

# The Journey

Addiction Services



35 Waller Street Ottawa Ontario K1N 7G4 Telephone 613-234-1144 Fax 613-234-2813 Summer 2007 [www.ottawamission.com](http://www.ottawamission.com)

**“Success is not a place at which one arrives, but rather the spirit with which one undertakes and continues the journey.”**

– Alex Noble



**LifeHouse has let me see that I do have a future**

**My name is Adam. I am 29 years old and I am cross-addicted, among other things.**

I heard about LifeHouse through word of mouth – all good things – so much that I travelled eight hours on a bus, truly believing I could change my beliefs and ultimately change my life.

What I heard [about LifeHouse] is no comparison to the experience that is helping me mold my life the way life should be.

They gave me a kind of CPR, the breath of life, if you will.

**LifeHouse has given me a chance to speak, and to be heard, and to understand others.**

It has been life-altering in more ways than one and I am truly grateful to have people actually hear me – people who care and make me feel it. Not just nodding in the appropriate places or making me feel like part of a quota.

LifeHouse has let me see that I do have a future ... and this is from my heart – thank you!

*Adam*

This inaugural Addiction Services newsletter is to keep you, our generous donors, apprised of success stories here at The Ottawa Mission.

Thank you for your ongoing support.

- Troy Thompson, Manager, Addiction Services, The Ottawa Mission

# 1 The Day Program

**The Day Program is for clients in the shelter and the community who may not be ready to commit to residential addiction treatment.**

They may have never considered treatment or maybe they want help, but struggle with motivation or, like some, they are actively seeking recovery.

There is no intake or assessment process but the participants must be clean and sober each day they attend the program.

*“The only thing alive in me was my faith, my faith that God had not forsaken me. And The Ottawa Mission’s people had faith in me. There are wonderful people here. Thank you!” - Todd*

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**The Day Program has been very successful.**

**Since its beginning in February, 15 people have moved into Stabilization, 5 into LifeHouse, and 3 will be graduating this summer.**

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The Day Program is based on a two-week repeating cycle, Monday to Friday mornings. We offer coffee and conversation, followed by a group session for an hour. Individual counselling is available in the afternoon for anyone who wants it.

We also encourage the participants to attend our chapel services, as well as 12-step fellowship meetings in the community.

*“I am so grateful I had a place to go when desperation and despair became overwhelming. The Day Program was a support system that, one day at a time, kept me clean and sober on my path in recovery. Thank you.” - Gary*



## 2 Stabilization

**In Stabilization, our goal is to assist clients to maintain sobriety, stabilize behaviours, seek healthier lifestyles and reconnect with the community.**

The men in The Ottawa Mission's 30-day Stabilization program may also have to deal with other issues, such as mental health, legal, and life skills problems.

With the help of an Addiction Counsellor or Support Worker, we offer links with community services, and supportive group work. We also introduce the 12-step programs and offer help finding a sponsor.



**I am so grateful I had a place to go when desperation and despair became overwhelming.**

We will develop an individual treatment plan with the client to help him reach his goals. At the end of the 30 days, our clients are prepared to continue in the path to recovery.

## 3 LifeHouse

**LifeHouse is a unique, intensive, five-month drug and alcohol rehabilitation program.**

LifeHouse is a safe and secure place where the homeless or those at risk of being homeless can work to overcome addictions and deal with difficult personal issues.

Clients must transition through Stabilization before they can move into LifeHouse.

We can help them prepare for employment, volunteering or a better education.

***“The Ottawa Mission looks at all aspects of recovery, and that gave me hope. I was amazed how there is a complete community of wellness here ...” – Gerry***

**Our goal is to restore confidence and self-sufficiency to lives that have been damaged by addictions.**

The LifeHouse program has two parts:

### **Core Treatment – the first three months**

This includes individual counselling, group therapy, weekly trauma, substance abuse and anger management classes, and time spent volunteering with a community agency. Our residents also attend chapel services and weekly Bible study.

### **Reintegration – the next two months**

We offer employment and education counselling as well as help in finding safe and suitable housing. We encourage our clients to work, return to school or volunteer in the community as part of this phase of their program.

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**6 out of 10 of our graduates remain clean and sober today.**

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# 4

## Aftercare

**Aftercare plays a key role in the success of our graduates.**

As part of our Aftercare program, our graduates are encouraged to continue to attend individual counselling and group therapy. We also offer them job training and education opportunities.

Individual sessions with their primary counsellor may continue for 18 months following graduation, making a total of two years of treatment. This is not an arbitrary number. Studies show that there is a much higher success rate after two years, when old habits are broken and new coping skills are well established.

Group therapy continues as long as the participant wants to attend.

Successful graduates are invited back to share the stories of their personal journey. This is always a

***“Aftercare means everything to me. I’ve been to many different treatment centres and finished their programs, but none of them gave me the chance to come back and work out the problems that occur in everyday life.” – Rob***

powerful session, and an important part of the program that gives hope and affirmation to all our current participants.



**You're invited** to come and meet some of the men whose lives have been changed by your generous gifts

Sunday September 23, 2007  
12 noon to 3 pm

The Ottawa Mission, 35 Waller Street  
Light refreshments will be served.

RSVP to Judy at 613-234-1144 ext. 300 or by email at [jneedham@ottawamission.com](mailto:jneedham@ottawamission.com)

### Our Mission Statement

**The Ottawa Mission reflects Jesus' love in serving the homeless, the hungry and the lost by providing food, shelter, clothing and skills and offers faith and hope for building a wholesome future.**

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### Volunteer Board of Directors

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### Direct Mail Frequency

Reaching out to a community the size and scope of Ottawa is a challenge that is met most effectively through the power of mail. Every mail campaign that we do helps us to find many new and caring donors.

Periodically we blanket neighbourhoods with unaddressed mail, in order to find new people who want to help the homeless. This may result in you receiving two pieces of mail – one that is addressed to you, and one that is part of our “blanket” mailing. Should you receive one of these unaddressed pieces of mail, we ask that you give it to someone who might share your concern for the homeless. If you would like to adjust your mail frequency, please call 613-234-1155.

The Ottawa Mission does not sell or trade its mailing list.

**Thank you to all our donors and supporters.  
We could not do it without you!**