



INFORMATION

...foundation for good policy

March 16, 2001

The Department of Mental Health and Addiction Services A Healthcare Service Agency

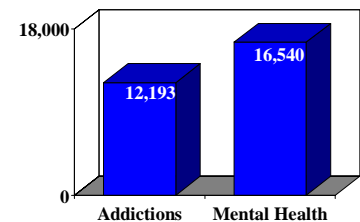
Thomas A. Kirk Jr., Ph.D.,
Commissioner

Arthur C. Evans, Ph.D.
Deputy Commissioner

Behavioral Health Services for Women in Connecticut

In FY 2000, 27,455 Connecticut women received services in DMHAS supported behavioral health programs. Research confirms that gender differences in areas such as role expectations, learning styles, and the nature of supportive relationships, are relevant to women's behavioral health and well-being. Approximately 7% of all American women will suffer from a major depression during their lifetime compared to 2.6% men. Also, young women have special risk factors for drug abuse and dependency such as childhood abuse and neglect, lack of family and peer support, and poverty.

Women Served in FY2000



Behavioral health care that is gender-sensitive involves services that are delivered in ways which support each woman's own goals and enable her to learn and grow through safe emotional connections. This includes services that:

- ✓ **Enhance her security and well-being** through help with employment, education, housing, and transportation.
- ✓ **Enhance her success as a mother** through help with child care, family relationships, and parenting knowledge, resources, and skills.
- ✓ Occur in a **same-gender environment** with peers as participants and helpers, along with professional help givers.
- ✓ Engage her involvement by focusing on **personal goals**.
- ✓ Provide **respect and support** for her spiritual growth.

DMHAS Special Emphasis on Women's Services

- **Women's Recovery Support:** Housing and support services for women aged 18-30 who are actively engaged in substance abuse recovery.
- **Hartford Engagement and Recovery Support (HERS) Program:** Outreach services to help women aged 16-25 in Hartford get services for recovery from substance use disorders.
- **Project SAFE:** A collaboration between DMHAS and DCF to provide rapid access to substance abuse evaluation and treatment to parents whose children receive DCF child welfare services. 3,000 women were referred to Project SAFE (Substance Abuse Family Evaluation) last year.
- **Women's Specialty Treatment Programs:** Opportunities for children to accompany mothers in residential treatment, childcare, transportation, care management, parenting support, and mental health services. These programs serve over 400 women at a time in residential, outpatient, and methadone maintenance treatment.
- **Trauma Initiative** (in development): Education, treatment, and peer advocacy for persons who have survived interpersonal trauma, including specialized programs for women.