



Nearly two out of three families are affected by problems with alcohol or other drugs.

*More than 22 million Americans suffer from a substance abuse disorder, but only 16% receive treatment. Addiction is a disease that is chronic, progressive, and often accompanied by emotional health issues. It can be fatal if left untreated. The good news: **treatment works!***

For statistics sources, please visit www.power-recovery.com.



Our Mission

POWER's mission is to help women reclaim their lives from addiction and related emotional health issues and improve the well-being of future generations.

Priority is given to people as follows:

- 1) Pregnant injection drug users
- 2) Pregnant substance users
- 3) Injection drug users
- 4) Overdose survivors
- 5) Veterans



For confidential screening, assessment, and referral to treatment, call the POWER Line: **412-243-8755**



**POWER Connection
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***POWER
Connection***

Recovery support services
for women and men

*Learning
to live in
recovery*



Welcome to POWER Connection!

POWER Connection offers peer-based recovery support services to men and women in Allegheny County who are coping with a substance use disorder.

A POWER Connection Mentor is a POWER staff member in long-term recovery. They will be your guide as you reconnect with the community, helping you identify and access programs and services that will strengthen your recovery. You may continue to work with a Mentor for as long as you need in order to achieve your personal recovery and wellness goals.

When you come to POWER Connection, you will be given a handbook that contains helpful information about what to expect from mentoring services.

Holistic Care

Research shows that people are most successful with their recovery when the care they receive is holistic, strengths-based, and addresses the issues that matter most to them, including:

- Trauma
- Parenting, childcare, and general care-giving
- Self-esteem
- Relationships
- Social stigma
- Health (*emotional and physical*)
- Education, training, and employment
- Housing

Recovery Support Services may include:

- Referral to treatment if needed
- Psychiatric consultation
- Recovery coaching
- Connection with community services and resources that will enhance and sustain recovery
- Assistance with managing medication and healthcare needs



Continuum of Care

In addition to **recovery support services**, POWER offers:

- **Screening, assessment, and referral to treatment** when you call the POWER Line
- **Residential substance use disorder treatment** at POWER House
- **Outpatient substance use disorder treatment**, including intensive outpatient (IOP) at POWER New Day