

eliminating racism
empowering women
ywca

The Perfect Stay

YWCA – Ruth House

La Crosse, WI

Allissa Schwarz



Purpose

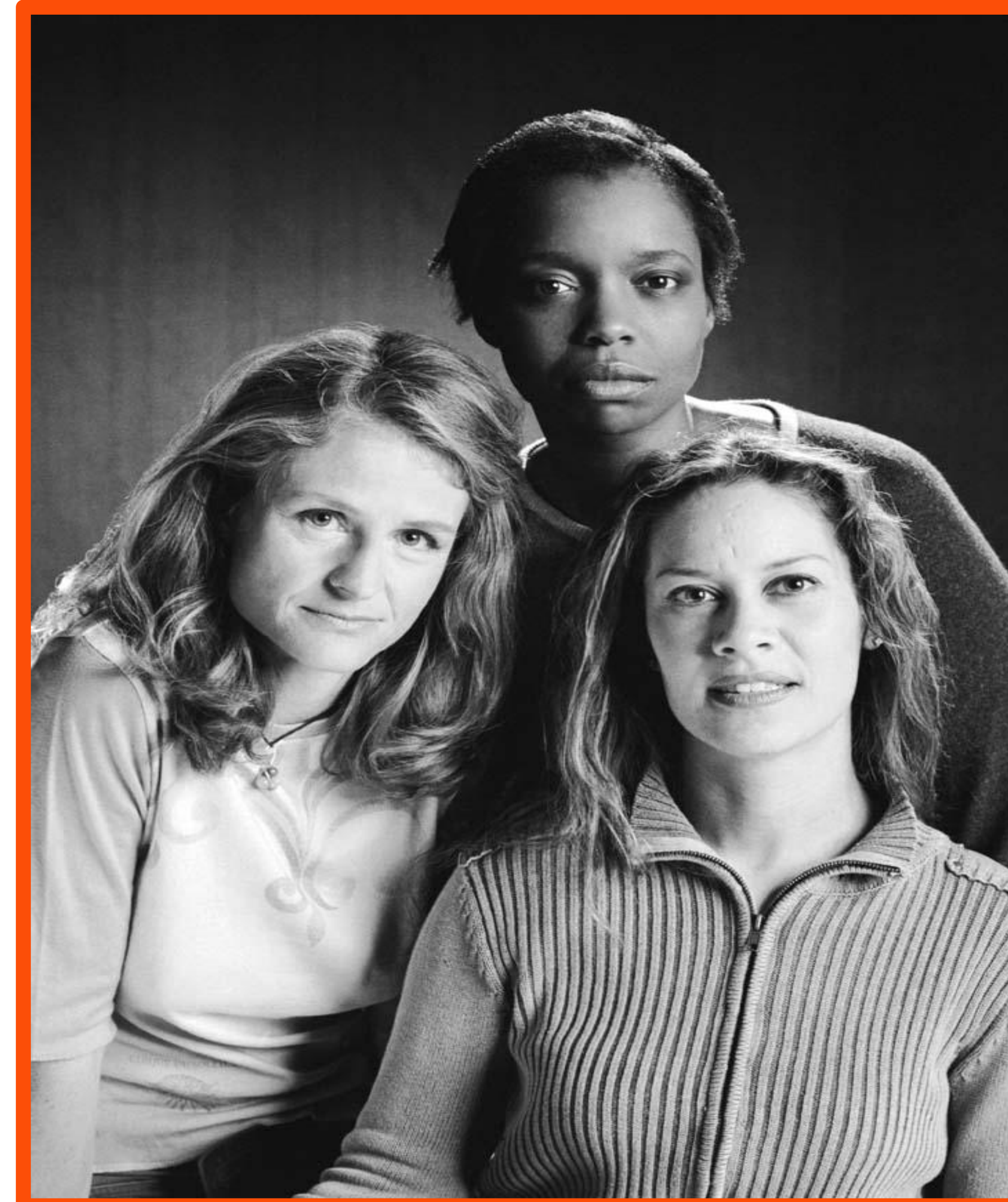
- ❖ Obtain data from scholarly sources to determine what the appropriate length of stay is for emergency shelters; such as the Ruth House

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



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

Literature Review

- ❖ 3.5 million homeless individuals in the U.S. (Markos & Leonard, 2003).
- ❖ “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).

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



Task-Attainment Scale

Task	Target Date	Completion Date	Outcome
Develop Case Idea	2/2	2/2	Begin Research
Data Collection	3/2	2/28	Knowledge of Research
Case Study Consultation	3/23	3/23	Received New Ideas
Interpret Findings	4/10	4/19	Final Presentation

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
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