



Stronger Roots

&

Andrea's Recovery house

Antioch, CA

Concord, CA

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I have translated the revised presentation into English, replacing the word "sober" with "recovery" to create a broader and more inclusive message. The presentation's tone is empathetic and empowering, highlighting the specific needs of Spanish-speaking women and presenting our program as a direct solution to a historical lack of dedicated support in Contra Costa County.

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## Welcome!

**A Presentation by Support4Recovery.org**

**A Direct Message for You**

Hello. We are here today with a personal message for the Spanish-speaking women of Contra Costa County. We understand that your strength is the heart of your families and communities. But we also know that this strength is often tested by silent challenges, such as substance use disorder, and that it has been incredibly difficult to find help that speaks your language and understands your culture.

Support4Recovery: Who We Are and Why We Are Here for You

Support4Recovery is a nonprofit organization dedicated to empowering people like you on the path to a lasting life in recovery. We are in Contra Costa County to fill a crucial gap: the lack of

culturally and linguistically competent recovery programs. Our team includes people who have lived through these experiences and who speak Spanish, ready to help you transform your lives.

#### Appreciation for the CAB

We thank the Community Advisory Board for recognizing the urgency of this issue and for giving us the opportunity to present a vital solution for our Hispanic community.

#### Purpose of the Presentation

We are here to introduce our latest initiative: a 12-bed residential program designed specifically for Spanish-speaking women in Contra Costa County. This program is the first of its kind in the county, fusing clinical treatment with a safe, supervised living environment in recovery.

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## The Need in Contra Costa County: A Service Gap

#### A Critical Service Gap

Before this initiative, Spanish-speaking women in Contra Costa County did not have a single place dedicated to them for substance use disorder treatment services that were entirely in Spanish. Historically, they have faced language, cultural, and systemic barriers that have left them without adequate support.

- **Substance Use Rates:** While substance use rates among Latinas are sometimes lower than in other groups, studies show that Hispanic women with a substance use disorder (SUD) often have worse treatment outcomes than their non-Hispanic counterparts, largely due to the lack of access to culturally and linguistically appropriate programs.
- **Systemic Barriers:** A U.S. government study (SAMHSA) found that up to **92% of Hispanic people with a substance use disorder do not receive treatment** in a specialized facility. Barriers include a lack of Spanish-language programs, long waitlists, and fear of interacting with government agencies.
- **Poor Treatment Outcomes:** Research also indicates that when Latina women do get treatment, outcomes can be less favorable due to programs that do not understand their cultural, family, and social needs.

#### Our Response: 12 Beds Dedicated to Hispanic Women

Our program adds 12 much-needed beds in a safe and supportive environment, providing a place where women can begin their recovery without the barriers that previously held them back.

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## What Makes Our Program Unique: A Hybrid Model

#### An Approach That Puts Women First

Our program is the first in Contra Costa County to combine the best of clinical treatment with the support of a Tier 3 recovery home. This hybrid model is designed to meet all the needs of women on their path to recovery.

#### Complete and Integrated Care

Participants will receive:

- **Clinical Counseling:** Individual and group therapy, relapse prevention, and case management, all in Spanish.
- **Community Support:** A safe and supportive home supervised 24/7, where they can find encouragement and a sense of community with their peers.

#### Flexibility and Structure for Genuine Recovery

This model allows us to tailor the duration and intensity of the program to each woman's needs, without the time limitations imposed by insurance. The combination of structure and flexibility creates the ideal environment for real and lasting recovery.

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## Why This Model Works for You

#### More Time for Personal Support

In many programs, counselors are overwhelmed by paperwork. Our model reduces bureaucracy, which allows our staff to spend more time on what truly matters: one-on-one support, personal coaching, and frequent counseling in your language.

#### Beyond Treatment: Comprehensive Support

We recognize that recovery is more than just stopping substance use. Our program includes:

- **Administrative Support:** Help obtaining legal IDs, such as from the Mexican consulate or the California DMV, which are essential for independence.
  - **Family Reunification:** Guidance and support for reuniting with your children and families.
  - **Life Skills:** Workshops for skills development, education, and future planning, with the goal of building a stable and successful life.
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## Outcomes That Truly Matter

#### Increasing Long-Term Recovery

Women in our program will gain the time, tools, and connections for a transformation that lasts.

- Studies have shown that residential support and culturally sensitive programs have significantly higher success rates. Extended care and peer support can lead to retention rates of over **70%**, in contrast to short-term programs.

### Strengthening Families and the Community

When one woman recovers, the entire family and community benefit. There are fewer substance-related crises, and families are reunited, which improves safety and well-being for all.

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## The Role of the CAB

### Promoting Change and Awareness

The CAB's support for this innovative, women-centered model can help inform policies, raise awareness, and foster best practices throughout Contra Costa County.

### Community Collaboration

By being informed about the needs of our Hispanic community, we can ensure that resources and services evolve to be more effective and accessible for our neighbors.

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## Thank You!

### On Behalf of Support4Recovery

Thank you for giving us the opportunity to share our program and approach. Your interest in innovative solutions and effective recovery models is invaluable to the progress of our Hispanic community.

### Open for Questions

We are here to answer your questions and hear your ideas about how this model can improve the lives of women and families in Contra Costa County.