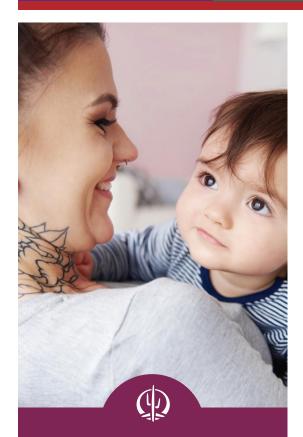# PPW Transitional Living Program

Refer to CODAC's Transitional Living Program for <u>Pregnant & Postpartum</u> Women & Their Children

Safe, Sober Transitional Living Program for Women & their Children

Pregnant, postpartum and parenting women with substance misuse disorders now have access to a beautiful sober living community.

- Newly renovated, fully furnished two-bedroom casitas with plenty of space for moms and their children to thrive.
- Laundry facilities attached to each casita.
- On-site staff offices and community rooms.
- On-site childcare while moms are in treatment programming.
- Support obtaining groceries, finding jobs and receiving necessities for children (toys, clothing, developmental activities, etc.).
- Opportunities to develop healthy relationships and recovery skills.

Best-Practice substance misuse treatment provided on-site, in-clinic and virtually

Members in this program have access to CODAC's array of substance misuse treatment options to meet their specific needs, such as:

- On-site support and encouragement from certified Peer Support Specialists – other women who are in recovery themselves!
- Intensive Outpatient Program (IOP) providing at least nine hours of evidence-based treatment each week (required).
- Trauma Recovery and Empowerment Model (TREM) group-based intervention for trauma recovery among women with histories of exposure to sexual and physical abuse.
- Individual therapy.
- Couples and family therapy.
- Dozens of therapy, wellness and support groups offered throughout the week to help prevent relapse, address trauma and strengthen recovery skills.
- Medication Assisted Treatment (MAT) for substance misuse, with a specialization in MAT for pregnant and postpartum women.
- Parenting skills groups and individual coaching.
- Close coordination with specialty courts and Department of Child Safety to help keep families together.

Access to all services is dependent on insurance or grant eligibility. CODAC's Benefits Eligibility Specialists will gladly meet with individuals to discuss benefits available through insurance and current grants.

You can help moms with substance misuse disorders. Refer them to CODAC today.

Call 520.343.5342 or email PPWHouse@codac.org.

We welcome referrals from:

Medical Professionals

Mental Health Professionals

DCS, Judges & Attorneys

Probation Officers

Other Criminal Justice System Professionals

CODAC
HEALTH · RECOVERY · WELLNESS

Improving Health, Transforming Lives.
Locations in Tucson, AZ
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Improving health & wellness for the whole person

Residents in CODAC's Pregnant & Postpartum Women (PPW) Transitional Living Program also benefit from CODAC's integrated wellness services addressing the full spectrum of physical, emotional, behavioral, social, relational and environmental factors that impact wellness.

- Primary Care and OBGYN services.
- Psychiatric care for medication management and monitoring of mental health concerns.
- Treatment for perinatal and postpartum depression and anxiety.
- Employment services for help finding and keeping a job.
- Acupuncture for pain management.
- Criminal Justice Team to help fulfill requirements of probation/parole.

Help a woman and her children have a safe place to live

Refer a woman with an substance misuse disorder to CODAC's Pregnant & Postpartum Women Transitional Living Program today. Depending on program vacancies, beds may be available for moms and children immediately.

Contact the PPW Transitional Living Program today at 520.343.5342 or email PPWHouse@codac.org.

"I am thankful for a renewed life that is blissful.

And I'm grateful for everyone at CODAC who believed in me."

Brittany,
Former program resident & current CODAC recovery coach

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