

## The Importance of Treatment

# 1 in 3 Women

will experience a sexual assault in their lifetime.\*

Women who experience trauma

# 2x

as likely to develop

**Post-Traumatic Stress Disorder (PTSD)**

and experience it for a longer duration.

This **DOUBLES** the risk for major

**For these reasons we created Her Story: a specialized program to help women overcome addiction and trauma in a safe, supportive atmosphere.**



\*[https://www.ptsd.va.gov/understand/common/common\\_women.asp](https://www.ptsd.va.gov/understand/common/common_women.asp)  
\*\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5479490/>

## About Gateway Carbondale

At Gateway Foundation in Carbondale, we use lifesaving addiction medicine to help people with substance use disorders. Located in a secluded, wooded area, our drug and alcohol addiction treatment center will give you space to recover.

We consider our quiet, 14-acre campus key to patient success. By giving you a calming space to work toward recovery, we aim to prepare you for healthier



# Her Story - A Woman's Path to Recovery



**Addiction Medicine. Saving Lives.**

**24-HOUR HELPLINE CALL  
US AT 877.505.HOPE  
(4673)**

GatewayFoundation.org

 **Insurance Accepted**

Gateway Treatment Centers are licensed by the State of Illinois and accredited by The Joint Commission.

Gateway also provides treatment to individuals who may be eligible for services funded in whole, or in part, by the Illinois Department of Human Services.



CAR-TRA-TRI-1119

**Women's Trauma and  
Substance Use  
Disorder Program**

# Her Story - A Woman's Path To Recovery



**Her Story - A Woman's Path To Recovery** was developed to support women who suffer from trauma and addictions and need a safe place to transform their pain. Research shows that up to eighty percent of women who abuse substances have suffered some form of trauma. This women only, intimate 12 bed program in Carbondale addresses substance use disorders, trauma including Post Traumatic Stress Disorder (PTSD), as well as their co-occurring mental health conditions.

Trauma comes in many forms. For some, it is a single event such as violence, sexual assault, an accident, or loss of a loved one. For others it is repeated exposure to physical or emotional abuse or neglect. Trauma often results in symptoms of other co-occurring disorders such as anxiety, depression, sleep disorders, sustained feelings of grief and loss, and bi-polar or psychotic disorders. Without addressing the underlying and co- morbid issues, sustained recovery is very difficult to achieve.

For women to fully address these issues a safe therapeutic environment has to be created and trust established. For our patients to heal and grow we have developed a single gender – women only milieu. Carbondale is located on 14 wooded acres, in a serene landscape, where women can feel safe and

## Therapeutic Techniques to Address Co-Occurring Disorders and/or Trauma

Along with our nine core evidence based clinical practices, specific therapeutic techniques are used to safely address and alleviate symptoms stemming from traumatic events and memories. Our staff of licensed psychiatrists, nurses, therapists and specialists are highly trained and credentialed to work with women and their trauma. Trauma services include:

- All staff are trained in Trauma Informed
- Care The Helping Women Recover Curriculum by Stephanie Covington
- Eye Movement Desensitization Reprocessing (EMDR)
- Individual and Family Therapy
- Art Therapy
- Dialectical Behavioral Therapy (DBT) \*\*
- Mindfulness Based Sobriety \*\*
- Movement therapy, exercise and nutrition

\*\*One of our nine evidenced based clinical

During a woman's stay, co-occurring psychiatric issues and trauma are addressed at the same time as their substance use. We offer medication assisted treatment to manage symptoms of withdrawal for those who require these services.



We have a complete medical and nursing team to safely manage this process throughout ones stay.

**For more information about this life-changing program, please call us at 877-505-HOPE (4673)**