

Group Focus

Program activities will include a variety of groups and services that will focus on the following:

- ❖ Relationships
- ❖ Abuse Issues
- ❖ Parenting
- ❖ Children of Alcoholics
- ❖ Self Esteem
- ❖ Life Skills
- ❖ Job Readiness
- ❖ Stress Management
- ❖ Case Management Services
- ❖ Identification of local resource agencies & programs



Program Support

- ❖ Leisure activities for those who qualify
- ❖ Transportation Assistance

Portsmouth Department of
Behavioral Healthcare
Services
Substance Abuse Outpatient
Treatment Women's Center
1811 King Street Portsmouth,
VA 23704
(757) 393-5357
or (757) 393-8896
Fax: (757) 393-5074

Women Helping Women



*"It's not the load that breaks you
down, it's the way you carry it"*

— Lena Horne

**58% of women in treatment were
victims of childhood physical
abuse.**

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*"Phenomenal
Woman"*

Why Seek Treatment?

- ❖ 44 Million Americans experience some type of mental disorder every year.
- ❖ 79.4% of Americans aged 12 or older (27 million) are current users of illicit drugs.
- ❖ 40,393 people died of drug-induced causes and nearly 30,000 died of alcohol-induced causes in the U.S. in 2010.
- ❖ According to a 2013 study by the National Mental Health Association, untreated mental illness costs the United States a staggering \$200 Billion each year.



73% of women in treatment have suffered abuse by their partner

- ❖ 600,000 people are homeless on any given day; 25% -30 % of those homeless have a mental illness.
- ❖ Each year about 10 million adults enter U.S. jails; about 700,000 of these people may have a co-occurring disorder.
- ❖ Among Caucasians, drug-induced death rates rose sharply after 1990 and surpassed deaths involving alcohol and firearms in 2001 and 2002, respectively.
- ❖ Among African-Americans, drug-induced deaths surpassed alcohol-induced deaths for the first time in 1999.

33% of women in treatment have been the victims of sexual & physical violence

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Program Goals

- ❖ To encourage and promote a drug-free lifestyle.
- ❖ To empower women to develop healthy relationships with their children and other family members.
- ❖ To provide groups to assist them with coping, stress management, and everyday crises.
- ❖ To provide information and assistance to women to ensure drug-free healthy infants.
- ❖ To encourage the development of short and long term goals.
- ❖ To facilitate emotional healing from past trauma.
- ❖ To provide housing for women in active recovery.
- ❖ To assist with educational pursuits and job placement.