



# ADDICTION RECOVERY

## YWCA IS ON A MISSION

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Alcohol is also considered a drug. When you're addicted, you may continue using the drug despite the harm it causes.

### PROGRAM DETAILS

At YWCA Northeast Indiana, our residents work through a tiered recovery program with the end goal of achieving self-sufficiency and reunifying with their children, family, and friends.

### SERVICES PROVIDED

- Music therapy
- Parental coaching
- Cognitive Behavioral Therapy (CBT)
- Contingency Management
- Daily meditation and mindfulness
- Motivational Interviewing (MI)
- Nutrition coaching and cooking skills
- One-on-one case management
- Personalized counseling services with a Licensed Mental Health Counselor
- Twelve Step Facilitation Therapy
- Seeking Safety
- Skills groups
- Yoga and exercise



Our recovery program accepts residents from all Indiana counties, is a contracted service provider with the Indiana Department of Child Services, and is an approved Recovery Works provider. We accept those receiving Medication Assisted Treatment (MAT).

## **CLIENT CRITERIA**

- Female, 18 years of age or older with an identifiable drug/alcohol dependency
- Willing to explore learning how to live in recovery

## **PRIORITY BED PLACEMENT**

- Pregnant
- IV drug users
- Homeless living status
- Have rights to dependent children

For those with a DCS referral, family recovery options are available.

Reach our Intake Coordinator at 260.424.4908 ext.109 or email [intake@ywcanein.org](mailto:intake@ywcanein.org).

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Northeast Indiana



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