

Gender-specific treatment, obstacles women face.

Many women would agree that we need a gender specific approach to treatment. Women impacted by substance abuse experience many treatment obstacles such as: Childcare, co-morbidity issues and economic self-sufficiency fears to list a few.

Women also are at higher risks for family, and social risk factors that can contribute to stressors for completing Treatment. Women are more at risk for mood disorders, depression, anxiety, body identity disorders, eating disorders, low self-esteem, isolation, stress disorders, PTSD and poor social support systems.

Many women who use drugs have had troubled lives. Studies have found that at least 70 percent of women drug users have been sexually abused by the age of 16. Most of these women had at least one parent who abused alcohol or drugs. (NIDA) Substance abusing women are also at greater risks for Domestic violence. Women substance users are also more likely than male substance users to enter dependent relationships dominated by their partner (43), hindering their ability to perform basic life skills, such as managing money and planning for the future.([American Journal of Drug and Alcohol Abuse](#),). All of these issues must be addressed in treatment and cannot be overlooked.

Some additional alarming facts

Obstacles women face- health care Insurance - The proportion of uninsured women under age 65 rose from 14% in 1993 to 18% in 1998.

Approximately 120,000 female deaths annually are attributed to alcohol and drug (CDC)

Women can become addicted quickly to certain drugs, such as crack cocaine. Therefore, by the time they seek help, their addiction may be difficult to treat. (NIDA)

Women who use drugs often suffer from other serious health problems, sexually transmitted diseases, and mental health problems, such as depression. (NIDA)

Altogether, women account for an estimated 37 percent of illicit drug users in this (CDC)

When a pregnant woman uses drugs, she and her unborn child face serious health problems. During pregnancy, the drugs used by the mother can enter the baby's bloodstream. The most serious effects on the baby can be HIV infection, AIDS, prematurely, low birth weight, Sudden Infant Death Syndrome, small head size, stunted growth, poor motor skills, and behavior problems. (NIDA)

A mother's continuing drug use puts her children at risk for neglect, physical abuse, and malnutrition. (NIDA) Many women need basic services such as food, shelter, and clothing. Other women also need transportation, childcare, and parenting training. Women may need medical care, mental health therapy, and legal assistance. Good

treatment also teaches reading, basic education, and skills to find a job. Treatment programs aimed at men often do not provide all of these services.

Treatment is especially effective when women can live at a treatment center with their children. However we just do not have enough of these valuable resources. Do you know of any Gender specific resources, contact us ! We would love to share them with our readers.

Citations

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