

Addiction

- Brain disease
 - Hijacks pleasure center
 - Limits joy from food, sex, family
- French: “Nailed to”
- Buddha: “Attachment is source of suffering”

Some Women Use Drugs:

- To maintain a relationship
- To fill in the void of what's missing in a relationship
- To self-medicate the pain of abuse in relationships

Addiction as a Relationship



Love



Love-Hate

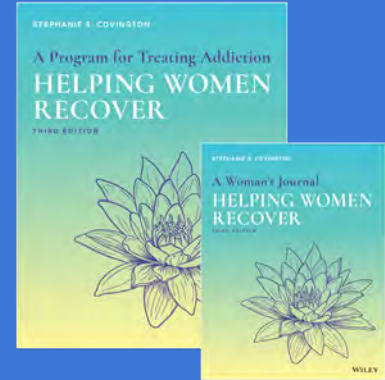
A large, open book with its pages fanned out, creating a semi-circular shape. The pages are yellowed with age and contain printed text. The book is resting on a stack of other books. The background is a soft, out-of-focus light blue and white.

Resources



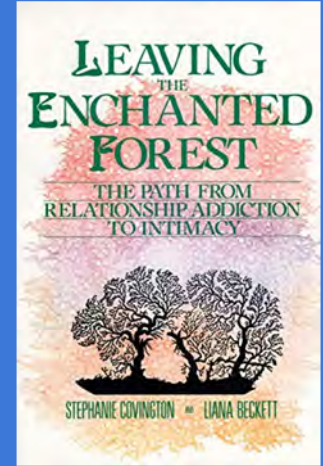
Gender-Responsive Materials Women and Girls

- *Helping Women Recover*
- *Beyond Trauma: A Healing Journey for Women*
- *Healing Trauma: A Brief Intervention for Women*
- *A Woman's Way through The Twelve Steps*
- *Beyond Anger and Violence*
- *Women in Recovery*
- *Voices: A Program of Self-Discovery and Empowerment for Girls*



Self-Help Books

- *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy (relationships)*
- *Awakening Your Sexuality: A Guide for Recovering Women (sexuality)*
- *A Woman's Way through The Twelve Steps (addiction and recovery...book and workbook)*





Gender-Responsive Materials

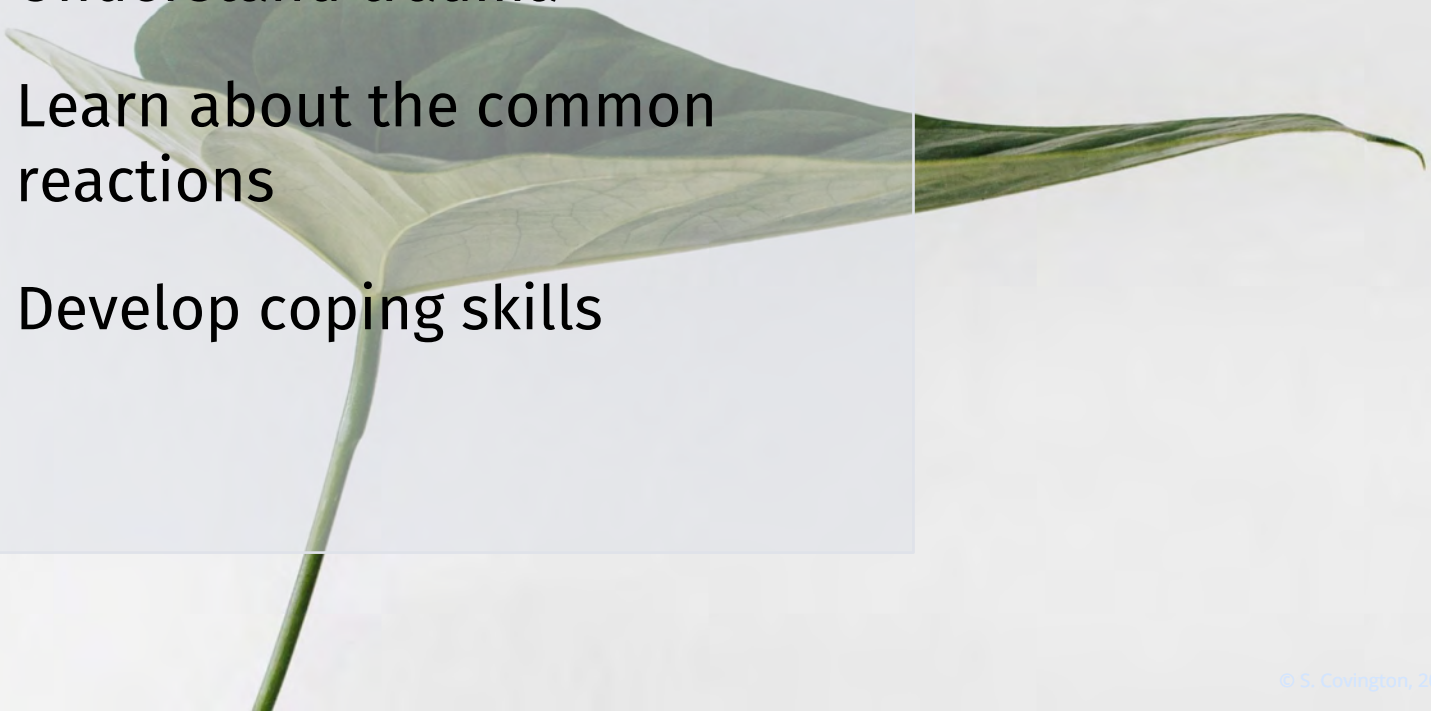
Staff

- *Becoming Trauma Informed*
- *Moving from Trauma-Informed to Trauma-Responsive*
- *Women and Addiction: A Gender-Responsive Approach*



Trauma: Key Elements for Staff and Clients

- Understand trauma
- Learn about the common reactions
- Develop coping skills



Women-Only Treatment

Long-Term Outcomes (10 year follow-up)

- Women-only (WO) treatment compared to mixed-gender (MG)
- WO increased odds of successful outcome by 49%
 - Substance use
 - Mental health
 - Criminal justice

(Evans, et. al., JSAT, 2013)