

Women's Recovery Services

Women's Recovery Services helps women in treatment remain alcohol and drug free, get and keep a job, stay out of the criminal justice system, have stable housing, get physical and mental health services for themselves and their children, and deliver babies who test negative for substances at birth.

Services

Services provide comprehensive, women-specific, family-centered services, coordinated case management and recovery coaching for women and their families who are vulnerable and at high risk. While specific services across providers vary, all focus on outreach and engagement, treatment and recovery, ongoing needs assessments, client advocacy, daily living skills, mental and physical health, and parenting.

In order for a woman to be eligible to receive grant-funded services from any of the participating providers, women must be:

- Pregnant or parenting dependent children under age 19
- Enrolled in a substance abuse treatment program, have completed treatment within the past six months, or commit to entering treatment within three months of program enrollment.
- Women who are pregnant and actively using alcohol or drugs are also eligible to receive program services, regardless of treatment status.

The women in these programs “showed significant improvements across multiple areas at program exit” – Wilder Research

Results

Between 2011-2016, 12 Women's Recovery Services grantees served almost 3,000 women and their over 6,000 children.

In October 2016, Wilder Research looked at Women's Recovery Services for the previous five years. It found that by the end of the program, when compared to when they arrived, the women were:

- Less likely to use substances
- More likely to be connected to Alcoholics Anonymous or Narcotics Anonymous
- More likely to have housing
- More likely to be employed
- Less likely to be involved with child protection
- More likely to have stable families

Additionally,

- 84 percent of the infants born to women in the program had negative toxicology results at birth and the vast majority was born full-term and had a normal birth weight.
- \$5.5 million in program costs reaped \$22.8 million in benefits, such as reduced emergency room visits and hospitalizations, reduced child welfare costs, reduced crime and increased personal income.

Grants to providers

The Minnesota Department of Human Services awarded 11 grants totaling \$4.25 million per year for two years to provide support and recovery services for pregnant and parenting women who have substance use disorders and their families. Grants began on July 1, 2019 and ends June 30, 2021

Grantee Name	Project Title	Location	Counties served
American Indian Family Services	The Wakanyeja Kin Wakan Pi (Our Children are Sacred) Program	St. Paul	Ramsey
Fond du Lac Reservation	Tagwii Plus Women's Supportive Services	Cloquet	Carlton & St. Louis Counties
Hope House of Itasca County	Project Clean Start	Grand Rapids	Itasca, St. Louis , Leech Lake Reservation
Meeker-McLeod-Sibley	Project Harmony	Litchfield	Meeker, McLeod, Sibley Counties
Perspectives Inc.	Women & Children: Hand in Hand	St. Louis Park	Hennepin; Twin Cities Metro Area
Ramsey County Human Services	Mothers First	St. Paul	Ramsey
Resource Inc.	MARFU (Mothers Achieving Recovery for Family Unity)	Minneapolis	Hennepin; 7-County Metro
RS Eden	Women & Children Family Center	Minneapolis	Hennepin; Primarily Twin City Metro Area
St. Cloud Hospital	Journey Home	Sauk Rapids	State of MN
Wayside House	Pregnant & Parenting Services for Women	Minneapolis; St. Louis Park; St. Paul	Hennepin / Ramsey; Statewide
Welcome Manor	Sobriety. Support. Success.	Garden City	Blue Earth; Statewide

More information: [Women's Recovery Services in Minnesota: Cross-site Findings Executive Summary](#)

mn.gov/dhs/recovery