

## Welcome

### *"A PLACE OF NEW BEGININGS"*

Addictions impacts individuals and families lives to some degree, on a daily basis. Anchorage is part of an abstinence based approach that looks at the whole person in order to achieve a balanced state of wellness.

## After Anchorage

After you finish treatment at Anchorage, you may choose to find housing in the community, or you may choose to return to your hometown. You may also be interested in attending **Aftercare** at Anchorage.

Staff are here to support you in choosing the best option for you, and assisting you in working towards it!

## Salvation Army Transitional House

After completing Anchorage, you **may** be eligible to move into Transitional House.

Transitional House provides short-term affordable housing to single adult men. Each resident has a private and secure furnished room. There is space at Transitional House 16 men at a time.

## Questions?

Contact **Gordon Hudson** or **Susan Allaire** today for more information or to get started on your application

**Tel: (613) 241-1573**  
**ext. 306 Gordon Hudson**  
**ext. 407 Susan Allaire**



Giving Hope Today

**OTTAWA BOOTH CENTRE**  
171 George Street  
Ottawa ON K1N 5W5



## What is Anchorage?

Anchorage is a 4-month residential treatment program designed to help you work through core issues related to alcohol and drug addiction. Anchorage is located at 175 George Street in Ottawa, Ontario.

## The Community Reinforcement Approach

The Anchorage program uses the Community Reinforcement Approach (CRA). The CRA approach is based on the idea that people are more likely to be able to maintain the changes they make when they begin to experience the rewards of a recovery lifestyle. This can include:

- Developing positive resources to support your change
- Participating in rewarding social activities
- Strengthening relationships and connection with others
- Discovering your purpose
- Achieving short/long term goals.

## Admission Criteria

You may enter the Anchorage directly, **if you are deemed ready for direct admission**, or through the Stabilization Program. Stabilization is located on the 4<sup>th</sup> Floor in the general shelter building, at 171 George Street. Please visit [www.ottawaboothcentre.org](http://www.ottawaboothcentre.org) for an application package.

## Incarcerated Clients

Individuals who are facing legal action or incarcerated may apply for the Anchorage program through their legal counsel or by direct contact with the Addictions Services team. Admission criteria is the same as above.

## Individual Counselling

While in Anchorage, you will meet every week with an addictions counsellor. You and your counsellor will work together to identify issues and work towards recovery goals.

Your time with your counsellor is yours to use however you may choose. You may be interested in talking about any of the following topics:

- Stress
- Anxiety and depression
- Anger management
- Self esteem

## While at Anchorage

Anchorage can accommodate up to 24 men at a time. You will have access to the kitchen, Lounge area with TV. There is also staff on site 24 hours a day, 7 days a week at the Anchorage Front Desk, should you require support at any time.

Treatment at Anchorage consists of regular group programming, in addition to weekly meetings with your counsellor.

### Weekly group programming consists of:

- Relapse Prevention
- Emotional Health
- Nutrition
- Trauma & Resilience
- Recreation Activities
- Process Groups
- Anger Management
- Weekend Planning & Relapse Prevention
- Multi dimensional approach to recovery
- SMART meetings