

## **YOGA intervention for women in recovery**

### CONCEPT DESCRIPTION

According to the 2003 National Survey on Drug Use and Health (NHSDA), 19.5 million Americans aged 12 and older were currently illicit drug users and 119 million were current drinkers of alcohol (SAMHSA 1). An estimated 21.6 million Americans were classified with substance dependence (SAMHSA 1). There are many interventions available for treating women with substance abuse issues. In 1997, the Children's Board funded a comprehensive study, *Women and Substance Abuse in Hillsborough County*.

This study researched national literature and found:

Substance abuse by parents is present in 67 % of child neglect cases.

Women are more likely to begin abusing substances after a traumatic event.

In order for substance abuse treatment to be effective it should be offered in gender specific programs.

There is more stigma against female substance abusers than male.

Women have specialized treatment needs.

These special needs include: childcare, healthcare, job/ education training, and extended support systems. The Centre for Women's Project Recovery is one of two treatment centers in Tampa specialized toward women's services. Yoga is a growing way of improving physical health.

The practice of Yoga began to gain popularity in the United States in the 1960s (ALT1). Yoga is a "meditative discipline and a way of gaining insight into the nature of the mind and reality" (ALT 2). Few studies look at the process of using Yoga as a

healing process of recovery. The small amount of research done states that yoga increases motivation for rehabilitation for people with substance abuse issues (YOGA 1). A 2004 study showed that Yoga might also decrease symptoms of depression and anxiety, which substance-abusing women often experience (ALT 4). Yoga promotes relaxation and awareness (ALT 3). Yoga has been proven as a wellness exercise in many populations including the elderly and pregnant women (ALT 1). It has been shown that Yoga improved balance and flexibility (ALT 3). Studies suggest that yoga used along with counseling augments recovery (YOGA 1, YOGA 2, YOGA 3).

#### ORGANIZATION PROFILE

The mission of The Centre for Women is to be a leader in providing innovative services that strengthen our community, promote self-sufficiency and enrich the lives of women, girls, families, and the elderly. We strive to remain well respected for our quality of services throughout the community. We proactively meet the needs of our consumers and the community through advocacy, collaboration, and neighborhood-based services.

At the Centre we understand that alcoholism and drug abuse know no barriers. Addiction strikes women from all walks of life. The Centre for Women has offered substance abuse treatment since 1980. Project Recovery provides a unique gender specific, outpatient treatment program designed to meet the special recovery needs of women desiring a life free from addiction. Project Recovery gives women the support, education, and guidance needed to establish a road to recovery from alcohol and other drugs of addiction. The abstinence-based program Centre promotes independence, instill hope, and empower women to discover their full potential. We help women understand



Pre test begins	X	X	X	X	X	X	X	X	X		
YOGA begins		X	X	X	X	X	X	X	X		
Post test begins		X	X	X	X	X	X	X	X	X	
Evaluation report											X

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## GOALS AND OBJECTIVES

The goal of this program will be to promote the achievement and maintenance of sobriety among substance abusing women by utilizing the healing properties of Yoga.

The following objectives have been established to measure the program effectiveness.

All outcome objectives pertain to consumers in the Outpatient I program. Through the 2005-2006 year over 300 substance-abusing women will benefit from the YOGA intervention at The Centre for Women in the following ways.

Promote stress reduction.

30% of consumers in the yoga program will demonstrate reduced stress indicated by 10% lower scores on a stress measurement tool.

Improve mental health.

20% of consumers in the yoga program will demonstrate 10% lower scores on the Beck Depression Inventory as well as the State Trait Anxiety Inventory.

Improve physical health.

30% of the consumers in the yoga program will report 10% less pain on a medical questionnaire.

## EVALUATION

This program will utilize a pre post test to evaluate its effectiveness as well as receive feedback from consumers. All data collected on the above stated objectives to determine program responsiveness and effectiveness is tracked and monitored through our computerized data base system. This information serves as a basis for program improvements.

## References

## BUDGET

Salaries	13,135	
Yoga Intervention Director		6000
Project Recovery, Program Manager		3700
Project Recovery, Performance Improvement Coordinator		1670
Project Recovery, Data Specialist		1516
Project Recovery, Secretary		2249
Fringe	1000	
Professional Fees	0	
Contractual Services	7500	
Certified Yoga Instructor		7500
Training	0	
Travel	0	
Utilities	2127	
Water		500
Electric		1000
Trash		500
Sewer		127
Facility Maintenance	2339	
Custodian		1339
Misc. repairs		1000
Insurance	810	
Facility Supplies	625	
Program Supplies	1000	
Yoga Mats		500
Yoga Blocks		250
Yoga Straps		200
Music		50
Printing / Postage	300	
Telephone	1500	
Equipment/ Maintenance/ Lease	0	
Advertising	1000	
<b>Total Expenses</b>	<b>XXXX</b>	

## Budget Narrative

### Fringe

gifts for consumers, water

### Contractual Services

1 Certified Yoga Instructor 1x fee 7500

### Utilities

2127

Water

500

Electric

1000

Trash

500

Sewer

127

### Facility Maintenance

2339

1 Custodian

1339

Misc. repairs

Paint, Floors, etc

1000

### Insurance

810

\$5 /person/month

### Facility Supplies

625

Light Bulbs, toilet paper, towels, soap

### Program Supplies

1000

Yoga Mats

500

Yoga Blocks

250

Yoga Straps

200

Music

50

### Printing / Postage

300

Stamps, copy paper, toner, repairs

### Telephone

1500

Calls to consumers, instructor

### Advertising

1000

Change flyers to include Yoga