

Interventions

City Women

Interventions/City Women is a short-term residential substance abuse treatment program for women who live in Chicago. The program has 42 beds and is situated in The Women's Treatment Center, located at Ashland Avenue and Lake Street on Chicago's West Side. Since Interventions/City Women began in 1991, the program has enjoyed tremendous success and has greatly increased the limited availability of treatment especially designed to meet the needs of urban women.

- ▶ In the past year, over 500 women received services in the program. Because the program is supported by the City of Chicago, every woman above the age of 18 living in Chicago who needs the kind of help Interventions offers can be admitted.
- ▶ The program and services are developed to meet the special needs of women. Women who abuse substances have different reactions to substances, health needs, and safety concerns than men. The all-female environment provides an atmosphere of safety and trust where the women share their unique experiences of violent, hostile homes and communities. Through therapeutic relationships with professional staff, other female mentors, and women, individual growth and healing take place.
- ▶ Women in the program receive individual, group, and family therapy; vocational and job search training; health awareness education; recreational therapy; nutrition information; family bridge education groups; Narcotic Anonymous and Alcoholics Anonymous group preparation; and HIV/AIDS information and access to counseling and testing.
- ▶ The program meets a racial mix that reflects Chicago's populations with the most need: typically 90% of the women are African American, 4% Latina, 5% Caucasian, and 1% Native American.
- ▶ The wide variety of services available because of the program's location in The Women's Treatment Center ensures the women receive all of the care they need and arrangements for on-site child care.
- ▶ Women in the City Women program find new hope; they have regained custody of their children, gone back to school, established healthy relationships, gotten jobs, developed stronger self-esteem, and referred other family members to treatment. They have kept off welfare, gotten away from cycles of drugs and crime, and reestablished family relationships.

Interventions/City Women
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