

WHEN THEORY BECOMES PRACTICE

Implementing Gender Specific
Treatment for Women

Residence XII

The mission of Residence XII is to develop and provide the highest quality alcoholism and chemical dependency treatment programs and comprehensive services, to meet the unique needs of women and their families.



Theories Become Mission Statements

- Chemical addiction for women is a primary illness which significantly and consistently interferes with major areas of their lives...that is, with their family, job, health and interpersonal relationships.
- Women's addiction is a complex family affair which requires treatment of the entire family unit.
- Alcoholism and/or chemical addiction has no discriminatory aspects. It is not a mental disorder. It affects women from all social, economic and educational backgrounds. It has nothing to do with a woman's morals or personal will power.
- The stigma associated with alcoholism and/or chemical addiction is outmoded and inappropriate.

Program Components

- Assessment and Referral
- Intensive Inpatient
- Intensive Outpatient
- Relapse Prevention
- Day and Night Outpatient Programs: Offered for women in the workforce
- Phase II & Phase III
- Family/Children's Programming

Program Modifications Over the Year

- Gender Focused Treatment
- Addition of Women's Health Specialist
- Transportation Provisions
- Children's Program
- Family Program
- Design/Location of the Facility
 - Community living/small group
- Staffing
 - Gender matching
- Mentoring or "Big Sisters" as part of Residential Program
- Smaller Group Size
- Use of a Non-Shaming Model
 - Addict/Wise Woman Modality

Year at a Glance

August 05 – August 06

- Data Sources
 - ASI administered at intake
 - Patient Initial Interview
 - Medical documentation
 - Staffing forms

What We Are Seeing: Use

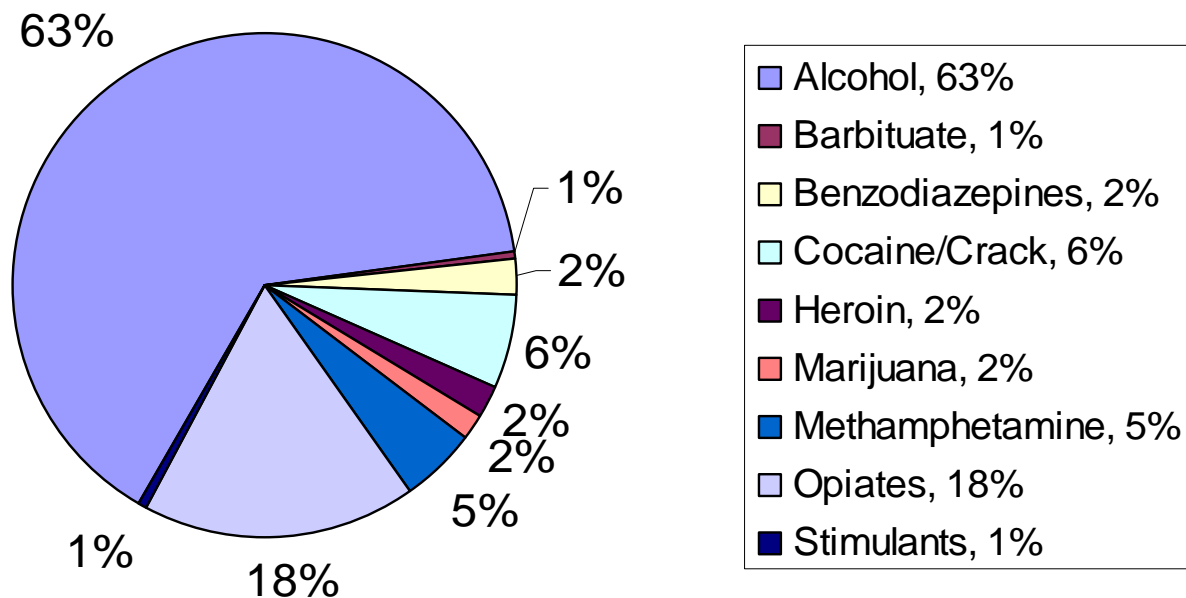
“When given that choice between my drugs and my children, I chose my drugs.”

- Anonymous Patient

- Changing Culture of Women and Substance Use
- Prevalence of Prescription Drug Use
- Methamphetamine Phenomena

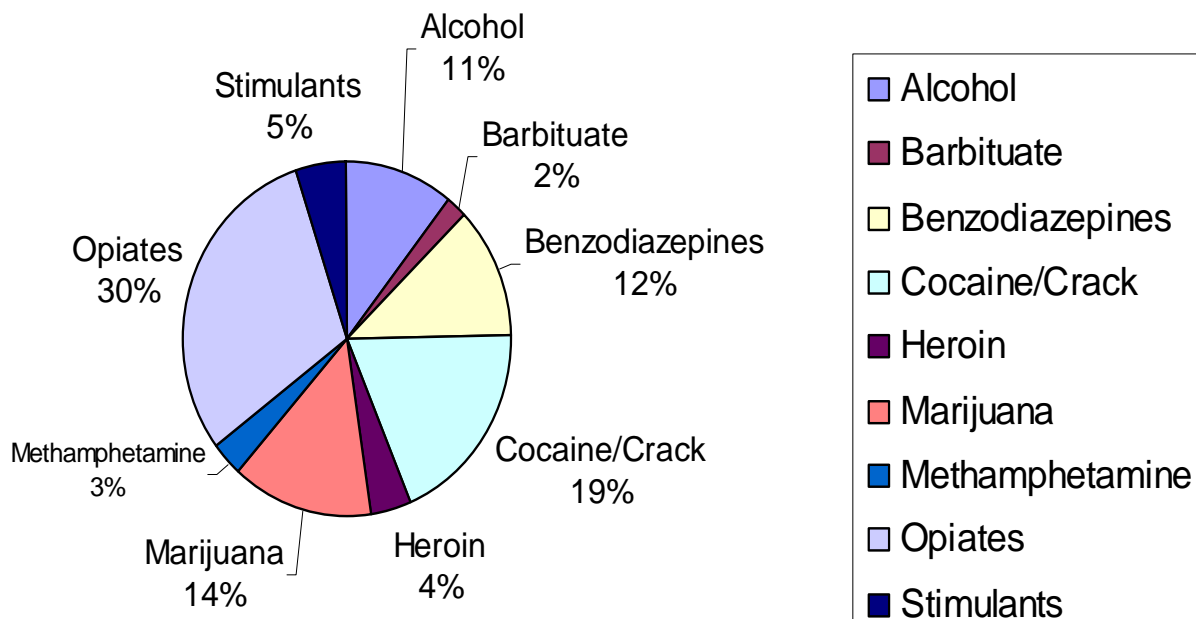
Primary Substance Use

Primary Drug of Choice:
Female Patients 08/05 to 07/06



Secondary Substance Use

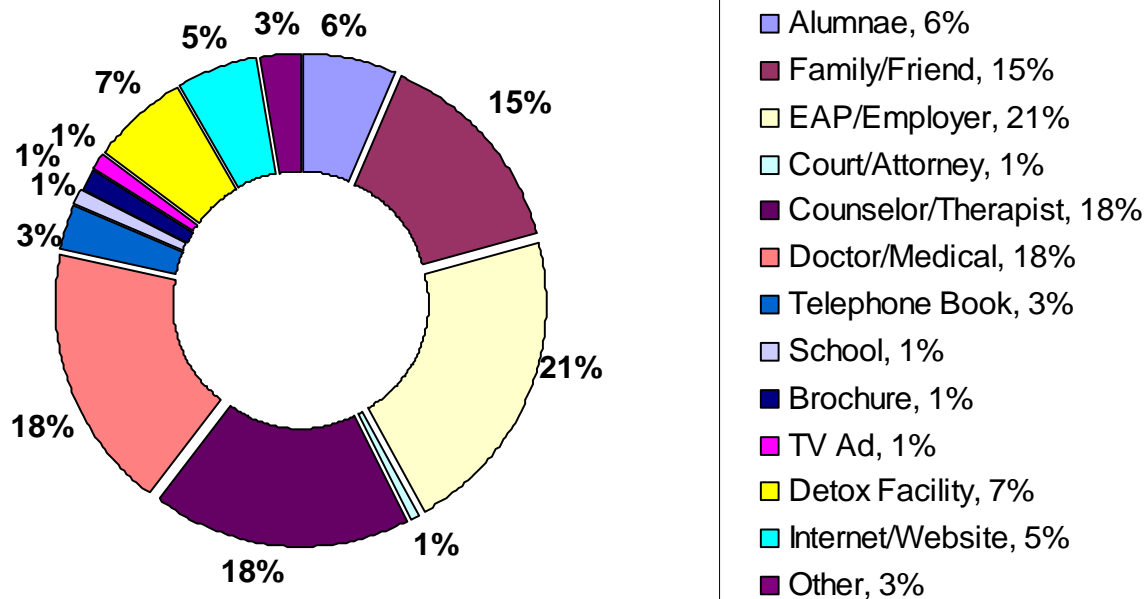
Secondary Drug of Choice:
Female Patients 08/05 to 07/06



Referral Information

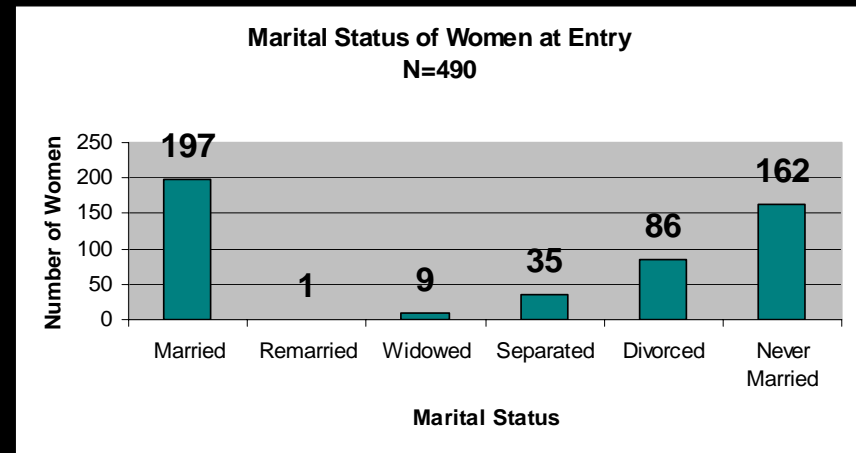
- Growing referrals from EAP/Employers
- Doctors and Counselors remain high sources

Referral Source of Women Entering Treatment



Women, Partnerships and Treatment

- Women's Marital Status
- Women's Sexual Orientation
 - Special Subgroups of Women's Treatment
 - Lesbian
 - Bisexual
 - Trans-gendered clients



Women's Residential Treatment: Patient Characteristics

Snapshot of Residence XII Inpatient
Program

Length of Stay

INPATIENT STATISTICS

June 05 to July 06

N = 328

Average Length of Stay	21.04 days
Medical Discharge	12 ~ 3.6%
Against Staff Advice	31 ~ 9.4%
At Staff Request	13 ~ 3.9%

Retention Rate ~ 83%

Residential Snapshot – 25 Women

Demographics

■ ETHNICITY

- (23) WHITE
- (1) AFRICAN-AMERICAN
- (1) ASIAN

■ AGE

- Age range of 24 -51 years old
- Average Age of 40 years old

Residential Snapshot – 25 Women Substance Diagnosis

N	%	Diagnosis
14	56%	Alcohol Dependency
13	52%	Opiate Dependency
3	12%	Cannabis Dependency
2	8%	Amphetamine Dependency
1	4%	Poly-Substance Dependency

Residential Snapshot – 25 Women

Other Addictions

- (2) 8% have a Gambling Addiction at admit
- (8) 32% have a current or historical

Eating Disorder:

- (2) Anorexia
 - (1) Drug-Induced Anorexia
- (1) Bulimia
- (1) Eating Disorder Not Otherwise Specified
- (2) Binge Eating
- (1) Compulsive Over-Exercising

Residential Snapshot – 25 Women Abuse Histories

- 68% Report an Abuse History
 - ❖ 10 HAVE A HISTORY OF **SEXUAL ABUSE**
 - ❖ 1 HAS BEEN SEXUALLY ABUSED RECENTLY
 - ❖ 7 HAVE A HISTORY OF **PHYSICAL ABUSE**
 - ❖ 2 REPORTED BEING PHYSICALLY ABUSED RECENTLY
- Almost **ALL** women have reported emotional and/or verbal abuse in their lives

Residential Snapshot – 25 Women Co-Occurring Diagnosis

- In Our Snapshot:
 - 15 or (60%) have a diagnosis of Depression
 - 8 or (32%) have a diagnosis of Anxiety
 - 1 or (4%) has a diagnosis of Bi-Polar Disorder
 - 4 or (16%) suffer from PTSD
 - Other issues include anger management and abandonment issues
 - Only 7 or (28%) report no Co-Occurring Disorder diagnosis

- What we are seeing
 - **Anxiety/Depression**
 - **Diagnosis of Anxiety or Depression but have Bi-Polar in reality**
 - **Eating Disorder**
 - **Chronic Pain**
 - **Complex Trauma**

Residential Snapshot – 25 Women Medications

- 24 WOMEN ARE CURRENTLY TAKING SOME TYPE OF MEDICATION
- 1 WOMAN IS ON NO MEDICATION



Residential Snapshot – 25 Women Prevalent Medications

■ Anti-Depressants

- Paroxetine (2)
- Lexapro
- Citalopram (2)
- Fluoxetine (4)
- Bupropion (3)

■ Anti-Anxiety/ Mood Stabilizers

- Olanzapine (Zyprexa)
- Paroxetine
- Buspirone
- Lamictal (2)

■ Pain Management

- Ibuprofen (3)
- Imitrex
- Acetaminophen
- Naproxen (2)
- Ketorolac

■ Sleep Aids

- Trazodone (12)
- Topamax
- Doxepin

Residential Snapshot – 25 Women

Medical Conditions

- Migraines
- Epilepsy
- Seizure Disorder
- Kidney Stones
- Fibromyalgia
- Gastric Bypass (2)
- Hepatitis C (2)
- Cirrhosis (2)
- Asthma
- Obesity
- Dental issues
- Arthritis
- High Blood Pressure (3)
- Chronic Pain (3)

Outcomes

- First Outcome Study done in 1983
 - At telephone follow up 74.8% of women contacted had maintained sobriety
- 6 month follow up conducted in 1991 yielded a sobriety figure of over 70% at time of contact
- 1 year follow up study conducted in 2000 reported that
 - 76% of women were abstinent at the time of the interview
 - 53% had maintained total abstinence
 - 66% were not experiencing difficulties with substances at FU

(Grupp, K. (2006). Women One Year Following Gender-Specific Treatment for Alcohol and/or other Drug Dependency, Journal of Addictions Nursing, 17:5-11.)

Current Outcome Study

- May 2005-June 2006
- N=385
- Return rate = 27%
- 95% of respondents reported being sober at time of questionnaire completion
- 81% of sober respondents reported being engaged in some sort of therapy, counseling or aftercare
- 93% of sober respondents reported attending 12-step meetings compared to only 39% of those women in relapse
- 84% of sober women claimed to have a 12-step sponsor compared with 44% of women in relapse

Response to Client Need

- Older Adult Women
- Domestic Violence
- Parenting Track
- Younger (GAP) group
- Topic Groups
 - Bi-Polar
 - Co-Occurring break out
- Adoption of a Trauma Specific Curricula

Future Developments

- Comprehensive Seniors Program
- Comprehensive GAP group services
- Men's Gender Specific Treatment
- New Medication Alternatives
- Increased awareness of needs for Lesbian, Bisexual and Transgendered Women
- Standardized treatment experience for GST
- Increased focus on Vocational Redirecting
- Expansion of Family Program to include intensive couples work
- Involvement in Research
 - Eating Disorders
 - Substance Use complications from Medical Procedures

Quotes from Women...

"I felt much more comfortable there (*Residence XII*) than I would have had there been men around."

"I felt like I could really promote myself and do the work that I wanted to do. Also, I could have been with women. Men would have been in the way. It's hard to build a program that would be for women only. I don't see how we could not go forward if I were in a position where I could have been in the same position as me" women only.