



Nearly two out of three

families are affected by problems with alcohol or other drugs.

More than 22 million Americans suffer from a substance use disorder, but only 16% receive treatment. Women are the fastest-growing segment of substance users in the United States, with an estimated 7.1 million women living with addiction.

Up to 90% of women in treatment report histories of trauma, which may include domestic violence, early childhood sexual assault, physical abuse or neglect, loss of a child, or other traumatic experiences. Our staff is trained to understand the impact of trauma and emotional health on recovery and our care reflects that understanding.

*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.

Licensed by

Pennsylvania Department of Health —
Department of Drug and Alcohol Programs

POWER gives treatment priority 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 New Day Outpatient & Administrative Office

907 West Street, Second Floor
Pittsburgh, PA 15221
412-243-7535 phone
412-643-2972 fax

info@power-recovery.com

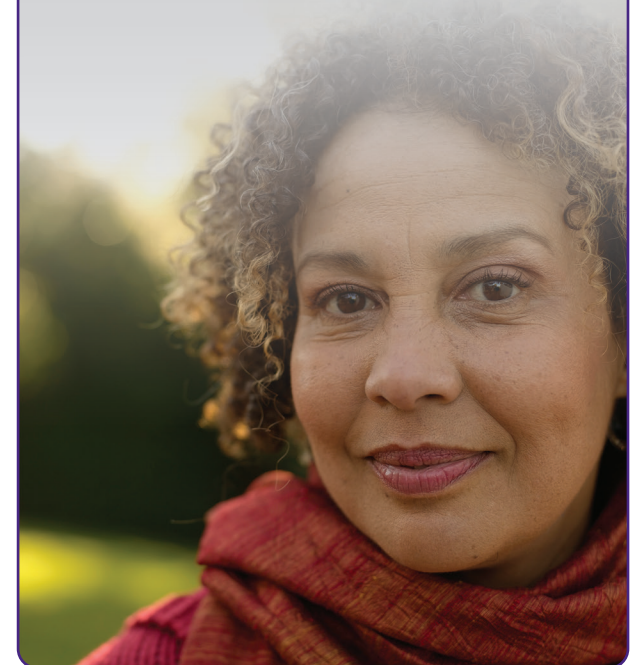
power-recovery.com



POWER New Day Outpatient

**Moving toward wellness
and recovery**

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Welcome to POWER New Day Outpatient!

When you come to POWER's outpatient program, you will find a safe and healing environment in which you can move forward towards your wellness and recovery goals.

Depending on your needs, you may attend:

Intensive outpatient (IOP)

5½ to 9½ hours per week, provided in mostly group therapy format

Outpatient

One to five hours per week, provided in mostly individual therapy format

We say that POWER's programs are woman-centered because they reflect women's lives and deal with issues that are important to women. POWER's programs are trauma-informed, meaning our staff is trained to understand the impact of violence and trauma on women and its effects on wellness and recovery. We utilize Motivational Interviewing, an effective, evidence-based practice.

When you come to POWER New Day, you will be given a handbook that contains helpful information about your treatment. We can also help with transportation to treatment if needed.

Examples of Group Topics

- *Beyond Trauma*
- *Helping Women Recover*
- Mindful meditation and yoga
- Life skills development
- Emotion regulation skills
- Relapse prevention

Holistic Care

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

Issues addressed in treatment at POWER include:

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

Outpatient Services

- Individualized treatment planning
- Individual & group therapy
- Music & art therapy
- Psychiatric assessment & medication management
- Peer recovery support
- Family education & counseling
- Support for self-help participation, including 12-step and many other pathways to recovery
- Transportation & childcare assistance
- Breakfast & lunch
- Aftercare & discharge planning



Continuum of Care

In addition to **outpatient drug & alcohol treatment**, POWER offers:

- **Screening, assessment, and referral to treatment** when you call the POWER Line
- **Residential substance use disorder treatment** at POWER House
- **Recovery support services**, including mentoring, through the POWER Connection program.