



WINDO

Women In Need of Drug Free Opportunities

Mendocino County Perinatal Treatment Program

WINDO offers pregnant and parenting women group and individual substance abuse treatment, chemical testing, resource and referral, transportation and on site childcare.

All services address the complex factors contributing to substance use disorders. These services assist women in providing a healthful living environment for their children.

- **Free Assessment:**
 - Pregnant women assessed within 48 working hours
 - Other parenting women are seen promptly
- **Program length is based on individual need.**
- **WINDO Program Eligibility:**
 - Pregnant and parenting women age 18 and older
 - Parenting includes women who are attempting to regain legal custody of their child(ren)
- **Location:** Mendocino County Health and Human Services Agency (HHSA)
Behavioral Health and Recovery Services (BHRS)
Alcohol and Other Drug Programs (AODP)
1120 South Dora Street
Ukiah, CA 95482

Call: 472-2637

WINDO assessment is free. WINDO accepts Medi-Cal, CMSP, private insurance, sliding scale or fee waived payment for services.

➤ WINDO Program Components:

Treatment Planning – collaborative process between counselor and client

Individual Counseling – 2 or more sessions per month – 1 hour per session

Group Counseling – up to 4 sessions per week, women only – 1.5 hours per group session

- **Relapse Prevention Group:** learn how to avoid cravings
- **Seeking Safety:** Trauma Informed substance use treatment
- **Recovery Support:** a facilitated, non-didactic process
- **Anger Management and Relationship:** development of healthy relationships, communication skills, anger management principles.
- **8 Week Parenting Course:** learn positive parenting skills and education on Fetal Alcohol Spectrum Disorders (FASD).

Random Chemical Testing is provided

➤ Additional Support:

- **Transportation Assistance:** Bus passes, gas vouchers or agency pick-up within Ukiah Valley
- **Free Childcare*** for enrolled children
- **Referrals and follow-up** available for women who need in-patient treatment
- **Spanish translation** available

*Parents using childcare assist periodically in cooperative childcare under the direction of childcare workers.

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Created by: The Partnership for Healthy Babies, FIRST 5 Mendocino and Mendocino County HHSA AODP

