

**OUTPATIENT SERVICES: WOMEN**

We work diligently to remove the barriers a woman might have in attending treatment. Childcare is offered for some groups. Groups are an hour and half in length. Cost for all services is based on a sliding fee scale. Other funding assistance may be available through TANF (Temporary Assistance for Needy Families), Medicaid, and Offender Services.

Group	Intended Participant	Locations	Focus	Technique	Length
<b>Seeking Safety</b>	Women with Post Traumatic Stress Disorder (PTSD)/trauma issues	Longmont & Boulder	Beginning to address the cognitive, behavioral, and interpersonal issues resulting from trauma and substance abuse	Cognitive Behavioral Treatment (CBT) - based	26-weeks
<b>Women's Recovery Skills</b> ( <i>Adapted in part from the Matrix Model of Treatment</i> )	Women who are newly into recovery and/or who have not yet identified as having a substance abuse or dependence issue	Longmont & Boulder	Teaches the dynamics of addiction and tools for recovery. Women are encouraged to implement self-care, including nutrition and physical activities that can enhance sobriety	Cognitive behavioral skills	12-18 week group
<b>DBT (Dialectical Behavior Therapy) Program</b>	Women who suffer from emotional dysregulation, poor interpersonal skills, and are prone to crisis	Longmont & Boulder	Recovery, relapse prevention, and modifying behavior; improving the quality of one's life by developing interpersonal skills; and learning how to manage emotions and crises effectively	Individual sessions, DBT Skills Group, phone calls, homework (including daily diary card)	9-month commitment
<b>Transitions Group</b>	Women who have successfully completed their substance abuse groups and are in the process of transitioning out of treatment	Longmont	Issues related to women who have managed to stay sober and gain some insight into their personal recovery needs		
<b>Women's Relapse Prevention Groups</b>	Women who wish to remain abstinent and committed to a recovery program	Longmont & Boulder	Identifying triggers, coping skills, self-care, stress management, communication skills, lifestyle needs, and mental health issues	Therapy and education	Ongoing
<b>Women's Parenting Sober Group</b>	Women working toward reunification with their children or are currently parenting their children	Longmont & Boulder Child care generally provided	Discuss parenting issues that impact sobriety, such as boundary setting, discipline, generational parenting issues, guilt, and self-care	Process group with some structure	Ongoing
<b>Special Connections for Women Program*</b>	Pregnant women who might be struggling with quitting substances while they are pregnant	Longmont, Boulder, and Lafayette	Supporting healthy behaviors during pregnancy; promoting healthy families; ensuring a safe home environment; stopping or reducing substance abuse during pregnancy	Individual counseling, outpatient groups, BA and UA monitoring, transportation, child care, maternity or child care material needs (e.g. clothing, baby items), or other support	During pregnancy and until child's 1 <sup>st</sup> birthday

\* Medicaid pays for all services related to effective substance abuse counseling and accessing prenatal care. Service fees are waived (except Level II-Driving with Care Services).