



A Trauma-informed Approach for Women in Addiction

A residential treatment programme



The challenges...

Many women who suffer with drug or alcohol addiction have histories of complex trauma including: childhood abuse, domestic violence and sexual violence. Women often present with multiple needs such as eating disorders, dual diagnosis and poor coping strategies. Often destructive behaviour patterns in their addiction can further compound the trauma that the women have experienced and shape their view of the world. Several of the women who access treatment have a sex working history. These women often belong to the most marginalised groups in our society. The shame and stigma attached to their past experiences contributes to numerous barriers in accessing or engaging in treatment services. Women with children have often had negative experiences of multiagency support and can feel overwhelmed and distrustful with services in general.

“Before attending the sex workers programme I didn’t understand there was a link between my past abuse and my sex working; that my abuse set up what I believed about myself. Today I believe I am worth more, my past no longer defines me”

...and the solution:

Since 2004 the Nelson Trust has been providing a Women's Treatment Programme which aims to overcome these challenges with a holistic, relational and trauma informed approach. We place great emphasis on creating a safe and supportive environment in which women can thrive and embrace their potential to change. Our gender-responsive programme provides an environment conducive to women healing from trauma. We run a bespoke programme for sex working women, which supports women to break free from the destructive behaviours and thinking around their sex working histories. Our staff team are experienced in working with women involved in the criminal justice system. We offer intensive support to all our women and each woman has an individualised treatment journey.



Who is the programme for?

The Women's Programme is for any woman (over 18) with an addiction problem who would benefit from a female-only environment. It is effective for those who could be considered potentially vulnerable if accessing a mixed service. It is suitable for women with a history of trauma and those with complex needs. The programme is abstinence-based and all clients are expected to remain abstinent throughout their stay.

What can we offer?

- A high ratio of staff to clients with 24/7 care in CQC-registered premises, providing a structured full-time programme.
- An individually-tailored care plan based on a holistic approach to each client's physical, emotional and social needs.
- A self-contained Family Flat where mothers can spend time with their children – with access to supervised contact if required.
- Family Therapy to support women with parenting and relationship issues, and Family Support Weekends for family-members to share experiences and mutual support with other families affected by addiction.
- Evidence-based therapeutic interventions including counselling, psychotherapy, cognitive therapies, Eye Movement Desensitisation and Reprogramming (EMDR), Mindfulness and motivational interviewing.
- A training centre offering education, training and volunteering opportunities including accredited adult education programmes, creative courses and life skills to help women back into education, training or work.
- Resettlement housing in the county, where a range of aftercare and recovery support services are provided, including our ISIS Women's Centre and The Hub recovery cafe in Gloucester.



About the Nelson Trust:

At the Nelson Trust we believe that everyone has the potential to achieve lasting change in their life, given the right support at the right time.

The Nelson Trust is a Gloucestershire-based charity which has been providing residential addiction treatment since 1985, as well as services for individuals and families impacted by addiction. In addition to our treatment programme we provide training, resettlement and community-based recovery support.

The Nelson Trust's Women's Programme provides a range of specialist interventions which address:

*Domestic Violence
Sex-working
Emotional Recovery
Complex Trauma
Eating Disorders and Dual Diagnosis
Relationship Issues
ETE Needs
Family and Parenting Issues*



If you would like to arrange a visit, ask for more information, or to obtain an application form, please contact our Admissions Team on 01453 732867 or email admissions@nelsontrust.com

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