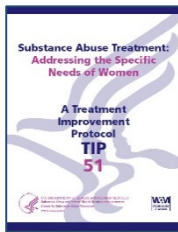


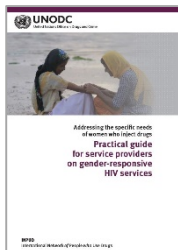
## Gender Informed Resources: Substance Use Field



### **Addressing the Specific Needs of Women: A Treatment Improvement Protocol Tip 51 (2009)**

This TIP provides clinical and administrative information to assist counselors, clinical supervisors, program administrators, and others working with female clients with substance use disorders on how they can best respond to the specific treatment needs of women. 380 pages.

<https://www.ncbi.nlm.nih.gov/books/NBK83252/>



### **Addressing the specific needs of women who inject drugs: Practical guide for service providers on gender-responsive HIV services (2016)**

This *Practical Guide* is intended for existing harm reduction service providers, managers, health-care workers and outreach workers, as well as those planning to work directly with women who inject drugs. It is designed to: assist harm reduction service providers to expand access for women who inject drugs, to gender-sensitive and gender-specific services. Includes a section on why focusing on women is a critical priority for service providers. 78 pages

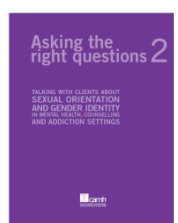
[http://www.unodc.org/documents/hiv-aids/2016/Addressing\\_the\\_specific\\_needs\\_of\\_women\\_who\\_inject\\_drugs\\_Practical\\_guide\\_for\\_service\\_providers\\_on\\_gender-responsive\\_HIV\\_services.pdf](http://www.unodc.org/documents/hiv-aids/2016/Addressing_the_specific_needs_of_women_who_inject_drugs_Practical_guide_for_service_providers_on_gender-responsive_HIV_services.pdf).



### **Applying a Sex/Gender/Diversity-based Analysis within the Nat'l Framework for Action (2009)**

This worksheet was created to support the activities of those working on the National Framework priorities. It includes: an introduction to what is meant by sex and *gender*; key questions and 13 points to illustrate and guide the application of a sex/gender/diversity-based analysis; evidence of the need to increase understanding of sex and gender differences in substance use and addictions for each of the National Framework priority areas; and suggested resources for further reference.

<http://www.ccsa.ca/Eng/focus/national/Pages/default.aspx>



### **Asking the Right Questions 2 (2007)**

This resource helps service providers create an environment where all clients feel comfortable talking about their sexual orientation and gender identity. It includes interview items that can be used to facilitate discussion during assessment or early in treatment; an assessment form and guide to be used with a standard substance use, mental health, or other service assessment; background information and a glossary of concepts and terms

[http://www.camhx.ca/Publications/Resources\\_for\\_Professionals/ARQ2/](http://www.camhx.ca/Publications/Resources_for_Professionals/ARQ2/)



### **Canadian Addiction Survey - Focus on Gender (2008)**

This report is one in a series of follow-up reports from the Canadian Addiction Survey (2004), which presents an analysis of alcohol and illicit drug use with respect to gender. This report presents the CAS data disaggregated by sex and to provides some gender-based analysis of it.

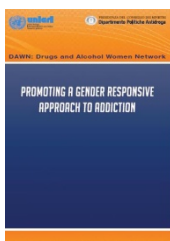
[https://www.researchgate.net/publication/235747421\\_Canadian\\_Addiction\\_Survey\\_CAS\\_Focus\\_on\\_Gender](https://www.researchgate.net/publication/235747421_Canadian_Addiction_Survey_CAS_Focus_on_Gender)

## **Gender Informed Approaches to Substance Use Resource List**

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## Trauma Gender Substance Use



### **DAWN Drugs and Alcohol Women Network: Promoting a Gender Responsive Approach to Addiction (2013)**

Published by Project DAWN – Drugs and Alcohol Women Network – a reference centre for professionals and policy makers in Italy and the Mediterranean. This 2013 report includes: essays, case studies, working experiences and good practices implemented at various levels in different countries for gender responsive approaches to addiction. 345 pages.

[https://www.copolad.eu/c/document\\_library/get\\_file?uuid=9fe18057-baf1-42e0-a390-bd8177ed12d9&groupId=10157](https://www.copolad.eu/c/document_library/get_file?uuid=9fe18057-baf1-42e0-a390-bd8177ed12d9&groupId=10157)



### **The Essentials of . . . Women and Problematic Substance Use (2013)**

This information sheet briefly describes unique aspects of women's substance use, gendered pathways to substance use problems, and implications for prevention and intervention efforts, for substance use program providers and allied professionals. 4 pages

<http://www.addictionresearchchair.ca/translating-knowledge/publications/women-girls-and-substance-use/>



### **From Stilettos to Moccasins: Aboriginal Women Drug Users in Conflict with the Law**

The objective of this study was to examine the experiential paths of how Aboriginal women in conflict with the law constitute and reconstitute their self-identity, prior to, during and following treatment for illicit drug use (defined as the healing journey). A powerful song and video <https://www.youtube.com/watch?v=1QRb8wA2iH> and a workshop kit are some of the outcomes of this study led, by Dr Colleen Dell in Saskatchewan. Also a fact sheet on the role of the treatment provider in supporting women in treatment (Turtle Finding Fact Sheet)

<http://www.addictionresearchchair.ca/creating-knowledge/national/aboriginal-women-drug-users-in-conflict-with-the-law/>



### **Gendering the National Framework – 4 Discussion Guides (2011)**

In 2009 a national project provided the opportunity for a “virtual discussion” of issues, research, and programming related to girls’ and women’s substance use in Canada.

Participants included planners, direct service providers, educators, NGO leaders, policy analysts, and researchers. 4 discussion guides capture this critical thinking on gender and substance use, and support workplace discussion of policies and practices. The 4 guides include: Vol 1 *Trauma-informed Approaches in Addictions Treatment*; Vol.2 *Girl-Centred Approaches to Prevention, Harm Reduction, and Treatment*; Vol.3 *Mothering and Substance Use: Approaches to Prevention, Harm Reduction, and Treatment*; Vol.4 *Women-Centred Harm Reduction*.

<http://bccewh.bc.ca/category/post/policy-service-improvement/>



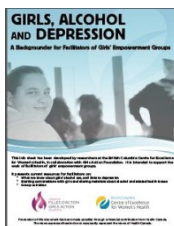
### **Gender Responsive Program Assessment Tool**

This tool was developed for program administrators, evaluators, agency monitors and staff to use to evaluate the gender responsiveness of programs for women and girls.

<http://centerforgenderandjustice.org/response.php>

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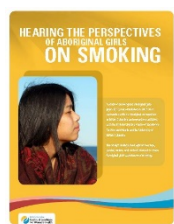
### **Girls Alcohol and Depression - Backgrounder for Girls' Group Facilitators**

Created for girls' empowerment group facilitators who are part of the Girls Action Foundation network. The *Girls, Alcohol and Depression* resource discusses the links between depression and alcohol use by girls. It includes sample activities to generate discussion with girls around these issues. A similar backgrounder was created on the topic of *Girls Tobacco and Stress*. The resources are available in [English](#) and [French](#) 12 pages <http://bccewh.bc.ca/category/post/diverse-girls-womens-health/>



### **Girls, Women and Substance Use (2005)**

This backgrounder provides information on sex and gender related factors related to alcohol, tobacco, prescription and illicit drugs. It concludes that in research and policy, as well as in the practice of treatment, harm reduction, prevention and health promotion, the opportunities to apply what we know about sex and gender differences in the pathways to and manifestation of substance use problems are compelling. 16 pages [www.addictionresearchchair.ca/translating-knowledge/publications/women-girls-and-substance-use/](http://www.addictionresearchchair.ca/translating-knowledge/publications/women-girls-and-substance-use/)



### **Hearing the Perspectives of Aboriginal Women on Smoking**

This qualitative study on smoking by Aboriginal adolescent girls was done in partnership with six Aboriginal communities in BC. Peer pressure, family context, experiences of colonialism and discrimination, access to cultural knowledge, gendered roles and responsibilities, stress, and co-substance use, were some of the factors that girls identified as influencing their smoking behaviour. These multiple factors need to be addressed in smoking prevention and cessation interventions. 8 page summary, 46 page full report. <http://bccewh.bc.ca/category/post/tobacco/>



### **Helping Men Recover: A Program for Treating Addiction**

This is the men's version of the evidence based women's curriculum (below), the first gender-responsive, trauma-informed treatment program for men. A manual is provided for an 18 session program, and a participant's workbook contains exercises for use in group sessions, summaries of information presented from the facilitator's guide, and reflection questions and activities for use after group sessions. Cost is \$195 US for the manual and \$30 for each workbook <http://www.stephaniecovington.com/helping-men-recover-a-program-for-treating-addiction1.php>



### **Helping Women Recover: A Program for Treating Substance Abuse**

This 17-session curriculum address issues of self-esteem, sexism, family of origin, relationships, domestic violence, and trauma. The self-instructive materials are a step-by-step facilitator's guide and a participant's journal, that is filled with self-tests, checklists, and exercises to enable each participant to create a personalized guide to recovery. Cost is \$215 US for the manual and \$35 for each workbook <http://www.stephaniecovington.com/helping-women-recover-a-program-for-treating-addiction.php>

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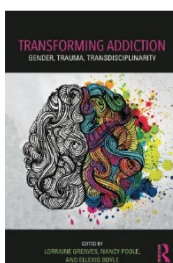
### **The Impact of Drug Policy on Women (2015)**



This paper notes how early UN drug conventions did not recognize issues faced by women, and how the rights of women should be a central concern in current drug policy reform debates and movements. It describes the gender dimension of drug policy and law, with attention to the burdens that ill-conceived drug policies and inadequate services place on women and girls. It notes how when women do figure in drug policy decision making it is often related to fetal harm. It discusses how war on drugs policy has come at a very significant cost to women and makes specific recommendations for policy goals and practices. 24 pages

<https://www.opensocietyfoundations.org/reports/impact-drug-policy-women>

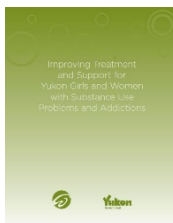
### **IMPART – Intersections of Mental Health Perspectives in Addictions Research Training**



IMPART, a research training program funded by the CIHR between 2003 and 2015 trained new researchers to conduct research in women, gender and addictions, with a focus on the intersections of violence, trauma and mental health. The IMPART legacy site has 4 tutorials, 8 videos and 6 Fact Sheets on issues related to gender and substance use prepared by many its 35 mentors and 87 trainees. The 6 Fact Sheets include: Bringing Gender into Substance Use and Addiction, Gender-Informed Prevention & Harm Reduction, Gender Trauma and Substance Use, Sex-Related Factors in Substance Use and Addiction, Transdisciplinarity and Addiction, and Youth Gender and Substance Use. Also described on the site is an edited book, *Transforming Addiction: gender, trauma, transdisciplinarity* which promotes transdisciplinary approaches, the integration of sex and gender, and recognition of issues of trauma and mental health in addictions research and treatment.

<http://addictionsresearchtraining.ca/>

### **Improving Treatment and Support for Yukon Girls and Women with Substance Use Problems (2009)**



This research was initiated by an Interdepartmental Working Group of the Yukon Government. The report describes programs, policies and services available to women experiencing substance use problems; identifies relevant issues and factors affecting access and provision of treatment for girls and women, reports on selected best practices; describes a workforce training needs assessment with Yukon government staff; and proposes recommendations for improving the response in the Yukon. 58 pages.

[www.womensdirectorates.gov.yk.ca/pdf/wd\\_treatment.pdf](http://www.womensdirectorates.gov.yk.ca/pdf/wd_treatment.pdf)

### **Liberation! Helping Women Quit Smoking A BRIEF TOBACCO-INTERVENTION GUIDE (2012)**



This guide offers support to service providers in diverse contexts (e.g. within transition houses, community mental health teams, or primary health care) to start a conversation with women about their smoking and the possibility of quitting. It links motivational interviewing approaches with determinants of women's health, women-centred, and trauma informed approaches. It includes information sheets, and resources for women and practitioners.

<http://bccewh.bc.ca/category/post/tobacco/>

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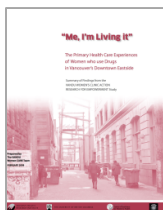
## Trauma Gender Substance Use



### **Manufacturing Addiction: The Overprescription of Benzodiazepines and Sleeping Pills to Women in Canada (2003)**

A report from the BCCEWH addressing the effects of benzodiazepines for women, the impact of prescribing practices on women and specific recommendations for health policy and programming. 13 pages.

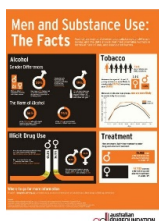
[http://bccewh.bc.ca/wp-content/uploads/2012/05/2003\\_Manufacturing-Addiction.pdf](http://bccewh.bc.ca/wp-content/uploads/2012/05/2003_Manufacturing-Addiction.pdf)



### **"Me, I'm Living It" The Primary Health Care Experiences of Women who use Drugs in Vancouver's Downtown Eastside (2009)**

This report summarizes the most relevant findings from The VANDU Women's Clinic Action Research for Empowerment Project, a qualitative Participatory Action Research (PAR) project aimed at understanding and improving the primary health care experiences of women who use illicit drugs in the Downtown Eastside (DTES), Vancouver. 29 pages.

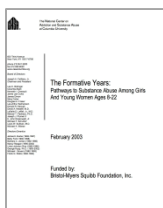
[http://bccewh.bc.ca/wp-content/uploads/2012/05/2009\\_Me-Im-Living-It.pdf](http://bccewh.bc.ca/wp-content/uploads/2012/05/2009_Me-Im-Living-It.pdf)



### **Men and Substance Use**

This infographic poster from the Australia Drug Foundation highlights gender differences in: alcohol use, illicit drug use, associated harms, and substance use treatment for men.

<http://www.druginfo.adf.org.au/infographics/men-and-substance-use-infographic>



### **Pathways to Substance Abuse among Girls and Young Women Ages 8-22 (2003)**

Reports on findings from a study conducted by The National Center on Addiction and Substance Abuse (CASA), examining: the characteristics of girls and young women who abuse substances, when they are at highest risk, the impact of substance abuse, and likelihood of addiction. 229 pages.

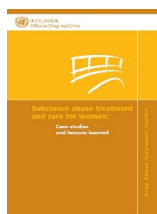
[https://www.centeronaddiction.org/sites/default/files/The-formative-years-pathways-to-substance-abuse-among-girls-and-young-women-ages-8-22\\_0.pdf](https://www.centeronaddiction.org/sites/default/files/The-formative-years-pathways-to-substance-abuse-among-girls-and-young-women-ages-8-22_0.pdf)



### **Rubble and Roses: a guide for working with girls' groups (2001, updated 2006)**

A manual from Sweden to support those who work with young girls as group-leaders or communication partners. Includes 12 sessions on: self-confidence and independence; friendship; different cultures; boys and girls-equality/inequality; harassment and insult; our bodies; violence and bullying; life, death and religious faith; tobacco, alcohol and party drugs; love, sex and relationships; family; and the future.

<http://www.ksan.se/webbshop/bocker-och-skrifter/produkt/9-bella-rubble-and-roses-2-for-girl-groups>



### **Substance abuse treatment and care for women: Case studies and lessons learned (2004)**

This report commissioned by the United Nations Office on Drugs and Crime (UNODC), addresses gender responsive substance abuse treatment for women, bringing together evidence from: an academic literature review, findings from gender responsive case study projects and meetings with representatives of case studies. 95 pages.

[https://www.unodc.org/pdf/report\\_2004-08-30\\_1.pdf](https://www.unodc.org/pdf/report_2004-08-30_1.pdf)

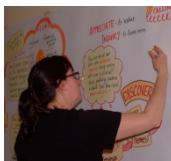
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## Trauma Gender Substance Use



### Using our Influence (2011)

A video created by Nova Scotia community members and professionals, using the method of appreciative inquiry, highlights the hidden epidemic of rural women's substance abuse, gambling, violence and abuse.

<http://seemeaning.ca/videos/using-our-influence>



### Voices: A Program of Self Discovery and Empowerment for Girls

Developed by Dr. Stephanie Covington, this strengths-based program for girls includes modules on self, connecting with others, and healthy living. Designed to be used in a range of settings- outpatient and residential substance abuse treatment, schools, juvenile justice, and private practice. Includes a facilitator's guide, and participant's journal for girls. \$80 for facilitator's guide, and \$9.15 for journal (USD).

<http://www.stephaniecovington.com/voices.php>



### Women and Addiction: A Gender Responsive Approach

This manual, by Dr. Stephanie Covington, provides an overview of the essential components for creating woman-centered services, including a theoretical foundation and guiding principles, a discussion of what counselors need to know and do in order to be effective, and a description of important program elements. \$175 for the manual and DVD.

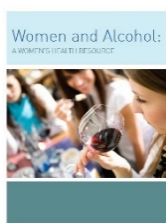
<http://www.stephaniecovington.com/women-and-addiction.php>



### Women and Alcohol: A Special Report (2011)

A series by Ann Dowsett Johnston examining key issues regarding alcohol use by women, including: the rise in use among girls and young women, pregnancy and alcohol use, and trauma and addictions. Includes personal accounts, evidence on the issues in Canada and internationally, and interviews with researchers, service providers and policy makers. 36 pages.

[http://www.cwhn.ca/sites/default/files/Dowsett%20Series%20Atkison\\_Series%202011\\_lo%20w%20res%20\(2\)\[1\]\\_0.pdf](http://www.cwhn.ca/sites/default/files/Dowsett%20Series%20Atkison_Series%202011_lo%20w%20res%20(2)[1]_0.pdf)



### Women and Alcohol: A Women's Health Resource (2009)

A booklet developed by the BCCEWH is aimed at supporting women to make healthy, well-informed choices about their alcohol use. Includes: information on low risk drinking guidelines for women, the factors influencing girls' and women's drinking, gender-specific health considerations with regard to drinking, and resources to learn more about women and drinking.

[http://bccewh.bc.ca/wp-content/uploads/2014/02/2009\\_WomenAlcoholBrochureWeb.pdf](http://bccewh.bc.ca/wp-content/uploads/2014/02/2009_WomenAlcoholBrochureWeb.pdf)



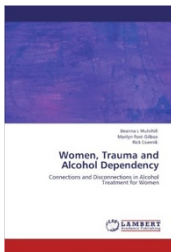
### Women, Girls and Prescription Drug Medication (2015)

This report provides findings from a scoping review of the academic and grey literature, and an environmental scan involving practitioners, researchers and policy makers from across Canada, regarding the impact of prescription medication misuse among girls and women.

<http://bccewh.bc.ca/wp-content/uploads/2015/09/CRISM-Report-21-Aug-2015.pdf>

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**Women, Trauma and Alcohol Dependency: Connections and Disconnections in Alcohol Treatment for Women (2010)**

Describes the links between intimate partner violence (IPV) and alcohol dependency, relevant related diagnoses, and the experience of women with IPV and PTSD in seeking help for alcohol dependency. Includes practical suggestions for service providers to support women experiencing these issues. (79 euros).

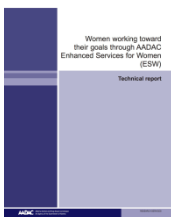
<https://www.lap-publishing.com/catalog/details//store/tr/book/978-3-8383-2912-3/women,-trauma-and-alcohol-dependency>



**Women's Voices: Experiences and perceptions of women who face drug-related problems in Europe (2009)**

This paper presents a selection of quotations from qualitative interviews held with women in Europe regarding the experiences and perceptions of women who have faced some sort of drug-related problem. The themes include: mother's experiences when their own children develop drug-related problems; experiences of deprivation and abuse; challenges in fulfilling societal expectations regarding mothering; drug use among women in prisons; and stigma and policies and practices that create barriers to treatment. 24 pages.

[http://www.emcdda.europa.eu/system/files/publications/549/EMCDDA-TP\\_women%27s\\_voices\\_133363.pdf](http://www.emcdda.europa.eu/system/files/publications/549/EMCDDA-TP_women%27s_voices_133363.pdf)



**Women working toward their goals through AADAC Enhanced Services for Women (2006)**

Reports on a qualitative study of the outcomes experienced by women involved in the Enhanced Services for Women (ESW) program of AADAC. The ESW program is for pregnant women, women at risk of becoming pregnant while using substances and women who are postpartum and using substances. The report describes the complex lives and needs of women accessing ESW services and the barriers that may prevent women with substance use issues from getting treatment. 155 pages.

[http://www.assembly.ab.ca/lao/library/egovdocs/2006/alad/154732\\_v2.pdf](http://www.assembly.ab.ca/lao/library/egovdocs/2006/alad/154732_v2.pdf)

## Websites with resources on Pregnancy and Substance Use

Many resources have been developed on pregnancy and substance use issues Here are 5 Canadian websites with an example of a resource on each:

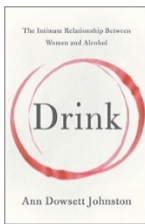
- **Breaking the Cycle** - *The Mother-Child Study: Evaluating Treatments for Substance-Using Women. A Focus on Relationships* [www.mothercraft.ca](http://www.mothercraft.ca)
- **CAMH** – *Exposure to Psychotropic Medications and other Substances during Pregnancy and Lactation* [www.camh.ca](http://www.camh.ca)
- **CanFASD** - *10 Fundamental Components of FASD Prevention from a Women's Health Determinants Perspective.* [www.canfasd.ca](http://www.canfasd.ca)
- **CCSA** – *Licit and Illicit Drug Use During Pregnancy* [www.ccsa.ca](http://www.ccsa.ca)
- **CEWH** - *Supporting Pregnant and Parenting Women who Use Substances: What Communities are Doing to Help* [www.bcccewh.bc.ca](http://www.bcccewh.bc.ca)



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## Five Canadian books on girls and women's substance use



### **Drink: The Intimate Relationship Between Women and Alcohol**

Anne Dowsett Johnston examines the psychological, social and financial factors contributing to the increase in alcohol abuse among women, and particularly younger women. Includes interviews with researchers and personal accounts to explore the societal and individual level impact of alcohol abuse among women.

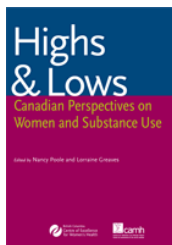
<http://www.anndowsettjohnston.com/books.html>



### **From Witches to Crack Moms: Women, Drug Law and Policy**

Susan Boyd, applying a feminist sociological perspective, provides a critique of drug law policy, how it is gendered, racialized and class-biased, how this has impacted women in the United States, and the similarities and differences that exist with the UK and Canada. She examines how the regulation of women and reproduction intersect with drug law and policy.

<http://www.cap-press.com/books/isbn/9781611636260/From-Witches-to-Crack-Moms-Second-Edition>



### **Highs and Lows: Canadian Perspectives of Women and Substance Use**

This book includes contributions from a range of experts on women's substance use, who examine the needs and experiences of women's and girl's substance use, and practice and policy strategies for addressing substance use among women and girls. Includes content on the interconnection of trauma, mental health and substance use problems for women.

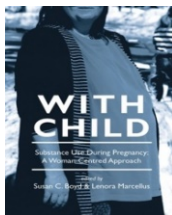
[http://www.camh.ca/en/hospital/Documents/www.camh.net/Publications/CAMH\\_Publications/HighsLows\\_PromoSheet.pdf](http://www.camh.ca/en/hospital/Documents/www.camh.net/Publications/CAMH_Publications/HighsLows_PromoSheet.pdf)



### **Smokescreen: Women's Smoking and Social Control**

This book authored by Dr. Lorraine Greaves examines the evolution of cultural pressures on women's smoking, presents qualitative research on the meanings of smoking for women, and the impact of health and tobacco policies on women's tobacco use, prevention and cessation.

<https://fernwoodpublishing.ca/book/smoke-screen>



### **With Child: Substance Use During Pregnancy, a Women-Centred Approach**

This book, edited by Susan Boyd and Lenora Marcellus, considers how social issues shape substance use during pregnancy, and provides information for practitioners and researchers regarding: maternal drug use, and best practices and policy for caring for women who use substances during pregnancy.

<https://fernwoodpublishing.ca/book/with-child>

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