

# Men's Program



**Casa Esperanza's Men's Program** focuses on the unique cultural and social needs of Latino men in recovery, promoting positive male roles as a nurturing parent, supportive partner and friend, and contributing community member. Casa's approach helps men heal from trauma and abuse; 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.

Casa Esperanza's Men's Program focuses on serving individuals:

- struggling with alcohol or substance use, mental illness, and other chronic medical conditions
- without secure and stable housing
- living with HIV/AIDS
- re-entering from incarceration

The program typically lasts 6-8 months, although all programming is tailored to the needs of each client and family.

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



## 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.

**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
- 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, and Illness Management and Recovery, among others
- Employment and education readiness, coaching and placement

For referrals call or email  
617-445-1123 ext.110  
[mensintake@casaesperanza.org](mailto:mensintake@casaesperanza.org)

# Rumbo a Casa/The Way Home



Casa Esperanza Men's Program provides specialized services to Latino men reentering from incarceration, funded by a grant from the US Substance Abuse and Mental Health Services Administration. Rumbo a Casa staff work closely with courts, corrections, probation, and parole to help reduce relapse and recidivism and foster long-term recovery in men struggling with co-occurring addictions and mental health disorders.

Assessment and assertive engagement strategies begin while individuals are still incarcerated, to ensure a successful transition to treatment and support in the community. Reentering citizens receive integrated substance use, mental health, and primary care treatment and comprehensive, reentry-oriented recovery support services. In addition to intensive case management to address immediate needs, 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

Casa Esperanza Men's Program offers specialized services to address the complex clinical needs of men 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, 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.



*"At Casa Esperanza I stayed motivated because I had a plan for living. I learned to be independent, hold a job and reconnect with my family. That's what gave me the strength to keep going."*

**-Men's Program Client**