



## Nearly two out of three

families are affected by problems with alcohol or other drugs.

*More than 23 million Americans suffer from alcoholism and drug addiction, but only 11% receive treatment. Women are the fastest-growing segment of substance users in the United States, with an estimated 2.7 million women abusing drugs or alcohol. Most women (66-90%) 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 on recovery and our care reflects that understanding.*

*Addiction is a disease that is chronic, progressive, and sometimes fatal if left untreated. The good news: **treatment works!***

*For statistics sources, please visit [www.power-recovery.com](http://www.power-recovery.com).*

### Our Mission

POWER's mission is to help women reclaim their lives from the disease of addiction to alcohol and other drugs, and to reduce the incidence of addiction in future generations.

### Licensed by

Pennsylvania Department of Health —  
Department of Drug and Alcohol Programs

POWER shall ensure the availability of preferential treatment to pregnant women.

Priority is given to women as follows:

- (a) pregnant injection-drug users;
- (b) pregnant substance users;
- (c) injection-drug users; and
- (d) all others.



For confidential screening, assessment, and referral to treatment, call the POWER Line: **412.243.8755**



### POWER New Day Outpatient & Administrative Office

7501 Penn Avenue, Suite 8  
Pittsburgh, PA 15208

412.243.8755 Outpatient phone

412.243.7535 Administrative phone

412.243.8711 fax

[info@power-recovery.com](mailto:info@power-recovery.com)

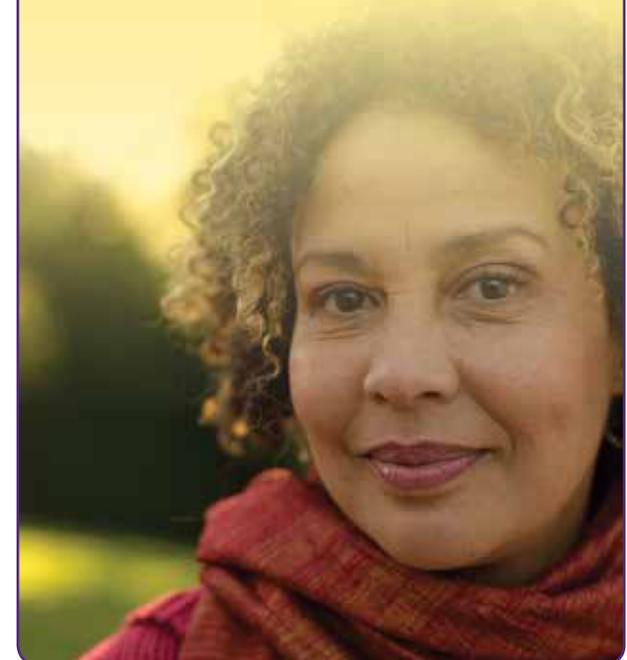
[power-recovery.com](http://power-recovery.com)



## POWER New Day Outpatient

Outpatient drug & alcohol  
treatment for women

*Moving forward  
in recovery*



# 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 in your recovery.

Depending on your needs, you may attend one of three outpatient programs:

• **Partial hospitalization**  
• 10 to 25 hours per week

• **Intensive outpatient (IOP)**  
• 5½ to 9½ hours per week

• **Outpatient**  
• One to five hours per week

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 recovery.

POWER may provide financial assistance for childcare and transportation costs, including bus tickets. You and your therapist will discuss these options to see what works best for you.

When you come to POWER New Day Outpatient, you will be given a handbook that contains helpful information about your treatment.

**Ask about insurance and payment options.**

## Examples of Group Topics

- Coping with trauma
- Mindful meditation
- Yoga & tai chi
- Life skills development
- Managing feelings
- Special groups for women in transition following incarceration
- 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 & wellness
- 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 12-Step participation
- 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**
- **Residential drug & alcohol treatment**
- **Recovery support services, including mentoring**