

## 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 Stabilization Program staff at 613.234.1144 ext. 288 or 299*



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

[OttawaMission.com](http://OttawaMission.com)



## STABILIZATION

*An abstinence-based live-in treatment program for men ready to address their substance use or who are at risk of relapse*

AN OTTAWA MISSION PROGRAM



**Stabilization is a live-in program that helps men stabilize their lives and develop substance-free lifestyles.**

**The program involves:**



daily groups



individual counselling



a focus on creating healthier routines for the future



*After years of suffering, I finally felt secure in sharing my pain. People really listened to me, and they gave me the strength and courage to pursue long-term treatment.*

FORMER STABILIZATION CLIENT

**The Stabilization program has 13 beds located in a secure wing of The Ottawa Mission. It provides a safe and stable environment for men to rebuild or strengthen their lives.**

In addition to working with a primary counsellor, clients attend recovery-focused groups and educational programs on topics such as:

- emotional awareness
- relapse prevention
- spirituality
- grounding

Stabilization clients also have access to housing supports and case management services. These are available via referrals from program staff.

#### **PROGRAM EXPECTATIONS**

While meals and snacks are provided, residents are expected to complete daily and weekly cleaning chores. There is zero tolerance for gambling, narcotics, drug-related equipment, alcohol or weapons while in the program, and full abstinence from alcohol and drugs (unless prescribed) is mandatory. Daily curfew is 10:30pm.

#### **ELIGIBILITY**

To move into Stabilization, men must be at least 18 years old and have problematic substance use or be at risk of relapse. To enter the program, clients must first complete an assessment, which can be booked with program staff or through the front desk. Clients must be sober for at least 24 hours prior to intake.

Also note that Stabilization (or a similar abstinence-based program) is a prerequisite to enter LifeHouse, The Ottawa Mission's 5-month offsite live-in treatment program.

STABILIZATION

