

TITLE: *Proyecto Mujer*: Using a Culturally Modified, Gender-Specific Integrated Evidence Based Treatment for Latinas with Substance Use Disorders and Trauma Experiences

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Type of presentation: Oral Presentation

The presenter will describe outcomes from *Proyecto Mujer*: A gender specific, culturally responsive integrated trauma and substance use treatment for Latinas with substance use disorders (SUDs) and histories of trauma experiences, mainly sexual abuse and Intimate Partner Violence (IPV). Studies indicate that women with SUD seeking substance use treatment have greater psychological distress, mental health problems, and have experienced traumatic events including sexual and physical assault as compared to men. Yet, services have been traditionally fragmented for this population and many times do not consider gender and culture-related variables. Trauma has been significantly correlated with physical and psychological QOL domains in previous studies but is not well understood in Latinas. Limited access to services, limited research and lack of culturally responsive treatment and trained professionals continue to create disparities in services for Latinas with co-occurring disorders. *Proyecto Mujer* incorporated cultural modifications to the Evidenced Based Treatments Seeking Safety and RESPECT as well as culturally aware clinicians in an effort to decrease disparities. These EBPs addressed women's needs in a balancing and complementary way. The *MI* approach was the framework of all the interventions, including case management, and SUD counseling in which the interviewer and counselor offer comprehensive screening and assessment of HIV, hepatitis, and other STI risk behaviors. *Seeking Safety (SS)* addressed the impact of violence and trauma, and its relationship to substance use and HIV infection risk behaviors by assessing the co-occurrence of violence and trauma-related symptoms and substance use, decreasing the symptomatology, teaching coping skills and assertiveness, teaching self-monitoring and self-nurturing strategies, and improving social adjustment. *RESPECT* strengthened the pre and post counseling for HIV by educating and empowering women to increase their awareness about safer sex practices, supporting their risk reduction strategies and plans, increasing self-efficacy in dealing with sexual partners, friends and family relationships, and increasing the use of negotiation skills and the use of condoms. Baseline data as well as 6-month data were collected to assess Quality of Life changes in participants. Project's personnel compared changes in the quality of life (QoL) domains after a brief (eight-session) vs. extended (11-sessions) intervention.