**Purpose**
- Obtain data from scholarly sources to determine what the appropriate length of stay is for emergency shelters; such as the Ruth House

**Agency Overview**
- Oldest and largest multicultural women’s organization in the world
- Focus is on social justice and advocacy
- Provides programs and services to diverse populations
- Private and non-profit organization
- 25 million members in 106 countries
- 2.6 million members in the 300 national associations

La Crosse YWCA
- Serving La Crosse since 1906
- Provides over 13 programs to women, youth, children & families in the community

**Ruth House Overview**
- Emergency Shelter
- 8 bed capacity
- Provides a safe and stable environment
- Criteria for residents: female, homeless, history of substance abuse
- 90 day maximum stay
- Weekly meetings with the case-manager who gives support and assists the women in obtaining resources/services
- Women provide peer support for one another

**Literature Review**
- “Alcohol and drug dependent individuals with histories of homelessness, incarceration, and lack of social support for sobriety are particularly vulnerable to relapse without the provision of long-term community-based services that support sobriety” (Polcin, 2008).
- Individuals leaving drug treatment are often discharged with no aftercare plan = “revolving door” syndrome in and out of rehabilitation programs
- “Alcohol and drug-free residential settings are an essential step at the end of active treatment and need to be incorporated into a long-term recovery and aftercare process” (Markos & Leonard, 2003).
- National Institute on Drug Abuse recommends a minimum of 90 days in residential aftercare to maximize effects (Polcin, 2008).
- The research study: “An Evaluation of Sober Living Houses” (SLHs) concluded that 6 months is the appropriate length of time for individuals to reside in SLHs (Polcin, 2009).

**Conclusion**
- Programs such as the Ruth House increase the likelihood for maintaining sobriety
- Very little research exists on the appropriate length of aftercare
- 1 out of 27 evidence-based articles contained helpful information
- More research is needed to help programs such as the Ruth House

For additional information, please contact Allissa Schwarz – aschwa02877@viterbo.edu

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**YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all**

**Task-Attainment Scale**

<table>
<thead>
<tr>
<th>Task</th>
<th>Target Date</th>
<th>Completion Date</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop Case Idea</td>
<td>2/2</td>
<td>2/2</td>
<td>Begin Research</td>
</tr>
<tr>
<td>Data Collection</td>
<td>3/2</td>
<td>2/28</td>
<td>Knowledge of Research</td>
</tr>
<tr>
<td>Case Study Consultation</td>
<td>3/23</td>
<td>3/23</td>
<td>Received New Ideas</td>
</tr>
<tr>
<td>Interpret Findings</td>
<td>4/10</td>
<td>4/19</td>
<td>Final Presentation</td>
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</tbody>
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