
Women's Recovery Services

WRS works to break the cycle of addiction for women in a safe residential setting, allowing them and their young children to live together while learning the life skills necessary to become strong, responsible contributors in their communities.

UPSTREAM RESOLUTION of ALIGNMENT
Aligning *Women's Recovery Services'* Practices and Activities
With the Upstream Investments Initiative

Resolution Date: 25 April 2011
Board of Directors Meeting

RESOLUTION of *Women's Recovery Services*

WHEREAS, the County of Sonoma is sponsoring a community-wide strategic initiative called Upstream Investments with the following mission: To facilitate the implementation of prevention-focused policies and interventions that increase equality and reduce monetary and societal costs for all residents of Sonoma County.

WHEREAS, the Upstream Investments vision for all residents of Sonoma County is that poverty is eliminated and all people have an equal opportunity for quality education and good health in nurturing home and community environments.

WHEREAS, the Upstream Investments Initiative is designed to target the following factors:

Social and economic factors

Poverty and racial/ethnic disparities
Community conditions
Public opinion, public policy, and laws

Family and individual factors

Family dysfunction
Negative peer influences
Early antisocial behavior

WHEREAS, the Upstream Investments Initiative seeks to promote four community goals:

1. The whole community is engaged in supporting the healthy development of children.
2. Community members have access to education and training and are adequately prepared for the challenges of the future.
3. All community members are well sheltered, safe, and socially supported.
4. Sonoma County has a thriving diverse economy that produces economic security for all.

WHEREAS, the Upstream Investments Initiative seeks to expand funding for Model Upstream Programs and also seeks to promote organizational practices that support the Upstream Vision.

WHEREAS, the Upstream Investments Strategic Initiative promotes the implementation of outcomes-based practices including Evidence-Based Practices, Promising Practices, and Emerging Practices.

WHEREAS, Twenty-two indicators of success will inform the community about the success of Upstream Investments.

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| 1. Reduced child maltreatment | 12. Improved higher education |
| 2. Reduced youth binge drinking | 13. Improved housing affordability |
| 3. Reduced youth drug use | 14. Reduced homelessness |
| 4. Reduced youth depression | 15. Reduced juvenile arrests |
| 5. Reduced youth tobacco use | 16. Reduced adult arrests |
| 6. Reduced teen births | 17. Reduced domestic violence |
| 7. Reduced obesity | 18. Reduced gang membership |
| 8. Improved pre-school attendance | 19. Improved youth connectedness |
| 9. Improved 3 rd grade reading | 20. Reduced poverty |
| 10. Improved 3 rd grade math | 21. Reduced unemployment |
| 11. Improved high school completion | 22. Improved health insurance rates |

NOW, THEREFORE, BE IT RESOLVED that *Women's Recovery Services* shares the Upstream Investments mission, goals, commitment to improving the indicators of success, and vision and has aligned its organizational practices with the Upstream Investments Initiative as follows:

Women's Recovery Services is committed to providing the best, most effective addiction treatment possible. Our vision is that all women, pregnant or parenting, who need treatment for substance dependence, will have local treatment available. We provide comprehensive services, using evidence-based cognitive-behavior strategies and individualized treatment planning, in a residential therapeutic community setting. Our program offers women seeking freedom from addiction (drugs, alcohol, misuse of prescription drugs and tobacco) a full twelve months of treatment and support beginning with a 90-day residential program, and completing with our nine-month AfterCare program. When drug use is identified and treated either prior to pregnancy or early in pregnancy the outcomes improve for the infant, the mother and the family.

When treatment is provided to women, criminality and incarceration are reduced; there is a marked reduction in children being placed in foster care; school attendance is improved; public assistance demands are lessened and employment begins and taxes are paid.

Indicators of Success promoted by Women's Recovery Services' practices and programs are specifically: reduced teen births, obesity, homelessness, juvenile and adult arrests, domestic violence, poverty and unemployment and improved pre-school attendance, 3rd grade math and reading and improved health insurance rates; and may include others listed above.

Women's Recovery Services has been working since 1975 to address substance dependence in a program exclusively addressing the specific needs of women. In the late 1980's the perinatal component was added to reduce perinatal exposure. Intervention in early

pregnancy and addiction allows infants and children to grow in environments meant for family living, and improved outcomes will result. Treatment for women is prevention for their children. We also know that addiction has wide-ranging effects, and we encourage families and friends to become familiar with 12-step principles and the support available to them as well, understanding the disease of addiction and the ways this disease in a loved one affects them, too.

Women's Recovery Services will be submitting practices, which may include, but not limited to Cognitive Behavioral Model, 12-Step Facilitation, Relapse Prevention and Co-Occurring Disorders with psychological EBP's in use. WRS is certified by The State of California Alcohol and Drug Programs to provide Dual Diagnosis Capable Addiction Treatment (DDCAT). We expect to add Motivational Interviewing/Enhancement Therapy and Seeking Safety at some time in the future.

Women's Recovery Services commits to engaging in the process and intend to submit this program to the Portfolio of Model Upstream Programs.

Women's Recovery Services Board of Directors is committed to maintaining this as a strong community organization and developed strategic planning goals in 2006 and also crafted succession planning goals, should a sudden and unplanned occasion arise. Financial statements are provided by fiscal director for Board of Directors monthly and discussions regarding them are led by Board Treasurer.

Women's Recovery Services and its Board of Directors are committed to maintaining strong community relationships and collaborations to support a strong and lasting system of care. The following are some of those agencies/organizations: Sonoma County Behavioral Health/Alcohol and Other Drug Services, Sonoma County Human Services, SonomaWORKS, PAODAT (Perinatal Alcohol and Other Drug Action Team), Sonoma County Public Health Nursing, Community Action Partnership, DAAC (Drug Abuse Alternatives Center), and Community Foundation Sonoma County "Ending Family Homelessness" which are all programs dedicated to funding upstream investments.


Women's Recovery Services is promoting community-wide knowledge and understanding of Upstream Investments initially by posting a link to SonomaUpstream.org on the organization's website.

Approved and adopted the 25th day of April 2011. I, the undersigned, hereby certify that the foregoing Resolution was duly adopted by the Board of Directors of *Women's Recovery Services*.

Following Roll Call Vote: Ayes: 7

Nos:

Abstention: 1



Kimberly Simon, Officer of Board
Women's Recovery Services