



Nearly two out of three

families are affected by problems with alcohol or other drugs.

More than 22 million Americans suffer from a substance use disorder, but only 16% receive treatment. Women are the fastest-growing segment of substance users in the United States, with an estimated 7.1 million women living with addiction.

Up to 90% of women 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 and emotional health on recovery and our care reflects that understanding.

*Addiction is a disease that is chronic, progressive, and often accompanied by emotional health issues. It can be 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 addiction and related emotional health issues and improve the well-being of future generations.

Licensed by

Pennsylvania Department of Health –
Division of Drug and Alcohol Program Licensure

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

POWER gives treatment priority to women as follows:

- 1) Pregnant injection drug users
- 2) Pregnant substance users
- 3) Injection drug users
- 4) Overdose survivors
- 5) Veterans

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

907 West Street, Second Floor
Pittsburgh, PA 15221
412-243-7535 phone
412-643-2972 fax

info@power-recovery.com

power-recovery.com



POWER House

Residential treatment for women with substance use and co-occurring disorders

 *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, or reinventing, their recovery. You can 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 consist of a variety of activities including: daily exercise, group and individual therapy, meditation, expressive arts therapy, life skills classes, 12-Step meetings, and time to socialize with other residents. When your day ends, you will enjoy a good night's sleep in your private, beautifully furnished bedroom.

Your loved ones 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 and help with other needs. The Squirrel Hill Health Center partners for primary care and Medication-Assisted Treatment (MAT) if desired.

As storage space is limited, please bring no more than two bags of clothing and personal belongings, along with your medications (MAT accepted) and your cell phone. Your therapist will review policies regarding medications and cell phone use. We are pleased to offer free use of our on-site laundry facilities and computers. 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 (*physical and emotional*)
- 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 and yoga
- Assistance with housing, employment, and other resources
- Support for self-help participation, including 12-step and many other pathways to recovery
- Aftercare & discharge planning
- Peer recovery support services



Continuum of Care

In addition to **residential treatment**,
POWER offers:

- **Screening, assessment, and referral to treatment** when you call the POWER Line
- **Outpatient substance use disorder treatment**, including intensive outpatient (IOP) at POWER New Day
- **Recovery support services**, including mentoring, through the POWER Connection program