You are Your Sister's Keeper: Gaudenzia Women's Co-occuring Program

Amanda Lucas
University of the Sciences

Ahunna Nzerem
Philadelphia College of Osteopathic Medicine

Follow this and additional works at: https://digitalcommons.pcom.edu/bridging_gaps2015

Recommended Citation
https://digitalcommons.pcom.edu/bridging_gaps2015/2

This Book is brought to you for free and open access by the Bridging the Gaps Posters at DigitalCommons@PCOM. It has been accepted for inclusion in Bridging the Gaps Posters 2015 by an authorized administrator of DigitalCommons@PCOM. For more information, please contact library@pcom.edu.
THE COMMUNITY SITE

Operating 147 drug and alcohol treatment programs for men and women in Pennsylvania, Maryland and Delaware, Gaudenzia helps individuals affected by chemical dependency, mental illness and related conditions achieve a better quality of life, allowing them to live as productive and accountable individuals. Through therapeutic community treatment, including comprehensive treatment, prevention methods, and peer-assisted recovery this is accomplished by a philosophy of mutual concern and responsibility.

FOCUS AREAS

- Adopted from Healthy People 2020
  - Substance Abuse
  - Mental Health
  - Tobacco Use
  - Cardiovascular Health
  - Oral Health
  - Nutrition and Weight Status
  - Physical Activity and Fitness

PROJECT GOALS & OBJECTIVES

- To educate clients of the affects of drugs and alcohol on the body
- To educate clients about the impact of cardiovascular and oral health on overall well-being
- To shape a positive self image and boost self-esteem
- To raise awareness of the many dimensions of addiction
- To promote a healthy recovery process and provide resources for a successful recovery

PROJECT OUTCOMES

The goals of increasing the clients’ knowledge of addiction and mental health issues, oral health, cardiovascular health, and smoking cessation were achieved. In addition, the clients were given tools and strategies to aid in their recovery process, as well as boost self-esteem and confidence. The importance of self-awareness was demonstrated with recognition of the ability to maintain spiritual, emotional, and physical health.

PERSONAL STATEMENTS

My experience at Gaudenzia has allowed me to gain insight into the many facets of addiction. Addiction is capable of taking away everything: relationships, homes, and families. Hearing the women’s personal journeys through addiction and witnessing their transformation in recovery firsthand is an experience I will carry with me the rest of my life. Their courage, strength, and resilience through adversity and trauma is inspiring. They have shown me the true definition of willpower and determination. Being aware of the struggles these women have undergone allows me to be aware of very real issues in our society and motivates me to try to make a change for the positive as a future clinician. These women have forever imprinted themselves in my heart and I hope I have touched their lives as they have mine. - Amanda

ACTIVITIES

- Health: Addiction as a Brain Disorder, Mental Health Awareness, Anxiety, Depression, Post-Traumatic Stress Disorder, Cardiovascular Health, Substance Abuse, Oral Health, Stress & Anger Management, The dangers of smoking and smoking cessation, The Recovery Process, Relapse Prevention
- Nutrition: Healthy Options and Alternatives, Heart Healthy Diet, Portion Control
- Fitness: Walking & various exercises including aerobic, strength and flexibility
- Recreation: Arts & crafts, Uno, Jenga, music therapy, movies

The Women’s Co-occurring Program is a residential treatment option for dual diagnoses of substance abuse and mental illness. In addition to drug and alcohol treatment, medical care, and GED educational services, the program can include transitional housing, nutrition, life skills, and domestic violence and crime prevention services.