

# SIN PUERTAS OUTPATIENT SERVICES



## NUESTRA VOZ

### Program Description

Sin Puertas' Nuestra Voz (Our Voice) program is an intensive gender-specific program for adolescent females. This program uses Dr. Stephanie Covington's *Voices* curriculum, which is based on the principles of gender responsiveness, and also grounded in theory and research. The focus is on issues that are important in the lives of adolescent females. Guiding them through a process towards understanding more about their experiences as girls – the similarities to and differences from others in their group, and how the influences in their lives (e.g., gender, family, oppression, substance use, violence and trauma) have impacted them. The adolescent females learn skills and coping mechanisms to help them negotiate presenting and anticipated issues.

The cognitive-behavioral approach used in this program is complemented by other methods including an evidence-based structured sensory intervention model (SITCAP-ART) to address issues associated with trauma. SITCAP-ART uses methods that include youths' five senses (sight, sound, etc.) in order to help young people develop strategies to control their behavioral and emotional responses to triggers.

The Nuestra Voz program is 10 weeks and consists of three, 3-hour group sessions per week. The program includes one multi-family group night per week to encourage and develop familial support for their youth's recovery. Individual sessions are also offered every other week or as needed.

### Program Goals

- Participants identify individualized motivations for addressing their substance use and mental health issues.
- Participants identify and practice sensory strategies for addressing trauma and its symptoms.
- Participants learn about themselves through a gender-specific lens while building self-esteem.
- Participants learn important skills including communication, relationship, trust building, anger management, and self-regulation skills.
- Participants' families learn how to work collaboratively with their youth to support recovery.
- Participants develop a relapse prevention plan for drug free activities and life style.

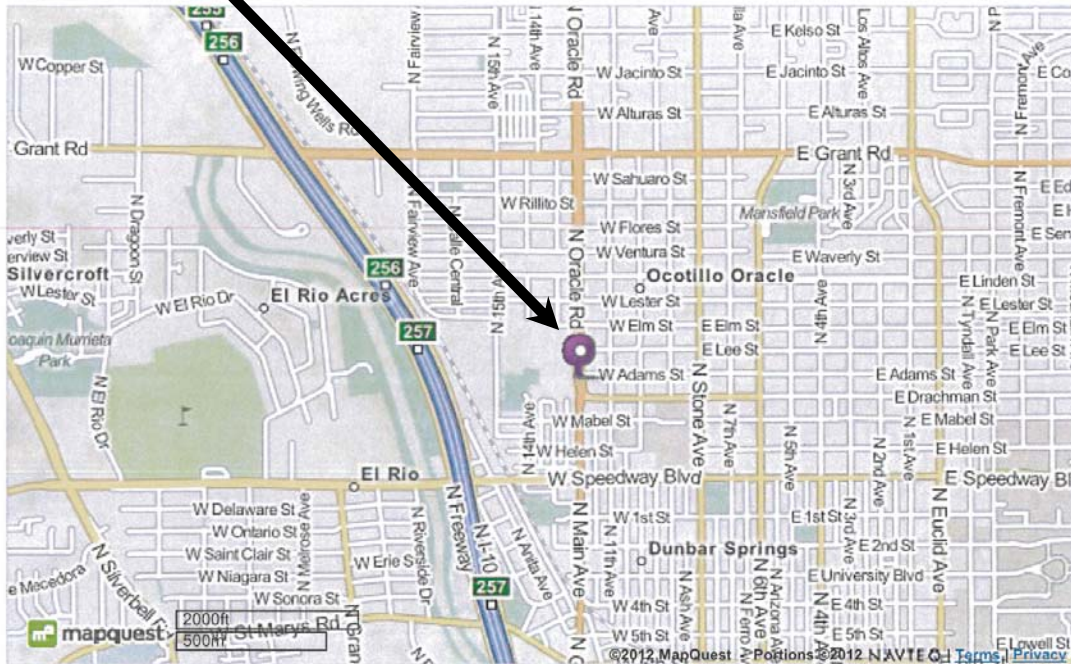
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## Sin Puertas

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Sin Puertas' Nuestra Voz program is a program of Pima Prevention Partnership (PPP). PPP is a nationally-recognized and award-winning non-profit agency, with a mission of ***building partnerships with young people, families and communities to improve their quality of life.*** PPP has been creating conditions for change among youths, families, institutions, and community groups since 1992. PPP has offices and programs in Tucson and Phoenix, Arizona, as well as a branch office in Pago Pago, American Samoa.

