



Centre of Hope

Hope in Addiction

Housing Crisis or Addiction Crisis?

Housing First

The Housing First model was developed in the 1990's as a strategic response to homelessness that prioritizes permanent and stable housing for people experiencing homelessness. The guiding principle of Housing First is that safe and secure housing should be quickly provided prior to, and not conditional upon, addressing other health and well-being issues.

In the original housing first model, once housing was secured, a multidisciplinary team of support workers can address complex needs through services like drug and alcohol counselling or mental health treatment.

However, an individual's engagement with these support services is not required for them to maintain accommodation. Each individual is assisted in sustaining their housing as they work towards recovery and reintegration with the community at their own pace.

In the last decade however, the prioritization of the "housing first" model has been reduced to the simplified assertion, "The answer to homelessness is housing." (Kennedy Stewart)

However, if as Mate asserts, "The attempt to escape from pain, is what creates more pain" then by trying to address homelessness apart from addiction, we are not getting at the primary cause of homelessness in the first place.

We are now at a crossroads where we must ask the question, do we have a housing crisis or an addiction crisis?

Or both?



The Next Step

*Honouring Our Innate Human
Complexity/ Pursuing Human Flourishing*

The Next Step

Homelessness is a complex, psychosocial issue that requires a multi-faceted response.

We are psychological, emotional, volitional, spiritual, intellectual and social beings. We are a complex of thoughts, ideas and feelings and often they are in conflict with one another. Moreover, as we recognize the concurrent issues that someone with mental illness and addiction struggles with, it becomes clear that homelessness is a complex issue.

“In the real world there is no nature vs. nurture argument, only an infinitely complex and moment-by-moment interaction between genetic and environmental effects.” Gabor Mate, *In the Realm of Hungry Ghosts*

In The Next Step Program we recognize the complexity of human personhood with a wholistic response that addresses the spiritual, emotional, physical, and social aspects of our humanity.

From the humility and authenticity that is developed in the 12-step program to the learned life skills needed to live on one's own, The Next Step is a program that not only facilitates housing but seeks to empower human flourishing.

When Nikki Sixx and Gabor Mate Agree

“At first, addiction is maintained by pleasure, but the intensity of the pleasure gradually diminishes and the addiction is then maintained by the avoidance of pain.”

~ Nikki Sixx, Motley Crue

“It is impossible to understand addiction without asking what relief the addict finds, or hopes to find, in the drug or the addictive behaviour.”

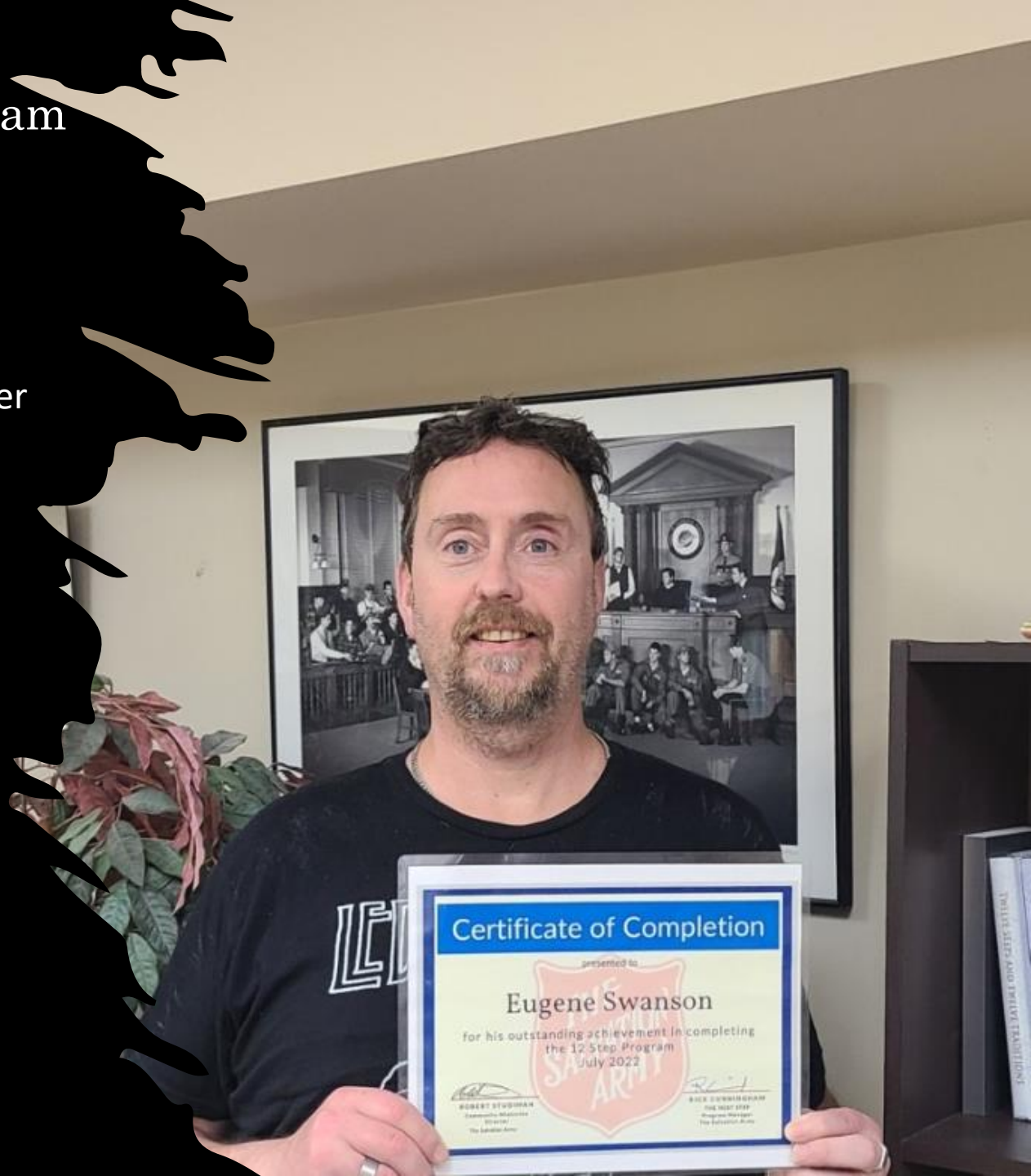
~ Gabor Mate, In the Realm of Hungry Ghosts: Close Encounters with Addiction



The Next Step: a 14 bed, 12 month Transitional Housing Program

- 12 Step Programs with recovery groups addressing each step.
- Holistic group meetings: life skills, peer to peer discussions surrounding substance abuse, difficult emotions and the power of self talk.
- Resume Building
- Financial Planning
- Housing Searches
- Meaningful Volunteering
- Relapse Prevention
- Anger Management
- Conflict Resolution
- Spiritual Care
- 14 graduates from the program in 2021

“Hardships often prepare ordinary people for an extraordinary destiny.” C.S. Lewis





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