn, Ph.D.

Stringent research of behavioral change has resulted in the emergence of efficient evidence-based methodologies that demonstrate improved positive outcomes. This year's annual conference focused on these evidence-based practices and factors motivating change. The keynote presentation by Deborah Van Horn, Ph.D., noted the evolution, key components, and evaluative studies supporting this approach, as well as the use of evidence-based practices. Breakout workshop sessions further expanded on various evidence-based approaches, as well as other relevant areas affecting behavioral change.

For the past five years, the Council on Chemical Abuse has recognized at its Annual Conference both individuals and organizations that excel in the areas of prevention, intervention and treatment. Those pictured top right are the 2009 award winners.



2009 Council on Chemical Abuse Award Winners (standing l to r): Karen Ferguson, TASC (Treatment Award), Sam Albert (EDI staff), Charlie Beem (EDI Board Member, holding the President's Award presented to EDI), Amber Derkotch (EDI staff), Fran Cortez Funk, Kutztown University (Prevention Award), and Felix Rodriguez (EDI staff). Missing: District Magistrate Ann L. Young (Intervention Award).

Youth Development

Earn and Learn Program

Since 1998, the Council has collaborated with Alvernia University to provide the Earn and Learn Program, offering high school students a chance to earn three college credits at no cost. The program was developed to create effective drug and alcohol prevention education and training opportunities for high school youth. During fiscal year 2009-2010 the Earn and Learn Program graduated another class of high school peer educators.

Peer Mediation Conference

The Council's annual Peer Leadership Conference was held on May 20, 2010. The keynote presentation entitled, Live to Tell, was provided by Tim Rader and detailed the dangers of youth prescription drug abuse. Students participated in workshop tracks for middle school or high school

populations. Workshop topics included prescription drug abuse, as well as other pertinent youth topics such as stress management, teamwork, internet bullying, and building communication skills.

Youth Advocacy Training

Funded by the Pennsylvania Department of Health, the Council provided tobacco advocacy training to 39 youth leaders. The training educated students on the benefits of working with the media to build awareness and discussed appropriate ways to communicate with legislators regarding important tobacco related issues. All youth were engaged in letter writing campaigns to the local media as well as Berks County legislators.

Addiction Resource Library

The Council on Chemical Abuse in collaboration with the Berks County Library System, hosts an Addiction Resource Library that is open to the public. The library is a clearinghouse of materials that address topics such as codependency, recovery, behavioral health, refusal skills, parenting, and addictions.

The Council offers assistance with academic reports, research, classroom presentations, health fairs, and distribution of prevention materials to the community.

Audio Visual

Over 600 audio visual presentations are available for the public to borrow in a video or DVD format. This media addresses a multitude of topics and many are targeted to a specific audience. Included within these resources are several series designed to build a cumulative knowledge on addiction and recovery related issues.

“The Too Good For Drugs curriculum was the *real world* information our kids need to assist them with making better choices!”
- Teacher, 13th and Union Elementary School



The Council's Addiction Resource Library is an excellent resource for anyone interested in drug and alcohol prevention, treatment, or recovery.

Books

The Addiction Resource Library consists of over 800 books on the aforementioned topics. Ranging in scope from children's books to academic publications, these books are a great resource available to borrow by anyone interested in educating themselves or others on topics related to the disease of addiction.

Brochures and Pamphlets

For those seeking a direct and informative format to target a larger group, brochures and pamphlets are also available through the Addiction Resource Library. These supplies are helpful in bringing awareness to addiction issues through venues such as health fairs and community events.

Many of these resources are available in both English and Spanish.

Instructional Aids

The Addiction Resource Library offers a variety of instructional aids to assist in the delivery of drug and alcohol education. Available for a variety of populations, the instructional aids include items such as puppets and flip charts for young audiences, as well as anatomical models and fact boards for older youth and adults. Interactive aids and activities are also available to engage people in the educational process.

Curriculum Resources

Available for implementation in collaboration with a Prevention Specialist, the Council offers ten evidence-based curriculum to schools and community groups. These curricula range in scope and targeted audience.

- All Stars
- Class Action
- Creating Lasting Family Connections
- Keepin' it Real
- Lifeskills Training
- Project Alert
- Project Towards No Drug Use
- Teens Against Tobacco Use
- Too Good for Drugs
- Speak Up

12 Recovery



Bridges to Recovery

For a long time, recovery was thought to be *something* that happens after treatment. It was believed that a good treatment experience was the cornerstone of a lifetime of sobriety and restoration of wellness. The more addiction was studied and understood, it became evident that recovery actually begins with the removal of the chemical from the person's life, followed by a sincere effort to stop a life fueled by their addiction. For many, recovery starts and can be sustained the first time a person crosses the doorstep of treatment. For others, it requires multiple attempts (and multiple relapses) until the person finally recognizes that he or she cannot control their addiction, and ultimately surrenders to its power and turns to a recovery based style of life. Unfortunately

for still others, the fight with addiction will continue with the grim and predictable results being insanity, long term institutionalization, incarceration, or death.

Recovery is like a shoe in that *one size does not fit all*. It has many traditional pillars that are common to all in recovery, and also has many diversifications and differences that are attributable to geography, gender, age, etc. A person's recovery is truly theirs and, to some extent, can be as different as each face that carries it.

Supporting Recovery Efforts

Over the past several years, the Council on Chemical Abuse has made a significant financial investment in programs and services that emphasize continuing recovery. Perhaps the most significant investment can be seen in Transitional Housing that allows residents to stay in recovery based housing, gain employment, stabilize familial relationships, and day by day strengthen a revitalized life that fosters hope, opportunity and a lifestyle that is fulfilling. Noticeably absent from the residents

“What is most striking in this American history of addiction recovery is the incredible diversity of styles and media through which people have resolved their problematic relationships with alcohol and other drugs. Science is confirming Bill Wilson’s 1944 observation that there are many roads to recovery.”
- William L. White, Author, *Slaying the Dragon*

lives are jails, emergency room visits, domestic violence, and other such elements common to an active addict. Success rates of transitional houses are very encouraging and illustrate that this investment will yield both short and long term benefits.

Success of Transitional Housing Participants (6 Months Post Discharge)

- 76% have stable housing
- 78% have a viable source of income
- 80% have maintained their sobriety

In addition to the transitional houses, the Council has worked with treatment providers to establish Early Recovery Support groups as part of an individual's treatment/recovery process. While still in its infancy, results of these groups are promising.

Addiction typically isolates an individual from the people and activities that are truly important to them. Recovery offers hope and a path back to this life. There are thousands of people in Berks County that are in recovery from addiction and live fulfilling and productive lives. These people are our neighbors, friends, relatives, and co-workers. They have found the means and the strength to effectively arrest their disease. They share their experiences with others who are battling this disease and promote the wellness of their peers.

Prevention and treatment work and recovery is alive and well in Berks County. It is a challenge to everyone to encourage, promote, and support recovery as the healthy alternative to living in active addiction.



Experience, Strength, and Hope

Share your story of recovery with others in need

www.recoveryandme.org

July 1, 2009 to June 20, 2010

Revenues from all Funding Sources

Council Revenues.....\$7,853,491

SCA Net Expenses

Total Council Expenses.....\$7,853,491

Please note that the programmatic and financial information presented in this annual report is only for those services funded partially or in-full by the Council on Chemical Abuse. There are additional entities, both public and private, which fund drug and alcohol activities in the community. As such, the data contained herein is not reflective of the entirety of drug and alcohol prevention, intervention, and treatment services provided in Berks County.

Revenues

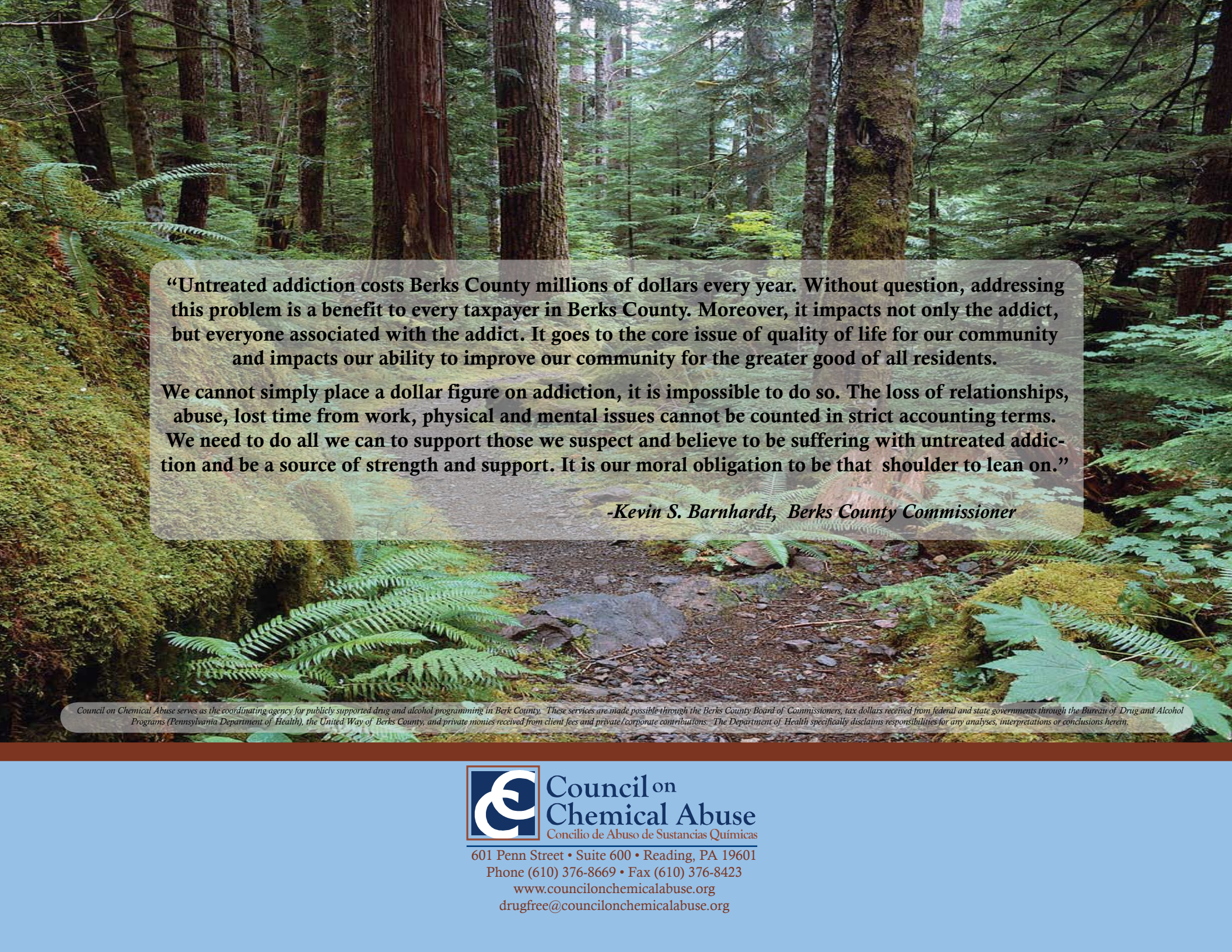
Federal Block Grant	\$2,372,604	30.21%
Berks County Funds.....	\$1,316,643	16.77%
Behavioral Health Special Initiative	\$1,081,530	13.77%
State Base Allocation	\$857,746	10.92%
Restrictive Intermediate Punishment (RIP).....	\$349,502	4.45%
Act 152	\$331,286	4.22%
Reinvestment Fund	\$317,503	4.04%
Housing and Urban Development (HUD).....	\$245,917	3.13%
Mental Health/Mental Retardation Program	\$201,104	2.56%
Department of Public Welfare (DPW/HAP).....	\$121,973	1.55%
Tobacco Control Grant.....	\$118,401.....	1.51%
Gaming Fund	\$133,415.....	1.70%
Strategic Prevention Framework State Incentive Grant (SPF SIG).....	\$111,053.....	1.41%
Human Services Development Fund (HSDF).....	\$85,325.....	1.09%
PA Comm. on Crime and Delinquency Prevention Grants	\$80,257.....	1.02%
United Way.....	\$75,224.....	0.96%
Other Council Revenues	\$54,008	0.69%
Total Revenues.....	\$7,853,491.....	100.00%

Expenses

Care/Case Management & Other Support Services	\$1,238,465	15.8%
Transitional Housing	\$1,216,272	15.5%
Rehabilitation & Halfway Houses	\$1,144,407	14.6%
Prevention	\$997,733	12.7%
Administrative and Client Education	\$668,389	8.5%
Outpatient Drug-Free	\$663,409	8.4%
Other Intervention	\$593,856	7.6%
Detoxification	\$278,435	3.5%
Partial Hospitalization	\$242,714	3.1%
Metadone Maintenance	\$221,537	2.8%
Student Assistance Programs	\$202,777	2.6%
Tobacco Control Programs	\$118,401	1.5%
Strategic Prevention Framework State Incentive Grant (SPF SIG)	\$111,053	1.4%
Intensive Outpatient	\$97,910	1.2%
Non-Department of Health (DUI) Initiative	\$58,133	0.7%
Total Expenditures	\$7,853,491	100.0%

The information on this page represents the financial statements of the Council on Chemical Abuse for FY2009/2010.

Revenues and Expenses 13



“Untreated addiction costs Berks County millions of dollars every year. Without question, addressing this problem is a benefit to every taxpayer in Berks County. Moreover, it impacts not only the addict, but everyone associated with the addict. It goes to the core issue of quality of life for our community and impacts our ability to improve our community for the greater good of all residents.

We cannot simply place a dollar figure on addiction, it is impossible to do so. The loss of relationships, abuse, lost time from work, physical and mental issues cannot be counted in strict accounting terms. We need to do all we can to support those we suspect and believe to be suffering with untreated addiction and be a source of strength and support. It is our moral obligation to be that shoulder to lean on.”

-Kevin S. Barnhardt, Berks County Commissioner

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 the Berks County Board of Commissioners, tax dollars received from federal and state governments through the Bureau of Drug and Alcohol Programs (Pennsylvania Department of Health), the United Way of Berks County, and private monies received from client fees and private/corporate contributions. The Department of Health specifically disclaims responsibilities for any analyses, interpretations or conclusions herein.



**Council on
Chemical Abuse**
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