

2016 ONPHA Conference and Trade Show

409

Breaking the cycle: Helping women succeed in community housing

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Durant

ONPhA





VISION STATEMENT

With stable housing as a foundation,
everyone belongs – and has a bridge to a better life.

Since 1982, developer of “housing plus
supports” approaches to meet the needs
of consumers of mental health and/or
addiction system who are homeless.



MISSION STATEMENT

Mainstay Housing works with people living with mental health and addiction issues who are deeply affected by poverty and provides them with housing, ongoing support and greater opportunity to be part of a community.



ABOUT MAINSTAY HOUSING

Since 1981, developer of “housing plus supports” approaches to meet the needs of consumers of mental health system

- Developed 19 properties for others
 - 41 properties for ourselves – 867 units: 1,000 tenants – singles, couples and families
 - Built form: 21 apartment buildings, 18 houses (shared), 2 boarding homes, 5 condos; from bedroom to bachelor to 4 bedroom unit types.



ABOUT MAINSTAY HOUSING

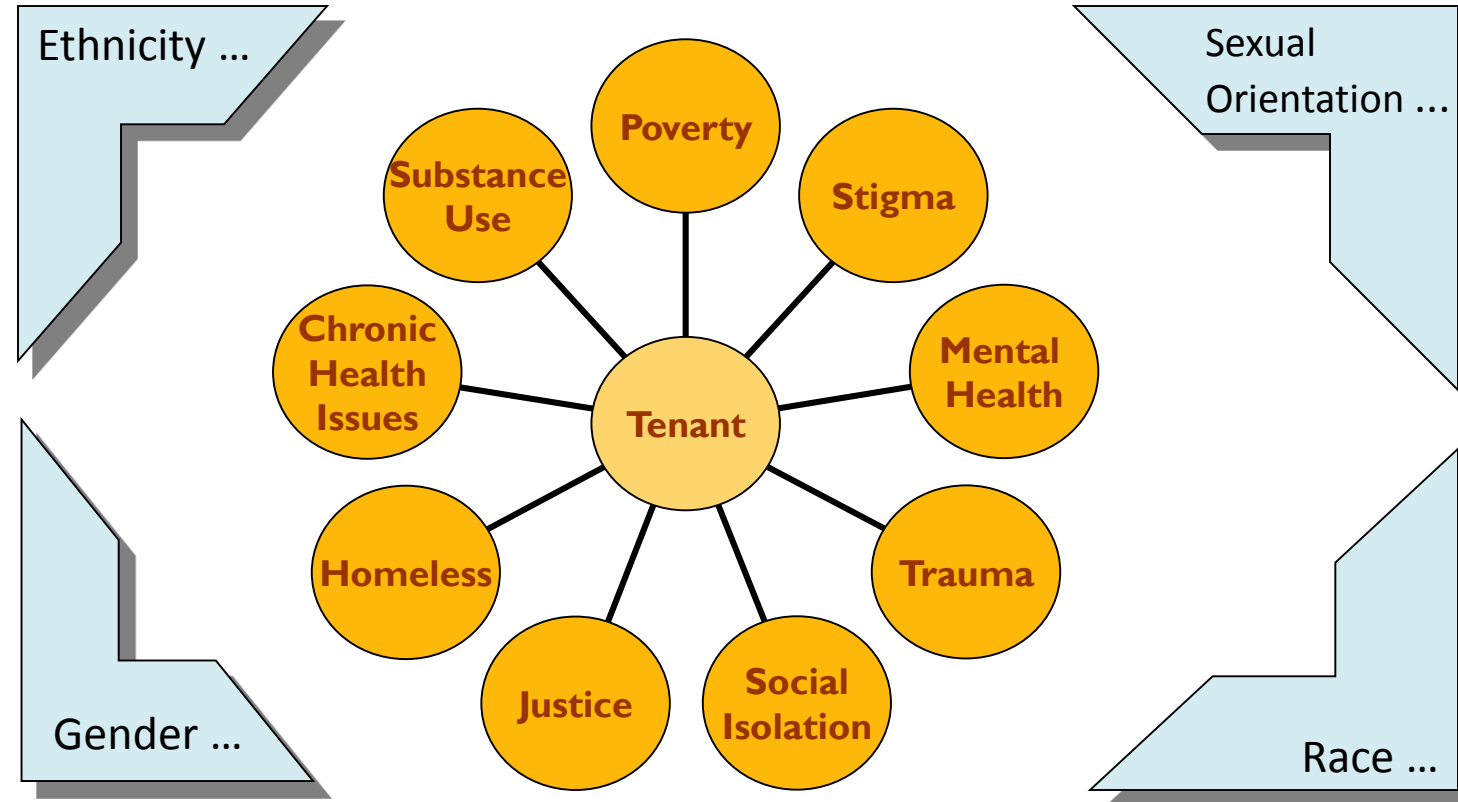
- We provide mental health housing and support through a landlord role.
- Partnership Agreement
 - 22 Support Service Agreement agencies (clinical support services)



OUR APPROACH

- Flexible, individualized supports
- Opportunities to create meaningful networks
- Opportunities to explore potential
- Opportunities for Voice

Chronically Homeless People Bring Extraordinary Complexity



The interplay of challenges, internalized stigma, experiences of discrimination, affects the new tenant's ability and confidence to succeed as a tenant.

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PURPOSE

The purpose of the initiative is to address gaps across the continuum of care for 32 women living with mental health and complex addiction issues, in particular, homeless, high users of emergency services and to support the flow of patients to appropriate housing settings in Ontario

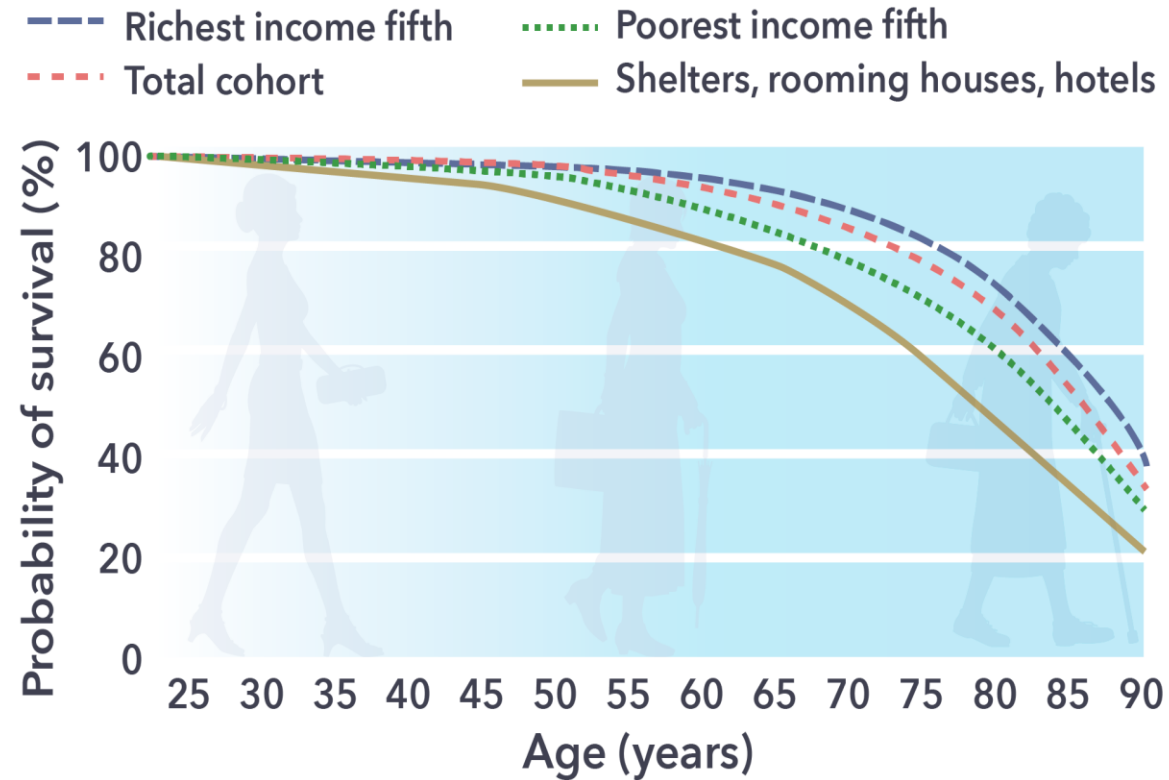
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Since 2011, Mainstay Housing and a case management agency, have worked in partnership to provide permanent housing and support the women in the program.



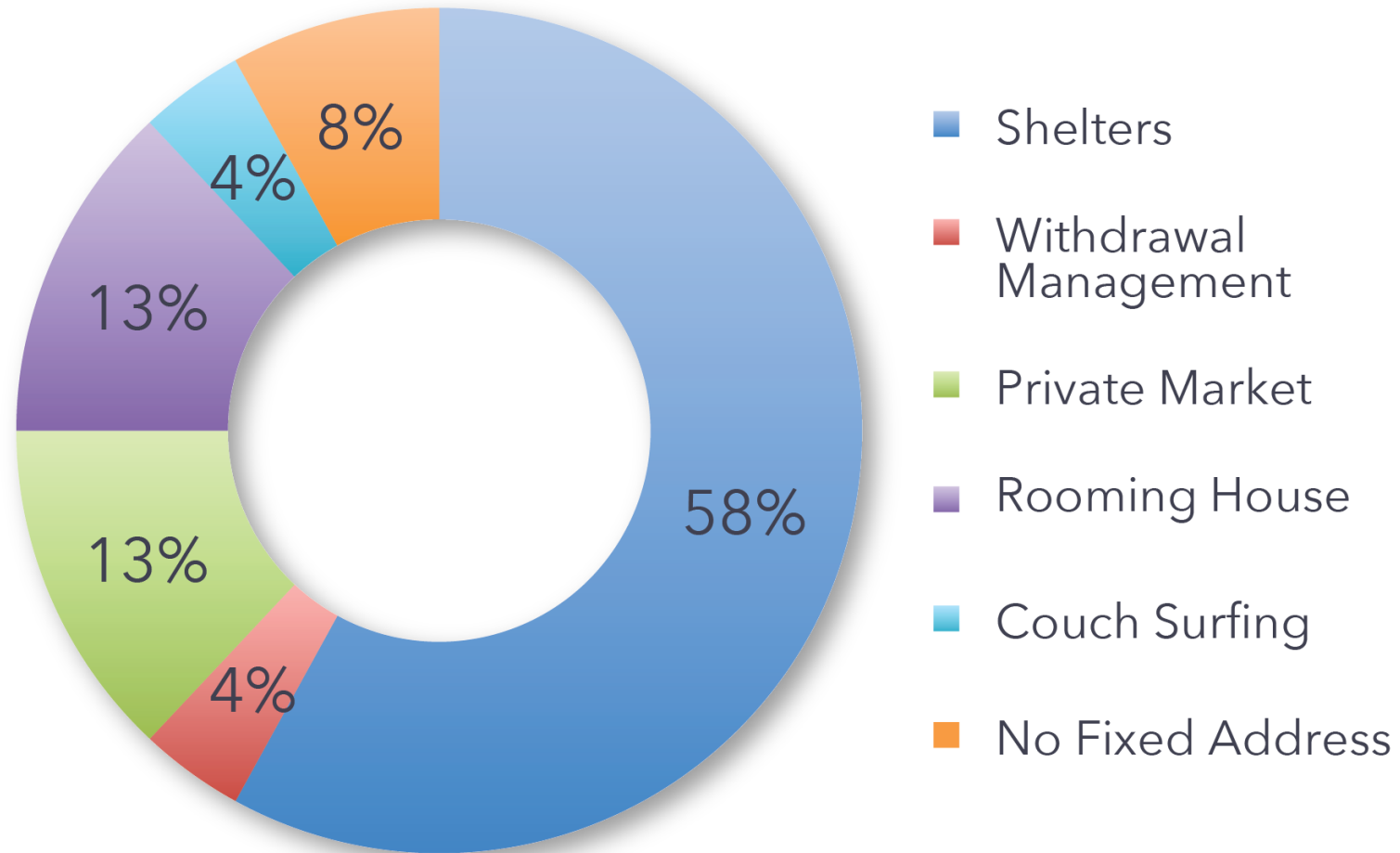
PURPOSE

**HOMELESS AND
VULNERABLY
HOUSED
PEOPLE HAVE
MUCH HIGHER
RATES OF
MORTALITY
THAN THE
GENERAL
POPULATION.**





PRIOR LIVING ARRANGEMENT





OBJECTIVES OF THE PROGRAM

Research has shown that women who experience homelessness coupled with complex substance use issues face significant barriers to maintain permanent housing.

This model, which includes Housing First, Trauma informed, Women centered, Harm Reduction, and creates strengths based approaches, has proven to be successful in the following:

- Increase housing stability
- Improve quality of life and outcomes
- Reduce reliance in high cost medical services



THE MODEL

- Permanent housing
- Flexible place based support
- Integrated team

The program is based on a modified Housing First approach and offers women immediate entry into housing (without treatment and/or abstinence requirements)



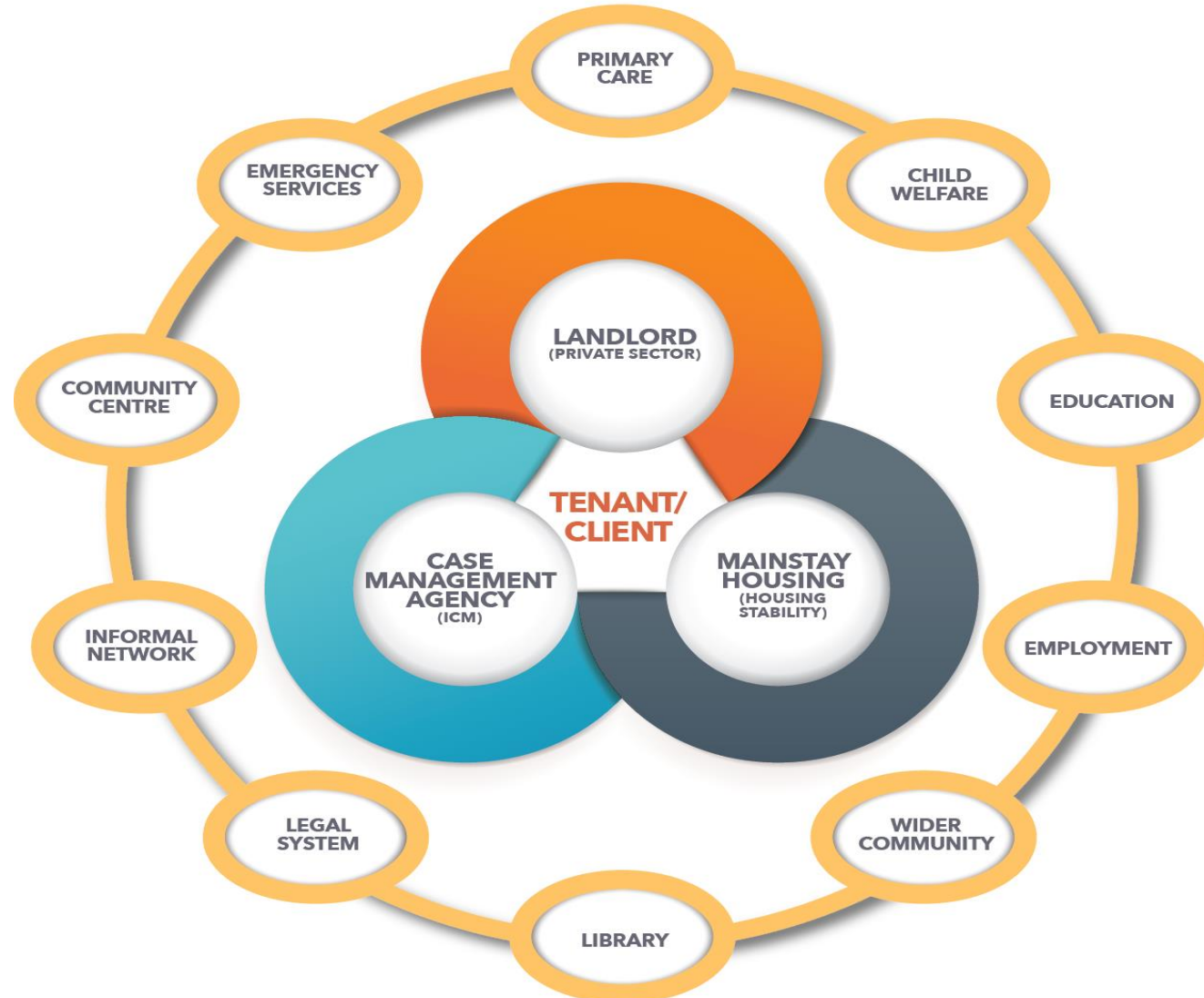
THE MODEL

Our approach increases successful tenancies by fostering self, direction, personal responsibility and community capacity as it relates to housing individuals living with complex health issues.

We work with private landlords who may have limited understanding of the challenges faced by the population.



PLACE BASED FLEXIBLE RESPONSE TO HIGH NEEDS/HIGH RISK TENANT/CLIENT





THE TEAM

The staffing model for this program comprises of 3 Case Managers and 1 Housing Support Worker for every 8 women. It aims to maximize opportunities for clients to receive the support they need and increase stability, develop tenancy skills, decrease avoidable use of health services, and improve quality of life.

Case Manager Role	Supportive Housing Worker Role
<ul style="list-style-type: none">• Clinical Counselling• Advocacy• Referrals	<ul style="list-style-type: none">• housing stability;• community development/capacity building;• Supportive counseling;• liaison with the landlord and other stakeholders.



Eviction Prevention working in maintaining housing

- Keep the unit clean
- Report maintenance or repair problems
- Pay rent on time
- Not disturb reasonable enjoyment of other tenants
- Repair or pay for damage they cause



Tools for Skills Building

- Intervene on any tenancy issue
- Engage the tenant in problem solving discussion
- Engage the circle of support - case management agency and/or others



CASE STUDY

Mary- 27 years old woman

Five years history of homelessness

Two years of stable housing with supports

Recently her unit taken over by boyfriend and his friends

high foot traffic, rental arrears and damages to the unit

Mary is not engaging



Let's Practice!!!

how to best support this woman maintaining her housing.

Discuss in a groups

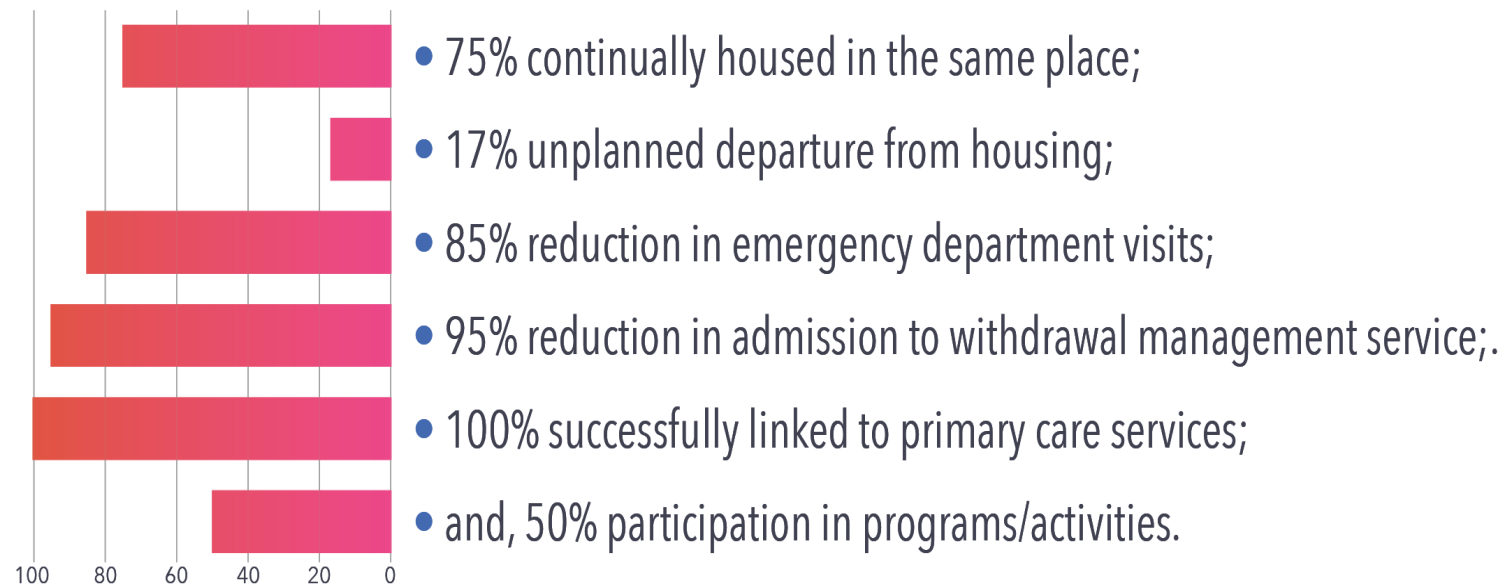


OUTCOMES

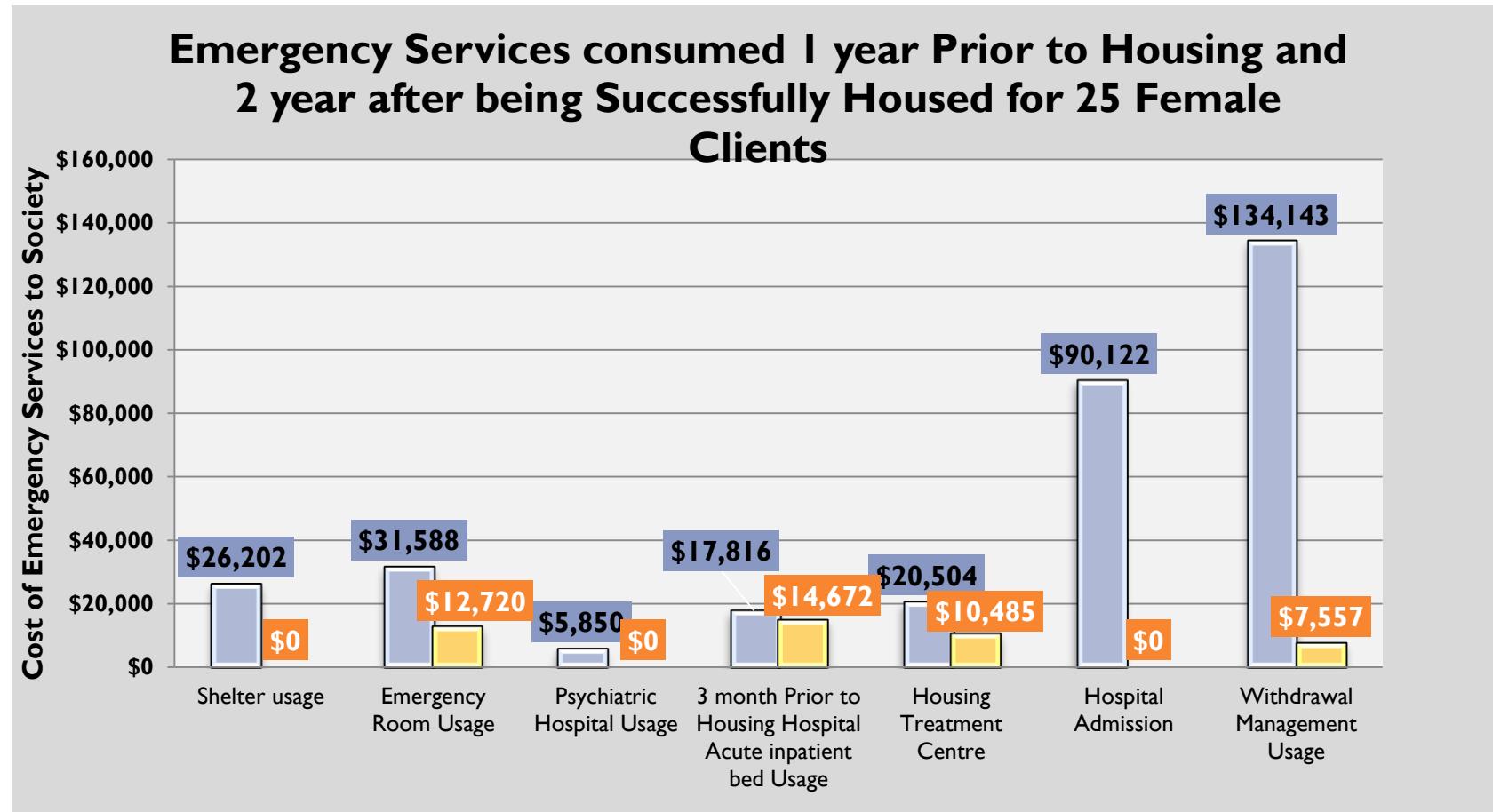
This model has been proven to have a positive impact on housing stability, quality of life and community.

IMPROVED HOUSING STABILITY AND QUALITY OF LIFE

45 women housed over 4 years



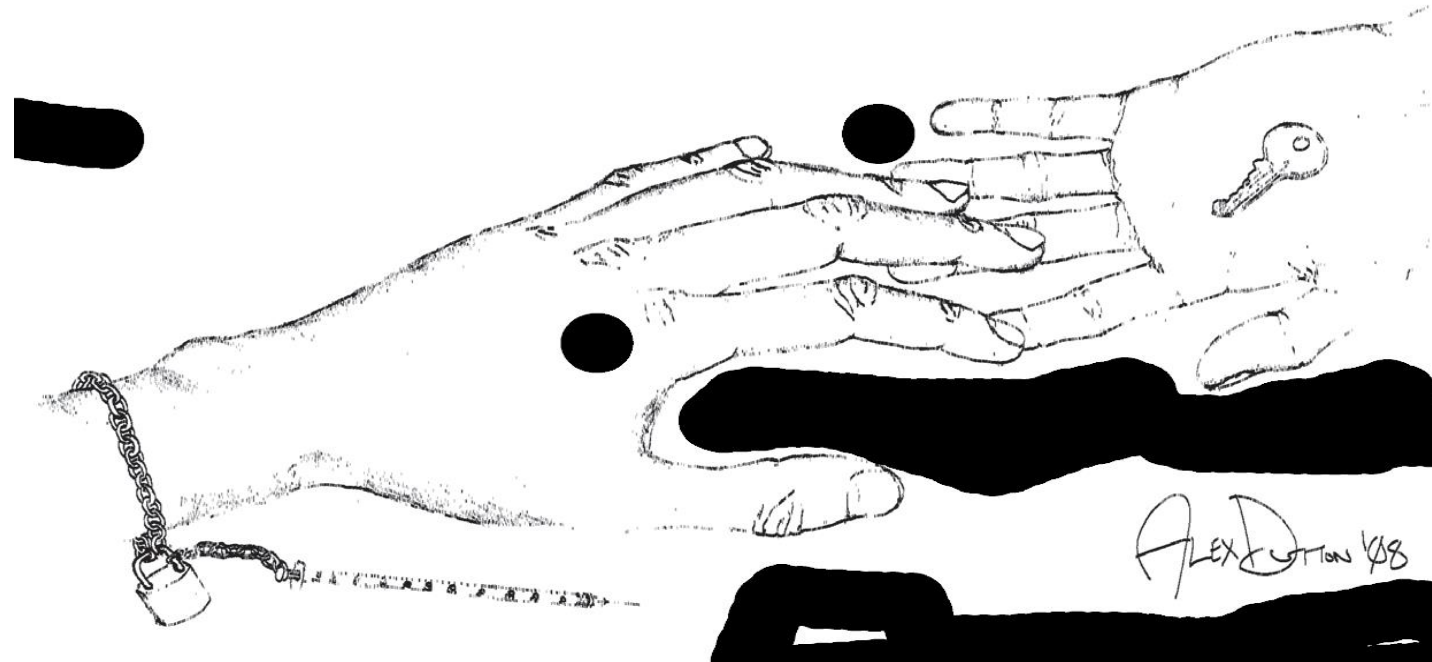
TOTAL COST SAVING FOR EMERGENCY SERVICE CONSUMPTION



OPPORTUNITIES **LIVE** HERE



mainstay
HOUSING





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