

Treatment Services

The Empowerment Program, Inc. is a licensed mental health and drug treatment program providing trauma-informed outpatient services for women. We believe that participants benefit most from a holistic approach, where many types of treatments are available to meet the individual needs of each participant.

Group wellness education focuses on promoting healthier lifestyles, managing stress, understanding topics to improve mental health, and becoming more aware of how to regulate emotions. Participants may work with writing in a trauma narrative group; improve communication skills and learn healthy coping mechanisms. For participants with substance abuse treatment needs, we provide individual addictions counseling, relapse prevention and educational support groups. Integrated services help women with trauma, PTSD and substance abuse at the same time.

Groups and Classes

Onsite groups include Relapse Prevention, Drug & Alcohol Education, Seeking Safety, TREM - Trauma Recovery and Empowerment, IDU support groups, Trauma Narrative, Beyond Violence (Anger Management), Employment Services, Life Skills, Leadership and Peer Specialist Training, and support groups. Please attend our weekly orientation to enroll.

Call **303-320-1989** for an appointment!

Visit our website for more information, including a monthly calendar of groups!

www.empowermentprogram.org

Criminal Justice Services

Outreach is provided at community festivals, jails, prisons, community shelters, half-way houses and other non-profit organizations.

Empowerment works with many women who are involved in the criminal justice system. We work with individual women to develop a treatment plan that corresponds with their probation, parole, and/or court requirements.

The RISE Program (Recovery In a Secure Environment) provides a trauma-informed, mental health and substance use, educational curriculum for both women and men at Denver County Jail. A variety of other groups are provided to women at the Denver County Jail; Life Skills/Relapse Prevention and Project Bedtime Story.

Project Bedtime Story provides women and men who are incarcerated at Denver County Jail with an opportunity to record themselves reading to their children, and the books and cd are sent to the children to enjoy over and over the sound of their voice. This project bridges the distance between incarcerated parents and their children, and helps promote literacy throughout the family. Donations of new and gently used children's books are always welcome.

To donate, contact Laura at 303-320-1989 ext. 238



HIV/AIDS Services

Comprehensive medical case management and prevention services are provided for women living with HIV/AIDS or who are at risk for infection. Assistance with transportation, housing, and emergency expenses is available. Prevention services target women who are homeless, sex workers, involved in the criminal justice system, and/or incarcerated.

We also provide substance abuse treatment, mental health therapy, and acupuncture for women living with HIV or AIDS who need support with their recovery from substance or mental health challenges. Acupuncture can help relieve stress and anxiety.

Free and Confidential HIV Testing

Mondays: 1-4^{PM}

Wednesdays: 9-11^{AM} & 1-4^{PM}

Thursdays: 9-11^{AM}

Fridays: 1-4^{PM}

Employment Services

Empowerment's employment program offers supportive services for women who are having trouble finding or maintaining a job due to issues such as mental or physical health, substance use, or a criminal history. Job readiness training, resume assistance, online job search, and other employment related support services are available for participants.

All services are free of charge!

The Empowerment Program Mission Statement

The mission of the Empowerment Program is to provide education, employment assistance, health, housing referrals, and support services for women who are in disadvantaged positions due to incarceration, poverty, homelessness, HIV/AIDS infection, and/or involvement in the criminal justice system. Our goal is to decrease rates of recidivism by providing case management, support services, basic skills education, housing and resource coordination that can offer alternatives to habits and choices that may lead to criminal behaviors.



TO ENROLL:

Please join us for *Orientation* to learn more about the program and to enroll!

Please call to schedule an appointment!

303-320-1989

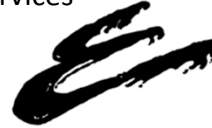
Wednesdays 1:30 pm

Orientations tend to be 1.5 –2 hours
(Please attend Orientation to receive services)

The Empowerment Program, Inc. is funded through public and private grants, small fundraising events, private organizations and individual donors.

Women enrolled may also be eligible for the following services:

- ◆ Drug & Alcohol Treatment Services
- ◆ Trauma & Mental Health Services
- ◆ Beyond Violence—Anger Management
- ◆ Acupuncture & Auricular Acupressure
- ◆ Jail & Post Release Services
- ◆ Court Referral Services
- ◆ Probation & Parole Referral Services
- ◆ Care Management
- ◆ Support Groups
- ◆ Employment Services
- ◆ HIV/AIDS Prevention & Education
- ◆ HIV Testing & Hep C Screening
- ◆ Gonorrhea & Chlamydia Testing
- ◆ Risk reduction materials; female & male condoms, bleach kits, and latex barriers



The Empowerment Program is recognized by the Division of Behavioral Health as a mental health specialty clinic and licensed outpatient drug and alcohol treatment facility providing group and individual counseling for women.

Our staff is comprised of State Licensed Mental Health and Addiction Professionals. We are trained in the Harm Reduction method which entails working with participants to meet their needs, whatever stage of recovery they are in.

FREE HIV testing, HEP C screening
& Gonorrhea / Chlamydia Testing
Call **303-320-1989** for more information

The Empowerment Program, Inc.
Services for Women



The Empowerment Program, Inc.
1600 York Street
Denver, CO 80206-1422

Phone: 303-320-1989
Fax: 303-320-3987
TTY: 1-800-659-2656
E-mail: info@empowermentprogram.org
Website: empowermentprogram.org