



INTERPERSONAL VIOLENCE
RESEARCH LABORATORY

SEEDs: Support, Education, Empowerment & Directions

Program Impact Summary



PROJECT OVERVIEW

The Support, Education, Empowerment and Directions (SEEDs) program is a safe and sober transitional living program that offers supportive living in an environment where women are educated and empowered to make choices that foster a healthy lifestyle. The staff, volunteers and mentors provide services that assist residents in working through issues related to substance abuse, domestic and/or sexual violence, other forms of trauma and homelessness. Each resident has an opportunity to develop a network of support to enhance their sobriety and safety, access to job training, job skills and community resources.

We wanted to learn about women’s experiences in the SEEDs homes and if and how SEEDs helps women to recover from past trauma and substance abuse. We collected survey data from women at three time points over a one year and conducted interviews with the women. What follows is a summary of findings.

FINDINGS

- Post-traumatic stress symptoms and depression decreased.
- Physical health increased.
- Financial and housing concerns decreased.
- Domestic and sexual violence victimization decreased.
- Alcohol and drug use decreased.
- Positive changes were more pronounced among women who were more engaged with the SEEDs program, i.e., those who stayed longer at SEEDs and felt connected to others in the SEEDs community.
- Alcohol and drug use decreased more among women with more social support.
- Post-traumatic stress symptoms and depression decreased more among women who had more social support from the SEEDs community.



Self-identified strengths of women that participated in the SEEDs program.

IN THEIR OWN WORDS

“[SEEDs] was very supportive, a lot of resources were given through the house managers. Everybody there was always encouraging each other to go to meetings.”

“The No. 1 strength has been the environment. There are many recovery programs and halfway houses throughout the Phoenix metro area and they’re just what they sound like: halfway houses that collect rent once a week, and people come and go. The SEEDs program was always like a home. It was, ‘Here, come and stay with us and we’ll help you get on your feet. We’ll offer you resources, we’ll love and support you.’”

“I feel like the groups that we have on Sunday are super intense and very involved. They’ve covered quite a bit of stuff. [The group leader is] very much involved in each of us individually and will ask if we need anything. She’ll sit down and make sure where our heads at to know ‘Ok next week I’ll work on this or I’ll work on self-esteem’. I definitely feel the support here quite a bit.”

“In the first two weeks I’ve learned quite a bit. Gotten to know a lot of the girls, [and] they can relate to my issues, I can relate to theirs. I feel safer. I don’t have to worry about being yelled at in the morning or you know, punched in the shoulder or anything like that. It’s peaceful and calm and more of serenity than being at home, that’s for sure.”

FINAL THOUGHTS

- The SEEDs program supports women in their recovery in a holistic manner, offering supports in sobriety, safety, job training and skills, and community resources and connections.
- Women who participate in SEEDs have tremendous resilience and strength which promotes their recovery.

CONTACT INFORMATION

For more information about starting a program like SEEDs, please contact :

MonaLou Callery

SEEDs Executive Director

(602)-488-1295 | natn2000@msn.com | natn-az.org

For more information about assessment of programs for women with co-occurring substance use disorders and sexual and domestic violence histories, contact :

Katie Edwards, Ph.D.

Director, Interpersonal Violence Research Laboratory

(603)422-3207 | katie.edwards@unl.edu

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