

Our Program Works

WRC leads treatment centers throughout the state in preventing relapse and re-arrest, and providing employment, education, and housing opportunities for clients.

- 100% of participants who complete our program move to stable, clean and sober housing.
- 100% of participants who complete our program have stable income, are employed, are attending school, or are full-time parents.
- 79% of participants who entered our program experienced a reduction in recidivism one year after treatment.*
- Participants experienced 79% fewer arrests in the year following treatment than in the year leading up to their treatment at WRC.*

**Multnomah County Department of Community Justice, WRC Performance Measures, January 2009.*



Linn House – WRC's drug-free transitional home

Contact us to learn more!

Our **Community Service Program** helps women in recovery learn vital vocational skills while performing valuable work for social service organizations in the community. Call for more information.

On-site **SMART Recovery, Narcotics Anonymous and Parents Anonymous** meetings are open to the community. Call for scheduled meeting times.

Call for more information or to schedule a program tour.

Volunteers of America Oregon – Women's Residential Center

Mail: 3910 SE Stark St
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www.voaor.org

Women's Residential Center



Through empowerment and the renewal of hope, women change their lives

Our Mission

Volunteers of America Oregon's Women's Residential Center is a Multnomah County-funded inpatient treatment program that provides comprehensive chemical dependency and mental health services to women involved in the criminal justice system, helping them to overcome a variety of challenges, rebuild their lives, and re-enter their communities as healthy, productive individuals.



You Have the Power to Change Your Life...



Services

Our program will provide you with the therapy education, skills practice, and support you need to be successful in recovery.

- You will partner with an experienced counselor to develop and make progress on your individualized plan for recovery.
- Our groups will help you practice skills and examine the connections between addiction and
 - relapse prevention
 - anxiety/depression
 - thinking/behavior
 - parenting and relationships
 - trauma/PTSD
 - cultural issues
 - sex work
 - domestic violence
 - smoking/caffeine use
 - women's health
- Our nurse practitioner will assess your mental health needs and prescribe medication if it is right for you.
- Your family and significant other are welcome to visit you, participate in therapy, and attend our family group.

What is Treatment Like?

A supportive environment will nurture your strengths and empower you to make healthy life choices.

- Our residential counselor team is there for you 24 hours a day to provide crisis counseling and support services.
- You will receive coaching and the opportunity to practice assertiveness and conflict resolution skills.
- Mindfulness meditation and yoga practice will help you to develop the self-awareness needed to successfully use your recovery skills.
- You will develop a recovery support network through self-help meetings and by spending time with new friends in recovery.
- You will take part in recreational activities throughout Portland, like sporting events, dances, outdoor activities, and cultural celebrations.

While being treated, you may bring your children age six and under with you.



Ensuring Your Success

Together we will create a plan for transitioning to a successful life after treatment.

- You will meet with a case-management specialist to define your education, employment and housing goals and work towards making them happen.
- You will have the opportunity to practice job skills and learn how to search for, interview, and obtain employment.
- We will help you eliminate barriers to education and employment and assist you in securing a stable work or school situation.
- Our classes and support groups will help you and your family to secure stable, drug-free housing.
- We will help you address personal needs for yourself and your family including:
 - medical and chiropractic care
 - ongoing mental health care
 - dental care
 - childcare
 - clothing and toiletries
 - household furnishings

Staying Connected

As part of our commitment to helping you sustain long-term recovery, we provide a variety of aftercare services.

- As you complete treatment, you will be able to participate in weekly aftercare groups where continuing recovery education and support from staff and your peers will be available. WRC Aftercare groups are also a certified DUII service.
- As a WRC Alumnus, you are welcome to:
 - visit the center
 - join us for meals
 - access staff support
 - attend meetings
 - attend seasonal celebrations
- Annually you will be honored at our Alumni Banquet.
- Alumni with two years in recovery are encouraged to mentor current clients.
- Post-treatment family therapy and resources for families involved in the child welfare system are available to you through our Family Recovery Support program.

Contact us today: (503) 235-0131