



Day by Day

The mission of Christ House is to provide comprehensive and compassionate health care to sick and homeless men from the District of Columbia, and to assist them in addressing the critical issues to help them break the cycle of homelessness.

"WELCOME TO CHRIST HOUSE"

New patients are warmly invited into our community of healing



A nursing assistant greets a new patient in his Christ House room.

When a new patient arrives at Christ House, he is greeted in the lobby by a member of our clinical staff and asked two questions: "Have you eaten recently?" and "Do you need reading glasses?" Hospitality is a core value of our mission and there is no better welcome than meeting the practical needs of those we serve from the moment they arrive.

Some patients feel apprehensive or skeptical when they step through our doors. Coming from

the streets or homeless shelters, they often don't know what to make of the Christ House community. In time, most of our patients come to trust the staff and the healing process through which we are guiding them.

Other patients feel an immediate sense of comfort when they arrive. A patient recently shared, "Coming from where I was coming from, I felt a sense of relief

when I got here. Through the intake process, I realized that I was going to get the help that I needed. I saw that the staff really cared and I was hopeful that they would help me to get better."

— MEDICAL —

Once a new patient settles in, he meets with one of our nurse practitioners. The NP first asks about the patient's primary medical concern and records as much medical history as he remembers. We receive basic information about a patient's condition before he arrives, but we have to continue putting the pieces of the medical puzzle together by contacting past providers, obtaining access to lab results, and investigating past treatments. Since patients stay with us for an average of 41 days, invest-

“A nurse asks, **"Have you eaten recently?"** If the answer is no, the kitchen will send up some food.”

ing time in gathering this history enables us to design more effective treatment plans.

The NP also conducts a comprehensive physical, similar to a

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typical annual physical exam. She examines the eyes, ears, and throat, listens to the patient's heart and lungs, checks reflexes, feels for pulses, and inspects the skin and nails. She is attentive to how the patient tells his story; if there is evidence of depression, anxiety, or confusion, she can then refer the patient for a mental health assessment.

We wash all of the patient's clothes upon intake and offer him a shower. This ensures that the patient feels as comfortable as possible and is clean - which is especially important for those with external wounds.

Within the first several days, we also facilitate preventative screenings for conditions like diabetes, hepatitis, and cancers. These tests are often neglected when an individual is living on the streets. These simple, preventative practices can be the most effective and important things that we can offer a patient.

— CASE MANAGEMENT —

A case manager also meets with the patient during his first few days at Christ House. Our case managers gather information on the patient's background, including his history of homelessness, education, employment, income, substance use, and mental health care.

During the first few days, some patients are hesitant to share personal information or simply may not be able to remember key details about their life. So, case



A nurse reviews a patient's medical treatment plan.

managers, like the clinical staff, often need to fill in missing pieces by investigating past placements,

housing, to maintain their health and independence after they leave Christ House.

“ **I felt a sense of relief when I got here.** Through the intake process, I realized that I was going to get the help that I needed. ”

contacting agencies, and reaching out to family members to better understand the patient's history and needs.

Gathering a wide range of information helps case management to determine which goals to make a priority. The most common first steps we take to build a system of support for patients include obtaining an ID, a source of income, and insurance coverage. Knowing the patient's history also helps case managers as they work with patients on a discharge plan, such as securing

Your support enables us to warmly welcome those who are sick and homeless in Washington, D.C. Thank you for providing healing hospitality to patients from their first to their last day at Christ House.

Case Management Intake

Below are a few of the questions our case managers will ask to determine the best course of action for a new patient:

- Where did you sleep last night?
- Have you served in the military?
- Are you currently receiving income?
- Do you receive support from family?
- How long have you been homeless?
- Have you ever used drugs?
- Have you received any job training?

WE HAD VERY HAPPY HOLIDAYS

Christmas is such a special season at Christ House. We work hard to make sure that every patient feels surrounded by a loving community because, for many patients, past holidays were a lonely time. Your generosity made it possible for every

patient to receive a new hat and gloves, a hand-held radio, and more! These memorable celebrations and meals would not have been possible without the help of our incredible volunteers. Thank you for creating a healing and joyous season.



We threw a Christmas party on December 9th with games, carols, and tree decorating. On Christmas Day, the larger Christ House community celebrated together with patients and Kairos Program members.



A BIGGER BIRTHDAY

Celebrate your birthday with Christ House by turning your special day into a fundraiser for healing and hope. It's easy, and it really makes a difference for patients. Learn more:



www.christhouse.org/inhonor



Did you know you can give to Christ House the next time you log on to Amazon? Purchase and ship needed items from our Amazon Wish List! You can find it at:

www.christhouse.org/donate/inkind



SING OUT FOR SHELTER

Join us for a meaningful evening of a cappella featuring award-winning ensembles, including D.C.'s own Augmented 8. All proceeds will benefit Christ House and other organizations empowering those who are homeless in Washington, D.C.

**Saturday, March 10th
8:00 PM**

Metropolitan Memorial United Methodist Church
3401 Nebraska Ave, NW
(Free parking available!)

Purchase tickets: www.augmented8.org

CFC #34256 • UW #8385
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Advancing hope in Christ's name

www.ChristHouse.org
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CHRIST HOUSE
1717 Columbia Road, NW
Washington, DC 20009

