CUPS
resilience for life

**Mobile Community
Development**
Exploring and Engaging
Community Together

Land Acknowledgement

 "I would like to begin by acknowledging that we are on the traditional lands, referred to as Treaty 6 Territory and that the City of Edmonton and all the people here are beneficiaries of this peace and friendship treaty. Treaty 6 encompasses the traditional territories of numerous western Canadian First Nations as well as the Métis people who have called this area home since time immemorial.

Calgary Statistics

Mission, Vision and Values

- **Vision** – Calgarians overcome adversity, reach their potential, and end the cycle of poverty and trauma for themselves and their families.

- **Mission** – Through integrated healthcare, education and housing, CUPS and its partners will assist adults and families in Calgary living with the adversity of poverty and traumatic events to become self-sufficient.

- **Values** – Accountability, Collaboration, Compassion, Dignity, Ingenuity

We serve thousands of people every year

We change lives of low-income and homeless Calgarians by addressing the root causes of their challenges. Using science, we address trauma, manage adversity and build lifelong resilience that spans generations.

- Setting children up for success
- Building stronger families
- Strengthening the community

- Care coordination

11,423
people served

38,838
patient visits to CUPS Primary Care, Family Health, Mental Health & Dental programs

64
students enrolled in our long-term Child Development program

232
families provided home visits, supports and counselling

306
parents completed parent education and support programs

673
families and individuals provided with long-term homes

Health Services

- Primary Health Services

- Family Health Services

- Dental Services

- Eye Care

- Lab Work

- Liver Clinic

- Specialist Care

- Diabetes Group

- Opioid Agonist Therapy

- Mental Health Services

Economic and Housing Supports

- Crisis Intervention Funding

- Subsidized Rent Programs - GRSP and GHP

- Key Case Management Housing Program

- Tax Clinics

- ID Support

- University of Calgary Student Legal Guidance

Social-Emotional Supports

- Community Development Program
  - Mobile Community Developers
- Family Development Centre
- Parent Education
- Nurturing Parenting Program
- Vet clinic – for existing CUPS clients and their pets

Developmental resources (0-6 years)

- Child Development Centre
- Child Development Strategist
- Pediatric Services

How is CUPS doing this?

Work is Rooted in Brain Science

The Brain Story tells us that healthy brain architecture is the foundation for healthy life outcomes. It also tells us that ongoing trauma and adversity, especially early in life, can prevent us from developing healthy brain architecture. This increases our risk for negative outcomes later in life, including depression, heart disease, addiction, unstable relationships and insecure housing—to name a few.

Integration of Care
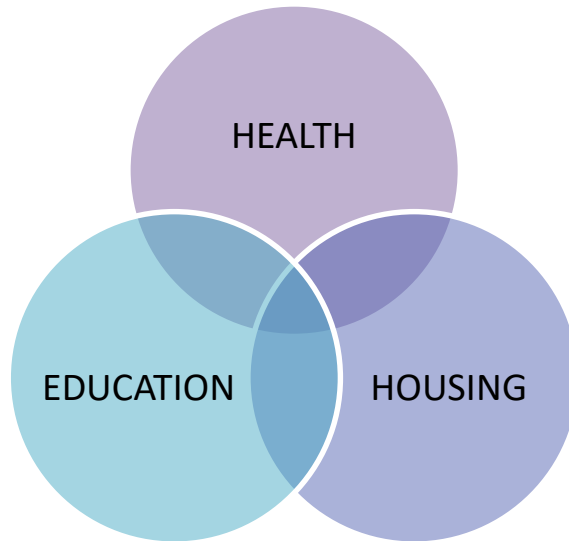
- Single Point of Entry
- Multi-disciplinary working
- Trauma-informed practice
- Resiliency Assessment

Resiliency Assessment

RESILIENCE DOMAIN · SUBDOMAIN

ECONOMIC
- HOUSING & LIVING CONDITIONS
- INCOME & FINANCES
- LITERACY, EDUCATION, JOB SKILLS & TRAINING
- FOOD ACCESS & NUTRITION

SOCIAL-EMOTIONAL
- MEANINGFUL ACTIVITES
- NATURAL SUPPORTS & FAMILY RELATIONS
- EXECUTIVE FUNCTIONING & SELF-REGULATION
- LEGAL & JUSTICE

HEALTH
- PHYSICAL HEALTH
- MENTAL HEALTH
- SUBSTANCE USE & ADDICTION
- ACCESS TO HEALTH CARE

DEVELOPMENTAL
- EARLY YEARS DEVELOPMENT (0-6 YEARS)

From Homeless to Housed – Now What?

Supporting the Transition from Homelessness

- Long Road to Self-Sufficiency

- Barriers to Adjustment

- Community Hesitations

- Social Isolation

Barriers to Housing Stability

- social isolation

- feeling unsafe

- lack of community acceptance

- lack of self esteem and sense of belonging

- lack of natural supports

Housing Next

Housing First research dictates that providing housing and reducing barriers to service is just the beginning. Connecting to community and building in natural supports is critical to long term housing stability. To effectively do this those new to housing need to be met in their community and connected to resources and programs that make sense to them.

Community Development Program

- Four PSH buildings each having dedicated space
- Programming in the space to encourage connection and tenant relationships
- Onsite Community Developer
- Connects residents to larger community
- Supports transition into independent housing

Natural Supports

"A sense of belonging," writes Dr. Kenneth Pelletier of the Stanford Centre for Research and Disease Prevention, "appears to be a basic human need – as basic as food and shelter. In fact, social support may be one of the critical elements distinguishing those who remain healthy from those who become ill."

Avoiding Social Isolation

Preventative Measures

- Welcoming new residents to their community

- Encouraging and developing natural social networks

- Nurturing social-emotional resilience

Mobile Community Development Program

- Short term lasting about 6 months

- High functioning/low acuity participants

- Housed city wide in scattered sites.

- New to their community

- **Ready** to connect to community

- Small budget for coffee, memberships and courses

Mobile Community Developer

- Are community navigators

- Increase sense of independence

- Make connections meaningful to the participant.

- Attend events and ride transit

- Work evening and weekends

- Address social isolation in the broader sense by …

Community Awareness

- Meet with community stakeholders to discuss
  - Creating welcoming communities
  - Barriers to Participation
  - Effects of trauma

- Speak for those "softer voices"

- Support resident led program development

Project Success Criteria

> Meaningful ongoing participation & social inclusion in their community

> Reduced barriers to service

> Expanded natural social supports/networks

> Communities that are better equipped to include previously homeless

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Mobile Care Coordination

- Getting to CUPS for intake was a barrier
- Program moved from Community Development to Care Coordination.
- Broader focus – higher acuity clients
- Able to meet at peoples home or in shelter.

Your turn…