



CLEAR SPRINGS RANCH

MEN'S TREATMENT PROGRAM

The staff at Clear Springs Ranch understands the necessity of taking a specialized approach when treating men and women. For men, we recognize that the physical, psychological, social, and spiritual effects of substance abuse can be quite different from the effects on women. Treatment for men must also take into consideration gender differences in societal and cultural forces.

Much of what is considered "masculine" in western society (athletic competitions, risk-taking, sexual conquests) is intertwined with excessive alcohol consumption. Overindulgence in substances is also closely linked with many of the important milestones in men's lives, such as adulthood, marriage, fatherhood, retirement, etc.

Other gender differences in substance use include:

- Men tend to begin experimenting with substances at an earlier age.
- Male substance abusers tend to progress more rapidly in their use.
- Men respond differently than women to certain substances, and some substances have effects on men that they do not have on women.
- Many males rely on substances to be social or to engage in intimate relationships.
- The desire to fit in or be accepted by peers often leads males to abuse substances.

Benefits of providing a male-only peer group in treatment include:

- The opportunity for men to relate to other men without being distracted into game playing to impress women.
- Men can experience closer relationships with other men in the pursuit of mutual goals and concerns.
- Sensitive and/or personal topics can be discussed more freely.
- Destructive/restrictive aspects of the male gender role can be explored.



In addition to our already well-respected 12-Step immersion programming, the men's program offers specialized education to support our clients on their path toward recovery. This gender-specific curriculum covers four modules: discovering self; relationships; sexuality; and, spirituality. Specific topics include:

- Men in Recovery
- Men and Emotions
- Family of Origin
- Barriers to Relationships
- Effective Communication and Intimacy
- Sexuality and Addiction
- What is Spirituality?
- Man Rules

The gender-specific men's program at Clear Springs Ranch allows for a safe and supportive environment for men to successfully focus on themselves and their recovery.

