



Nearly two out of three
families are affected by problems
with alcohol or other drugs.

More than 23 million Americans suffer from alcoholism and drug addiction, but only 11% receive treatment. Women are the fastest-growing segment of substance users in the United States, with an estimated 2.7 million women abusing drugs or alcohol. Most women (66-90%) in treatment report histories of trauma, which may include domestic violence, early childhood sexual assault, physical abuse or neglect, loss of a child, or other traumatic experiences.

Our staff is trained to understand the impact of trauma on recovery and our care reflects that understanding.

*Addiction is a disease that is chronic, progressive, and sometimes fatal if left untreated. The good news: **treatment works!***

For statistics sources, please visit www.power-recovery.com.

Our Mission

POWER's mission is to help women reclaim their lives from the disease of addiction to alcohol and other drugs, and to reduce the incidence of addiction in future generations.

Licensed by

Pennsylvania Department of Health —
Department of Drug and Alcohol Programs

POWER shall ensure the availability of preferential treatment to pregnant women.

Priority is given to women as follows:

- (a) pregnant injection-drug users;
- (b) pregnant substance users;
- (c) injection-drug users; and
- (d) all others.

Member of Pennsylvania Halfway House Association



For confidential screening,
assessment, and referral to treatment,
call the POWER Line: **412.243.8755**



POWER House

7445 Church Street
Pittsburgh, PA 15218
412.271.0500 phone
412.271.4810 fax

Administrative Office

7501 Penn Avenue, Suite 8
Pittsburgh, PA 15208
412.243.7535 phone
412.243.8711 fax

info@power-recovery.com

power-recovery.com



POWER House

Residential drug and alcohol
treatment for women

 *Strong
foundation,
lasting
recovery*



Welcome to POWER House!

When you enter POWER House, you will find a safe and healing place for women who are beginning their recovery. You may stay for up to six months while you work on achieving goals you set with support from caring staff who are there to help you build a solid foundation for your recovery.

A typical day at POWER House begins at 6 a.m. After breakfast, your day will be filled with a variety of activities including: daily exercise, group and individual therapy, meditation, life skills classes, 12-Step meetings, and social activities in the spacious living room. When your day ends, you will enjoy a good night's sleep in your private, beautifully furnished bedroom.

Your family and friends play an important role in your recovery. When you meet with your therapist you will learn more about scheduling visits.

Our Medical Director, a psychiatrist, is available for consultation and medication management. Our Resource Coordinator will help you identify education, employment, and housing opportunities. The Squirrel Hill Health Center sends a mobile health van to POWER twice a month.

As storage space is limited, please bring no more than two bags of clothing and personal belongings, along with your medications, up to \$30 in cash, and your cell phone. Your therapist will review policies regarding medications and cell phone use. We have pay phones on site and are pleased to offer free use of our on-site laundry facilities, computers, and printers.

When you come to POWER House, you will be given a handbook that contains helpful information about your treatment.

Holistic Care

Research shows that women are most successful with their recovery when the care they receive is holistic, strengths-based, and addresses the issues that matter most to them, including:

- Trauma
- Parenting, childcare, and general care-giving
- Self-esteem
- Relationships
- Social stigma
- Health & wellness
- Education, training, and employment
- Housing

POWER House Services

- Individualized treatment planning
- Individual & group therapy
- Trauma-specific groups
- Psychiatric assessment & medication management
- Family education & counseling
- Health & wellness activities
- Life skills development classes
- Meditation, yoga, and tai chi
- Resource coordination
- Peer recovery support
- Support for 12-Step participation
- Aftercare & discharge planning



Continuum of Care

In addition to **residential drug & alcohol treatment**, POWER offers:

- **Screening, assessment, and referral to treatment**
- **Outpatient drug & alcohol treatment**, including intensive outpatient (IOP) and partial hospitalization
- **Recovery support services**, including mentoring