

# ADDICTION & TRAUMA SERVICES

**The Ottawa Mission**  
offers 5 different levels  
of support for men.

## DAY PROGRAM

A drop-in group focused on peer support and educational topics. Participants do not need to be abstinent, but they are asked to arrive sober.

## HOPE PROGRAM

HOPE is available to those clients with substance use disorder, behavioural addictions, challenges to their mental health, and impacted by trauma.

## STABILIZATION

An abstinence-based live-in treatment program that helps clients stabilize their lives. Clients must be sober for 24 hours prior to intake.

## LIFEHOUSE

A 5-month live-in treatment program focused on healing. To enter, clients require a referral from another abstinence-based program.



## SECOND STAGE

Up to 1 year of supportive housing for clients who have completed live-in treatment and are transitioning to independent living.



***For more information, stop by  
the front desk at The Mission  
or contact the coordinator of  
Second Stage and Aftercare at  
SecondStage@ottawamission.com  
or 613.315.9330***



The Ottawa Mission  
35 Waller Street  
Ottawa, ON K1N 7G4

*\*Note that Second Stage  
houses are located offsite*

**OttawaMission.com**



## SECOND STAGE

***A supportive housing option  
for men as they transition  
from live-in treatment to  
independent living***

AN OTTAWA MISSION PROGRAM



UP TO 12 MONTHS

**The Second Stage program provides semi-independent housing for men who have achieved at least 3 months of abstinence through a treatment program.**

Clients have up to 12 months to live in a supportive community house in a quiet Ottawa neighbourhood. This gives them the time and support to prepare for independent living.

Specific supports include group meetings, life-skills training and individual counselling. The Second Stage home also offers a safe and stable environment to continue the recovery journey, repair relationships and return to a productive life in the community.



### PROGRAM EXPECTATIONS

Second Stage clients share space, meals, cooking duties and chores. They participate in a weekly house meeting and a minimum of 2 groups (or other recovery supports) each week.

Clients must connect with their primary counsellor at least once a month, and they pay a monthly programming fee through *Ontario Works*, *ODSP* or an alternative source.

**Healthy habits and positive self-care are priorities in Second Stage.**

Clients are expected to:

- Abstain from drugs, alcohol and gambling while in the program
- Practice relapse prevention techniques with the support of a counsellor
- Make use of supports to re-engage with school, work and/or volunteering
- Work with Mission staff to search for housing and secure next steps

### LENGTH OF STAY

Clients can stay in Second Stage housing up to 12 months, but a review will be conducted at 6 months to assess their continued productivity and suitability for communal living. Mission staff are available to help clients find safe and secure housing and make a successful transition to independent living.

### ELIGIBILITY

To be eligible for Second Stage housing, individuals must have at least 3 months of abstinence. Preference is given to those who have completed The Mission's LifeHouse treatment program, but individuals may also be referred from other live-in programs or supportive housing.

Applicants must be at least 18 years old and must be able to live independently, without needing support with their daily tasks. Because the program involves community living, individuals must be willing and able to live cooperatively.

