



Alcohol Center for Women Institutes a Tobacco-Free Campus and Gardening Therapy Program

On November 1, 2018, the Alcoholism Center For Women (ACW) received a grant to implement the project, *“Initiative to Reduce Tobacco-Related Disparities at Residential Behavioral Health Facilities.”* The project supports ACW’s goal to help women achieve physical and mental wellness. ACW is dedicated to serving women in the healthiest environment possible and helping our clients and staff to sustain healthy lifestyles.

In order to promote wellness, ACW took action and significant steps to implement tobacco-cessation services with the intention of becoming a tobacco-free campus. During a period of 15 months, ACW reduced smoking breaks from 3 to 1, eventually going entirely smoke-free by January 1, 2020. In addition to a Tobacco-Free policy, ACW implemented tobacco-use identification and treatment protocols, invested in Nicotine Replacement Therapy using non-grant related funds, and expanded wellness policies.

Prior to creating a tobacco-free campus, ACW had a nutrition program, trauma-informed yoga classes and music therapy. Garden therapy was recently added and has become an integral component of the program. Garden therapy allows ACW clients to embrace the importance of nature in their recovery and has helped clients reduce the burden of their tobacco cravings. With the help of a certified horticultural therapist, we remain committed to investing in a holistic and well-rounded approach for our residents.