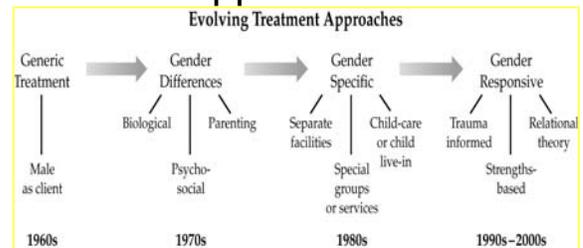


Gender Matters: Creating Services for Women and Girls (Parts 1 & 2)

- **Stephanie S. Covington, Ph.D.,
LCSW**
 - Center for Gender and Justice
 - Institute for Relational Development
 - La Jolla, CA

• Indian Health Services

Evolving Treatment Approaches



From "Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services, and Outcomes for Women in Substance Abuse Treatment," by C. E. Grella, 2008. Copyright 2008 by Christine E. Grella. In Journal of Psychoactive Drugs, November 2008, (SARC Suppl. 5).

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Women's Issues: An International Perspective

- **Shame and Stigma**
- **Physical and Sexual Abuse**
- **Relationship Issues**
 - fear of losing children
 - fear of losing partner
 - needing partner's

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Women's Issues: An International Perspective

- **Treatment Issues**
 - lack of services for women
 - not understanding treatment
 - long waiting lists
 - lack of childcare services
- **Systemic Issues**
 - lack of financial resources
 - lack of clean/sober housing
 - poorly coordinated services

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- ## Guiding Principles for Gender-Responsive Services
- Gender
 - Environment
 - Relationships
 - Integrated Services
 - Economic & Social Status
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- ## Guiding Principles
- **Gender:** Acknowledge that gender makes a difference.
 - **Environment:** Create an environment based on safety, respect, and dignity.
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- ## Guiding Principles (cont.)
- **Relationships:** Develop policies, practices, and programs that are relational and promote healthy connections to children, family, significant others, and the community.
 - **Services:** Address substance abuse, trauma, and mental health issues through comprehensive, integrated,
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Guiding Principles (cont.)

- **Socioeconomic status:** Provide women with opportunities to improve their socioeconomic conditions.
- **Community:** Establish a system of comprehensive and collaborative community services.

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Characteristics of Women Offenders (National Profile)

- Disproportionately women of color
- In their early to mid-thirties
- Most likely to have been convicted of drug or drug-related offense
- Fragmented family histories with other

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- Significant substance abuse problems
- Multiple physical & mental health problems
- Unmarried mothers of minor children
- High school degree/GED

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Who are the Girls?

- Families struggling with poverty, domestic violence and substance abuse.
- Low rates of serious and violent crime.
- Higher risk for status offenses – promiscuity, truancy, running away.
- Run away to survive abuse.

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Theoretical Foundation

- The theories related to gender and substance abuse (and any other relevant treatment services) that create the framework of thought for program development. This is the knowledge base that creates the foundation upon which the program is developed.

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Treatment Strategies

- The approaches used in the program that create the therapeutic process. These are the ways in which theory is operationalized (how theory is applied).

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Beyond Trauma Themes

- Safety
- Empowerment
- Connection (Aloneness)
- Normal reactions (Shame)
- Mind-body connection
- Substance abuse
- Woman-centered
- Uses a variety of treatment strategies: psychoeducational, cognitive, relational, expressive

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- *Helping Women Recover:*

- A Program for Treating Addiction

- *Voices:*

- A Program of Self-Discovery and Empowerment for Girls

- *Beyond Trauma:*

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Helping Women Recover

- **Four Modules**

- Self
- Relationships
- Sexuality
- Spirituality

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Voices

- **Four Modules**

- Self
- Connecting with Others
- Healthy Living
- The Journey Ahead

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Helping Women Recover Self Module

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Module A: Self

- **Session 1** *Defining Self*
- **Session 2** *Sense of Self*
- **Session 3** *Self-Esteem*
- **Session 4** *Sexism, Racism, and Stigma*

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Module A: Self

- **Session 1** *Who am I?*
- **Session 2** *My Life Story*
- **Session 3** *Breaking the Silence*
- **Session 4** *The World Girls Live In*

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Five Senses Activity

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

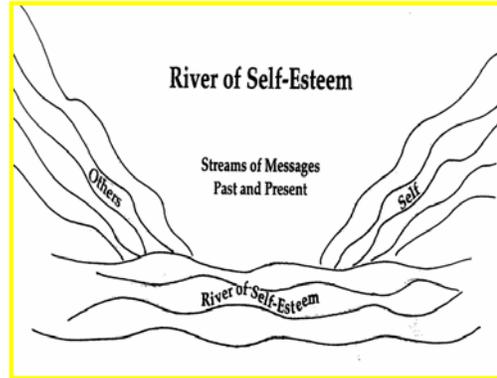
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My Life's Journey



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River of Self-Esteem



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Tree of Self Esteem



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Me: Inside and Out



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Can you recall a time when you felt one way inside but looked different to those around you? Draw or write on the graphic below to show how you were feeling.



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Helping Women Recover Relationship Module

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Module B: Relationships

- **Session 5** *Family of Origin*
- **Session 6** *Mothers*
- **Session 7** *Mother Myths*
- **Session 8** *Interpersonal Violence*
- **Session 9** *Creating Healthy Relationships*

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Module B: Connecting with Others

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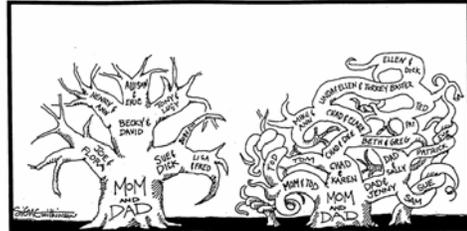
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Module B: Connecting with Others

- **Session 6** *Communication*
- **Session 7** *My Family*
- **Session 8** *Mothers and Daughters*
- **Session 9** *Friendship*
- **Session 10** *Dating and Sexuality*
- **Session 11** *Supportive*

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Family Trees 1950 & 1990



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Growth Fostering Relationships

- Each person feels a greater sense of “zest” (vitality, energy)
- Each person feels more able to act and does act
- Each person has a more accurate picture of her/himself and the other person(s)
- Each person feels a greater sense of

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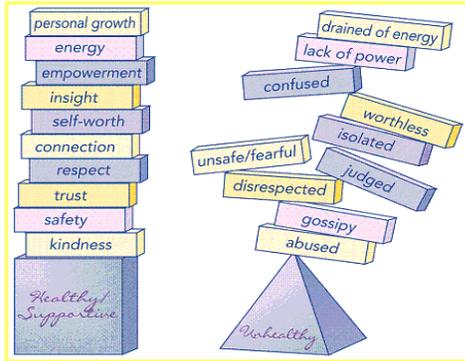
Outcomes of Disconnections

(Non-mutual or Abusive Relationships)

- Diminished zest or vitality
- Disempowerment
- Confusion, lack of clarity
- Diminished self-worth
- Turning away from relationships

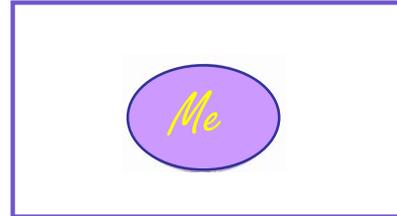
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Source: Stone Center, Miller

Connecting with Others



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My Family



Key
 ___Strong
Weak
 -----Broken/no connection
 Confusing
 X/ry

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Domestic Violence

• Domestic Violence Questions

- Have you been hit or threatened in the last year?
- Have your children been hit or threatened in the last year?
- Have you ever been kicked?
- Have you ever sustained bodily injury – bruises, cuts
- broken bones, etc.?

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Domestic Violence (cont.)

• Responses

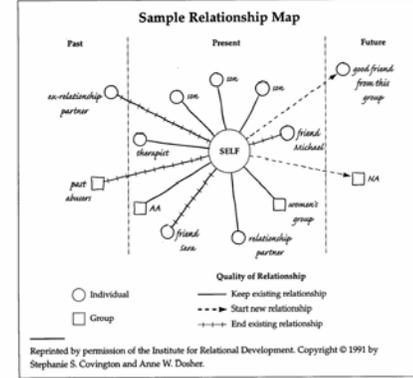
1. I am afraid for your safety.
2. I am afraid for the safety of your children.
3. It will only get worse.
4. I am here for you when you are

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Power and Control Wheel



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Helping Women Recover Sexuality Module

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Module C: Sexuality

- **Session 10** *Sexuality and Addiction*
- **Session 11** *Body Image*
- **Session 12** *Sexual Identity*
- **Session 13** *Sexual Abuse*
- **Session 14** *Fear of Sex while Clean*
- *and Sober*

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Module C:
Healthy Living



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Module C: Healthy Living

- **Session 13** *Our Bodies*
- **Session 14** *Emotional Wellness*
- **Session 15** *Alcohol and Other Drugs*
- **Session 16** *Spirituality*

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Sexuality

- **SEXUALITY** is a developmental process
- **SEXUALITY** is an identification, an activity, a drive, a biological process, an orientation, an outlook
- **It** is who and how we are in the Universe
- **SEXUAL GOOD HEALTH** is the

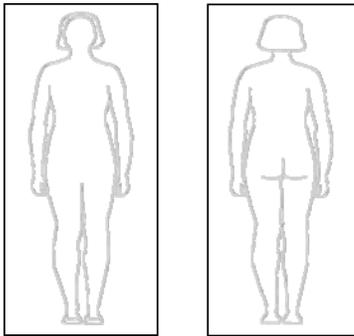
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It begins.



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Body Image



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"Then I said the hell with it and dug out my old bikini..."

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Five Steps to Emotional Wellness

1. Tune in to feelings.
2. Name the feeling.
3. Locate the feeling in your body.
4. Express the feeling.
5. Practice containment – which means

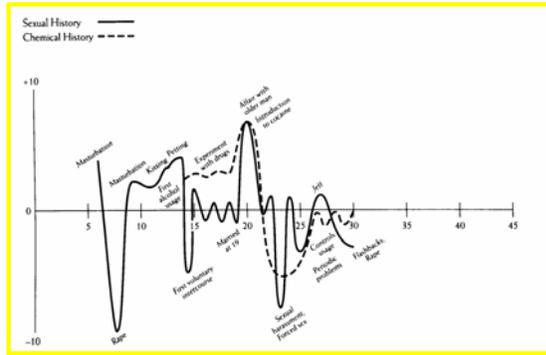
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Emotional Wellness (cont.)

- Slow down. Stop
- What am I feeling?
- Does the intensity of the feeling match the situation?
- How old am I...as I have this feeling?

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Sexual-Chemical Lifeline



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Self - Soothing

	Alone	With Others
Daytime		
Night Time		

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Sexual Bill of Rights

- My Sexual Bill of Rights



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Helping Women Recover Spirituality Module

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Module D: Spirituality

- **Session 15** *What is Spirituality?*
- **Session 16** *Prayer and Meditation*
- **Session 17** *Creating a Vision*

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Module D: Journey Ahead



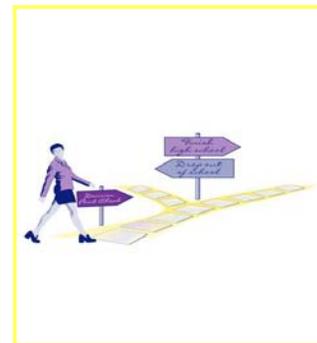
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Module D: Journey Ahead

- **Session 17** *Crossroads*
- **Session 18** *Packing for My Journey*
- (9 activities)

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Crossroads



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Tenets of Women's Spirituality

- Recognizing the interrelatedness of all life
- Honoring the dignity of the female
- Appreciating the human body as the container of the spirit

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Tenets of Women's Spirituality (cont.)

- Discovering the power of creating ritual
- Perceiving work for ecological and social justice as a spiritual responsibility
- Cultivating sensitivity to diverse multicultural experiences

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Women and Girls Healing

- **Working on multiple levels:**
 - » Individual
 - » Political
 - » Spiritual

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