Finding Hope and Healing in the Berks Heroin Epidemic

January 19, 2016
Welcome

Doug Tieman
CEO/President
Caron Treatment Centers
Senator Judith Schwank

Moderator
Pete and Michelle Gettel

A Story of Hope
Dr. Rachel Levine

Pennsylvania Physician General
The Scope of the Problem

• Overdose deaths from heroin and prescription drug abuse is a public health crisis.
• Seven Pennsylvanians a day die from a drug overdose according to the 2014 Pennsylvania Coroner's report.
• More Americans now die every year from drug overdoses than they do from motor vehicle crashes.
• Pennsylvania leads the nation in drug overdose deaths among young adult men (12-25) – 30.3 deaths per 100,000 young adult male residents and 4th among young people (male and female).
Naloxone

- Naloxone is a life-saving medication that reverses overdoses caused by an opioid drug, such as prescription painkillers or heroin.
- Naloxone is safe and effective. It does not cause someone to get high. It is not addictive. It has one use, to reverse the fatal effects of an opioid drug overdose.
- The medication comes in two forms
  - Intranasal (nasal spray)
  - Auto-injector
Act 139

• Allows for first responders including law enforcement, fire fighters and EMS the ability to administer naloxone

• Allows for friends or family members to administer naloxone and call for help with immunity from prosecution (Good Samaritan)

• Allows for friends or family members to obtain a prescription for naloxone if they fear possible overdose of loved one
State’s Response

• Work with medical schools on education of students
• Provider education through continuing education credits
• Opioid prescribing guidelines
  – Emergency Departments
  – Dentists
  – Chronic non-cancer pain
  – Obstetrics and Gynecology
  – Geriatric providers
  – Pharmacists
State’s Response

• Prescription drug monitoring program/ABC-MAP
• Treatment with an emphasis on medication-assisted treatment
• Naloxone access
  – Standing order for first responders
  – Standing order for general public
John Adams

District Attorney
Arrested

• Too often addiction leads to a person being arrested and charged with committing a crime
• What happens if you or your loved one ends up in the Criminal Justice System?
• We cannot arrest our way out of this problem (Heroin Epidemic)
2 Paths

- Receive a summons (misdemeanor offenses)
- Referred to BCPS by the MDJ
- Urines/ Referral to Counseling/ Inpatient or Out Patient
While in Jail

- Medical treatment and Monitored Detox Taper
- Counseling
- Pilot Program [MA Program]
Treatment Courts

- We offer a number of alternatives to Incarceration
  - Drug Treatment Court
  - Veterans Court
  - Mental Health Court
  - DUI Treatment Court

- May Include
  - Inpatient or Outpatient Counseling
  - Urines
  - Regular reporting to Probation and the Court
Successful Disposition from Treatment Court

• Based upon the offense you may receive:
  – ARD
  – Probationary sentence
  – Substantial reduction of Incarceration

WHY?
TREATMENT WORKS
Yvonne Stroman

Community Programs Specialist
Council On Chemical Abuse
• Non-Profit organization

• Since 1972, COCA has been designated as the Single County Authority (SCA) for the County
  – Responsible for the administration and management of publicly funded alcohol and drug prevention, intervention, treatment, and recovery services
Prevention Services

- K-12 school evidence based prevention curriculum
- Peer Pressure and Refusal Skills Training
- Community Coalition Building and Participation
- Contract with other local organizations for Prevention Services in the community
Prevention/Education

- Tobacco Education and Youth Access Enforcement
- Problem Gambling Awareness
- Public Awareness Events
- BCTV Program
- Community Addictions Resource Library
- Workshops and other Professional Development Trainings
These services are designed to address existing problems and provide resources/ access to services that can help the individual.

- Financially support Student Assistance Program
- Underage Drinking Program
- Financially support Family Intervention Services
- Overdose Survivor Service
- Naloxone Kits Distribution
The continuum of treatment services are provided through contractual agreements with local licensed treatment organizations for the following services:

- Detoxification
- Residential Treatment
- Outpatient Treatment
- Co-Occurring Disorders
- Medication Assisted Treatment
COCA, through contracts with local qualified organizations, provides non-treatment supportive services to help individuals promote and sustain recovery as well as decrease the possibility for relapse. These services include:

- Recovery Housing
- Individualized Support Services
- Early Recovery Support Groups
Primary entrance into COCA funded treatment is through the Treatment Access Services Center (TASC). TASC is a licensed central intake and referral center that:

- Performs comprehensive assessments to identify the existence and extent of a substance use disorder.
- Determine the most appropriate level of treatment and supportive services based on standardized criteria.
- Verify that the person is eligible for COCA’s treatment funding.
- Refer the individual for treatment.
Individuals must meet the following criteria to receive funding from COCA for drug and alcohol treatment:

- Berks County resident who does not have any other behavioral health coverage to offset the cost of drug and alcohol treatment services.
- A minimum of three (3) months of established residency in Berks County.
- Contributes to the cost of treatment as based on a state-mandated liability determination.
How to Access Treatment Services

Treatment Access and Services Center - TASC
19 North 6th Street
Suite 300
Reading, PA 19601
610-375-4426

Monday to Friday 8:00am-4:00pm

Hotline: 484-628-8186 (Drug and Alcohol Center)

Individuals are seen on a first-come first-serve walk-in basis
How to Access Services

Council on Chemical Abuse
601 Penn Street, Suite 600
Reading, PA 19601
Telephone: 610-376-8669
Office Hours: Monday-Friday 8:30am-5:00pm

Hotline: 484-628-8186 (Drug and Alcohol Center)

Email: drugfree@councilonchemicalabuse.org

Websites: www.cocaberks.org
          www.recoveryandme.org
Populations Served

- **Prevention** – All individuals, families, schools, organizations, etc. residing or located in Berks County
- **Treatment** – All individuals that meet COCA’s funding eligibility criteria.
Dr. William Santoro

Reading Health Systems
Medical Director of New Directions
Program Description

• Reading Hospital DAC
• New Directions Treatment Services
• Reading Medical Group at Laureldale
• Inpatient Addiction Consultation
Services Offered

• 12-Step Based Program
• Methadone Maintenance
• Buprenorphine Maintenance
• Naltrexone Maintenance
• Evaluation, Treatment Recommendations and Referral
Populations Served

- DAC 16 years and older
- New Directions 16 and older
- Laureldale 16 and older for Buprenorphine, 18 and older for Naltrexone
- Any age for consultation
How to Access Services

- DAC (610) 988-8186
- New Directions (610) 478-0646
- Laureldale (610) 816-2060
Mary McDevitt, RN
ED Nurse Navigator
PennState St. Joseph

Alicia Reeves, MS
Director of Referral and Assessment
Haven Behavioral Hospital
Partnered to respond to community crisis needs on a 24/7 basis:

**St. Joseph Emergency Department** offers acute medical intervention for community members including medical evaluation and stabilization for detox symptomology.

**Haven Behavioral Hospital** offers Behavioral Health Screenings for all patients presenting with mental health complications as well as substance abuse recovery and treatment needs. All screenings are conducted by Haven Assessment and Referral Specialist that are reviewed with our medical team.
Services Offered

• Medical screening
• Behavioral Health Screening
• Referral and placement assistance for individuals needing acute treatment as well as other services such as outpatient counseling and detox.
Populations Served

- Behavioral Health Screening through the St. Joseph Emergency department are offered to any individual requesting the services regardless of age, socioeconomic status, or level of usage with a nonjudgmental attitude.
Upon Arrival at St. Joseph’s ED

- Clients can directly request to have a psychiatric consult.
- Clients can expect confidentiality and respect from Haven Assessment and Referral Specialist that are trained in crisis intervention techniques.
- Clients are encouraged to be truthful about usage and treatment needs.
- Clients have the right to participate in selecting appropriate treatment programs.
Full-range of outpatient and inpatient diagnostic, medical and surgical services

15 outpatient facilities which offer a variety of services that may include urgent care, imaging studies, lab work and other ambulatory services and procedures in Berks, Chester, and Montgomery Counties.

Full-service teaching hospital is located near the intersection of Route 222 and Route 183 in Bern Township.

Our Downtown Reading Campus, located at 6th and Walnut Streets, is the largest facility for ambulatory care in the City of Reading.
24 hour emergency and crisis care
Board Certified Emergency Physicians and Nurses
Clinical support staff
Nurse Navigators
Main Campus:
2500 Bernville Road (RT. 183) Reading, PA 19605
(610) 378-2000

Downtown Reading Campus:
145 N. 6th St. (6th & Walnut) Reading, PA 19604
(610) 378-2000
We offer acute crisis stabilization for individuals with primary diagnosis of mental health issues as well as mild co-occurring substance abuse concerns through two treatment programs for adults of all ages.

Programming includes psychiatric evaluation and medication evaluation as well as group and individual therapy in a safe environment.
Our inpatient programs include crisis stabilization for acute mental health distress most often related to severe depression, suicidal ideations and psychotic features. Inpatient treatment is an average of 10-14 days.

Our Partial Hospitalization is ideal for patients seeking continued support after detox or long term treatments in order to build toward continued resolution of primary mental health issues. Program runs for 1-2 weeks meeting Monday-Friday.
Haven Behavioral Hospital

• An accredited free standing psychiatric hospital offering a total of 67 beds for acute crisis stabilization for adults of all ages.
  – 28 bed adult unit for ages 18-55
  – 19 bed adult unit for ages 50-70
• We offer a specialized unit for older adults struggling with depression, mild cognitive impairments, behavioral disturbances and general phrase of life issues.
  – 20 bed older adult unit for ages 55+
Our Partial Hospitalization Program accommodates clients needing continued support after inpatient stabilization.

Additionally, PHP is ideal for individuals unable to attain success in traditional outpatient settings or experiencing heightened crisis situations that do not need inpatient treatment.
For more information

Haven Behavioral Assessment and Referral Department
Call Center: 610-406-4346
Fax: 610-924-7294
Director: Alicia Reeves, MS
Phone: 610-406-1032

Business Development Department
Director: Natalie Zimmerman
Phone: 610-406-4362
David Rotenberg
Chief Clinical Officer
Caron Treatment Centers
Caron Treatment Centers

• Addiction is a disease and needs to be treated and managed as such
• 60 years of experience treating addiction
• Heroin and Opioid Addiction is something Caron has been treating for many, many years
• Medical Assisted Treatment
  – With therapy
  – Vivitrol
Treatment

- Distinctive programs for gender, age and specific needs
- Family involvement and programming
- Multi-disciplinary approach
- High level of expertise and credentialed staff
- Outpatient
  - Caron Counseling is a community resource
- Aftercare
  - MyFYR
  - Alumni / Parent Support groups
Commitment to Prevention

• Caron’s Student Assistance Program
  – Every school district in Berks County
  – Provides support for students, parents and school professionals around prevention, intervention and referral services
  – Customized programs targeting the Heroin epidemic
  – Work with each school community to provide early intervention strategies for at risk youth
Resources for Treatment

• Caron is a resource to find treatment
  – Diagnosis, availability, resources
• Caron gives away over $2 million annually in financial assistance to Berks County residents
  – Approx. 70 Berks County residents come to Caron each year for $5,000 or less each year
  – Financial assistance available
Resources for Treatment (cont.)

- Insurance
  - Caron partners with several insurance companies to maximize a patient’s benefits
  - Insurance experts
    - Deb Beck from the Drug & Alcohol Service Providers of PA (DASPOP)
- www.caron.org
- 800-678-2232
Thank you!

• Members of Berks HOPE
  – Berks County District Attorney’s Office
  – Caron Treatment Centers
  – The Council on Chemical Abuse (COCA)
  – Common Ground Recovery Ministry
  – Easy Does It (EDI)
  – Governor Mifflin School District
  – Penn State Health St. Joseph
  – Reading Health System
  – Treatment Access Services Center Inc. (TASC)

• Media Sponsor – The Reading Eagle
Additional Resources
Additional Community Resources

- Common Ground Recovery Ministries
- Easy Does It (EDI)
- East Coast Recovery Services/Transitions in Recovery
- Recovery Coaching Services
Program Description

- Common Ground Recovery Ministry is a community dedicated to recovering by faith, growing together in grace, and serving by sharing the abundance of God.
- In practice we combine the spiritual principles of the Twelve Steps with scripture and Lutheran traditions.
- Our services and programs are open to everyone.
Services Offered

• Wednesday evening recovery worship at 7:30 p.m.
• Recovery support programs
  – Anger Management
  – Healthy Boundaries in Recovery
  – Resentments and Forgiveness
  – Letting Go of Secrets
  – Prayer and Meditation Workshops
• First Wednesday Fellowship Supper
• Annual Recovery Speaker Series
Populations Served

• All are welcome!
• Families affected by addiction
• Individuals and families in recovery
• Co-dependents
• Individuals and families wanting to improve their spirituality
• Individuals and families wanting to strengthen their Christian faith.
• Individuals and families wanting to know more about the Twelve Steps
How to Access Services

• Pastor Tom Scornavacchi
• tscornavacchi@atonementwyo.org
• Office 610-207-4889
• Atonement Lutheran Church
  5 Wyomissing Blvd.,
  Wyomissing, PA 19610
• Soon with another location within Reading
• Thank You for finding HOPE!
Program Description

• Dedicated to improving the quality of life of individuals and families recovering from the effects of addiction
Services Offered

- Transitional Housing
- Emergency Shelter/Bridge Housing
- Intensive Case Management
- Individualized Service Plans
- Recovery Support Services
- Structure & Accountability
- 12-Step Meeting Space
- “Good Clean Fun” Social Activities
- Educational Programs
- Wellbriety Programs
How to Access Services

Contact:
647 Walnut Street - Reading
610-373-9550

1300 Hilltop Road - Leesport
610-373-2463

www.easydoesitinc.org
Program Description

• East Coast Recovery Services is a licensed drug & alcohol outpatient facility

• Transitions in Recovery is a highly structured transitional living residence with 24/7 supervision closely monitored by treatment experts.

• Close collaboration of these programs with family create an effective long term option for on-going recovery.
Services Offered

• Comprehensive Intervention Services
• Assessments
• Individual and Group Therapy
• Family Sessions & Workshops
• Sober Living
• Recovery Enhancement Program
  – Personal coaching program to help individuals develop an on-going recovery program with abstinence verification and accountability for recovery
Populations Served

• East Coast Recovery Services serves adult addicted individuals and families who have been affected by the disease of addiction.

• Transitions in Recovery is a sober living residence for addicted male individuals over the age of 18 who are looking for on-going support in their effort to work a recovery program to address their addiction.
How to Access Services

• Get more information and reach us on the web at www.eastcoastrecovery.net

• Contact us at
  610-621-5223 East Coast Recovery
  610-621-4432 Transitions in Recovery
  484-663-0676 - ask for Sabrina
Recovery Coaching Services

• Dedicated to serving individuals and their families in their journey of recovery from alcoholism and addictions by providing support and guidance through Recovery Coaching to ensure the best possible outcomes

• Addiction is a Family Disease and Recovery is a Family Journey
What is Recovery Coaching?

• Provides **emotional support** within healthy boundaries of mentoring, introduction to sober activities and support groups

• Presents **informational support** through referrals to health, wellness, and educational assistance

• Provides **instrumental support** with stressful tasks such as licenses and insurance, applications and entitlements, and transportation

• Offers **companionship** in person, via phone, email and text. A Recovery Coach is a reliable source of support for those new in recovery
Services Provided

• Recovery/Life Coaching for Individuals and Families
• Interventions
• Assessments
• Transitional Living
• Community Outreach Programs
• Peer Support Groups
• Drug and Alcohol Referrals
• Equine Therapy
How to Access Services

505 Penn Street, 1st Floor
Reading, PA 19601
Phone: 610.816.5101
Fax: 610.816.510
Email: info@recoverycoachingservices.com
Website: www.recoverycoachingservices.com
Elements of Good Treatment

• Ask about patient outcomes and how they define success
• Look for treatment programs based on gender and age
• Determine the center’s guiding philosophy
  – Abstinence or harm reduction?
• Inquire about financial assistance
  – Don’t be afraid to ask
• Learn what family programs are included in treatment
  – Addiction is a family disease
  – Higher success rates for programs with family programs vs. those that don’t have them
Elements of Good Treatment (cont.)

- Ask about the staff
  - Staff-to-patient ratio
  - Whether the facility has a medical director and a comprehensive treatment team
  - Credentials
- Find out about the center’s focus on wellness and spirituality: both should be important parts of the programming
- Learn about recommended lengths of stay
  - 4 to 6 weeks at the minimum for people to change behavior
Thank you!

For more information about upcoming Berks HOPE events or links to its members’ websites, visit caron.org/BerksHOPE