

# RBHA's Women's Residential Addiction Treatment Services



# Mission

*“To expand the availability of treatment services for pregnant/postpartum & parenting women with substance use and co-occurring mental health disorders; to improve the health of women, infants, and children in Richmond and surrounding areas”*

# Women's Gender-Specific Residential Treatment Services

- RBHA's Women's Residential Treatment Center (WRTC), located on our North Campus in Highland Park, is a part of the Substance Use Disorder **Treatment Continuum.**
- Over the past year we have **ADMITTED over 150 women, with 85% of them having MEDICAID BENEFITS!**
- We have also provided services to **40 children** during this time!



# Women's Gender-Specific Residential Treatment Services

- WRTC provides **ACCESS** to treatment services to pregnant & postpartum women and to women with children from the City of Richmond and surrounding area;
- Women are **referred** from Hospitals, the Health Department, Social Services, the Courts & other legal entities, other community services boards from Region 4 and beyond.
- Services are provided by **Licensed Clinicians, Credentialed Addiction Professionals, Behavioral Health Technicians, & Certified Peer Recovery Coaches**. Children's Services are provided by **experienced child care providers**.

# Why Gender - Specific Services?

Women's treatment services are different than those for men

Women and men have different support needs.



Gender-specific treatment can decrease distractions & empower women to break the cycle of addiction!

# Continuum of Care

- Screening & Rapid Access
- Psychiatric Services & Primary Medical Services
- Case Management
- Outpatient counseling
- Intensive outpatient
- Residential
- Withdrawal Management/Detox

# Services Accessed at Any Point Along the Continuum

- Opioid Treatment Services
- Methadone
- Buprenorphine including Office-based Opioid Treatment Services
- Discharge /Transition Planning
- 12-Step /Community Recovery
- Peer Recovery Coaching/Support Services

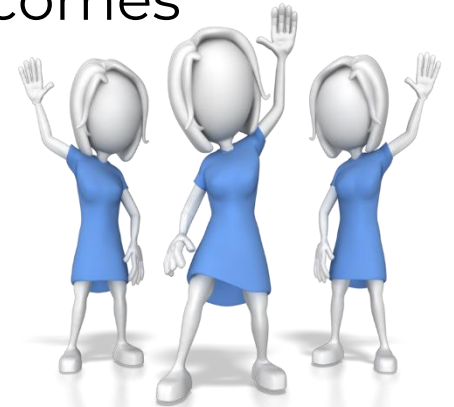
# Services Provided for Women

All services are **best practice** and/or **evidence-based**. These are programs that have demonstrated the highest level of effectiveness with the population that it serves and have demonstrated positive outcomes

## **For the mother:**

- Seeking Safety Trauma therapy;
- Motivational Interviewing;
- Cognitive-Based Treatment;
- Living in Balance;
- Beyond Anger (S. Covington);
- Medication-Assisted Treatment;
- Mindfulness activities;

- 12 Step Yoga
- Medication Management
- Smoking Cessation
- Action Planning for Prevention and Recovery (APPR)
- Double Trouble
- Fitness classes
- Doula Services for all pregnant women!



# Services for Children & Families

## For Children:

- Enhanced childcare services through on-site center
- Age-specific developmental assessments
- Coordinated medical services
- Evidenced based services for children, such as:
  - Al's Pals, SA education & prevention program for ages 3-8
  - Too Good for Drugs, SA education & prevention program for school-aged children



## For the Family Unit:

- Families Programming -parenting skills, children's life skills, and family life skills specifically designed for high-risk families
- Family-focused Social Events



# Kudos

- Designated by the Virginia Department of Social Services through an intensive application process as the only Residential family-based treatment facility for substance use disorders!
- Recently rewarded a second CARE (*Creating Access through Recovery & Engagement*) Grant - \$525,000.00 to serve 150 women over the next 5 years. We just completed a CARE Project that started in September of 2018 and went through September of 2023. We had a goal of 135 participants and served 130 participants during the past 5 years.
  - We consistently saw improvements across all measures during the life of the previous grant as indicated during the 6-month follow-up, to include (1) increase in abstinence; (2) decrease in crime and criminal justice involvement; (3) increase in number of individuals who were employed or involved in educational pursuits; (4) significant decrease in those who experienced alcohol or drug related health issues; (5) significant increase in household stability, and an unchanged .

# Partnering with the RBHF



Raised planter beds along the entire front and side of the Women's Residential facility

The “Women of St. Stephens”  
–grant providing car seats &  
strollers to our mothers



# Partnering with the RBHF

Through the combined efforts of the Foundation, DS Services & SUD Services we have a new Playground at the Children's Services Center!



# ...and it doesn't stop...



- RBHF Board Member, Matt Isner with Charles Ryan Associates, provided holiday gift boxes to help make the holidays a bit brighter for those in residential treatment over the holidays.

We received a foundation mini-grant for Community Inclusion activities!

\*Just received a \$100,000.00 grant from Anthem/Elevance to implement a Contingency Management protocol to improve maternal and child health by encouraging women to stay in treatment/successfully complete treatment!\*



# Women's Residential Treatment Center



# North Campus Grounds



# Children's Services Center



# Questions?





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