

The Use of Alternative Therapies at the 2nd Floor Women's Recovery Centre



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Introduction



- The 2nd Floor Women's Recovery Centre is an innovative 9-bed **residential addictions treatment program** delivered by the Lakeland Centre for FASD in Cold Lake, AB.
- Clients are **women who are or who may be likely to become pregnant** and struggling with substance use.
- Focus on **physical, mental, emotional, spiritual well-being**
- Harm reduction** approach.



Program Goals

- Support women to have **healthy children**
- Reduce** the number of children born with **FASD**
- Teach women **life skills** to maintain sobriety
- Provide women with the **ability to live life without substances**
- Provide governments and funders with key **information about how to best support these complex women**
- Reduce** the involvement of the women in the legal system



2nd Floor Approaches



In addition to traditional programming (i.e., individual counselling, group sessions), clients of the 2nd Floor are also offered a range of alternative therapies (ATs) such as **yoga, massage, reflexology, reiki, art, meditation, tai chi, and drumming**.

Current Study

RESEARCH QUESTION: What are client perspectives on alternative therapies at the 2nd Floor Recovery Center?

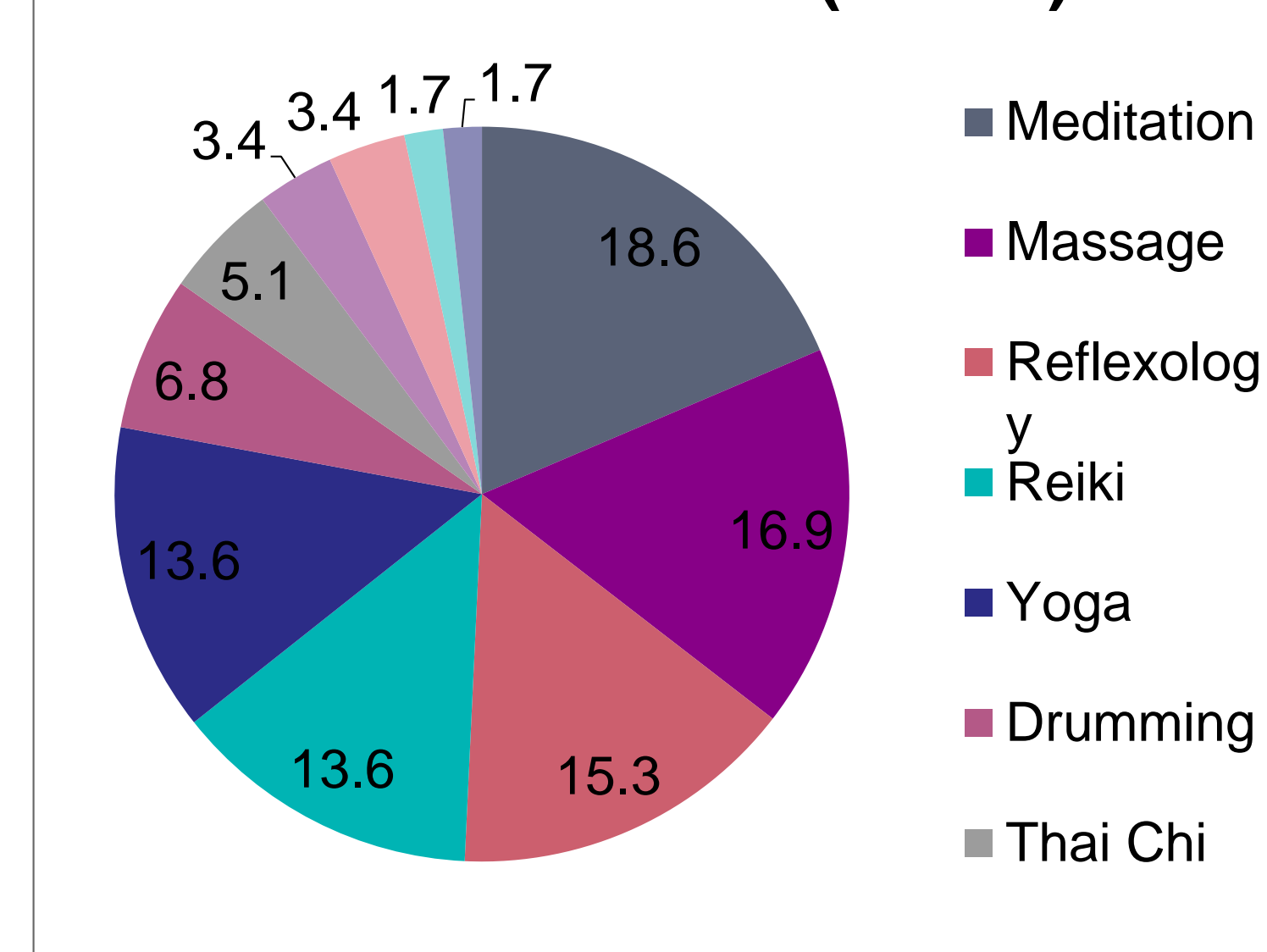
METHOD:

Retrospective review of client feedback

- after each activity
- exit interviews at program completion

PARTICIPANTS: 15 clients from Oct/13 to Jun/14

Client Activities (n = 58)



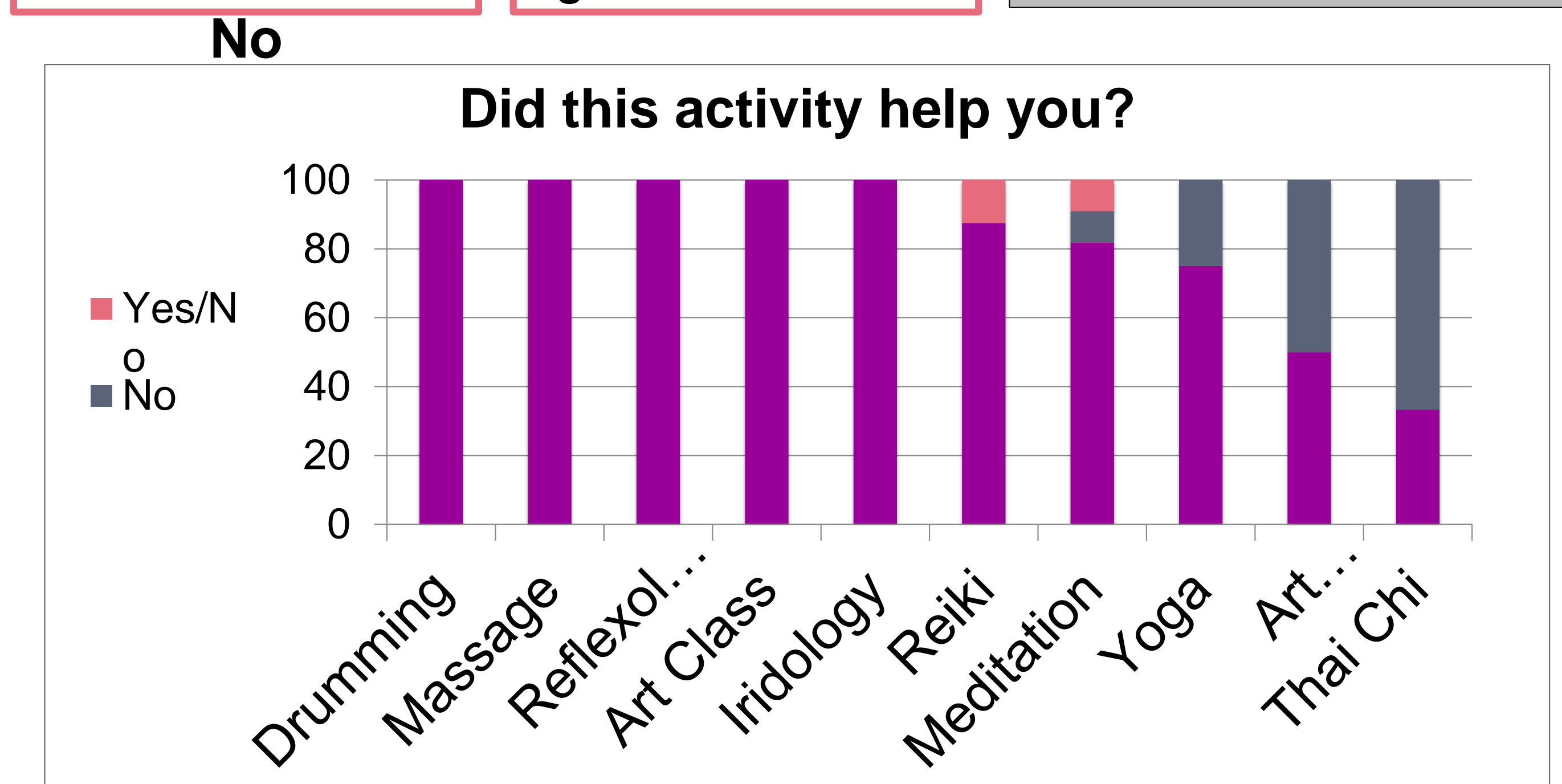
Findings

Have you ever done this activity before? **59.3%**

Would like to do this activity again? **91.5% Yes**

Favorite = Reiki

Least favorite = Yoga



Awkward Bored Interest
Peaceful Calm
Sad Happy
Relaxing Relief Pain Stress-relief
Frustrated Mixed emotions

Other Suggestions From Clients

Physical activity

Sports

Chiropractor

Crafts

Conclusions

- Overall, clients at the 2nd Floor report positive experiences with ATs, especially **drumming, massage, reflexology, art class, & iridology**
- Clients suggestions for other therapies are primarily body-based
- ATs may be particularly helpful in supporting at-risk women before and/or during pregnancy, which could ultimately lead to healthier mothers and babies