



about **THE OTTAWA MISSION**

Since 1906, The Ottawa Mission has been serving the homeless, the hungry and the lost by providing food, clothing, shelter and skills. In 2021–2022, The Ottawa Mission provided emergency shelter to an average of 118 people every night and served an average of 2,570 meals every day.

The Ottawa Mission also provides medical and dental services, hospice care, mental health and addiction treatment programs, housing services, spiritual care, educational support and job training to thousands of men and women.

In 2019, The Ottawa Mission launched a new housing department to reflect the belief that a home is a human right for everyone. In September 2020, The Mission marked its one millionth hour serving the community.



THE OTTAWA MISSION

ADDICTION & TRAUMA SERVICES



35 Waller Street
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OttawaMission.com





Addiction and trauma are often linked. Many sink into addiction to cope with physiological, psychological and spiritual pain from trauma. Our team works with men to break this cycle so they can take the first important steps to recovery.

The journey to wellness comes through drop-in harm reduction and live-in treatment, gradually moving towards abstinence and independence. Treatment is tailored to each person's needs.

Partners include the *Royal Ottawa Psychiatric Outreach*.



Addiction and Trauma Services has five stages:

① DAY PROGRAM

A drop-in group focused on peer support and education. Group topics include relapse prevention, emotional regulation and trauma. In addition to group programming, clients may also access individual counselling. There is no requirement of abstinence but participants are asked to arrive sober.

② HOPE PROGRAM

A three-month treatment program focused around harm reduction. The program has 12 beds and offers a safe environment for clients to explore their goals and create change through daily groups and individual counselling. Although abstinence is not mandatory, clients may not be under the influence while on the program floor.

③ STABILIZATION PROGRAM

A 13-bed abstinence-based treatment program for men who identify as having problematic substance use or are at risk of relapse. Clients work to stabilize their lives and develop healthier lifestyles through daily groups and support from a primary counsellor. To enter Stabilization, clients must be sober for 24 hours prior to their intake.

④ LIFEHOUSE PROGRAM

A five-month, 13 bed treatment program for men with a history of trauma and addictions. It consists of two phases that aim to help men heal from experiences associated with addiction. Clients attend weekly counselling sessions and daily groups that focus on anxiety, trauma, relapse prevention, spirituality and creative healing strategies.

⑤ AFTERCARE

Individual counselling and group treatment are available for clients who are housed through Ottawa Mission programming.

LAURA

PRIMARY COUNSELLOR AT LIFEHOUSE AND
ASSISTANT MANAGER FOR ADDICTION
AND TRAUMA SERVICES

"Addiction is the coping mechanism to manage pain and provide a sense of safety and comfort. It's extraordinarily difficult to overcome since when the person suffering tries to forego this mechanism, the original trauma resurfaces. Our society tends to view addiction as a character flaw, which is why addiction is accompanied by stigma, which, in turn, makes it more difficult for those seeking help. In fact, the desire to reduce the harm of their addiction is extraordinarily courageous."

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MAURICE

FORMER CLIENT

"Without The Ottawa Mission, there's no way that I'd ever be alive today. There's no way that I'd be where I am today. I have an apartment, I have a job, a good life. Four years ago, I was on my way out. Now I'm in and I'm staying in."

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KERRY

FORMER CLIENT

"For people recovering from addiction or suffering from mental illness, a journey without a destination is not an option. I've found my home — and now I finally have hope for the future."