

# Community Research News

## Welcome to SIROW's 2009 Community Research News

SIROW's vision is a society in which the well-being of women and children is paramount, resulting in their equity, empowerment, and prosperity! Founded in 1979 as an applied research institute at the University of Arizona, SIROW conducts collaborative action-based research programs on issues of importance to women and children. SIROW differs from traditional community-based agencies in that all of SIROW's programs include a research component that tracks the process and outcomes of the programs offered. In this way, SIROW supports and evaluates its own programs and activities, with both accuracy and excellence among our aims. Additionally, SIROW is different from traditional University research institutes in that the majority of our action-based research programs are offered in the community through SIROW's community locations that are more easily accessible to individuals and families than most campus settings.

During the past year, SIROW researchers were fortunate to receive continued grant funding for our various projects that assist women and children in addressing their educational, economic, health and well-being goals. In this issue of SIROW's *Community Research News* we highlight several of SIROW's currently funded programs and offer data that illuminate issues needing further investigation, suggest changes in policy, reaffirm our beliefs in the power and potential of those being served, and confirm the success of the interventions provided. We welcome your feedback as well as your suggestions on how SIROW can further serve our community and our region. For more information about SIROW including our various programs, research publications, reports, events, and research staff, please visit our website at

<http://sirow.arizona.edu>



— Sally Stevens, Ph.D



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Look out for our next issue  
of Community Research  
News in Summer 2010!

## SIROW Wins National Award for Diversity and Inclusion

The National Council for Research on Women, a member-based national research organization, selected SIROW for its inaugural **Diversity and Inclusion Award** highlighting SIROW's 30 years of outstanding work and contribution to issues involving diversity and inclusion. According to the Council, the honor recognizes research institutes like SIROW that have "diversified its leadership, governance, administration and/or its program, policy, advocacy or research activities." SIROW has done just that – encompassing diversity within its leadership, as well as modeling inclusiveness in research and programs for women and girls of various ages and from wide-ranging life contexts and backgrounds.

SIROW's Executive Director, Sally Stevens accepted the award in New York City on June 10th and reflected on the past 30 years of SIROW's work. "SIROW's faculty, researchers and advocates along with collaborators from around the globe have contributed to women and girls from various perspectives. Over the course of its history SIROW has secured over \$30 million in funding and has facilitated projects with over 150 community-based, governmental, educational, and tribal collaborators. Primarily focused on women and girls living in southern Arizona, SIROW also conducts numerous regional, national

and international projects of importance". Janice Monk, SIROW's first and former Executive Director noted that "since SIROW's founding its programs have been sensitive to and promoted the advancement of girls, from grade school to adolescence, and of women across the life span, including pioneering work on older women. SIROW's outreach and research has addressed issues related to race and ethnicity, age, sexuality, economics, region, and social and cultural issues, including disease prevention, wellness, immigration, poverty, womanhood and widowhood. Approaching women's issues in a comparative and contextual way is the hallmark of SIROW research."

SIROW personnel wish to thank the National Council for Research on Women for this recognition of SIROW's contributions. As we celebrate the past 30 years, we also look forward to the next 30 years of action-based research and advocacy promoting the advancement of women and girls.

— Sally Stevens, Ph.D



## Update on Protecting Women's Rights at the Border

In January 2009, SIROW released *Unseen Prisoners: A Report on Women in Immigration Detention Facilities in Arizona*. The report is based on more than a year of research, including over 40 interviews with detainees, their family members, attorneys, and service providers. *Unseen Prisoners* describes harsh conditions of confinement for the roughly three hundred women housed in immigration detention facilities in Arizona. The women are held for months at a time, and in some cases years, while the government determines whether or not they are deportable. Although they are not being punished for a crime, they are held in facilities that are identical to, and often double as, prisons or jails. Even in the limited sample size of detainees who agreed to participate in the research study, SIROW encountered pregnant and nursing mothers, domestic violence victims, low-wage workers swept up in worksite raids, and

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## SIROW Innovations

As an institute primarily focused on participatory-action research, SIROW strives to maximize opportunities to engage and partner with our project participants. To this end, SIROW works to develop innovative products that are responsive to and reflective of participants' needs.

One example of this is Sexual Health Education (SIROW-SHE), an interactive curriculum utilizing a social-ecology approach. The format of SIROW-SHE works well within a community-focused venue, as it is sensitive to particular traditions, cultural variations, and circumstances. The ecological approach begins with the individual, but also considers the family, community, school, employment and peer environments that are specific to each individual, including such contextual factors as age/development, gender, culture, sexual identity, and physical and learning (dis-) abilities. SIROW-SHE has been administered for over a decade to adults and youth alike, in both groups and one-on-one sessions, in urban and rural settings, and over a variable number of sessions designed to best meet the needs of the participants.



While SIROW-SHE has traditionally been administered in-person, SIROW has been working to reach participants through the internet as well. A vodcast (video-on-demand clip/podcast) on the importance of sleep, one of the SIROW-SHE topics, is now available on iTunesU\*. You can also find that vodcast through the SIROW

website (<http://sirow.arizona.edu>). Along with the sleep vodcast on iTunesU, SIROW provides other podcasts to the participants in Las Mariposas, an outpatient substance abuse treatment program for adolescents and their families. These podcasts highlight the clinical procedures and skills that are introduced to participants in therapeutic sessions. The podcasts are intended to serve as “clinical boosters” and reinforce the therapeutic process for adolescents.

One of SIROW's adolescent projects has secured funding to pilot and measure the utility of the podcasts by distributing a limited number of iPods to project participants. So far, adolescents are enthused to receive the iPod and have provided positive feedback after listening to the podcasts. For example, one participant told his therapist that he was excited to have his friends also listen to the podcast. Another described how he could relate to the experiences described in the podcast. Inspired by these findings, SIROW personnel are energized and committed to further developing technologies to compliment SIROW projects which will engage youth, adults, and families.

### How to find SIROW's podcasts on iTunes:

1. Open the iTunes program on your computer.
2. Click on *iTunes store*.
3. In the iTunes store box, click on *iTunes U*.
4. In the “Find Education Providers,” click on Universities & Colleges.
5. Find the University of Arizona under “U” listings.
6. At the U of A main page, under *Topics*, click on Social and Behavioral Sciences.
7. Click on *SIROW* under departments and units.
8. Click “*Problem-Solving*,” “*Happiness Scale*” or any others!

## Update on Protecting Women's Rights at the Border (cont'd)

asylum-seekers fleeing persecution and sexual violence. Key concerns of the women interviewed include inadequate medical and mental health care, restrictive provision of food and other supplies, the routine use of strip searches and shackling, aggressive government prosecution and detention of women who pose no security threat or flight risk, and the inability of women who are primary caregivers of young children to communicate with their families. The SIROW report contains detailed recommendations for local, state, and national-level policy changes that would improve the treatment conditions for women detainees.

*Unseen Prisoners* generated significant media attention upon its release. The New York Times, The Associated Press, The Arizona Republic, Tucson Weekly, and several other newspapers and on-line publications all published articles about the study. The lead researcher and author of the report, Nina Rabin, has already spoken at several panels and forums about the study's findings. Most recently she was invited to speak at a Congressional briefing in Washington, D.C. organized by Human Rights Watch and the Women's Refugee Commission about the impact of immigration enforcement on women. She has also been a participant in several meetings with officials at the district and national levels of Immigration and Customs Enforcement, the government agency in charge of immigration detention facilities, specifically to discuss the report's findings and recommendations.

A full copy of the report is available at <http://sirow.arizona.edu/files/UnseenPrisoners.pdf>. For any questions, please contact Nina Rabin, [rabin@email.arizona.edu](mailto:rabin@email.arizona.edu); (520) 621-9206.

## Support SIROW in 2009!

Over the past 15 years SIROW has served over 7,000 people – most of whom have unmet critical needs (e.g. clothing, emergency food, educational stipends, and urgent supplies). Given the recent decline in our economy, requests for assistance have increased significantly. Most grants and contracts have restrictions on how dollars can be spent. SIROW can only cover these requests through donations. More than ever, I encourage you to consider donating to SIROW to help us help others. We greatly appreciate your past donations and certainly appreciate your future contributions.

Thank you! Please send your tax deductible donations to:

Desiree Bernal  
Accounting Specialist  
UA-SIROW  
PO Box 210438  
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### Suggested Donations Levels:

Primary Supporter	\$5,000
Major Supporter	\$2,500
Intern Stipend (full year)	\$1,400
Travel Awards	\$500
Critical Needs Supporter	\$250
Event Supporter	\$100

## The Partners in Change Project: Community Workshops on Women and Poverty

In partnership with Tucson's Primavera Foundation, SIROW will develop and facilitate a series of interactive workshops that will bring together women in poverty, service providers, advocates, policy makers and University researchers. With a grant from the University of Arizona Foundation, the project aims to build leadership capacity and increase civic involvement among women in poverty, and to collaboratively develop and present regionally relevant data and recommendations to policy makers and the general public on the lives of women living in poverty.

We believe that the insertion of these missing voices into the public discourse will have the potential of moving policies forward as well as educating the public about poverty, its effects, and effective strategies communities can use to address those effects poverty has on women, children, and our communities. The partnerships created through this project have the potential to transcend the traditional barriers between research, problem-solving and policy change, and civic leadership.

### The Context

A report produced by SIROW in 2008, "Indicators of Women's Health, Advancement & Involvement in Southern Arizona, 2007," provides startling quantitative data on the degree to which poverty affects women and their families in Southern Arizona. However, quantitative reports like this one and others are unable to address the nuances and life circumstances of women living in poverty. We have the numbers, but to make accurate and relevant interpretations and

concrete programmatic and policy recommendations, we need the voices of women living in poverty in this region.

### The Numbers

In 2007, 35% of families in Pima County led by single mothers lived in poverty, a high rate compared to the poverty percentage of married couples--(8%) or single male parents--(22%). Tucson recorded the highest poverty rate of any city with a population over 65,000 in the state of Arizona with 20% of all its residents living at or below poverty level. The profound societal impacts of chronic poverty can be seen throughout our institutions and neighborhoods.

The goal of the program is to provide women who are affected by policies and conditions that create poverty the support, tools and opportunity to participate in decision-making and public policy discussions that affect their economic status. The workshops in this training aim to build the capacity of previously marginalized women to become active at local community level, to engage in such activity and to build their confidence to participate in and impact in policy-making arenas. Through the power of this collective wisdom we aim to work toward a coordinated, community agenda that empowers women and girls to become agents of change for the betterment of our community. The voices of these marginalized women are the key to creating meaningful, workable solutions to the economic issues facing Southern Arizona.

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## Sowing the Seeds, Ten Years of Promoting Women's Writing in Tucson

There are many examples of how SIROW has impacted our communities in Tucson; **Sowing the Seeds: Promoting the Humanities in Our Communities** can be counted as one such example. Sowing the Seeds began as a yearlong SIROW project funded in 2000 by the Arizona Humanities Council and the Stocker Foundation. While SIROW continues to provide a location for meetings, Sowing the Seeds has been a personal endeavor by SIROW Associate Research Professor Rosi Andrade and SIROW scholar Elena Díaz Björkquist. Rosi and Elena are also co-editors of an anthology *Sowing the Seeds, una cosecha de recuerdos* and are finalizing a second anthology this winter. Now in its tenth year, Sowing the Seeds is recognized as a *Collective of Women Writers* promoting the humanities through monthly meetings for women who write or are interested in approaching writing. Sowing the Seeds has 30 members, some of whom come from as far as Phoenix or Green Valley to attend meetings and activities in Tucson.



Rita Magdaleno



Rosi, Stella Pope Duarte, and Elena

In addition to its members, or *comadres* as we refer to one another (the essence of the *comadre* relationship is a supportive relationship between women), Sowing the Seeds reaches out to other women in the Tucson community through conferences and workshops. For example, in October 2008, Sowing the Seeds held a daylong writing conference—*Passing the Torch, Narrating Our Cultural Legacies*—with the goal of inspiring women to write about their lives and their families. The conference was co-sponsored by the YWCA. More recently, Sowing the Seeds presented two half-day writing workshops. The first workshop, “The Tapestry of a Poem,” held on May 9th, was facilitated by local poet and author Rita Marie Magdaleno (*Marlene Dietrich, Rita Hayworth, & My Mother*). Rita used the metaphor of threading-things-together to explore ways that everyday experiences can be used in poetry. The second workshop, “Writing Unforgettable Stories,” held on July 11th was facilitated by nationally recognized writer Stella Pope Duarte (*If I Die in Juarez; Let Their Spirits Dance*). Stella guided participants through a series of exercises that helped them mine for memories of untold stories. Along with the monthly meetings, conferences, and workshops, Sowing the Seeds conducts public readings as pictured here in February 2009 at the downtown art gallery, Arts Incubator (108 E. Congress) featuring *comadre* and writer Connie Spittler and nature photographer Bob Spittler’s *Words & Images*, in the background.

—Rosi Andrade

## The Partners for Change Project (cont'd)

Participatory action research on women in poverty, as exemplified by workshops we are proposing, provides an opportunity for women who experience poverty and policy makers and researchers to work together to better understand the causes, affects and local specifics of poverty on women and families. In addition, it allows marginalized women an opportunity to give voice to suggestions and recommendations about how we can reduce poverty.

Through the *Partners in Change Project* we will not only incorporate a new voice and support a more civically engaged group of often marginalized citizens, but also develop a model that can be used to empower and mobilize women and other underrepresented constituents into citizen involvement for the benefit of people living in poverty and the entire community.

— Corey Knox

## The SIROW Scholars

SIROW is renowned for its research and action projects focused on improving the lives of girls and women. But did you know that the institute sponsors a writer's collective, the SIROW Scholars, whose members publish everything from poetry to murder mysteries? These women are SIROW research affiliates and professionals who gather monthly to share research and writing that reflect SIROW's mission and goals. One month the group may discuss a scholar's essay and the next month switch to focus on the chapter of a novel, an academic paper, research data, or a grant proposal. Members publish in more than two-dozen areas. Although the Scholars' projects are varied, their unifying focus is their engagement in each other's works, their commitment to the advancement of women and girls, and their emphasis on projects of importance to the diverse populations of the southwest U.S. and northwest Mexico.

The Scholars, who enjoy the support and encouragement of SIROW's director, Sally Stevens, as well as university email and library privileges, highlight SIROW's broad-reaching sponsorship of women academics, researchers, writers and activists. SIROW Scholar Susan Cummins Miller writes, "I treasure my association with SIROW and am proud of the institute's thirty-year history of advocacy for women and girls. As a woman geoscientist, I applaud SIROW's commitment to educational outreach programs that introduce middle- and high-school girls to a variety of careers in science. As a writer/researcher, I value my interaction with the SIROW Scholars, an eclectic group that provides candid intellectual discussion and fresh perspectives while maintaining a nurturing atmosphere."

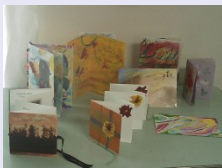
SIROW's Spring 2009 Series on Women and Society featured the Scholars reading and discussing their work at the U of A Poetry Center, which co-sponsored the series. The well-attended events mixed the political, poetic, historical and humorous. For example, at the first event, *Women Write Against Injustice*, author Nancy Mairs read from an essay about navigating a world that often fails to accommodate disability. Lawyer Nina

Rabin, a SIROW staffer who appeared as a guest of the Scholars, read interview-based stories of women in immigration detention facilities. Researcher-writer Corey Knox read poignant excerpts from a novel about biracial identity, from the changing perspectives of a child, adolescent and woman. At a second event, *Gathering Women's Voices*, authors read from their respective projects' oral histories, all of which revolved around the broader theme of women successfully confronting various forms of discrimination. Fran Buss read excerpts from her interviews with civil-rights activist Mary Robinson of Alabama; Elena Björkquist Díaz read from life stories shared by residents of the former mining town of Morenci, Arizona; and guest, researcher-educator Rosi Andrade, read from and discussed an interview with noted Tucson entrepreneur Cele Peterson. The third event, titled *Women's Sense of Place*, involved poetry and fiction readings relating to the southwest. Author Susan Cummins Miller demonstrated the uses of prose and poetry to offer contrasting impressions of the same physical locale. Sociologist-writer Mary Driscoll led the audience on a riotous romp through one family's attempts to undertake gardening in a desert setting and grow together through the process. Academic and activist Patricia Manning read excerpts from her poetry reflecting the interplay between interior and external landscapes in attempting to make sense of the grittiness of global struggles for justice.

The Scholars are grateful to SIROW, the Poetry Center, and all those in the community who have supported their work and attended their readings. They will continue their various professional endeavors during the 2009-2010 academic year. For any questions about the SIROW Scholars, please contact Mary Driscoll at [mkd1@email.arizona.edu](mailto:mkd1@email.arizona.edu) or see the SIROW website.

—Mary Driscoll and Pat Manning

### Mujer Sana & OATS Collaboration



In addition to hosting Sowing the Seeds, SIROW's Mujer Sana site was also the venue for an informal collaboration with The Drawing Studio's Outreach Art Tutoring for Seniors (OATS) program. From July to December 2008 the Mujer Sana location hosted monthly 3-hour workshops for senior women facilitated by artists Jane Barton and Barbara Hall. The Drawing Studio celebrated its annual gala with art generated from this and other OATS workshops as a backdrop. Some pieces from our site shown in the photo include examples of handmade books made by participants.

—Rosi Andrade



## Women in Commerce and Community in the Old Pueblo

The Southwestern Foundation of Southern Arizona awarded SIROW \$5000 for the “**Women, Commerce and Community in the Old Pueblo**” grant in 2004. The purpose of this multi-year project was to gather data that would be useful to a variety of public history initiatives that funders anticipated would result from the Rio Nuevo development plan and

associated endeavors. To ensure that women's achievements and contributions not be overlooked in these public histories, the Southwestern Foundation funded SIROW to begin the efforts to document and disseminate information on women's varied roles in commerce and community development in downtown Tucson. Much of this information was collected through in-depth taped interviews conducted by various SIROW professionals with representative women entrepreneurs and community members.

Dissemination activities stemming from the project include a sculptural exhibit with accompanying photocopies, as well as the archiving of interview transcripts, photographs, and research findings at both the University of Arizona library and SIROW offices. Additionally, Project Director, Rosi Andrade made two presentations based on the oral history interviews collected during the project--for the Spring 2009 SIROW Scholars Series and to the Entrepreneurial Mothers Association (EMA). The sculpture designed by local artist Blair Lange and blacksmith artist Harold Hilborn will be housed on the grounds of the Gender and Women's Studies/SIROW building (925 N Tyndall Ave). Blair Lange and Harold Hilborn offered the following thoughts on their sculpture:

“The flower represents the huge feminine influence in the Old Pueblo and the growth that these women have created and contributed to in our community. The empty tiles represent the reality that, with change, we have to lose something--a loss that will always be felt and that should not be forgotten, because that past is what created our present. I hope this sculpture will make people realize the vast influence women have had in the commerce and community of the Old Pueblo's past and present.” --- Blair Lange, Artist

“It has been a pleasure to work with Blair Lange and her design, which have allowed me to implement a lot of hand-forged techniques, using a power hammer, forge and anvil in her organic designs in this beautiful sculpture. I would also like to thank all of those involved in this project who make public art like this possible.” --- Harold Hilborn, Artist Blacksmith

—Rosi Andrade



## Project DAP Engages Parents and Caregivers

Project DAP (Determining another Path) continues to expand and enhance residential substance abuse treatment for youth and their families in Pima and Cochise Counties. Funded by a Substance Abuse and Mental Health Service Administration (SAMHSA) – Center for Substance Abuse Treatment (CSAT) five-year grant, and in partnership with Arizona’s Children Association, SIROW has provided health education and continuing care services to over 200 adolescents since the grant’s inception in 2006. In addition, the Pima County Health Department has been providing weekly sexually transmitted infection (STI) and human immunodeficiency virus (HIV) counseling and testing for the youth participants.

As the newest member of the Project DAP team, I am charged with outreach to the parents, caregivers, and family members of Project DAP participants. Engaging adolescent support networks has nationally proven not to be easy; however, given creative strategies, dedicated time and persistence, SIROW is successfully engaging parents and caregivers in the health education process.

Since February 2009, I have successfully recruited and engaged 75% of participants’ parents/ caregivers to participate in the family educational sessions. These sessions include information on the following topics: relationships, communication, puberty, anatomy, STIs, HIV, safer sex protection methods, behavioral warning signs, and answering difficult questions. Parents/ caregivers are encouraged to choose at least two topics. The topics most frequently chosen are relationships, communication, and behavioral warning signs. In addition to increasing their own knowledge, parents/ caregivers are given the opportunity to explore ways to talk to their children about these topics.

All parents/caregivers are invited to participate in two assessments (at enrollment and three-month follow-up sessions) which serve to help evaluate the impact of Project DAP. The data collected from the parent/ caregiver evaluation component continue to add to our understanding about effective treatment methods related to substance use, health education, and continuing care. Limited dollars are available to provide the parents/caregivers who participate in the evaluation component with tokens of appreciation, such as \$10 grocery store or restaurant gift cards. We

greatly appreciate the generous support from local businesses and community members who provide such incentives. Further in-kind and monetary donations from the community are welcome and help sustain this valuable outreach.

While we gain important information through the evaluation component, moments of candid disclosure with families remind us of the individual impact this program is having on participants and their families. The following is an example of a recent parent/ caregiver education session that involved one participant’s whole family – the youth participant, her mother, stepfather, grandmother, and two younger brothers. Earlier in the week, Jessica\* had received her STI test results which were positive for gonorrhea. She chose to tell her family about her gonorrhea infection and they had many questions and concerns about her diagnosis. When Jessica and I met with her family for the first educational session, Jessica took the lead and reviewed with them the information she had learned about STIs through her participation in Project DAP. I was proud of her knowledge and her ability to confidently answer many of her family’s questions. Jessica’s family expressed their appreciation for the information and the opportunity for Jessica to participate in Project DAP. Jessica’s grandma stated, “We didn’t know why Jessica had to go to [residential substance abuse treatment], but maybe this was the reason. Now she won’t have these health problems and she will also remember these things that she has learned for a long time.”

*\*Name has been changed to protect the privacy of project participants.*

*For more information, please contact Stephanie Springer at [stephks@email.arizona.edu](mailto:stephks@email.arizona.edu), or 520-295-9339.*

—Stephanie Springer

## HerStory to Health

**HerStory to Health** is SIROW's Sexual Health Program for women. Located at 811 S. 6<sup>th</sup> Avenue, HerStory is centrally located in Tucson on north and south bound bus lines for women's ease of access to the program's educational and health screening services. Program health educators have enrolled 186 women to date; we anticipate enrolling 600 women over a five-year period. HerStory will conclude its second year in September 2009. Demographic data collected so far indicate that 27% of our participants identify as Latina, 7% African American, 25% American Indian, 3% Multi-Racial, and 42% Caucasian. Participants have ranged in age from 18 to their 60s, with 53% aged 35 and over, and 47% aged 18 to 34. HerStory to Health's sexual health program includes six 2-hour group sessions, and a series of one-on-one sessions with a health educator, nurse, and counselor.

—Rosi Andrade

## Community Youth in Recovery: The Process of Change

In 2005, the Substance Abuse Mental Health Services Administration (SAMHSA) Center for Substance Abuse Treatment (CSAT) hosted a recovery summit to examine the current definitions and pathways for substance abuse recovery. Summit participants developed a definition of recovery which states: "Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life." This definition highlights a holistic approach to recovery with an emphasis on the process of change.

In 2008, SIROW, in collaboration with Arizona's Children Association (AzCA), was awarded a CSAT grant to implement a recovery oriented system of care for adolescent girls. Through this project SIROW works with, supports, and mentors adolescent girls when they return to the community following treatment at AzCA's La Cañada program, a 30- to 60-day residential substance abuse treatment center. In June 2009, an anonymous donor offered to pay for a 60-minute massage at the Providence Institute to one youth in the program who provided a short narrative explaining why she thought a massage would benefit her recovery. Esti Padilla submitted a letter. With written permission from both Esti and her grandmother, we share her letter here:

*"The reason I feel a massage would support and benefit my recovery is because it's a healthy way to relax and release stress instead of me going back to my old ways, people, and things and end up relapsing. I have too many present and future goals for all that to happen again. Plus, I am in kick-boxing to keep myself busy and stress free. I think a massage would also do me good because I walk everywhere along with my grandmother because we don't have a car and it sucks because it's really hot and I get really sore. After being in juvenile for 1.5 months and La Cañada for 2 months I personally think I have changed a lot and I'm really trying my hardest to be successful in life. So a little pampering would be a nice reward. I hope you take this into consideration.*

*Thanks, Esti P."*



process of change.

It is clear that Esti is engaged in the process of change as evidenced by her understanding of the importance of developing healthy responses to stress and celebrating her accomplishments. Esti was rewarded with her first-ever massage and said she "LOVED it!" SIROW works with many girls like Esti in the Tucson community, to help them identify and access multiple options for fun, relaxation, exercise, nutrition, health and wellness, and the education/vocational training to support their

For more information about this project, contact Mónica Davis at 520-295-9339 ext 204 or by email, [midavis@email.arizona.edu](mailto:midavis@email.arizona.edu).

## Growing WISEly: Grants, Programs, and Mentoring

Greetings from Women in Science & Engineering (WISE)! Academic year 2008-09 was an outstanding year for WISE. Almost 400 UA students attended 40+ WISE events this year—a significant increase in college student participation from the 2007-08 year! Our High School Mentorship Program matched nearly 60 high school students with both an undergraduate student mentor and a woman in a professional career for two days of job shadowing. In the past year this program served students in 34 schools in twelve different districts as well as ten private/charter schools, and was the largest WISE mentorship program to date. The 27th annual Expanding Your Horizons (EYH) youth conference held on March 28th, was our biggest event of the year. Over 220 middle and high school girls from Southern Arizona registered to attend the conference, which was generously sponsored by Freeport McMoRan Copper and Gold/Sierrita Operations.

In addition to improving past services and events, we also inaugurated two new programs this year: a leadership certificate and an internship program. The WISE-ATLAS Leadership Certificate was custom designed for WISE students and gives them the opportunity to build their leadership skills while increasing their knowledge of gender and diversity; the certificate is listed on their UA activities transcript. The WISE Internship Program provides undergraduate student leaders additional opportunities for professional development through working with WISE staff to coordinate events, conduct outreach, and support WISE programs. These programs have introduced a number of new students to WISE and furthered our mission of supporting young women in the STEM (science, technology, engineering, mathematics) fields.

WISE was recently awarded a grant through the Parents and Family Association to continue to develop and market WISE programs and to assess and redesign the ways in which our current programs are operating. For example, our High School Mentorship Program will be structured differently in the upcoming academic year. Rather than having WISE staff create mentoring pairs from applications to the program, we will now post mentors' profiles online for high school girls to browse. The students

will then select a college student and/or professional mentor they would like to shadow for a day. We hope that the program's new format will provide more choices for students and will allow the program to continue to grow. In addition to restructuring the High School Mentorship portion of our website, this grant funding also allowed us to re-design the WISE website. To learn more about many recent WISE successes, visit our new website at: <http://wise.arizona.edu>.



*WISE staff and interns at the EYH conference. Left to Right: Kiona Meade, Holly Rosen, Kathy Powell, Heather Fukunaga, and Carly Thomsen*

### WISE Mission

The Women in Science and Engineering (WISE) program was established at the University of Arizona in 1976 as part of the Women's Studies Department and the Southwest Institute for Research on Women. WISE offers programs for girls and women ranging from middle school students to professionals, including a conference for middle and high school girls, academic and career preparation programs for college students, mentoring, internships, scholarships, a living-learning residential community, and much more!

The mission of WISE is to develop a system of support from middle school through graduate studies to recruit and retain women in science, technology, engineering and mathematics (STEM) fields to increase the pool of diverse, highly motivated and qualified scientists and engineers. WISE sponsors educational and career development workshops, an internship program, social networking events, mentoring programs, a youth conference and a residential program in Gila Hall dormitory.

—Carly Thomsen and  
Heather Fukunaga

## Treating Childhood Trauma: A Key to Assisting Addicted Parents in Their Quest for Sobriety

The Pima County Family Drug Court Program continues to serve the Tucson community as a successful collaborative endeavor while providing valuable contributions to substance-abuse treatment research. It draws together professionals from the legal system, social welfare agencies, and the behavioral health system to collaborate on the assessment, monitoring, engagement, and treatment of addicted parents so as to support their efforts to achieve sobriety and family reunification. SIROW is conducting the project evaluation for the SAMHSA grant that is the primary source of funding for the Family Drug Court program. Based on data from past Family Drug Court projects, it became evident that a large percentage of addicted women in Family Drug Court have suffered childhood trauma, often related to sexual abuse. This finding provided the rationale for the addition to the current project of trauma-specific treatment for parents who have endured childhood trauma. Since October 2007, parents who participate in Family Drug Court are eligible to receive individual counseling related specifically to childhood trauma through Las Familias, a member of the Arizona's Children Association (AzCA)'s Family of Agencies.

Trauma-specific therapy has proven to be remarkably successful in addressing some of the underlying issues that have contributed to substance abuse by many parents involved in Family Drug Court. The effectiveness of this treatment is demonstrated by the positive outcomes for participants. In 2007, 79% of participants who received *any* trauma-specific therapy sessions graduated from Family Drug Court and were reunified with their children. Of those who *completed* trauma-specific therapy, 100% graduated from Family Drug Court and were reunified with their children. These results contrast starkly with findings among participants that year who did not receive trauma-specific treatment: only fifty-

five percent of those not undergoing therapy graduated from Family Drug Court and were reunified. In 2008, the positive effect of the trauma-specific therapy was evidenced again. Fifty-four percent of participants who received any measure of trauma-specific therapy graduated from Family Drug Court and were reunified with their children. Of those who graduated from trauma therapy, all either graduated from Family Drug Court or were voluntarily terminated (discontinued participation for reasons other than non-compliance). All but two of those who graduated from both trauma treatment and Family Drug Court were reunified with their children. In contrast, thirty-three percent of participants who did not receive trauma-specific treatment graduated from Family Drug Court in 2008.

The above data shows that it is especially important for our local treatment providers to offer trauma treatment without delay to Child Protective Service clients who are in need of this specific type of treatment. This type of treatment may be a defining factor in the success of the parent and, as a result, determine the possibility of family reunification. In addition, since the Arizona Legislature recently passed legislation that requires dependency judges to make permanency (custodial) decisions about children under the age of three within six months of their removal, the option of expedited treatment for parents becomes an even more salient concern. The Pima County Family Drug Court, together with its collaborators and stakeholders, works diligently to provide needed services to its participants, as all involved remain committed to supporting parents in their efforts to stop using substances and become clean, capable family members.

—Claudia Powell

### Thank-you to local businesses!

A warm and appreciative thank you to the following local businesses for supporting SIROW projects by generously donating in-kind gifts: Brooklyn Pizza Co., eegee's, Lucky Wishbone, Subway, Taco Bell, Baggin's Gourmet Sandwiches, and McDonald's.

### Thank-you to contributors and our editing and design team!

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## What Do Adult Community Members Think about Adolescents in Recovery? Findings from Las Rosas Project

Las Rosas Project, funded by a SAMHSA Recovery-Oriented Systems of Care grant, started September 30, 2008 and involves a collaborative effort between SIROW and Arizona's Children Association. Las Rosas was created to expand, enhance, and strengthen the recovery-oriented systems of care for adolescent girls in Southern Arizona who are in recovery from substance abuse problems. This project implements evidence-based systems approaches that focus on treating problems caused by unresolved traumatic experiences and that provide recovery support for 120 girls ages 12-17 throughout a three-year period.

An important component of recovery-oriented systems of care is the availability of adult community members who are supportive of adolescents in recovery. To determine the availability of these recovery supports, adult community members (N = 37) and adolescent girls in treatment for substance abuse problems (i.e., girls enrolled in Las Rosas 4/3/09 - 6/11/09; N = 7) were surveyed on their perceptions about the feelings and attitudes that they assume typical adult community members have toward adolescents in recovery.

The results of the survey indicate important similarities and differences in perceptions between adults and adolescent girls. Both adult community members and adolescents in recovery thought that a substantial percentage of adults of legal drinking age in our community would serve alcohol to an adolescent. On average, adult community members thought that 48% of adult community members would serve alcohol to an adolescent, while adolescent girls in recovery thought that 44% would.

Similar percentages of adult community members (30%) and adolescent girls in recovery (29%) thought that the typical community member is very or moderately sympathetic toward adolescents in recovery. However, those surveyed disagreed as to how supportive the typical community member is toward adolescents in recovery. About 36% of adult community members, as opposed to 57% of adolescent girls in recovery, thought that the typical community member is very or

moderately supportive of adolescents in recovery.

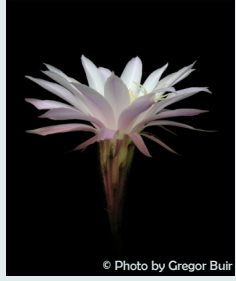
Regarding future expectations, similar percentages of adult community members (30%) and adolescent girls in recovery (29%) thought that the typical community member very much or moderately feels that adolescents in recovery will become productive members of the community. However, respondents disagreed as to what extent the typical community member feels that adolescents in recovery will be successful in life. About 30% of adult community members, as opposed to 57% of adolescent girls in recovery, thought that the typical community member very much or moderately feels that adolescents in recovery will be successful in life.

These findings suggest that Las Rosas project could improve the recovery support system: (1) by changing the perception that adults in the community would encourage adolescents to use alcohol by making it available to them; (2) by encouraging adults in the community to be sympathetic and supportive toward adolescents in recovery, and to believe that adolescents in recovery can and do become productive community members and successful in life; and (3) by helping adolescent girls in recovery to maintain their positive perception that adult community members are supportive of them and think that they will be successful in life.

Support from and involvement of adult community members is critical to creating a positive environment that encourages adolescents to abstain from substance use. Perceptions can be difficult to change. However, projects such as Las Rosas, with the active support of other members of the community, can work to change those perceptions that undermine recovery. Our hope is that these changes create a self-fulfilling prophecy in which adult community members help adolescents to be successful in recovery and in life because they *believe* that adolescents in recovery *can* be successful.

—Elise Lopez and Josephine Korchmaros





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## ABOUT US

The University of Arizona's Southwest Institute for Research on Women (SIROW), Department of Women's Studies, is a regional research and resource center serving Arizona, New Mexico, West Texas, Colorado, Wyoming, Nevada, Utah, and Northwestern Mexico.

Founded in 1979, SIROW has researchers who work collaboratively with several University of Arizona colleges and departments, other educational institutions, governmental agencies, and numerous community-based organizations on issues pertinent to the lives of women and girls.

## SIROW'S MISSION

To develop, conduct, and disseminate inter-disciplinary and inter-institutional collaborative research and education/outreach projects of importance to the diverse groups of women and girls in the southwest U.S. and northwest Mexico.

### **SIROW's Goals:**

- *To develop collaborative, feminist research focusing on problems or populations of interest to scholars in the Southwest*
- *To identify, coordinate, and disseminate research on women, girls, and on gender differences*
- *To provide advocacy for women and girls by linking researchers with community organizations and with policy makers*
- *To support equality for women in the workforce and conduct research on women and gender in the work environment*
- *To provide gender-specific research and services on health related issues*
- *To support graduate, undergraduate, and K-12 education about and for women and girls*
- *To examine women's contributions to literature, the arts, and southwest heritage*