

Casa Esperanza, Inc.'s **Latinas y Niños** Program focuses on the unique cultural and social needs of Latina women in recovery, and their children. The Program promotes positive female roles as a nurturing parent, supportive partner and friend, and contributing community member. Casa's approach empowers women in early recovery to heal from trauma and abuse; reunify with their children; establish and maintain healthy relationships; grieve lost loved ones; develop critical thinking, conflict resolution, and health-management skills; exchange unhealthy behaviors for healthy behaviors; and secure essential resources, including housing, health insurance and other benefits, education, and employment to sustain recovery and achieve independence.

This program focuses on serving adult women:

- struggling with alcohol or substance use, mental illness, and other chronic medical conditions
- without secure and stable housing
- who are single, pregnant, and/or have children 10 years of age and under
- living with HIV/AIDS
- re-entering from incarceration

For single adult women the program typically lasts 6-9 months, and for women with children one year, but all programming is tailored to the needs of each client and family.

Clients with a source of income greater than \$300/month are expected pay 30% of their net income. Clients with an income of less than \$300/month pay no fee.

**All of Casa's services are research-based and available in both Spanish and English. Our services include:**

- Substance abuse counseling
- Care coordination and case management
- Relapse prevention, anger management, life skills and other psycho education and therapeutic groups
- Family education, reunification, and case management with children 10 and under
- Parenting education
- Supervised visitation
- HIV education, counseling, and case management
- Tobacco cessation education and counseling
- Recreational, wellness and stress management programming, including meditation, yoga, nutrition, running/walking groups, and sober social activities
- Linkages to domestic violence, medical, legal, employment and educational services

**Also available on campus:**

- Individual psychotherapy
- Psychiatry
- Primary care
- Peer Recovery Coaching
- HIV counseling and testing
- Structured Outpatient Addictions Program
- A range of therapeutic groups; including Seeking Safety, Recovery and Reentry, Relapse Prevention, DBT skills, Health and Recovery Peer program, Illness Management and Recovery, among others
- Employment and education readiness, coaching and placement



## Our mission

Casa Esperanza, Inc. is a bilingual and bicultural behavioral health center that specializes in serving the Latino community in Massachusetts. Our mission is to empower individuals and families to recover from addiction, trauma, mental illness and other chronic medical conditions; overcome homelessness; and achieve health and wellness through comprehensive, integrated care.

For referrals call or email  
617-445-1123 ext. 200  
[latinastake@casaesperanza.org](mailto:latinastake@casaesperanza.org)

# Rumbo a Casa/The Way Home

Latinas y Niños offers specialized services to Latinas reentering from incarceration. Rumbo a Casa staff work closely with courts, corrections, probation, and parole to help reduce relapse and recidivism and foster long-term recovery. Assessment and assertive engagement strategies begin while individuals are still incarcerated, to ensure a more successful transition. In addition to integrated substance use, mental health, and primary care treatment and comprehensive, reentry-oriented recovery support services, there is a focus on developing and meeting long-term employment and education goals to help reentering citizens build meaningful, purposeful lives in the community.

## Tu Bienestar/Your Wellness



*"It was a big step to say 'I need help', but from day one, the staff and tools were there for me. It helped me discover a lot of things I didn't realize about my life, but also helps me put the past in the past, and to look to the future. It gave back the strength to live, without using."*

**-Latinas y Niños Client**

The Casa Esperanza Latinas y Niños Program offers specialized services to address the complex clinical needs of women living with HIV/AIDS and other chronic medical conditions. Clients receive on-campus access to integrated primary care, medical case management, psychiatry, mental health counseling, and peer and social supports. A dedicated Treatment Coordinator provides culturally appropriate education and information about addiction, mental illness, HIV/AIDS and other chronic medical conditions; engages clients in groups that reduce isolation and stigma, while increasing health literacy and self-efficacy; provides counseling, coaching, and care coordination; and empowers clients with the skills, supports and confidence necessary to navigate complex systems of care and make informed decisions about their health.

## Salud y Sustento/Health & Wellness for Women

Latinas y Niños provides specialized services to pregnant and post-partum women, also funded by SAMHSA. These services are aimed at increasing safe and healthy pregnancies, improving birth outcomes, stabilizing families, building child-parent attachment, and reducing intergenerational transmission of trauma. Women receive integrated substance use, mental health, and medical and wellness services through a trauma-informed Health Home model. Individual and group trauma work using the Seeking Safety model supports women in their recovery, while Child-Parent Psychotherapy and Nurturing Program interventions help build parenting skills and healthy attachment between mothers and children. These interventions are supported by intensive family case management, employment and education support, and peer recovery coaching.