What We Believe

Breaking The Cycle:

- Takes a different approach to alcohol and other drug treatment
- Recognizes that women often use alcohol and other drugs to deal with problems in their lives - like depression, loneliness, abuse, stress and hopelessness
- Understands that these problems can make recovery more difficult or lead to relapse
- Supports women in making their own decisions regarding their use of alcohol and other drugs
- Views addiction holistically - and addresses the physical, emotional, psychological and lifestyle elements of alcohol and other drug use
- Provides women a safe place to develop a sense of empowerment and connection with others having similar experiences

Who is Eligible

This program may be for you if:

- You are a woman age 18 or over
- You struggle with feeling good about yourself due to a history of abuse, difficulty meeting your basic needs, a pattern of hurtful relationships, depression, anxiety or other painful feelings
- You use alcohol and other drugs to relax, cope, numb yourself, or forget your problems

Introducing Our Program

Program Highlights:

- Individualized placement into one of three phases
- Combination of small groups and individual counseling
- Programming offered in the evening
- Childcare assistance available
- Transportation assistance for Morrow County residents

Phase I

- Is for women who need to develop awareness of their dependence on alcohol and other drugs
- Focuses on exploring the impact of alcohol and other drug use on yourself and your relationships with others
- Teaches about the connection between your alcohol and other drug use and your struggles in other life areas

Phase II

- Is for women who are aware of their chemical dependency and other issues
- Focuses on developing recovery support systems and exploring how unresolved issues can compromise ongoing recovery
- Teaches about relapse prevention strategies and challenges women to achieve responsibility for making changes in other life areas

Phase III

- Is for women who are actively working a program of recovery
- Focuses on in-depth self-exploration
- Teaches skills needed to sustain healthy changes in self-image

How To Get Started

- All services are completely confidential
- Sliding fee scale available for Delaware and Morrow County residents
- Medicaid and other insurance accepted
- No one turned away for inability to pay

For an appointment or more information, call:

Recovery & Prevention Resources

740-369-6811 (Delaware)

419-947-4055 (Mt. Gilead)

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