



Substance Abuse Treatment Programs

833.754.0554



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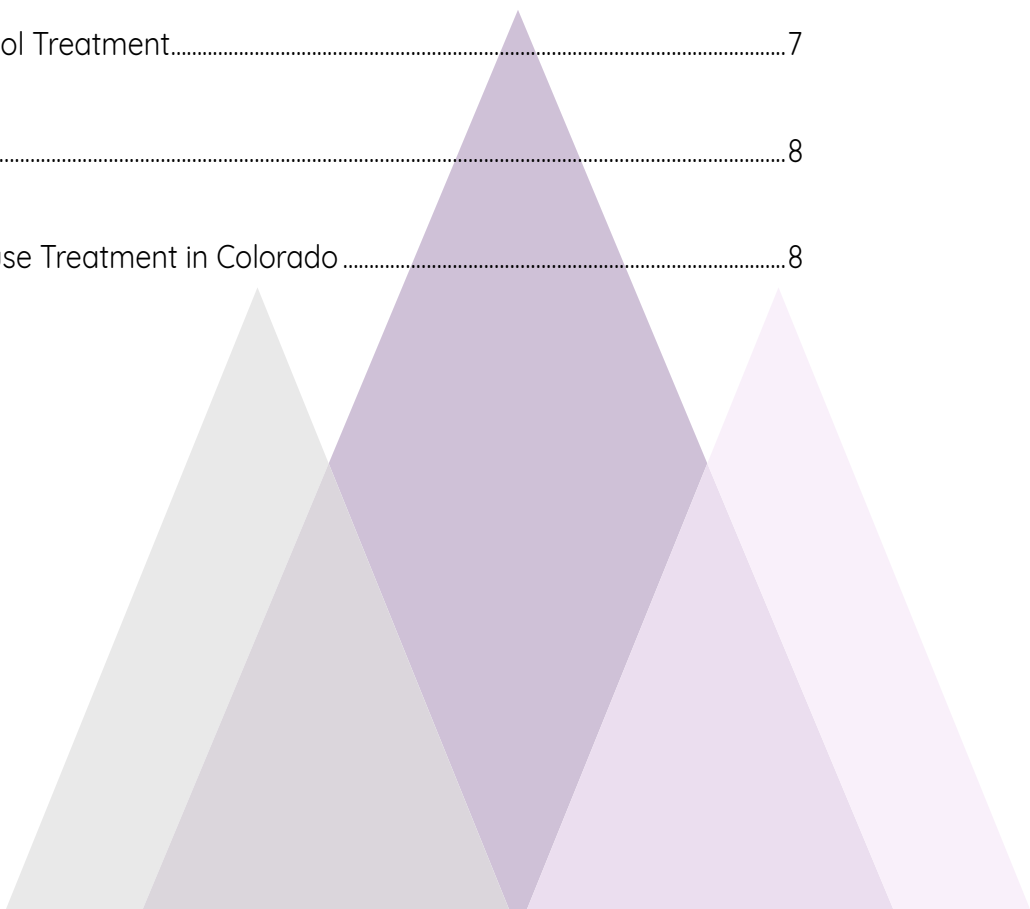
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Many women suffer from substance abuse in Denver, Dillon, and the surrounding Colorado areas. Yet, they often lack the proper support and aftercare upon completing substance abuse treatment programs, whether inpatient or outpatient. If this is a concern you have, at Denver Women's Recovery and Summit Women's Recovery, we want to provide you with the support and help you need. It all begins by helping you understand substance abuse and how we treat it.



Feel free to contact Women's Recovery at **833.754.0554** with any questions regarding insurance coverage, payment options, or our outpatient addiction treatment programs and services.

WHAT IS SUBSTANCE ABUSE?

When you abuse a substance, it simply means that you are using it in a way that was not intended to be used. For example, people often abuse alcohol, but that does not mean they are addicted. They may drink alcohol as often as they can, and they may even participate in binge drinking behaviors. However, if they do not feel compelled to drink alcohol, that means that dependency has not set in.

When you are dependent on a substance or to a behavior, the compulsion to use is strong, and at times, it can even be overpowering. When you have a substance dependency, you're suffering from an illness or a disease that is progressive, which means it only ever gets worse unless you get the treatment you need. Substance abuse disorders are chronic, and in some cases, they can even become fatal.

When a relationship with a chemical or a behavior reaches the point that you just can't live without it, you are at risk. This can lead you into a dependency that can affect you in a number of ways, including:

- ▲ Regulating and controlling your emotions
- ▲ Maintaining your self-esteem
- ▲ Maintaining your relationships
- ▲ Your ability to take care of yourself properly

For women with substance abuse disorders, it often feels like they have no hope. They are desperate for a way to recover and break free of their condition, and the only way to do that is through a professional women's substance abuse treatment program. For many, the first step toward life-long recovery is choosing the right substance abuse treatment program. At Women's Recovery, we are all about restoring hope in women who long to reach their recovery goals but who need the right level of support to be successful.



WHAT TYPES OF SUBSTANCE ABUSE TREATMENTS ARE AVAILABLE?

The women who enroll in drug or alcohol rehab at Women's Recovery all have different needs that must be explicitly addressed. Therefore, we offer a range of therapeutic treatment methods depending on the client's specific recovery needs and goals. Our therapists are highly trained to provide the highest level of clinical treatment to all our clients. We offer a variety of evidence-based therapies and holistic approaches to treat substance use disorders and any co-occurring mental health conditions. These include the following:

- ▲ Cognitive-behavioral therapy (CBT)
- ▲ Dialectical behavior therapy (DBT)
- ▲ Acceptance and commitment therapy (ACT)
- ▲ Eye movement desensitization and reprocessing (EMDR)
- ▲ Motivational interviewing (MI)
- ▲ Anxiety treatment
- ▲ Depression treatment
- ▲ Bipolar disorder treatment
- ▲ Meditative therapy
- ▲ Relapse prevention therapy
- ▲ Trauma therapy



In addition, women will also benefit from:

INTENSIVE OUTPATIENT PROGRAM (IOP)

For many women, going to a traditional outpatient treatment program with appointments once a week or a few times a month simply is not an option. While that level of care might be appropriate for some, we have found that an approach that includes an intensive outpatient program (IOP) can more ably address women's needs regarding their substance use disorders. After completing an inpatient treatment program, most women find that they require the additional stability and support that an IOP program can provide them.

12 STEP PROGRAM

The best chance for long-term recovery for women in drug rehab is regular attendance and participation in 12 Step programs. The 12 Step model of treatment is easily integrated into recovery and healing for women, and women need the transitional therapy that this model offers them. At Women's Recovery, we firmly believe in 12 Step programs, which is why participation in one is required for those receiving our services.

SOBER LIVING

Completing the best women's substance abuse treatment program in Colorado is not enough when you have a living situation that makes it easy to revert to your old way of life. That is why sober living programs are so vital for women who need them. Sober living offers a sense of community that many women lack in their current home environments, and it promotes an environment of continued recovery, which so many women need.

INDIVIDUAL THERAPY

Individual therapy is one of the foundational treatment methods for women in inpatient settings, and the same is true for outpatient settings. Counseling is vital to recovery because that one-on-one interaction is so needed. Women need to have someone they can turn to and who also has the capability of providing them with insight into their addictive behaviors.

CASE MANAGEMENT SERVICES

These services are available for women who need assistance to transition back into the community once they have been in an inpatient setting for a period of time. Case managers work with clients to facilitate that process.

GROUP THERAPY


Likewise, group therapy is also essential for women who are a part of IOP programs. It has been shown repeatedly that receiving peer counseling is a vital part of the recovery process, and women can participate in a wide variety of groups that will meet their needs.

THE NEED FOR SUBSTANCE ABUSE TREATMENT PROGRAMS IN COLORADO




The United States is facing a growing problem of substance use disorder (SUD) often accompanied by co-occurring mental health conditions such as **anxiety** or **depression** – **Colorado is no exception**. The daily news is filled with stories about the **opioid epidemic**, the spread of **meth** and **fentanyl**, and the ever-present consequences of **alcoholism**. The need for **substance abuse treatment programs tailored towards women has never been greater**.

IN 2019




34.3 million adult women in the United States had a **substance use disorder** and/or **mental illness**.



IN 2020

An estimated **771,000** adult men and **women** in Colorado received treatment for **SUD**, while an estimated **774,000** needed treatment but **did not receive it**.

FROM 2005–2010



27.4% of persons aged **12 or older** in the Denver - Aurora - Broomfield Metropolitan Statistical Area participated in **binge alcohol** use at least once during the past month, which was **higher** than the national rate (**23.2 percent**).



**WOMEN'S
RECOVERY**

SOURCES
<https://www.samhsa.gov/data/sites/default/files/reports/rpt33802/2019NSDUH-Women/Women%2019%20NSDUH.pdf>
<https://www.samhsa.gov/data/sites/default/files/reports/rpt33964/NSDUH-Hoae5pecificStates2020f/NSDUHsoeColorado2020.pdf>
<https://www.samhsa.gov/data/sites/default/files/NSDUH-MetroBriefReports/NSDUH-MetroBriefReports/NSDUH-Metro-Denver.pdf>

WHAT SUBSTANCE ABUSE DISORDERS DO WE TREAT?

Women suffer from many types of substance use disorders, even those considered issues only men deal with. At Denver Women's Recovery and Summit Women's Recovery, we offer treatment for a multitude of substance abuse disorders, including the following:

- ▲ Alcohol addiction treatment program
- ▲ Cocaine addiction treatment program
- ▲ Marijuana addiction treatment program
- ▲ Heroin addiction treatment program
- ▲ Meth addiction treatment program
- ▲ Opioid addiction treatment program
- ▲ Ativan addiction treatment program
- ▲ Benzo addiction treatment program
- ▲ Opiate addiction treatment program
- ▲ Painkiller addiction treatment program
- ▲ Percocet addiction treatment program
- ▲ Restoril addiction treatment program
- ▲ Sleeping pill addiction treatment program
- ▲ Vicodin addiction treatment program

If you are a woman suffering from any of the above substance use disorders, and you need ongoing treatment and support, it is essential for you to get long-term help that can give you the tools you need and equip you to be successful in your recovery.

GENDER-SPECIFIC DRUG AND ALCOHOL TREATMENT

There are facilities that offer treatment for both men and women, but at Women's Recovery, we feel that it is vital for women to receive substance abuse treatment separately from men. There are a number of different reasons for this.

Women tend to have different needs than men do when they are in a drug and alcohol rehab or when they're being treated for process disorders. For example, women often have mental health issues that must be explicitly addressed when receiving their substance abuse treatment. They respond to stress differently, and it is essential for their care to be targeted to meet their unique needs.

Also, it's important to note that women feel more comfortable sharing in a group setting when the participants are all women. They can relax, open up more, and feel more at home.

At Women's Recovery, our goal is not to exclude men in any way. Instead, our goal is to offer women the type of substance abuse treatment programs they need to reach long-term recovery. By targeting our services to women only, we can more adequately speak to their unique needs and offer them the help to facilitate a safe and healthy transition back into the community.



TESTIMONIALS

Find out what women who have overcome addiction at Women's Recovery have to say.

"I think this is one of the best programs around! The staff is exceptional - smart, caring and skilled. I have recommended Women's Recovery to several women and they have flourished and thrived because of it. Women's Recovery knows women, addiction, trauma, and most importantly - healing. I would send my loved one here in a second."

- Heather

"I highly recommend Women's Recovery to any woman looking for a helping hand in recovery. This program is built on a foundation of wonderful professionals that genuinely care and are passionate about their work!"

- Amanda

"Top notch clinical work, great family programming, dedicated, diligent, compassionate staff. The work my sister did there empowered her to find happiness in sobriety. Thank you Women's Recovery for giving me my sister back!"

- Schaeffer

WOMEN'S LUXURY SUBSTANCE ABUSE TREATMENT IN COLORADO

Regardless of the type of substance use disorder you have, getting the right drug rehab and substance abuse treatment is vital for your recovery. Perhaps you are in need of continued drug rehab, treatment for alcoholism, or help for a co-occurring mental health condition.

Your substance abuse is a disease, but it's not a disease that cannot be treated. By choosing to receive ongoing treatment, you're opting for a life of recovery that will benefit you in more ways than you can imagine.

No matter what your diagnosis is, please know that here at Denver Women's Recovery and Summit Women's Recovery, we are equipped and able to provide you with the type of treatment you need so that you can recover.

If you are ready to learn more about women's substance abuse treatment in Colorado, please get in touch with us today by calling **833.754.0554** or contacting us **online**.