Helping women recover
We offer comprehensive treatment services for women, both adults and adolescents. Our Women’s Services programs address the special needs of women receiving treatment for substance use disorders. We offer gender-responsive, trauma-informed services for women coping with the effects of substance use, mental health problems and domestic violence. We create an environment that is based on responsiveness to the unique needs of women and parenting women with their children.

TRAUMA-INFORMED SERVICES

Trauma-informed services are based on the assumption that trauma is central to the development of mental health and substance use disorders.

FROM “What’s wrong with you?” TO “What has happened to you?”

“Many individuals with substance abuse problems have personal or family histories of trauma which can result in emotional and physical suffering such as low self-esteem, anxiety, body pain and a sense of shame. Individuals may try to self-medicate with different substances in an attempt to manage these symptoms; however, people who present for substance abuse treatment may not initially mention the trauma or request treatment for trauma. Trauma-informed services are designed to consider and adjust to any potential vulnerability a traumatized consumer may have by taking into consideration different service delivery approaches that are supportive and will not cause re-traumatization.

The National Center for Trauma-Informed Care proposes a change to the provider’s thought process from one that views the consumer as ‘What’s wrong with you?’ to one that asks ‘What has happened to you?’.”

— National Council Addictions News Now – April 2011
“Recovery to me is having a second chance at life. It’s having the support, hope and optimism to rebuild my life from the shattered pieces it once was to the wondrous journey it is today.”

A NEW START FOR MOMS

...is a special program in Ventura County where women can get help for alcohol and other drug-related problems. Our center is special because we offer services not only to women of all ages, but especially to those who are pregnant or have young children. Dealing with one’s own alcohol or drug problems is especially difficult when there are children to consider. We give women a second chance at healing and ensuring the health and safety of their children.

A NEW START FOR MOMS OFFERS:

• Individual and group counseling
• Intensive perinatal program
• Methamphetamine intensive program
• Recovery group
• Relapse education group
• Crisis intervention
• Mental health assessment and referrals
• Co-occurring disorders program

“I had no idea that my drinking alcohol would affect his ability to speak or learn to walk.”
Our highly trained multi-disciplinary team of professionals is comprised of a Clinical Administrator, Community Service Coordinators, State Certified Alcohol and Drug Counselors, and Marriage and Family Therapists. Our clinical staffing is physician directed by our team Psychiatrists.

**Specialized SERVICES**

- Individual and group counseling
- Intensive perinatal program
- Methamphetamine intensive program
- Recovery group
- Relapse education group
- Crisis intervention
- Mental health assessment and referrals
- Co-occurring disorders program

**Who DO WE SERVE?**

We serve adolescent and adult women who are:

- Pregnant
- Parenting children ages birth through 17
- Attempting to regain legal custody of their children

**Other PROGRAM SERVICES**

- Health screening
- Parenting education
- On-site child care
- HIV/STD prevention and risk reduction
- Tobacco cessation program
- Perinatal education
- Transportation services
- Public Health Nurse
- Aftercare planning
- Vocational services
Teenage girls are vulnerable to a number of unique physical, psychological and social risk factors for drug and alcohol abuse. The latest findings on drug use in the United States indicate that girls are catching up with, and even surpassing, boys with regard to illicit drug and alcohol use.* The stats tell the picture:

- More teenage girls use marijuana than cocaine, heroin, ecstasy and all other illicit drugs combined.
- Girls are closing the gap with boys in terms of usage of marijuana, alcohol and cigarettes. Since 2002, more teenage girls than boys started using marijuana. And in 2008, more girls than boys started using alcohol and cigarettes.
- Teen girls surpass boys in their misuse of prescription drugs.

**WHAT DOES OUR gender-specific curriculum COVER?**

We address the issues that young girls may struggling with, including, depression, anxiety, body image, risky sexual behavior, drinking, smoking, drug use, dating, pregnancy, peer pressure, school problems and physical or sexual abuse. We create a safe and nurturing environment where young girls can participate in getting the help they need and move towards healing and recovery. An emphasis is on family involvement. The curriculum is an evidence-based gender-specific curriculum.

“If we want to assist women in changing their lives, we must create a safe environment in which the healing process can begin to take place.”

— Stephanie Covington

*Source: SAMHSA*
WHY VENTURA COUNTY ALCOHOL & DRUG PROGRAMS?

- Multi-lingual staff & programming
- Evidence-based treatment model
- Standardized assessment and validated screening tool
- State certified alcohol and drug counselors
- Licensed staff
- Therapist referrals
- Licensed Drug Medi-Cal provider
- Employment internship opportunities
- Clinics across the county
- Outcome-driven services
- Medical screening by qualified physician assistants
- State and national recognition awards for excellence in service
- Women-only groups available for participants in DUI programs

ACCESS TO A full range of services, INCLUDING:

- Prevention, education & intervention
- Screening, assessment & referral
- Drug testing
- Access to detoxification referrals
- Joint agency collaboration with mental health services
- Crisis mental health emergency services
- Collaborative inter-agency team approach
- On-site HIV testing and counseling
- Residential treatment referrals
Ventura County Alcohol and Drug Programs provide high quality, affordable behavioral healthcare and substance use treatment services. We are fully licensed and certified by the State of California.

Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, age, sex, or disability. We encourage culturally competent and language appropriate collaborations with families, professionals, and communities.

The Centers operate on a sliding fee scale and accept private insurance, Drug Medi-Cal and private pay.