

CONNECTION.
SAFETY.
HEALING.

PENNSYLVANIA CAMPUS



Treatment for substance use disorder is not one size fits all. As a woman, you have specific emotional and spiritual needs and a unique life history and physical make up. Caron's treatment team creates an evidence-based treatment plan to meet those needs and offer a way to wholeness and health.

You are the gatekeeper, lunch maker, celebrator, scheduler, socializer, and coordinator. You wear many hats, from mother and mentor to professional and volunteer, aunt, daughter, friend, and more. Your family counts on you.

When life is busy, substance use or mental health issues may sneak up on you, taking control before you realize it's an issue. As a woman, you may have an elevated level of shame and secrecy about your substance use, which makes getting the help you need even more difficult.

Caron Can Help You Regain Your Life

With the support of Caron's multidisciplinary treatment team and a structured, comprehensive program that addresses your body, mind, and spirit, you can let go of the shame. You can "unlearn" the practice of being the fixer and the rescuer in your personal and professional life while sacrificing your well-being for the good of others.

We provide:

- A program that addresses a woman's mind, body, and spirit
- A private unit dedicated to women, providing a safe place where you can connect with other women and be vulnerable
- A culture that welcomes your vulnerability and honesty
- Connection with other women in treatment who understand the struggles you face
- A safe place to take risks, nurture relationships, and concentrate on therapeutic work
- Education for your family so they also have access to the understanding and support they need



TREATMENT CENTERED ON YOUR NEEDS AS A WOMAN

Women are often the heart of their families, the ones who know who has to be where when, what they need, and what needs to be done.

The Women's Program at Caron provides specialized care for you. You and your treatment team will work together to determine the most effective therapies and the time needed to accomplish the goals for your treatment.



WHEN LIFE IS BUSY, SUBSTANCE USE OR MENTAL HEALTH ISSUES MAY SNEAK UP ON YOU, TAKING CONTROL BEFORE YOU REALIZE IT'S AN ISSUE.

Your treatment plan will include:

- **Thorough assessments** for substance use disorder and mental health, psychological testing, and a complete medical history to determine if there are any co-occurring disorders or other issues. If needed, detoxification services under the supervision of an experienced and caring medical team are available in our state-of-the-art medical building.
- **Multidisciplinary treatment team:** Caron's team of dedicated professionals focused on the treatment of women includes:
 - **Licensed psychologists and psychiatrists** with experience treating women and their underlying issues, such as recognizing they are not responsible for fixing others' problems, reducing shame and guilt, and building positive relationships
 - **Highly credentialed behavioral health therapists**
 - **Nurse practitioners**
 - **Family therapists**
 - **Registered dietitians** who are available for consultation for needs that require dietary support, such as diabetes, allergies, etc.
 - **Health and wellness experts**
 - **Spiritual leaders**
- **Gender-specific facilities and groups:** Connection is a core need for women. Your treatment takes place in a women-only unit that allows you to let your guard down and be vulnerable. Female-only groups provide the privacy and sharing that enables you to process issues specific to your life, from the guilt and shame that can accompany being a woman with a substance use disorder and the stress and anxiety of being the family caretaker to trauma and body image issues.
- **Core counseling groups** address the key issues you face and how to implement healthy lifestyle changes.
- **Specialty groups** provide a safe space to build relationships and trust and a supportive circle where you can take risks and do the therapeutic work that leads to recovery. Several of the specialty programs address co-occurring disorders and the substances used with them. For example, women who are dealing with body image issues may use stimulants. Women who have experienced trauma may rely on opiates to numb their pain.



- **Trauma programming designed specifically for women:**

Caron uses evidence-based treatment modalities, including cognitive processing therapy (CPT), cognitive behavioral therapy (CBT), and dialectical behavioral therapy (DBT) as well as specialty groups dedicated to learning how to manage symptoms of anxiety and depression.

- **Holistic therapies:** Good nutrition, attention to spiritual needs, and fitness activities that renew and refresh body and soul are all a part of Caron's treatment plans. For example, women with body image issues attend specialty groups that include nutrition counseling among other therapies. Because Caron's staff includes registered dietitians, nutritional counseling is available for you if clinically indicated. Our staff will also work with you to help you create plans for keeping up with these therapies long term.

- **Family programming:** At Caron, we believe it is critical for your family to be part of your treatment process. That's why we include family members in our multi-day family program. It is designed to provide family members with the information they need to better understand substance use disorder, mental health disorders, and how best to support you in your recovery. The multi-day family program enables the whole family to recover and move forward in ways that lead to optimal emotional health for everyone.

- **Children's program:** As part of family engagement, we provide a children's program that offers education and counseling geared to their needs and concerns. Two programs offer age-specific information for children ages 7 to 11 and 12 to 15. Our staff is experienced at talking to children in language they understand, and we offer their adult caregivers tips for how to do that as well. Our goal is to ensure that the kids understand what Mom is doing in treatment and why she needs to be away from them. Family members will also learn the best ways to ensure that Mom's return to the home goes smoothly.

- **Continuing care planning:** The treatment team collaborates to develop a continuing care plan for you that includes tools and recommendations for recovery when you return home. Caron Pennsylvania provides support and guidance for a full year after you are discharged through free services like our alumni support activities and the Caron Recovery Network. Specialized programs, including My First Year of Recovery and Breakthrough workshops,

are also available. Caron offers outpatient programs at our recovery centers in Pennsylvania, Washington, DC, Atlanta, New York, and New England.



Affordable, Available Treatment That Puts Your Needs First

As an in-network partner with several nationally known insurance companies as well as regional insurance providers, Caron is making life-saving addiction treatment available to more women who need it and starting them on the road to Recovery for Life. These agreements cover the initial four weeks of treatment (subject to one's deductible, co-insurance, and/or copays), so that women, regardless of where they live in the United States, have access to the care they need.

For more than 60 years Caron has provided innovative, specialized, and effective addiction treatment and behavioral healthcare. Clinical excellence and uncompromising patient-centric care mark every component of Caron's core programming, which includes the Women's Program. Our treatment focuses on overall behavioral health, addressing co-occurring disorders with the substance use disorder, and utilizes evidence-based medical interventions combined with family education to help patients and families begin the process of recovery.



FINDING
BALANCE AND
CREATING
HEALTHY
CONNECTIONS

PHASE II TREATMENT FOR WOMEN

If the issues that underlie substance use disorder are not thoroughly dealt with, they can block the path to long-term recovery.

Women face an additional obstacle due to their physiology, which, according to research, makes them more susceptible to craving and relapse.

Caron created Phase II to provide extended treatment beyond your initial primary treatment stay. Phase II treatment allows you to explore deeper issues and learn additional coping skills to address those underlying issues and develop a continuing care plan that can support you in getting past cravings and effectively managing triggers.

Depending on your needs, these programming components will be part of your Phase II treatment:

- **Extended family work**, including application of concepts learned in primary treatment, such as setting and keeping boundaries, communication, and roles in recovery
- **12-Step work**, including a temporary sponsor along with increased off-campus meeting attendance
- **Spiritual practices**, including morning and evening meditation and/or prayer, reading, journaling, study, and spiritual direction
- **Overnight therapeutic passes home and full-day, off-campus recreation** offer opportunities for processing those experiences in light of treatment and to prepare for a return to your life as someone in recovery.
- **Specialized therapy programming as needed**, such as trauma therapy and integrated neurofeedback. In order to be effective, trauma therapy and integrated neurofeedback take more time to allow you to do the work you need to do to fully heal. For people who have experienced trauma, the first phase of treatment is establishing trust and safety, which often takes weeks, before moving onto specialized therapies to process the trauma. Integrated neurofeedback reinforces healthy brain function by teaching patients how to regulate their own brain activity. Because everyone learns at different rates, it can also take time to be effective.
- Participation in **Caron's Breakthrough program**, which is a five-day retreat-style workshop designed to address patterns and issues, including self-esteem, that often get in the way of being able to meet interpersonal and relationship goals. Grounded in attachment theory, Breakthrough focuses on helping participants find balance in loving relationships to establish mature and healthy connections.

The treatment team will put together a continuing care plan to ensure that you have the support and tools needed to sustain recovery when you return home.

Caron's Carole and Ray Neag Medical Center

This state-of-the-art facility is designed to welcome patients and families as they take their first step in recovery. It provides unparalleled opportunities for our expert clinicians to design personalized programs that tackle the complex medical and emotional needs of our patients.

