

SUBSTANCE ABUSE AND WOMEN IN THE FIRE SERVICE

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Geisinger-Vermont

Uniformed Professional Program

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Geisinger-Marworth Treatment Center



Geisinger-Marworth Treatment Center

- Geisinger-Marworth established 1982
- JACHO Accredited
- Licensed by the Pennsylvania Department of Drug and Alcohol Programs
- In-network with most insurance companies
- Comprehensive Medical Detox and Inpatient Treatment Program
- ASAM/CARF Certified



EMS

- 6.8% diagnosed with depression & 6.8% suicidal attempt vs. 4.6% general population
- 28% suicidal ideation vs. 13.5% general population

Police

- 24.7% diagnosed with depression
- Suicide & Suicide ideation 25% female officers vs 23.1% male officers
- 2010 NIAAA Study 11% male officers & 16% female report at risk alcohol use
- SUD: 20-30% vs 10% general population

Geisinger-Mar worth Uniformed Professional Program

Firefighters

- 15.5% firefighter suicide attempts vs 4.6% general population
- 46.8% firefighter suicide ideation vs 13.5% general population
- 29% firefighters engage in alcohol abuse
- 50% engage in heavy or binge drinking

Corrections

- 2013 study by Desert Waters - 31%-34% of CO's suffer from PTSD 4x national average & higher rates than other First Responders and Combat Veterans
- 30% diagnosed with depression of CO's working 15 or more years. Police 24.7%
- Suicide - 39% higher than the rest of the population, almost double the rate of police officers, even higher with retirees

Women and Substance Use Disorder

Women face unique issues when it comes to substance use, in part influenced by:

- Sex – differences based on biology
- Gender- differences based on culturally defined roles for men and women.

Women who use drugs and alcohol can have issues related to hormones, menstrual cycle, fertility, pregnancy, breastfeeding and menopause.

Women describe unique reasons for using drugs/alcohol including controlling weight, fighting exhaustion, coping with pain/stress, and attempts to self-treat mental health problems.

Women and Substance Use

- Women often use substances differently than men. (Smaller amounts for less time before they become addicted)
- Women can respond to substances differently. (More drug cravings and may be more likely to relapse after treatment)
 - Sex hormones make women more sensitive than men to the effects of drugs/alcohol.
 - Women who use drugs may also experience more physical effects on their heart and blood vessels.
 - Brain changes in women who use substances can be different from men.
- Women may be more likely to go to the emergency room or die from overdose or other effects of certain substances.
 - Women who are victims of domestic violence are at increased risk for substance use.
- Divorce, loss of child custody, or death of a partner or child can trigger women's substance use or mental health disorders.
 - Women who use substances may be more likely to have panic attacks, anxiety, or depression.

A photograph of a hallway with a staircase. The hallway has a patterned carpet and white walls. On the left, there are several white doors. On the right, there is a staircase with dark blue carpeting and a white railing. At the end of the hallway, there is a glass door with a metal handle. The text "Geisinger-Marworth's Uniformed Professional Program" is overlaid on the left side of the image.

Geisinger-Marworth's Uniformed Professional Program

- Individual Therapy
- Intensive Group Therapy
- Re-Entry Planning
- Network of Recovering Uniformed Professionals
- Stress Management Training
- Trauma Groups
- Grief Counseling
- Dual-Diagnosis Education/Treatment



Geisinger-Marworth's Uniformed Professional Program

- Treat over 1,300 patients a year - 30-35% (400-450)
- Who is eligible for Uniformed Professional Program
- Involvement with civilians in treatment



Geisinger-Marworth's Uniformed Professional Program

Geisinger-Marworth's Uniformed Professional Program

Success Rate:

- How are you measuring?
- Population responds well to treatment
- Connection with continuing care



Specialized Groups and Services

- Trauma and PTSD Support in Addiction Treatment
- Mindfulness
- Music Therapy
- Sand Tray Therapy
- Acupuncture
- Pet Therapy
- Recreational Therapy Program
- Nutrition Education
- Relationship Issues Group
- LGBTQ Group
- Family Program





Specialized Groups and Services

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Mindfulness



Music Therapy









Pet Therapy



Recreational Therapy Program



Recreational
Therapy
Program




Recreational Therapy Program



Recreational Therapy Program





A scenic view of a pond with a fountain, surrounded by trees with autumn foliage. The fountain is in the lower right, spraying water. The trees are in the background, with some leaves turning yellow and orange. The sky is blue with some clouds.

Geisinger-Marworth
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Thank you!