



GRAND VIEW

THE ISSUES YOU FACE DO NOT NEED TO DEFINE YOU. LET US HELP YOU BE THE PERSON YOU WANT TO BE.

GRAND VIEW WOMEN'S PROGRAM



PENNSYLVANIA CAMPUS

Caron's Grand View Women's Program is a specialized treatment program that empowers women in a comfortable, nonjudgmental and emotionally safe place to address issues related to addiction and underlying co-occurring disorders. It's carefully designed to meet your individual needs.

The issues you may be facing do not define who you are. With the expert care and empathetic support available at the Grand View Women's Program, you can find ways to recreate the connections and meaningful purpose that define life as you want to live it.

Do you feel that the only way to get through the day and to keep up with your myriad of responsibilities, priorities, and needs requires alcohol, pills or other substances? Are you using substances to cope with anxiety, depression, trauma, or fear? If you don't know where to turn, turn to Caron.

Grand View Women's Program, located in the Carol E. Ware Women's Center, is a complete, stand alone program designed for women, including those seeking treatment for relapse. We are by your side with the care and expertise you need to create the fulfilling life you envision. Our Grand View Women's Program is differentiated by the caliber of Caron's highly educated and experienced full-time medical and therapeutic staff, made up mostly of women, and the robust network of alumni women who take an active part in the program. We can help you address addiction and co-occurring disorders, while also rediscovering your purpose and putting fulfillment back into your life.

Treatment is designed to be flexible, based on your individual needs and the needs of the group of women in treatment with you.

We connect with you prior to admission so we have a clear picture of your needs before you walk through our doors.

We consult with you, your family members and/or key members of your support system, and your referring healthcare providers so we can answer your questions and thoroughly understand your needs.

A Private Setting

The Carol E. Ware Women's Center exclusively houses the Grand View Women's Program in its welcoming, warm and serene environment, ensuring your satisfaction with extraordinary attention to detail. Located in a secluded area of the Caron Pennsylvania campus, the freestanding private building is spacious and offers many of the comforts of home including a large, hospitable front porch with a beautiful view of a rural country landscape. Each private bedroom has a private bath, flatscreen TV, a personal safe for belongings, and a desk work area so that you can keep up with your personal and professional commitments. The building also features common areas including a spacious lounge and snack area, laundry room, business center, and massage room.



In Response to COVID-19

Caron is committed to a strong screening and surveillance program that identifies any potential cases in patients or staff. That program, coupled with mitigation initiatives, including maintaining six feet of social distance and requiring patients and staff to wear face masks or coverings, is working.

Caron uses the active virus nasopharyngeal antigen test on incoming patients, who are isolated away from staff and other patients pending test results. The nasopharyngeal swab test is the most accurate test for active and symptomatic/asymptomatic infection of COVID-19. Should a patient test positive, Caron will continue to treat the patient utilizing mitigation efforts.

We screen patients and staff regularly for symptoms and fever. Staff are screened at the beginning of their shifts and asked to take their temperature several times daily when they are away from work. Non-clinical and non-medical staff work remotely and visitors are not allowed on campus. Families remain an integral part of the treatment process through the use of videoconferencing and other technologies.

We provide:

- A proven, transformative treatment experience in an intimate setting with a small group of other women with similar backgrounds and lifestyles.
- Private, serene living quarters including your own bedroom and bath.
- Technology to keep you connected with your family/children so you can still be present for them and attend to obligations and commitments important to you.
- A full-time expert team that includes medical and psychological staff with advanced degrees and master's level therapists, led by clinicians who have in-depth experience treating women.
- Specialized family treatment led by a master's-level family therapist with experience in family systems and recovery.
- A mind-body-soul experience that helps you rediscover your purpose and fulfillment through holistic and experiential therapies that enable deep healing.
- A state-of-the-art fitness and wellness center staffed by certified trainers.





LET GO OF THE SHAME AND FEAR WITH EXPERT HELP AND UNDERSTANDING

The Treatment Team

Our expert, experienced professionals in the medical, addiction, and behavioral health fields, including a full-time physician and psychiatrist, are dedicated to your health and well-being. The full-time medical and psychological staff have many years of experience in treating issues related to substance use disorder and co-occurring disorders. Doctoral-level psychologists are heavily integrated into the program, including assessments, individual and group therapy, and consults. The full-time master's level clinical staff also brings a wealth of experience and credentials to the treatment of addiction and process addictions, such as sex, love, gambling, gaming, shopping, food, and work, as well as chronic pain, trauma, anxiety, depression, and other co-occurring issues.

Treatment Tailored to Your Expectations and Needs

Your stay begins with a comprehensive series of evaluations and assessments, beginning with a medical history and evaluation and in-depth psychological assessments. They provide a comprehensive picture of the substance use, psychological, personality, and behavioral health factors that are keeping you from living the full and healthy life you envision and deserve.

With these insights, our treatment team works collaboratively with you, your referring provider, and members of your family and/or support system to develop an individualized treatment plan. It is designed to meet your needs, assess your ongoing progress, and determine any additional support or therapies that may be needed. For example:

- If you struggle with disordered eating, for example, our treatment specialists will work with you to assess, treat and normalize it. As clinically recommended, a registered dietitian will work with you to create a healthy eating plan.
- If you have chronic pain, Caron's specialists on staff assess your pain and develop treatment to effectively reduce or eliminate your pain through pain management education, acupuncture, yoga, and therapeutic massage.

Treatment in the Grand View Women's Program is based on intensive, personalized counseling, small-group therapy with like-

minded women, and experiential work — all of which takes place in an intimate, trauma-sensitive environment where you can be at ease. Because small groups will be with other female patients from the same program, you will be able to build the rapport and connection needed for healing and recovery.

Your treatment plan will include these components as necessary to meet your clinical needs:

- **A brain mapping** session to provide a baseline assessment of brain function and determine if neurofeedback is clinically appropriate.
- **Medical detoxification** services at our state-of-the-art medical center.
- **Individual therapy sessions**, with experienced master's-level, credentialed therapists who establish a treatment plan that is right for you and assist you in developing skills that will lead to a life of recovery.
- Evidence-based therapeutic interventions to support your growth and recovery, including **cognitive behavioral therapy (CBT)** and **dialectical behavior therapy (DBT)**.
- **Group therapy** that helps you work through specific issues like body image and parenting, for example.
- **Intensive workshops** that focus on issues that can block your recovery, such as work, money, sex, relationships, family of origin, and relapse, among others.
- **Spiritual counseling** and groups to help you work through issues such as guilt, shame, finding purpose, grief and loss.
- **Executive coaching** with particular attention to home and work/life balance, including dealing with multiple roles as parent, spouse, and professional.
- Consultations with a registered dietitian for **nutrition guidance** and recommendations, as clinically necessary.
- **Experiential therapies** such as art and dance movement are provided to assist you in discovering your core emotions that otherwise may be difficult to verbally express.
- **Access to recovery groups**, including the 12 Steps, Smart Recovery, Recovery Dharma, and other alternatives.
- **A recovery action plan** that involves ongoing recovery care.

TRAUMA TREATMENT

Trauma Treatment

Left untreated, the effects of trauma can block your path to recovery. Our trauma specialists will create a treatment plan to address the effects of trauma and provide healing. The specialists who treat trauma in the Grand View Women's Program have advanced training in these gold-standard therapies which research has proven to be effective in treating trauma:

- Eye movement desensitization and reprocessing (EMDR).
- Cognitive processing therapy (CPT), a therapy that works quickly to significantly reduce or eliminate acute symptoms of PTSD, including flashbacks, intrusive memories, feelings of shame or guilt, and avoidance of trauma reminders, which can be a significant relapse trigger if not addressed.
- Specialty cognitive behavioral therapy (CBT) groups to address coping skills for anxiety and depression.

Holistic therapies help you heal and recover:

- Trauma-sensitive yoga with certified instructors that provides a safe and gentle way to relearn how to be “in” your body and explore how that feels.
- Mindfulness meditation.
- Art therapy.
- Movement therapy.

If you have not been diagnosed with trauma but have experienced responses that may be trauma-like to certain events or situations, we provide psychoeducation along with coping strategies to help you manage your reactions.

Neurofeedback, provided on-site at Caron, is an optional non-invasive therapeutic intervention, which may be recommended to reinforce recovery and help manage moods and emotions, process anxiety, improve sleep, and develop new, healthy behaviors that prevent relapse.



Attention to Wellness

Because we believe that a healthy recovery incorporates healing for mind, body, and soul, the Center's program focuses on your overall wellness with:

- Holistic and experiential therapies, like meditation, yoga, massage therapy, art therapy, and movement therapy, that build body-mind-spirit connections, enabling deep healing.
- A state-of-the-art fitness and wellness center that is staffed by certified trainers and available daily for your private use along with others in the Grand View Women's Program.
- Consultations with a registered dietitian as clinically recommended.
- Special meal plan accommodations, like kosher and gluten free.

LGBTQIA+

If you identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual, genderqueer, or non-binary (LGBTQIA+), you will find that Caron is a safe and affirming place for you. We are committed to cultural competency and provide ongoing training with our clinical team to ensure we meet our commitment. Our therapists and other treatment professionals have experience working with LGBTQIA+ patients and our medical department understands the community's unique needs.

Because our treatment model is clinically intensive and focuses on the whole person, you have a safe space to examine the impact of shame, stigma, and heterosexism on your life and relationships. Our emphasis on family treatment also offers an opportunity for you and your family members to have direct, open, and honest dialogue that can lead to healthier and affirming relationships.



Connection to Women in Recovery

Women often find support and connection in their friendships with other women. That's why we have built in a number of ways for you to meet alumni women with similar life circumstances, giving the opportunity to learn from their stories and experiences. Caron female alum provide insight and hope through virtual experiences and speaker meetings during treatment. By sharing their lives in recovery, alumni can credibly illuminate the many opportunities that are available to you to create a healthy and rewarding life after treatment.

Our alumni will also be available to help you when you return home from treatment. They're a rich resource for you to connect to recovery groups, answer your questions, and provide support.

Treatment for the Whole Family

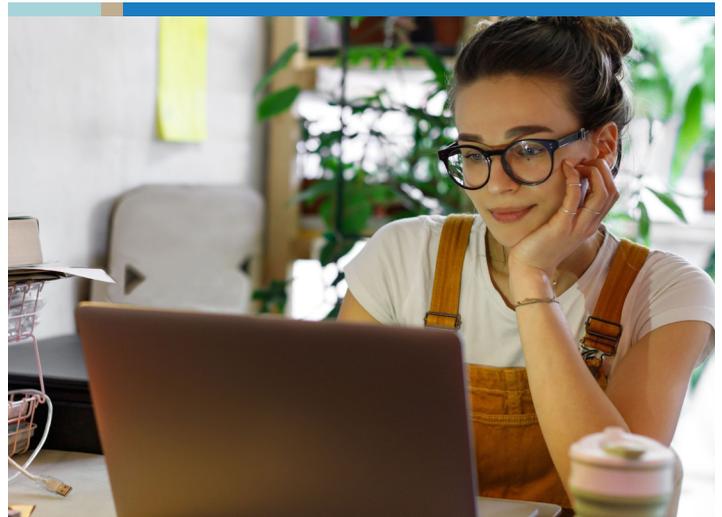
Caron believes that your wellness and recovery is tightly intertwined with your family's wellness and recovery. To create a balanced, healthy system that works well for everyone in the family unit, Caron has a full-time master's level family therapist on staff who works with both the patient and the family to facilitate healing.

Using a family systems approach, the therapist works with you to identify your primary relationships and goals based on importance to you and your recovery needs. The goal is to help everyone better understand the effects of substance use disorder on the family system and to support and guide the family to healthier relationships and open communication. The therapist also helps family members understand what they need to do to ensure their own well-being.

The family therapist works with you and your spouse/partner as well, looking at how substance use has affected your relationship and helping you address patterns of behavior that block deep emotional connection, learn productive communication skills, and build a foundation for healthier, more satisfying relationships.

For women who have children, your children will also participate in the treatment process. Caron's Satell Children and Teens Program is available virtually to all patients' children. FaceTime-like therapeutics are also available for patient and child work.

Technology ensures that we can set up family treatment sessions via videoconference as needed, whether to accommodate schedules or due to health concerns. You have peace of mind knowing that you will be able to see and talk with your loved ones while you are in treatment even when in-person meetings may not be possible.



Your Continuing Care Plan

Evidence-based research shows that long-term recovery is accomplished best with structured support that encourages accountability, builds self-esteem, and nurtures family systems. Caron develops robust continuing care options to meet your needs and your family's needs. From your initial assessments throughout your stay, your treatment team will monitor and assess your needs to inform a continuum of care to support your clinical needs beyond in-patient treatment. The clinical team will meet with you, your referring provider, and the members of your family and/or support network to discuss your progress and make treatment recommendations that meet the needs of you and your family best.

With treatment centers in Florida and Pennsylvania as well as a number of regional recovery centers on the East Coast, Caron helps you stay connected through our continuum of treatment and support services. We also have an established network of vetted physicians and therapists to refer you to as needed.

Our alumni support activities and the Caron Recovery Network also offer support and guidance as you create your life in recovery.

My First Year of Recovery

In addition to the comprehensive continuing care plan developed with and for you, Caron also offers My First Year of Recovery, a post-treatment recovery service that provides individualized support designed to meet your needs and those of your family.

Caron staff works with you on continual growth and improvement in health and wellness and building resilience as a key component of recovery. Various services, including random drug and alcohol screenings, support your accountability and can also be reassuring for your family. Tele-support counseling is also available as well as regular check-in calls to you and your identified circle of support.

My First Year, in conjunction with other continuing care components, creates a team approach to early recovery involving your family, your outpatient therapist, and colleagues when appropriate. The program serves as a bridge connecting all components of care together and providing a constant stream of support as you move through different phases of your early recovery.



GRAND VIEW