

CASPAR has changed lives



Founded in 1970, to meet the needs of substance-abusing individuals who tax the resources of hospital emergency rooms and the court system, CASPAR has developed a continuum of care that provides access to people wherever they are in their recovery. Here are some highlights from the last 12 months for our programs.

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EMERGENCY SERVICES
Emergency Service Center
FirstStep Street Outreach

SUPPORT & STABILIZATION
ACCESS
Employment Services
Phoenix Center

RESIDENTIAL TREATMENT
Men's Residences
New Day
Womanplace

AFTERCARE HOUSING
GROW
Hagan Manor

PREVENTION
Youth Services

Preventive Services:

FirstStep Street Outreach – Over 350 unsheltered men and women were provided life-saving services. 96% were disabled and 80% chronically homeless.

Youth Services - While continuing to serve over 150 at-risk youth still enrolled in area high schools, the program has increased its outreach to the growing number of homeless youth between the ages of 16 to 26 who are active drug and alcohol users. It has become clear that homeless young adults are a unique group that requires targeted responses to their needs.

Emergency Services:

Emergency Services Shelter – Provided 36,500 bed nights to homeless individuals. Veterans account for 10% of these clients with a growing number of young adults between the ages of 18 and 26.

Support Services:

ACCESS – 150 clients received critical stabilization services before entering next-step recovery programs. Working with more than 50 community partners, ACCESS clients are three times more likely to get the treatment they need after detox.

Employment Services - Over half of the clients enrolled in this program found jobs during the last year. 15% of the enrollees were under 18 years of age and 100% are unstably housed.

Drop-In Center – Annually 1,300 men, women and youth worked with our Drop-In Center staff, finding the kind of help, information and support they needed to maintain their recovery.

Residential Treatment Programs:

Men's Residential Programs – 175 men received long-term treatment for their alcoholism and drug addiction. 30% were under the age of 29.

New Day – Over 47 pregnant and parenting women entered New Day in the last 12 months. 68% were women under the age of 29.

Womanplace – Of the 102 clients at Womanplace last year, 54% were under the age of 29. 70% of the clients went onto stable housing when they left the program.

After-Care Services:

GROW – 100% of the clients in this transitional housing program for women in recovery have maintained their sobriety, found a job and secured permanent housing.

Hagan Manor – One-third of the men in this transitional housing program moved on to permanent housing within the last year.

Forthcoming from CASPAR – Enhanced prevention services, increased capacity at ACCESS with 4-5 additional beds and additional growth in our employment program.

CASPAR has been serving the community since 1970. It has grown from a single halfway house for men and a shelter for homeless men and women to a multi-service agency offering intervention and prevention services that provide access to people wherever they are on the substance use/abuse/recovery continuum. We remain committed to saving lives and promoting healthier lifestyles. Our programs instill hope that recovery and an end to homelessness are not only possible but attainable. Today, CASPAR serves over 2,500 men, women and adolescents every year. **These are our programs:**

FirstStep Street Outreach offers life-saving alternatives to unsheltered homeless men and women who are affected by substance abuse and other complications associated with life on the streets. Staff engage the homeless where they are and build trusting relationships. The goal is to connect people with the services they need and save a life today so that recovery is possible in the future.

Emergency Service Center (ESC) is one of three shelters in Massachusetts that accept homeless people who are actively using alcohol and drugs. Clients receive medical and mental health care, nutritional food, personal hygiene supplies, clean clothes, counseling, and employment, housing, and treatment referrals in an environment that is welcoming and safe. We provide shelter 24-hours a day, 365 days a year.

ACCESS (A Client Centered Experience Staying Sober) is a twelve bed transitional program for homeless clients located in CASPAR's Emergency Service Center. These individuals are in early recovery from substance abuse, often awaiting a bed in a residential treatment program. Clients participate in treatment groups, case management, and one-on-one counseling.

The Phoenix Center is a sober drop-in day program where clients receive counseling, case management, and information and referrals, acquire social skills, and begin to develop the network of supports needed for ongoing recovery. Clients' self-esteem is gradually restored in this low threshold setting.

Employment Services offers pre-employment training for individuals in recovery from substance abuse. Specifically, the program provides a continuum of specialized employment services including assessment, counseling, educational and skills-based workshops, resume development, job readiness and retention and support groups for clients. Trainees build a sense of competence and self-sufficiency that is essential to employment and their recovery.

Men's Residences are two houses, with 42 beds, offering a six months residential program for men experiencing the struggles of early sobriety. Clients receive the building blocks necessary for long-term sobriety through individual and group counseling and community-based self-help groups. Staff provide clients with the tools they need to develop and practice a healthy and fulfilling sober lifestyle while building relapse prevention skills and securing employment.

Womanplace is a 20 bed residential program for women in need of six months of gender-specific residential treatment. It is a safe and nurturing environment where they learn to live clean and sober. In addition to their substance abuse history, many women have serious trauma and abuse histories as well. Others struggle with the loss of their children due to active substance abuse. Womanplace staff provide on-site counseling and referrals to medical, mental health and social services in the community.

New Day was one of the first residential treatment programs for pregnant and parenting women (and their newborns) with substance abuse issues. It offers a supportive, clean and sober treatment experience in an effort to improve birth outcomes for infants, and to support these mothers in leading a sober and healthy life while caring for their babies. More than 400 healthy babies have been born to New Day clients since it opened its doors.

GROW (Graduate Residential Opportunity for Women) is an 8 bed transitional housing program for women who have graduated from residential treatment programs. Residents live in a supportive community with a peer support manager and ongoing post-treatment services.

Hagan Manor is a six bedroom congregare living suite for men with disabilities in addition to their substance abuse history. Located in a Somerville Housing Authority building, this unique partnership between the City of Somerville and CASPAR began as a pilot program that has been replicated statewide. The men have graduated from residential treatment and have continued access to services that stabilize their recovery.

Youth Services has responded to the alarming rate of substance use among school aged youth. Junior and senior high school youth are referred by the schools and courts to CASPAR Youth Services to determine the extent and patterns of their use and the level of services they require. They are offered supportive services, referral to treatment and positive after-school activities, including volunteering at CASPAR's shelter.





Employment Services

Work plays an important role in the treatment/recovery process, and helping clients to secure and maintain work is at the heart of what we do in **Employment Services**.

Incorporating aspects of Evidence-Based Supported Employment and Person-Centered Planning, CASPAR's Employment Services program assists clients to develop job search plans tailored to their individual needs in recovery from alcoholism and addiction. Through a series of brief, but meaningful, interventions, clients hone their job-readiness skills.

Co-located with CASPAR's Drop-In Center, Employment Services' clients also enjoy easy access to Drop-In Center groups and skilled counseling staff for emotional support and referrals.

The employment program welcomes clients confronting "barriers" to employment including those with no prior work history, gaps in work history or a criminal record.

Employment supports include:

- Individual and group employment counseling for youth and adults
- Skills and interest assessments
- Résumé and cover letter development
- Mock interviews
- Referrals to education and training providers
- College application help
- Referrals to supportive service providers
- CORI services
- Internship program
- Peer networking groups
- Employer information sessions
- Job leads and placement assistance
- Resource Room with computers, printer, fax and phone for client use
- Post-employment counseling and follow-up

Typical drop-in center groups and activities:

- Twelve-step meetings (i.e. AA, NA)
- Relapse prevention
- Peer support for court-involved persons
- Peer support for veterans
- Trauma support groups
- Women's group
- GLBTQ-friendly groups
- Anger management
- Mindfulness, meditation
- Wellness groups
- Community service activities for youth and adults

Drop-In Center

Positive peer interactions play a critical part in preventing alcoholism and substance use and achieving, and maintaining, sobriety. The **Drop-In Center** is a safe, sober place to seek support for recovery. It is a comfortable, low-threshold environment with space to unwind, read a book, watch a movie, attend a meeting, confer with a counselor or make sober friends.

Our services – both recreational and therapeutic – are always age-appropriate, culturally-competent and trauma-informed.

