

**Portsmouth
Behavioral Healthcare
Services
Outpatient Treatment**

***The Women's
Center***

**500 Washington St.,
Suite 700**



Did You Know?

- ◆ 33% of women in treatment have been the victims of sexual & physical violence
- ◆ 73% of women in treatment have suffered abuse by their partner
- ◆ 58% of women in treatment were victims of childhood physical abuse.



“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.”

Oprah Winfrey, American television host, actress, producer, and philanthropist

Start Your Journey - Contact Us Today

**Portsmouth Behavioral Healthcare
Services**

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505 Washington St., Suite 700
7th Floor
Portsmouth, Virginia 23704
Telephone: (757) 393-8896

Program Goals

- ◆ To encourage and promote a drug-free lifestyle
- ◆ To empower women to develop healthy relationships with their children and other family members
- ◆ To provide groups to assist them with coping, stress management and manage everyday crises
- ◆ To provide information and assistance to ensure appropriate support for women as well as their infants and children
- ◆ To encourage the development of short and long term goals
- ◆ To facilitate emotional healing from past trauma
- ◆ To provide housing for women in active recovery
- ◆ To assist with educational pursuits
- ◆ To give pregnant women priority access to treatment services

Why Seek Treatment



- ◆ 44 million Americans experience some type of mental disorder every year.
- ◆ Women on probation or parole are nearly twice as likely to experience mental illness as other women.
- ◆ According to the National Surveys on Drug Use and Health (NSDUHs) teens are more likely to use alcohol if they live with a [parent] who has an alcohol use disorder.
- ◆ An annual average of 7.5 million children younger than the age of 18 live with a parent who had an alcohol use disorder in the past year. These children are at a greater risk for depression and anxiety disorders.
- ◆ Each year about 10 million adults enter U.S. jails; about 700,000 of these people may have a co-occurring disorder.

What To Expect

- ◆ A unique 'Women helping Women' approach to treatment
- ◆ Caring and supportive Clinical Staff and Case Managers to help you on your journey
- ◆ An individualized treatment program that will help you on the Pathway to Recovery focused on Reflection, Empowerment, Healing and Support by and for women
- ◆ Best practices in working with women in trauma, Motivational Interviewing, ASIST and Co-occurring clients



Program Supports Available

- ◆ Leisure activities (for those who qualify)
- ◆ Education
- ◆ Transportation Assistance
- ◆ Medication Management
- ◆ Housing
- ◆ Cultural and Educational Activities

Why Join Groups



The Women's Intensive Outpatient Program (WIOP) provides groups for women in recovery to gain hope, self-advocacy, personal responsibility and support for friends and family.

In groups you will gain education about

- ◆ Relationships
- ◆ Relapse Prevention
- ◆ Wellness
- ◆ Embracing Life and Living
- ◆ Abuse Issues
- ◆ Parenting
- ◆ Children of Alcoholics
- ◆ Self Esteem
- ◆ Life Skills
- ◆ Job Readiness
- ◆ Coping with Depression
- ◆ Cultural Diversity
- ◆ Local resource agencies and programs to help you on your journey to recovery
- ◆ And much more!