

# RECOVERING TOGETHER

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Residents at Gándara Residential Services for Women live together in a treatment community and work to form a strong, sober network of women committed to living their lives free from the use of drugs and alcohol.

We are a trauma-informed treatment community committed to supporting women who have experienced trauma in their lives.

Residents are actively engaged in the development of a treatment plan and are supported throughout their stay to complete goals identified in that plan.

Residents are strongly encouraged to attend community-based fellowship meetings and build a community network of sober women.



# CONTACT US

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## Gándara Residential Services for Women (GRSW)

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Connect with us!



[www.gandaracenter.org](http://www.gandaracenter.org)



## GÁNDARA RESIDENTIAL SERVICES FOR WOMEN (GRSW)

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*A trauma-informed, long-term treatment community for women with substance use and co-occurring mental health disorders*

# WOMEN AND ADDICTION

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According to Harvard Health Publications, January 1, 2010, men are more likely than women to become addicts. In 2008, the U.S. National Survey on Drug Use and Health found that 11.5% of males ages 12 and older had a substance use or dependence problem, compared with 6.4% of females.

But in other respects, women face **tougher** challenges. They tend to progress more quickly from using an addictive substance to dependence (a phenomenon known as telescoping). They also develop medical or social **consequences** of addiction **faster** than men, often finding it harder to quit using addictive substances, and are more susceptible to **relapse**. These gender differences can affect treatment.

The ways in which addiction and trauma intersect in women's lives is acknowledged and considered in every aspect of treatment. Our community provides the means by which women can model and practice new coping strategies **empowering** them to form **positive** relationships with others and develop a sense of **belonging**.

With focused participation in treatment, women can address the affects of addiction in their lives, increase **self-esteem**, learn **healthy** coping skills, and develop a network of recovering women within their communities.



## GRSW PROGRAM PHILOSOPHY

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*We believe that women who enter into treatment at GRSW are **capable** of recovery from substance use or dependence and the effects of trauma. We provide a **safe** and **supportive** environment in which women can learn **new coping skills** to manage feelings and replace harmful behaviors that have become major problems in their lives. Our approach is trauma-informed, which means we strive to provide treatment in a manner that provides safety in a compassionate and loving environment in which women can heal.*

# ADMISSION CRITERIA

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- Age 18 years or older
- Resident of Massachusetts
- Priority for admission includes: Hispanic, African American, LGBTQ, pregnant/postpartum, homeless, involved with the criminal justice system, with disabilities, and/or living with HIV/AIDS
- Demonstrate a commitment to sobriety
- Demonstrate an understanding that participation includes the development of a treatment plan
- Be willing to complete an eligibility assessment
- Applicants on Medication Assisted Treatment or other medications will not be denied treatment

*GRSW is funded by the Department of Public Health and Bureau of Substance Abuse Services.*



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