OUR MISSION
AT
HOUSE OF CHARITY

Feed those in need, house those experiencing homelessness, and empower individuals to achieve independence.

MEN’S DAY — BY — DAY

An outpatient chemical dependency with co-occurring mental health recovery program.

TRANSFORMING LIVES...
ONE PERSON AT A TIME

House of Charity
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www.houseofcharity.org
“I WENT FROM ABSOLUTE HOPELESSNESS TO HAVING SOME HOPE IN LIFE.”

House of Charity’s Day by Day outpatient program is for men 18 years of age and older, and offers a client-centered harm-reduction based co-occurring chemical dependency and mental health recovery program. We work to optimize client potential.

**Curriculum**

Day by Day offers a tiered approach to wellness. Counselors take a client-centered approach to individualize each treatment plan.

Phase I (10 weeks, 50 sessions, Monday-Friday): Focuses on helping clients gain stabilization with their chemical health, mental health, and living skills.

Phase II (6 weeks, 18 sessions, 3 days a week): Focuses on helping clients with their emotional wellness by addressing their trauma, self-worth, boundaries, healthy relationships with self and others, grief and loss, and any other emotional struggles they choose to address.

Phase III (4 weeks, 4-8 sessions, 1-2 times a week): Focuses on assisting clients in steps needed for long-term recovery. Clients are able to receive support from LADCs, mental health professionals, clinical case management, and peers.

**Program Components**

- Trauma-informed group & individual therapy
- Gender-specific therapy
- Chemical health assessments
- Mental health diagnostic assessments
- Clinical Case Management
- Family counseling available
- Collaboration with MAT programs to assist opioid disorders

**Co-Occurring Services**

We utilize motivational interviewing, DBT skills, trauma-informed curriculum, IMR, and mindfulness to treat mental health issues such as:

- Depression/Anxiety
- PTSD
- Personality Disorders
- Grief and loss
- Schizophrenia
- Bipolar Disorder
- Trauma

**Additional Support Available at House of Charity**

- Safe and sober Group Residential Housing (GRH) for those experiencing homelessness
  - Clients can stay as long as needed
- Daily meals provided at our Food Centre
- Wrap-around case management services
- Recovery yoga
- Easy access to medical services
- Peer support groups

**For More Information, Please Contact:**

Intake Coordinator  |  612.594.2002

To refer clients to the Day by Day program, please fax Rule 25 Assessment to 612.594.2030.