

# **Northwestern's Women's Mental Health and Substance Abuse Program**

## **Information Sheet**

### **Program Description:**

*The Women's Program is a gender specific program for women with substance abuse and mental health disorders. Women in the program are expected to be sober, maintain sobriety while in the program and are encouraged to identify the thinking and behaviors that continuously keep them from having the life they want. The goal is to improve their lives by developing a recovery lifestyle and learning to live a sober life of recovery.*

*The program consists of Women's Group Therapy, Mental Health and Substance Abuse Education and Life Skills Education. There is a strong supportive environment for emotional sharing, developing coping skills and encouraging change.*

### **Program Length, Days and Times:**

*The program is on Tuesdays from 8:45AM – 12:00 noon. The program is a 20 week program and participants can start anytime once they have had the intake. Group start time is 9AM. Please have a pen and notebook to take notes in the education session.*

### **Women's MH/SA Program Place:**

*The Winchester Clinic of Northwestern Community Services Board, 158 Front Royal Pike, Winchester, VA 22601. The building is located on the corner of Rt. 522 and Rt. 50 between the IHOP and Texas Steakhouse Restaurants. Come up to the 2<sup>nd</sup> floor and go left to the Northwestern Clinic. The phone number of the clinic is 540/667-8888.*

### **Fee for the Program:**

*The fee for the program is the same fee you were given in your financial intake. If you are not sure what the fee is, please let me know.*

***You are expected to pay your fee at each session. You will not be allowed in the session if you do not have your fee and your absence will go against your allowable absences.***

### **AA/NA Required 12 Step Meetings and Homework:**

*You are required to attend 3 AA or NA meetings per week and recruit a female sponsor. There is also a minimal amount of required homework to help you start in recovery that will be discussed in the group therapy.*

### **Drug Screens / No Use Expectations:**

*You must have 2 weeks completely drug and alcohol free to start the Women's Program. **It is expected that you will not use any drugs or alcohol for the full 20 weeks in the program regardless of your drug of choice.** You will be drug tested randomly. Drug tests are \$10 per cup. Drug screen results will be shared with PO's and DSS worker as you have been informed when you signed the release.*

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**Medications Policy:** *All medication must be approved before taking it – even over the counter meds. Please have all medications approved BEFORE taking it to protect you on drug screens. No unauthorized prescription stimulant medications, amphetamines, benzodiazapines or opiate narcotics are allowed at any time. Any medication changes must be reported.*

### **Detox and Residential Treatment Services**

*If you are not able to stay sober for the 2 weeks required to start the Women's Outpatient Program or are not able to stay sober while in the program, please let us know. We may be able to offer detox and residential substance abuse treatment services. Funding may be available if you qualify.*

### **Agency Fee:**

*If your fee is being paid by Dept. Of Social Services or another agency you need to have a letter in writing so that we can bill them before you start the program. **You are responsible for the fee until we have the letter in your chart.** The agency will pay the regular fee which is \$150 per day. NWCS functions on a sliding scale.*

### **Contacts:**

*To sign up for the NWCS Women's Outpatient Program please call the call center at 540/636-4250, ext. 2414 and they will give you an appt. for an intake.*

*If you have questions about the program, please call Nancy Haden, LPC, CADC – NWCS SA Outpatient Services Supervisor at 540/636-4250 ext., 2223. In case of inclement weather, please call and listen to the recording to get program closing information.*

*For SA Case Management, call Stacy Clater at 540/667-8888, ext. 1217.*

*Revised: 02/15*