



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.

NEW DAY EMPOWERS FOR NEW LIFE

Our addictions recovery program guides participants into clean and sober lives

Addiction is frequently at the forefront of discussions about homelessness. However, addiction and its relationship to homelessness are often misunderstood.

While some homeless persons do not struggle with addiction, substance abuse can be a factor in

someone becoming homeless, just as it can be a result of homelessness.

As one of our patients explained, "Before, I didn't drink very much. But when I was sleeping on the streets and was depressed, exhausted, or cold, I began to use drugs and alcohol to soothe myself."

Many of our patients who struggle with addiction were exposed to alcohol or drugs as young teenagers. Individuals who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin drinking at 21. Some men develop an addiction later in life after a painful loss or traumatic event. Some don't notice their growing dependence on substances until it

has overpowered them.

While we focus primarily on the medical concerns that bring patients through our doors, we know that there are often emo-

tional and mental wounds in need of healing, as well.

In rec-

dresses difficult emotions, explains abuse-associated behaviors and consequences, and teaches coping mechanisms and healthy habits.

A key component of the curriculum is interactive journaling which helps participants to personalize and internalize their recovery. This practice encourages them to reflect on the material discussed in class and ask, "What does this

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"New Day gave me a new life. It showed me how to be a person again. I got my family back. I couldn't be happier."

-former patient

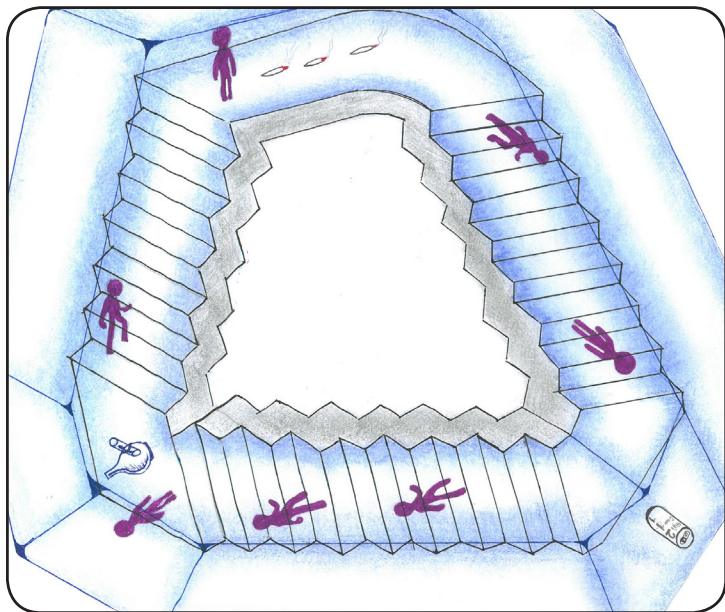
ognition, our staff developed the New Day Addictions Recovery Program in 2000. Since that time, we have seen 268 participants graduate from the program.

New Day is based on the 12-Step Recovery Program. Classes are held three times a week at Christ House and are open to all participants.

This evidence-based, participant-directed program identifies and ad-



Addictions Counselor Petrina Williams explains a section of the New Day workbook to students during class.



One interactive journaling assignment asks: "Draw what powerlessness feels like to you." A class participant drew an optical illusion to demonstrate how he felt trapped in a cycle of substance abuse.

mean to me?"

The curriculum progresses through six chapters:

1. Substance Abuse: discusses how addiction creates physical and behavioral problems.

2. First Step: explains that the first step of recovery is 'admitting the problem' by having the participant reflect on areas of life that have become unmanageable.

3. Spirituality: helps participants develop an understanding of their higher power and its effect on their life.

4. Feelings: describes the 'four big feelings' (shame, grief, anger, and fear), how they play into addiction, and how to manage them well.

5. Relapse Prevention: provides tools and advice to avoid pitfalls that could lead to relapse.

6. Life Management: offers guidance on developing healthy habits for stress management, nutrition, active living, sleep,

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finances, and time management.

While the personal reflection and lifestyle change demanded by the program is challenging, Addictions Counselor Petrina Williams reminds us that "you can't conquer what you don't confront."

New Day participants find

motivation and support within the class community as they

share their stories, their struggles, and their daily triumphs.

After completing the 12-week program and all required assign-

ments, participants are honored at a graduation ceremony. New Day graduations are highly anticipated and joyous celebrations. Fellow participants, Kairos Program members, staff, and sometimes even the graduates' friends and family attend this important milestone. The ceremony offers each graduate an opportunity to share about their past, their recovery, and their dreams for the future.

To understand the transformation that this program ignites and sustains, we invite you to attend

a graduation ceremony. The next ceremony will be on June 7th. To RSVP, email devel-

"This program gave me life-saving tools. I am stronger, wiser, and better."

-former patient

opment@christhouse.org or call 202-328-1100. We look forward to sharing this special celebration with you soon.



L-R: Addictions Technician Christine Paukstis, New Day graduates, and Addictions Counselor Petrina Williams pause for a photo before their graduation ceremony.

LOOKING BACK AT 2016

Patients Received Care

- 245 patient admissions
- 10,164 patient-days of care
- 41 days = patients' average length of stay
- 57,102 meals served

Donors Supported the Mission

- 2,594 donors (individuals, churches, community groups, foundations & corporations)
- 2,431 financial gifts
- \$39,302 = estimated value of in-kind donations

Volunteers Made a Difference

- 2,767 individual volunteers
- 9 year-long volunteers
- 41 Kairos volunteers
- 62 meal groups
- 57 work groups
- 37,115 total hours volunteered

Thank You!

This work would not be possible without your support.



Volunteers continue to provide a wonderful support to our mission!

NEW IN-KIND DONATION POLICY

We are extremely grateful for those who provide needed items for Christ House patients. In order to make the best use of our limited storage space and to ensure that patients have access to clothing and toiletries that they most urgently need, we have made a few updates to our in-kind donation policy:



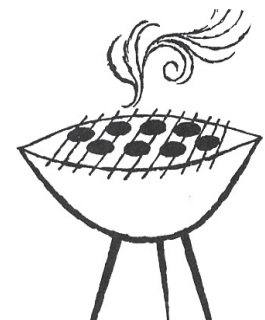
- **Donation drop off:** In-kind donations will only be received during our business hours, Monday-Friday from 8:30 am - 5:00 pm, unless a special appointment is made with a staff member in advance. *Please note that our offices are closed on all federal holidays.*
- **Clothing and toiletry items:** Check our website (www.christhouse.org/donate/inkind) and our Amazon Wish List (link on our in-kind webpage) for our current needs.
- **Food items:** Contact Executive Chef Miri Jung at (202) 328-1100 or Miri.Jung@christhouse.org.
- **Medical supplies:** Contact Clinical Manager Barbara Ryan at (202) 328-1100 or Barbara.Ryan@christhouse.org.
- If you have any questions, please call ahead to verify that we can accept the donation.

View the full new policy: www.christhouse.org/donate/inkind
Thank you for your ongoing support!

JOIN US FOR A BBQ

Memorial Day
Monday, May 29th
12:30 pm

Christ House
1717 Columbia Road NW



Patients, staff, volunteers, and the larger Christ House community will come together for food, fun and games! RSVP by May 24th to Jack.Reiffer@christhouse.org or (202) 328-1100.

FAREWELL TO DAVE & SUE LONG



For the past five years, Dave has worked as our Director of Volunteers and Sue has coordinated our clothing closet. They also offered their musical, pastoral, and relational gifts to the larger Christ House community. They retired at the end of April and are looking forward to a new adventure in the mountains of western North Carolina.

We will all miss Dave and Sue and we wish them a wonderful season of retirement!

RECURRING DONATIONS MAKE GIVING EASY

We upgraded our online donation system so it is easier than ever to create and manage your monthly credit card donation.

Why automatic giving?

- quick, one-time setup
- choose any start and end date
- login anytime to view or edit your donation

Set up your recurring donation: www.ChristHouse.org/donate

Questions? Call the Development Office: 202-328-1100 ext. 228



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