

When you come to POWER, you will find a **safe and healing** environment in which you can move forward toward your wellness and recovery goals.

We say that POWER's programs are **women-centered** because they reflect the lives of individuals who identify as women and address the issues that matter most to them.

POWER's programs are **trauma-informed**, meaning our staff is trained to understand the impact of violence and trauma on women and its effects on wellness and recovery.



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 Drug and Alcohol Programs (DDAP)

Priority populations:

- 1) Pregnant people who inject drugs
- 2) Pregnant people who use substances
- 3) People who inject drugs
- 4) Overdose survivors
- 5) Veterans
- 6) All others

POWER accepts Medicaid, some commercial insurance plans, and self-pay plans. Uninsured individuals may qualify for County funding.



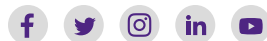
POWER Administrative Office

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Addiction treats women differently.
So does POWER.

POWER offers a full continuum of trauma-informed care for women struggling with substance use or co-occurring mental health problems.



POWER Line

Screening | Calling the POWER Line at **412.243.8755** is the first step to getting help. When you call, you will speak with trained and compassionate intake staff who will complete a screening interview over the phone and discuss possible treatment options, including any of POWER's services.

Assessment | Based on the screening results, our intake staff may schedule an appointment for an assessment to determine the right level of care for you. Let our staff know if you prefer an assessment at our offices or in your home.

Referral | After a comprehensive assessment, our staff will refer you to treatment that addresses your specific needs.

Transition to Care | Whether you select POWER or another option, we will connect you with treatment and work on your behalf to ensure a smooth transition to care. While POWER's treatment programs are designed for women, our intake services are available to all adults and adolescents.

POWER Restore

POWER Restore is a 21-bed program offering two integrated levels of care to help you transition seamlessly from managing withdrawal symptoms to beginning your recovery journey.

Medically Monitored Detox | Clients receive physician services and 24-hour nursing care. Medication to manage symptoms is readily available. Detox can take several days.

Rehab | While our medical staff help manage your withdrawal symptoms, you can begin your treatment at the same time. Treatment in rehab includes individual and group therapy that is trauma sensitive and addresses issues that matter most to women. Rehab can take several weeks and is based on your personal goals.

At POWER Restore, you will have your own bedroom with a private bathroom.

POWER House

POWER House is a 26-bed residential treatment program. The House is a safe and healing place for women who are beginning, or reinventing, their recovery. Together with your therapist, you will set your goals and develop a plan to reach them. Your stay at this level of care is individualized and could last several months. In addition to treatment, a case manager will connect you with educational, employment, and housing resources to help you make a smooth transition back to the community.

At POWER House, you will have a private bedroom.

POWER New Day Outpatient

Depending on your needs, you may participate in intensive outpatient programming or regular outpatient counseling.

Intensive Outpatient Program (IOP) | IOP is usually 9 – 19 hours of mostly group therapy each week. Individual and family therapy is included.

Outpatient | Typically, outpatient treatment offers 1 – 8 hours of counseling per week, mostly in individual therapy with the opportunity to also attend some group therapy and family sessions.

POWER Connection

POWER Connection offers peer-based recovery support services to men and women in Allegheny County who are coping with a substance use disorder. You may work with a mentor before, during and/or after treatment. Mentors, who have lived experience with addiction and recovery, provide wellness and recovery coaching and help you access community services and connect with the recovery community.

Research shows that people 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 caregiving
- Self-esteem
- Relationships
- Social stigma
- Health (physical and emotional)
- Education, training, and employment
- Housing

Services include:

- Individualized treatment planning
- Individual and group therapy
- Trauma-specific groups
- Psychiatric assessment and medication management
- Family education and counseling
- Health and 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

