

“Home Is Not Really A Place”

Naomi Thulien, NP-PHC, PhD

November 2, 2022

MAP Centre for
Urban Health
Solutions

A Mixed Methods Study of Recently Homeless Youth Efforts to Sustain Housing and Stability

Sean A. Kidd¹ · Tyler Frederick² · Jeff Karabanow³ · Jean Hughes³ · Ted Naylor³ · Skye Barbic⁴

“...declining hope may well reflect not only the **false promises** that attend housed life but also entry into a sphere in which many feel that they **don’t belong** and **cannot make gains.**”

Lancet 2018; 391: 266–80



What works in inclusion health: overview of effective interventions for marginalised and excluded populations

Serena Luchenski, Nick Maguire, Robert W Aldridge, Andrew Hayward, Alistair Story, Patrick Perri, James Withers, Sharon Clint, Suzanne Fitzpatrick, Nigel Hewett

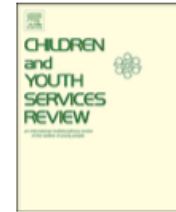
“**Little evidence** exists for the effectiveness of tailored interventions that address the broad needs of **socially excluded young people** (eg, trust, subsistence, living skills, family or peer support, and safety)...The primary outcomes of the review—**inclusion and re-integration—were not measured** in any of the reviewed studies...”



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Children and Youth Services Review

journal homepage: www.elsevier.com/locate/childyouth



Interventions for youth homelessness: A systematic review of effectiveness studies



Matthew H. Morton*, Shannon Kugley, Richard Epstein, Anne Farrell

Chapin Hall at the University of Chicago, 1313 E 60th Street, Chicago, IL, United States

“The field **lacks rigorous evaluative evidence** of many of the program models on which communities and governments rely to address youth homelessness (for example, street outreach, transitional living programs, youth shelters, host homes, and rapid rehousing).”

Transitioning Youth Out of Homelessness (2019 – 2022)



Three Partners



24 Youth



30 Months



Rent Subsidies



Mentorship



Transitioning Youth Out of Homelessness (TYOH 1.0)



- Community integration
- Self-esteem
- Hope
- Social Connectedness
- EET

Inclusion Outcomes



Complications



Surprises



Advocacy



Informal Mentors

Transitioning Youth Out of Homelessness (TYOH 1.0)

Exiting Homelessness

Breaking Free

- Home vs. Housed
- Diverse Connections
- Identity Capital

Circling

- Living in the Legacy
- Foggy Window

Trapped

- Housed vs. Home
- Limited Internal/External Connections



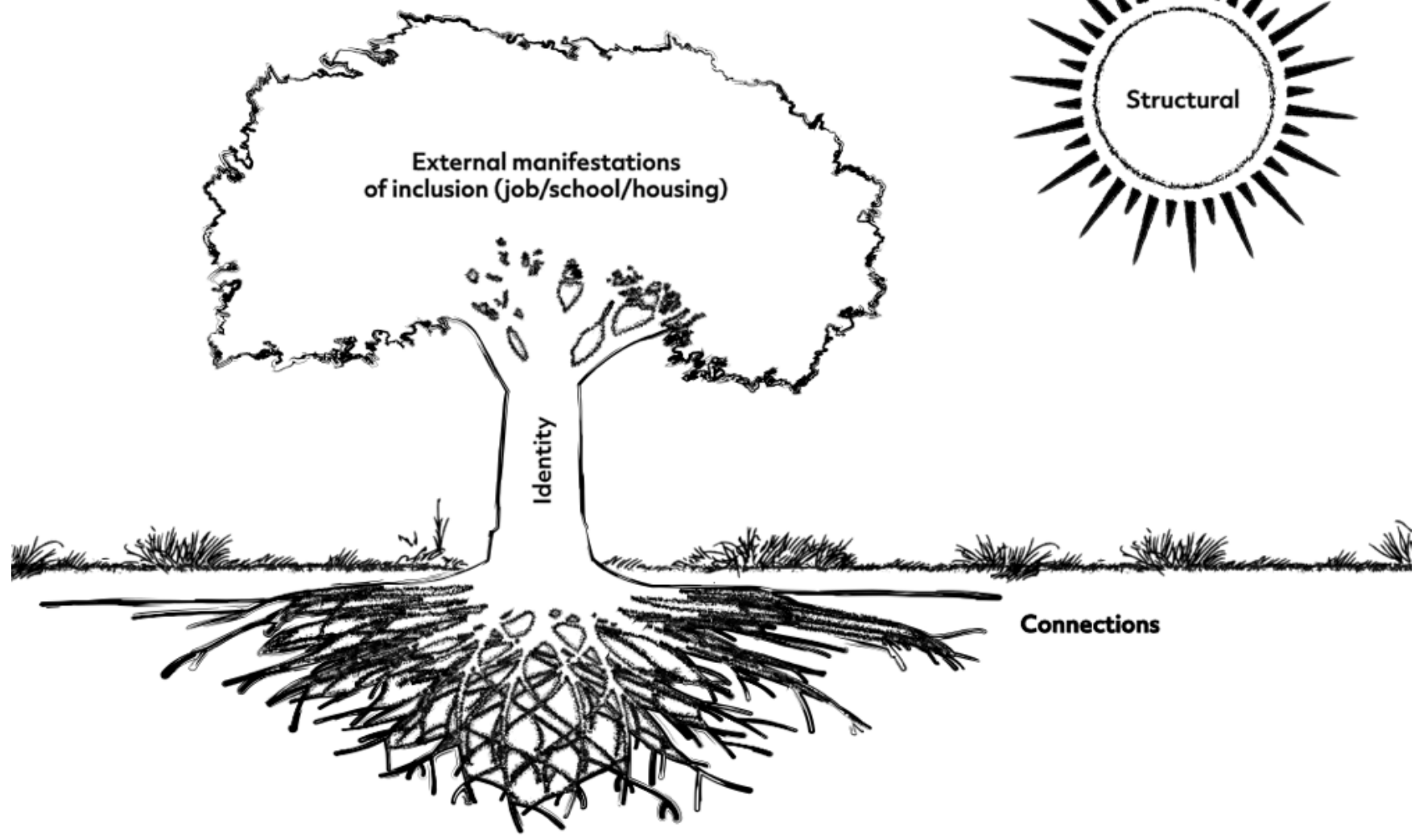
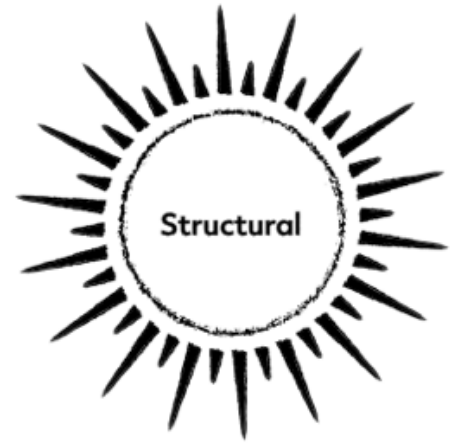
“The key to understanding a **healthy community**, Indigenous or not, is appreciating that **cultivation of the human spirit is grounded in emplaced networks** of significance.”

“Grounded emplacement gives **positive meaning** to individual and collective life in social groups and society as a whole, and produces a healthy “sense of place,” as well as a **healthy sense of identity.**”



“Scholar **Julie Christensen** further describes the Indigenous concept of home as a feeling of “**rootedness,**” meaning that an Indigenous person, community and Nation feel at home when they have a **reciprocal responsibility and stable relationship** with such things as place, geography, animals, community, **sense of belonging, identity,** family, ancestors, stories and independence (Christensen, 2013).”

“Without these connections, Indigenous Peoples feel “rootless,” unanchored or “homeless” (Christensen, 2013, p. 809).”



Purpose ↔ Spirituality ↔ Meaning

Transitioning Youth Out of Homelessness 2.0 (2022 – 2024)



Four Partners



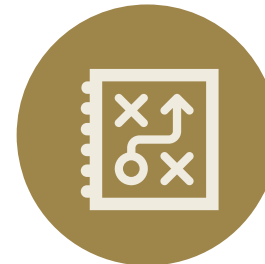
40 Youth



12 Months




Rent Subsidies

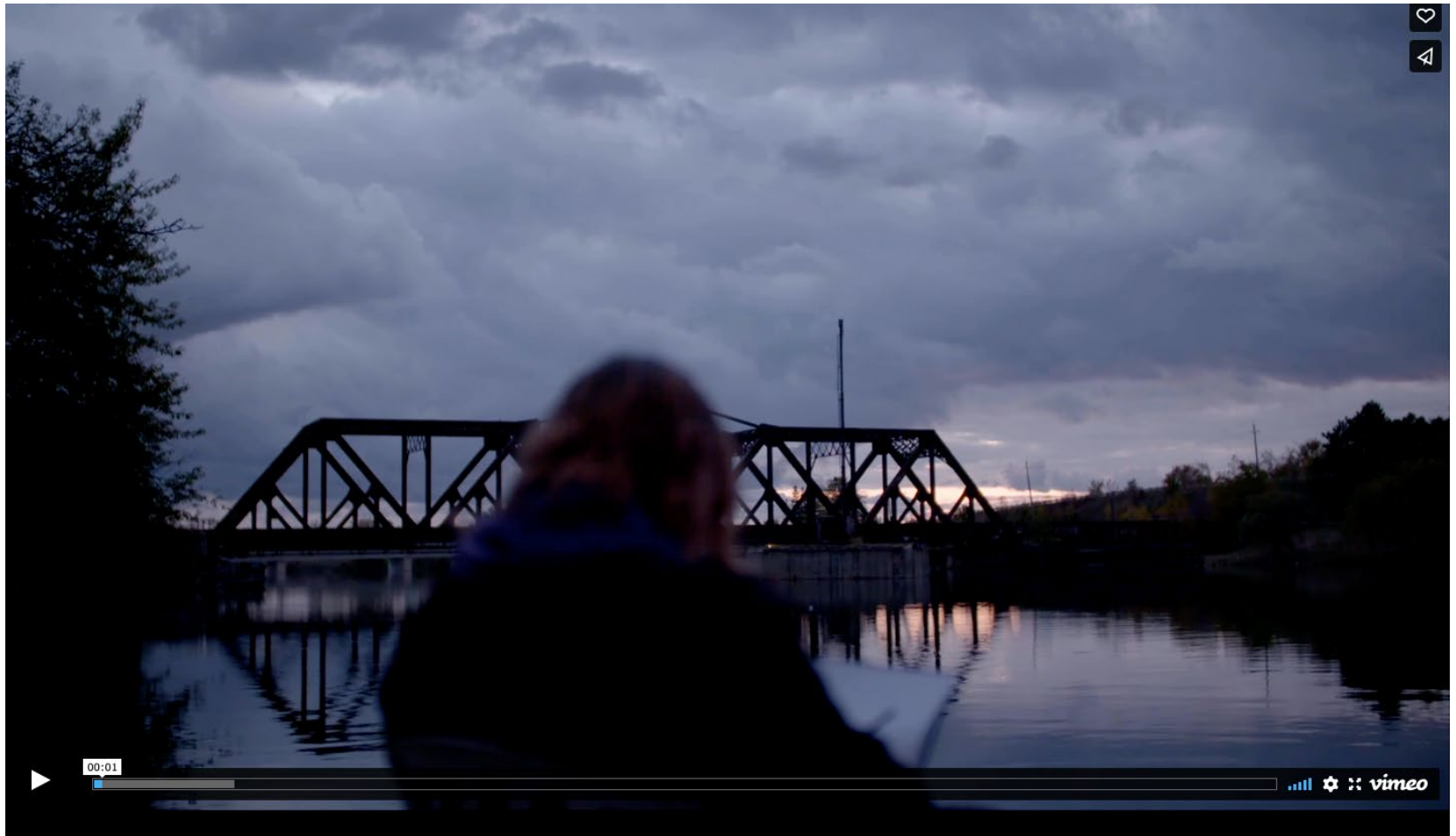


Co-Designed Leadership Program
+ Coach

Finding Home: A Leadership Guide for Youth in Transition

| | | |
|---|---|--|
| 1. The “Mind Hack” | 4. Building A Good System | 7. The Role of Grit |
| 2. Living Core Values | 5. Identity-Based Habits | 8. Wholehearted Living |
| 3. Leading with Your Mind  | 6. Simple Strategies to Get Stuff Done | 9. Leading with Courage and Purpose |





<https://www.searchingforhome.ca>

naomi.thulien@unityhealth.to



ST. MICHAEL'S
UNITY HEALTH TORONTO

MAP

Centre for
Urban Health
Solutions