

Program Overview

Women's Recovery Journey is an intensive outpatient program designed to provide counseling wraparound and support specific to women who are struggling with substance abuse and co-occurring disorders. The program builds on client strengths and develops strong supportive relationships with a focus on self-sufficiency during continuing care.

Who We Serve

Women throughout the Brown County area who are struggling with substance abuse and co-occurring disorders. **2009: 3,493 hours of service to 74 women and their families.**

A Story of Success

In the words of a former client: "My name is Sara and I am an alcoholic. I am in the Women's Recovery Journey program due to my fourth drunk driving arrest. I was told initially that I could not get into treatment until I went to court and was convicted. When I looked into this further, I found a treatment program that I could get into right away, and within two weeks I was involved in the support group meetings at Family Services - Women's Recovery Journey program.

There are many things that have helped since I have been in this treatment program. The support group facilitator gave me feedback and continued support. I felt as though if I had a problem I would feel comfortable going to staff at any time. I must say that in the beginning, I tried my hardest not to attend the expected three sessions per week, but the therapists challenged me and helped me to see that attending was in my best interest. Since I have been attending, I have learned more and more about my alcoholism and my anxiety disorder. I have realized that I can't control things that happen in my life, but I can control how I react to them and how to take care of myself when unfortunate things occur. This lesson was among the hardest for me because controlling others and getting caught up in crisis was the only way I knew how to live. I have the therapists and group members to thank for me recognizing my issues and help in changing them. It was the support that I received all the time and feedback that I needed to hear whether I liked it or not.

What I like most about Women's Recovery Journey, is that my life is completely different since the beginning of my treatment. I am more open to listening; before it was my way or no way. I have also learned not to judge people. My anxiety has gotten better because I have been taught techniques to handle and decrease it, the therapists work together to conclude what is the best treatment plan for me. They put an extreme amount of emphasis on confidentiality, so whenever I have something personal to say, I knew it was in confidence. I also like the individual counseling that is offered. I came into this program thinking that I would just get it over with because of court, but now I can honestly say I am very grateful that I was fortunate enough to go through this program. I have been sober for about one year thanks to learning a new way to live."

Women's Recovery Journey offices are located at 300 Crooks Street in Green Bay.

The above story is an example of the type of children, individuals and families we serve. Names, ages, and other personal information have been changed to protect the client's confidentiality.

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