

## Transitional Housing that Works: Profile of a Young Adult Program in Edmonton



# Anderson Hall

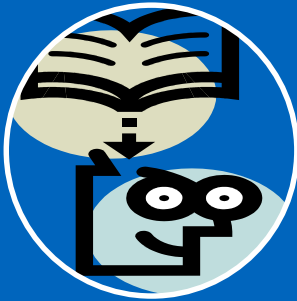
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A one year, independent, apartment-style, recovery based transitional housing program for young adults (18-30) with mental health and concurrent disorders.

Anderson Hall is one program in a larger continuum of housing services connected with AHS Addiction and Mental Health, with a variety of initiatives developed to meet various needs.

Substance use and active addictions are not a barriers to accessing the program.

# Why Anderson Hall?



Individuals may require support to enhance their independent living skills to successfully maintain community living and pursue recovery.



People from rural communities who come to our hospitals may not have resources in their home communities to build independent living skills.



There is a need for housing that offers affordable, independent living in Edmonton, while also providing external support for recovery.



# Program Supports

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- Care Manager
- Occupational Therapist – 0.5 FTE
- Social Worker – 0.8 FTE
- Recreation Therapist – 0.3 FTE
- Peer Support Worker – 0.4 FTE

The HOST team works closely with individuals to collaboratively develop a recovery plan. The team also works closely with an individual's personally identified support system.



# Unique Elements

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A wrap-around team

Peer Support

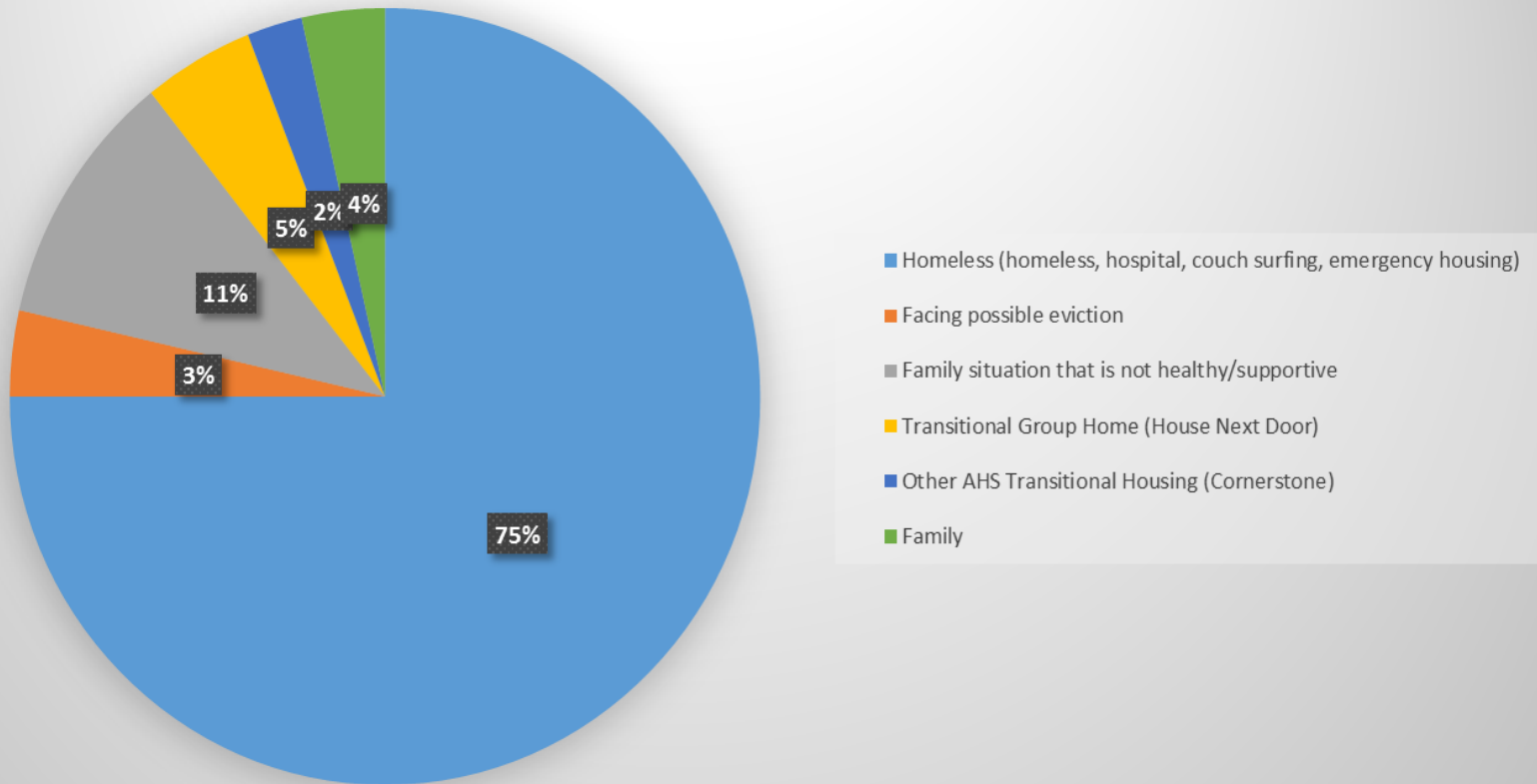
Enrollment in HUB – financial supports  
program

Program fees and savings account

Relationship with multiple internal and  
external partners

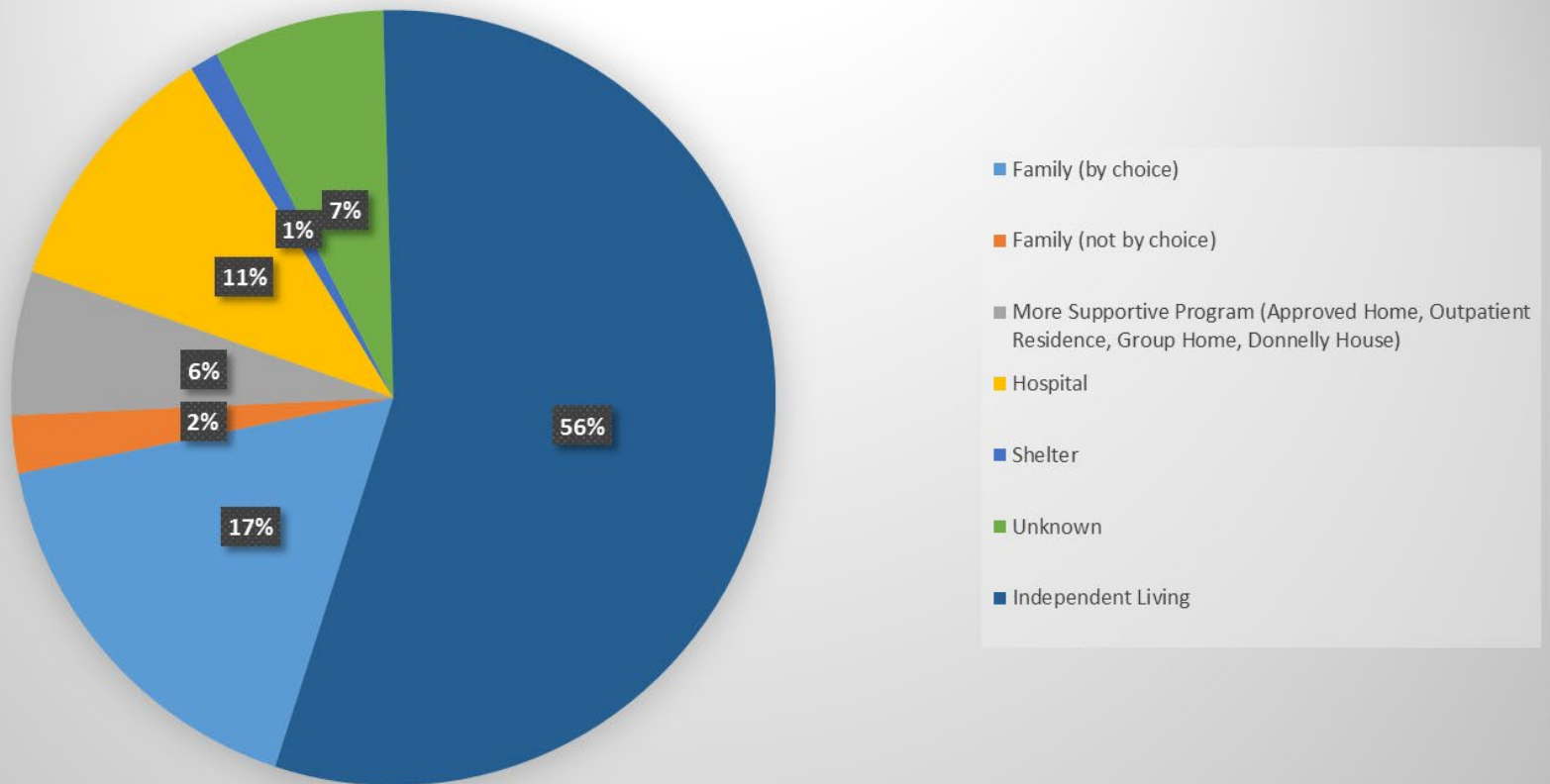
## Program Statistics: Housing Prior to Moving to Anderson Hall

Housing Situation at Intake (January 2014 - December 2018)



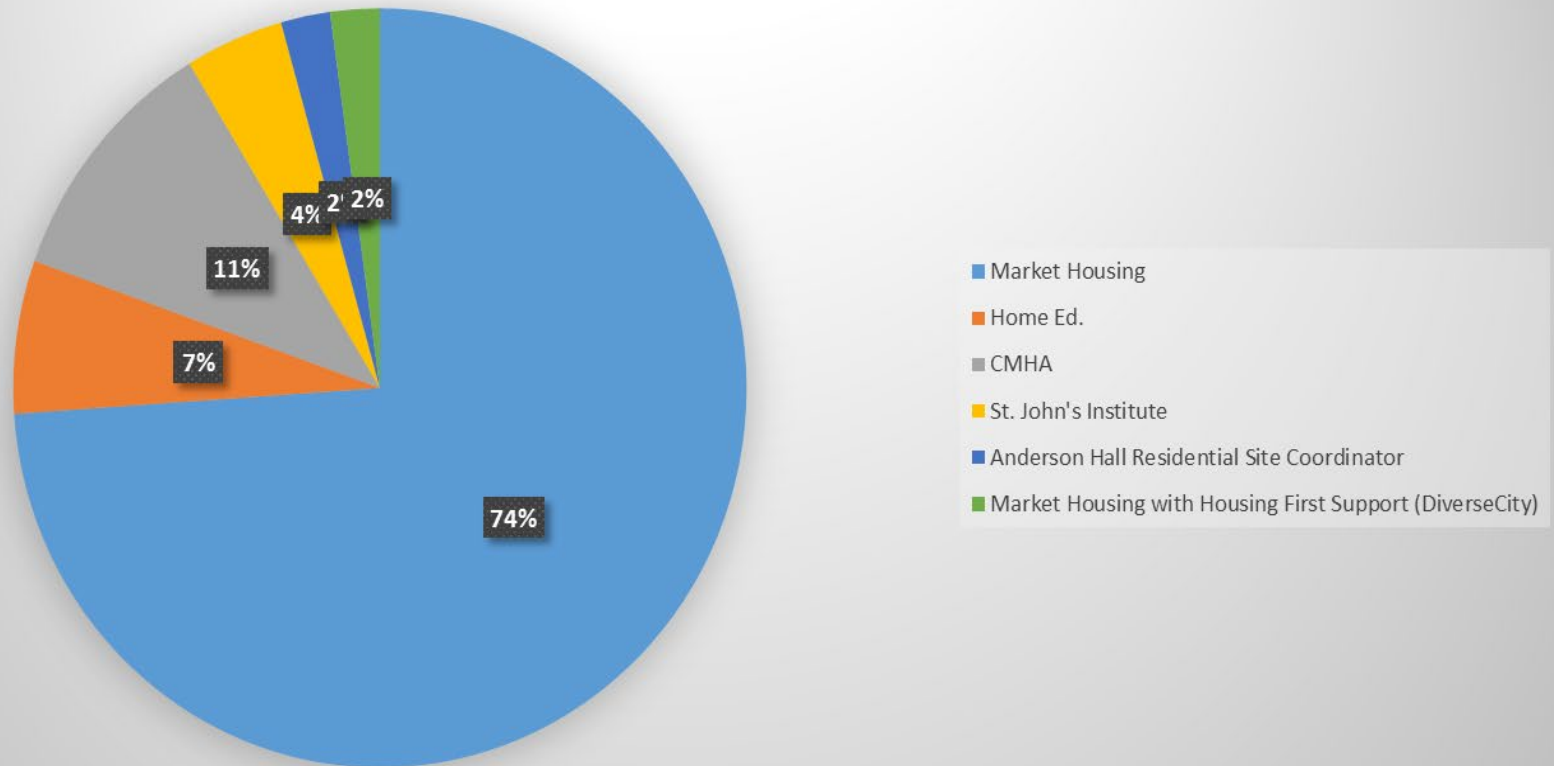
## Program Statistics: Housing Destination Following Anderson Hall

Housing at Discharge from Anderson Hall (January 2014 - December 2018)



## Program Statistics: Housing Destination Following Anderson Hall

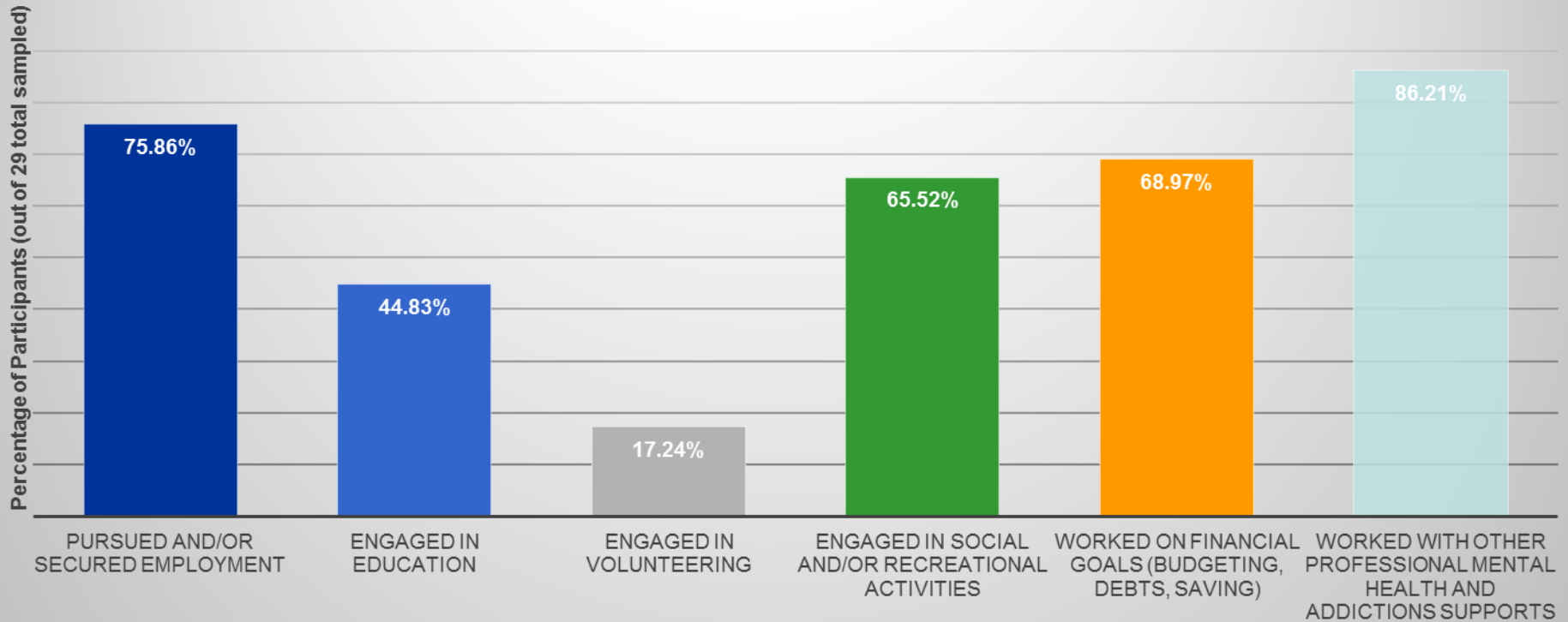
Breakdown of Types of Independent Living following Anderson Hall





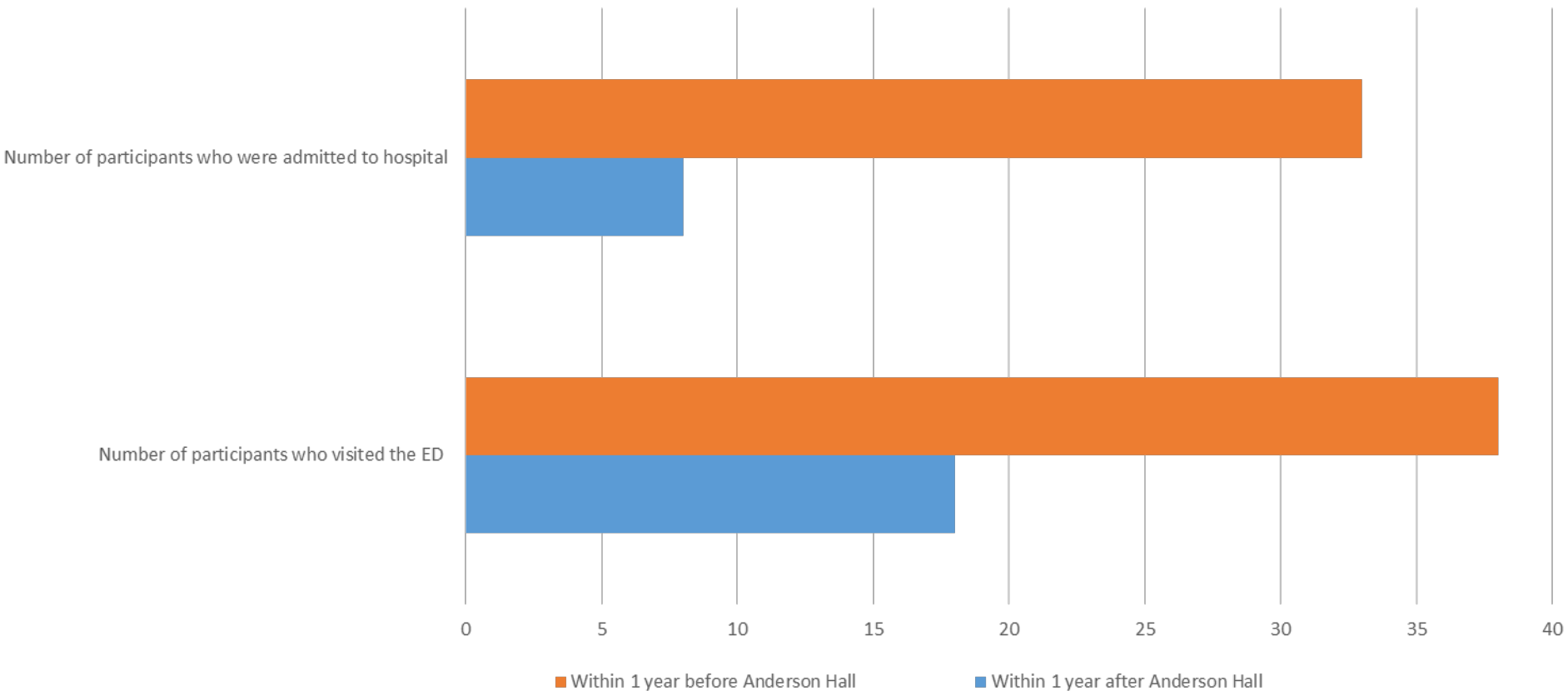
## Program Statistics:

### May 2017 - October 2019 Participant Goals Acheived while at Anderson Hall



## Program Statistics: A Decrease in Health Care Utilization for Anderson Hall Participants

Emergency Department Visits and Hospital Admissions for Participants Before and After Anderson Hall



# Peer Support at Anderson Hall

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Implemented in 2012.

Referral process: participants are connected through offer and outreach.

Peer support can influence recovery:

- Sharing of lived experience
- Encouragement, support, and company
- Support through a different lens

Hands-on support with transition from hospital to independent living.

## How does Peer Support Fit with the Team?

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Creativity in reaching goals,  
extending support, building life  
skills and engaging program  
participants.

Learning and growing together!

## Examples of Participant Success with the Help of Peer Support

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### Participant One

- Transitioned from hospital to Anderson Hall program.
- Peer support was utilized during and after the resident completed their move-out.

### Participant Two

- Transitioned from hospital to Anderson Hall
- Goals are flexible, and motivation fluctuates.
- Peer support is utilized in different ways every interaction.

## Lessons Learned Through Working with the Program

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Thorough assessment and a diligent intake process are required to ensure the program meets the individual's needs



For many, providing the right support at the right time has been essential to supporting recovery goals



If the program is not the right fit at the right time, thorough assessment and detailed information help to support connection to a program that has the right level of support

# Questions?

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