

Predictors of Housing Instability Among Recipients of Housing First in the At Home/Chez Soi Project

Presented by Ayda Agha

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Background

Previous studies provide strong evidence that the majority of people who receive HF achieve stable housing.



There is a small percentage of with people with additional needs who are not successful in HF and supportive housing programs (1,2)

Studies on HF retention among people with histories of chronic homelessness find that the large majority (80% - 90%) remain housed over 12-24 months (1)

Previous studies on housing instability have identified several predictors including incarceration (3) substance use (4) and lack of interpersonal and community resources (5)

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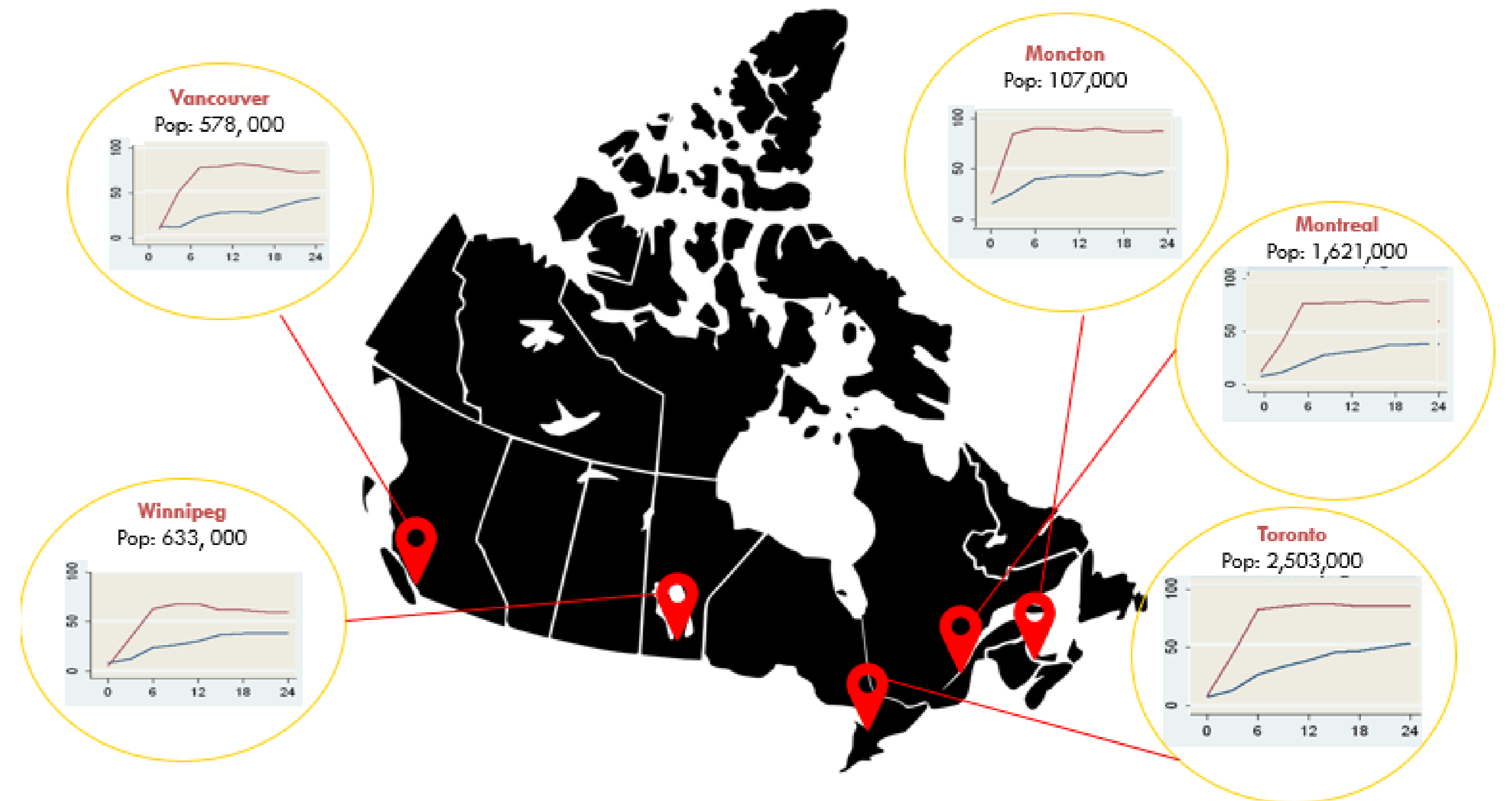


At Home/Chez Soi Demonstration Project

At Home / Chez Soi Study

2008 federal budget allocated \$110 million over 5 years to the Mental Health Commission of Canada to conduct a multi-site demonstration project on HF for people with serious mental illness with lived experience of chronic homelessness

Using a pragmatic randomized controlled field trial, the project was designed to test the effectiveness of HF and identify what works, at what cost, for whom, and in which environments



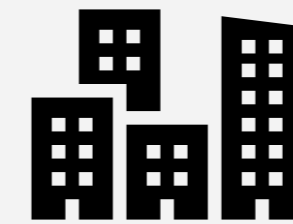
Characteristics of Housing

Housing First
with
ICM
or
ACT



No pre-conditions
for housing

Scattered site
private market
units

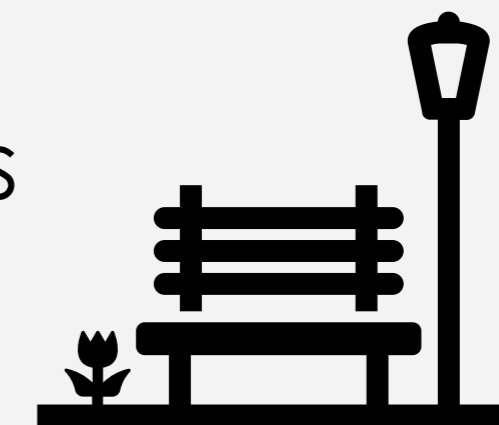


Maximum of
30% of
income for
rent

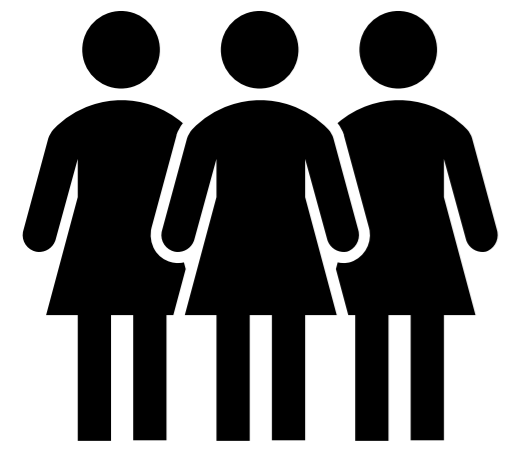


Participants
hold their
own lease

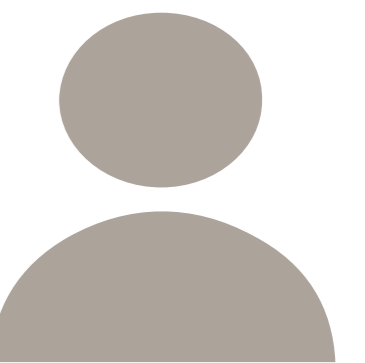
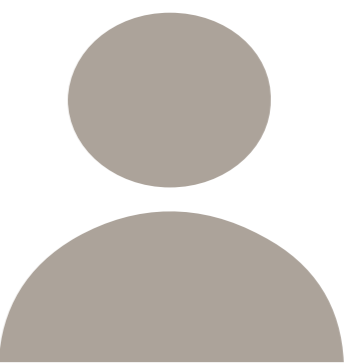
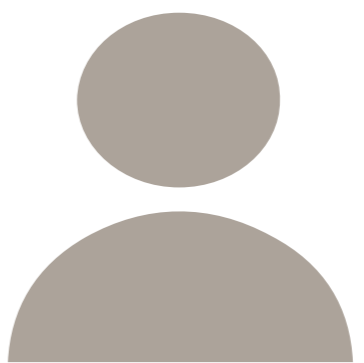
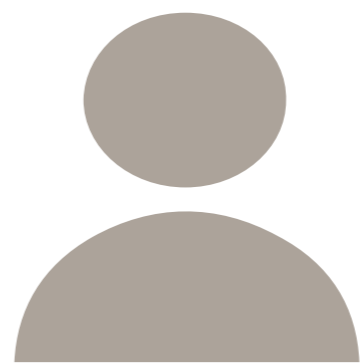
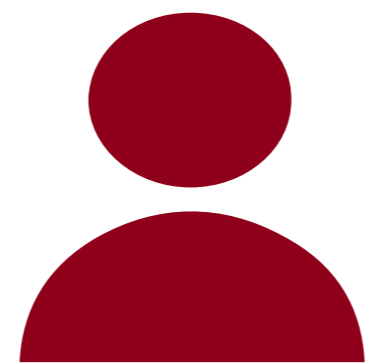
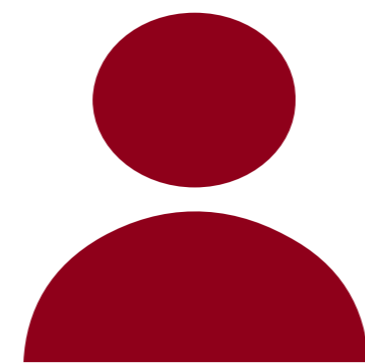
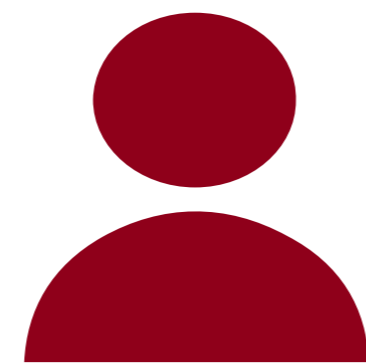
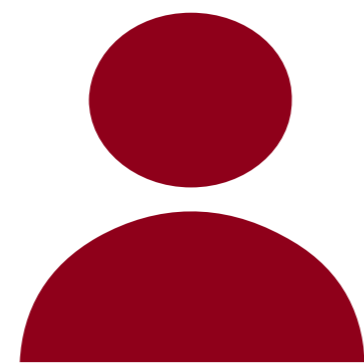
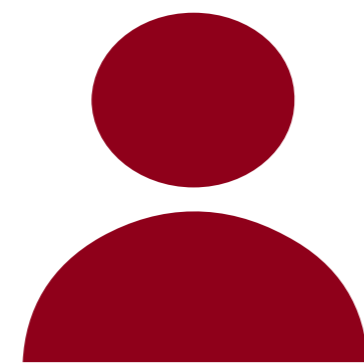
Rights and
responsibilities
as tenants



Participant Characteristics



2148 Total
Participants

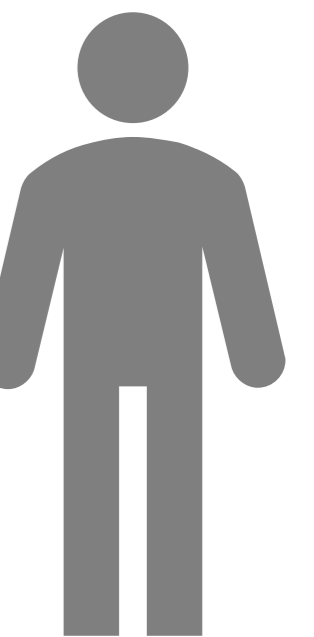
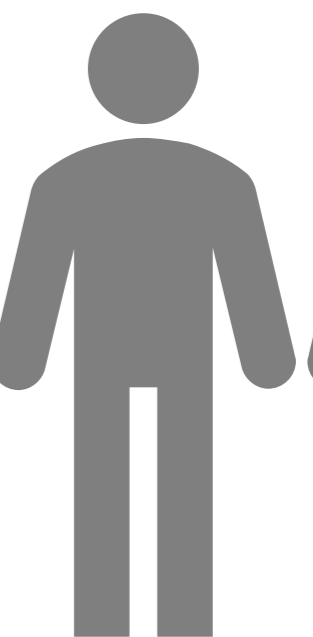
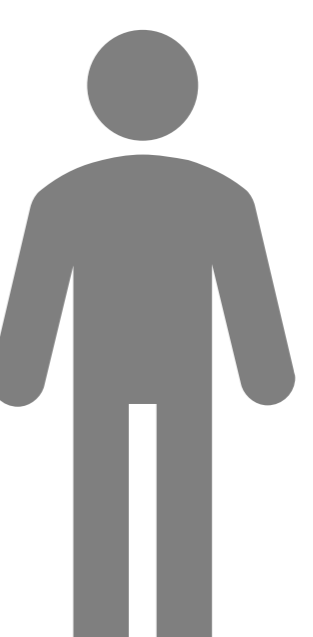
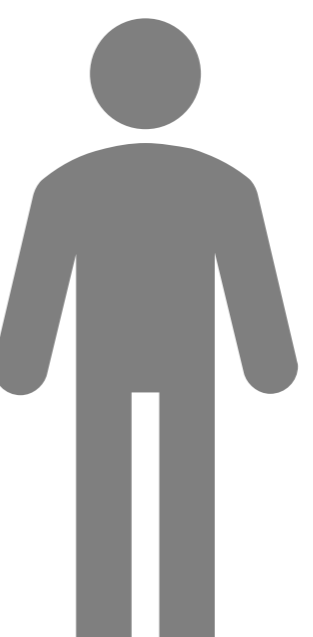
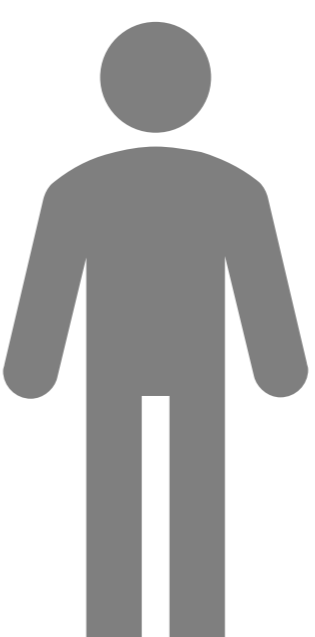
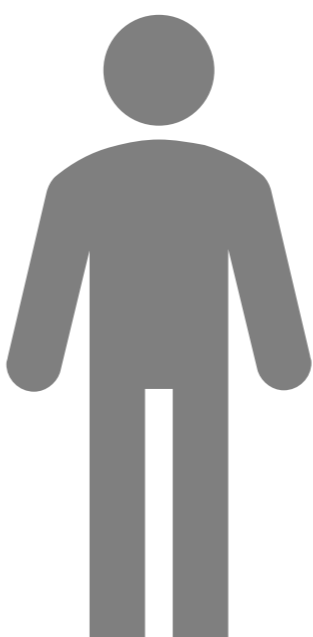
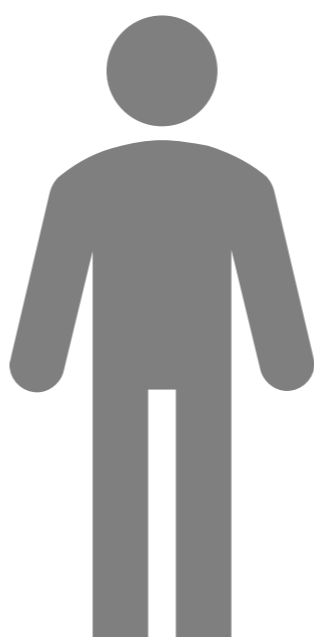
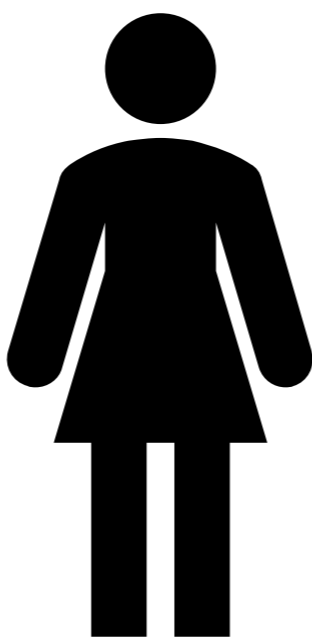
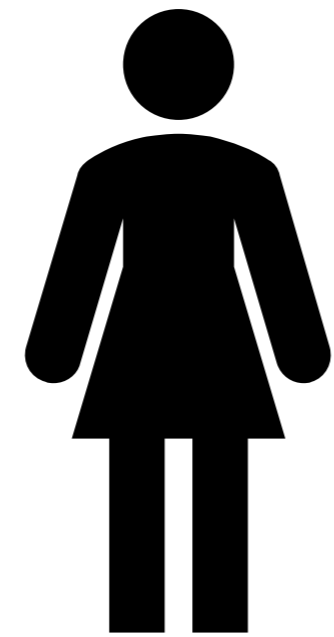


1158 in Housing First

990 in Treatment as Usual

22% of participants
identified as being an
Indigenous person

25% Ethno-racial
Minority



Average Age

41 years

33% of
participants
are women

All Participants
have 1 or more
serious mental health
issue

67% of participants have a
concurrent disorder

Nearly **5-years** is the typical total
time homeless in a participants' lifetime



Predicting Housing Instability

Tenants with Additional Needs: Volk et al. (2016)

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 **Routledge**
Taylor & Francis Group

ORIGINAL ARTICLE

Tenants with additional needs: when housing first does not solve homelessness

Jennifer S. Volk¹, Tim Aubry¹, Paula Goering², Carol E. Adair³, Jino Distasio⁴, Jonathan Jette¹, Danielle Nolin⁵, Vicky Stergiopoulos⁶, David L. Streiner^{7,2}, and Sam Tsemberis⁸

Objective

Using At Home / Chez Soi data, researchers identified the characteristics of HF recipients who experienced housing instability in the 1st year of the study.

Method

Those defined as experiencing **housing instability** were housed <**50%** of the last 9 months of the first year, excluding time in institutions. Except, people housed **100%** of the last 3 months were considered stably housed.

Results^{1,2,3}

| Signifiant Predictors | OR | 95% CI |
|------------------------------------|------|-------------|
| Demographic Characteristics | | |
| Lifetime Homelessness | 1.03 | 1.00 -1.06 |
| Clinical Characteristics | | |
| Panic Disorder | 0.50 | 0.31 - 0.81 |
| PTSD | 0.71 | 0.47 -1.07 |
| Service Use Characteristics | | |
| Time Incarcerated | 1.03 | 1.02 - 1.04 |

¹Cities entered in Step 1 with Vancouver as the reference group

²13.5% were identified as unstably housed

³Model accounts for only 8.4% of variance

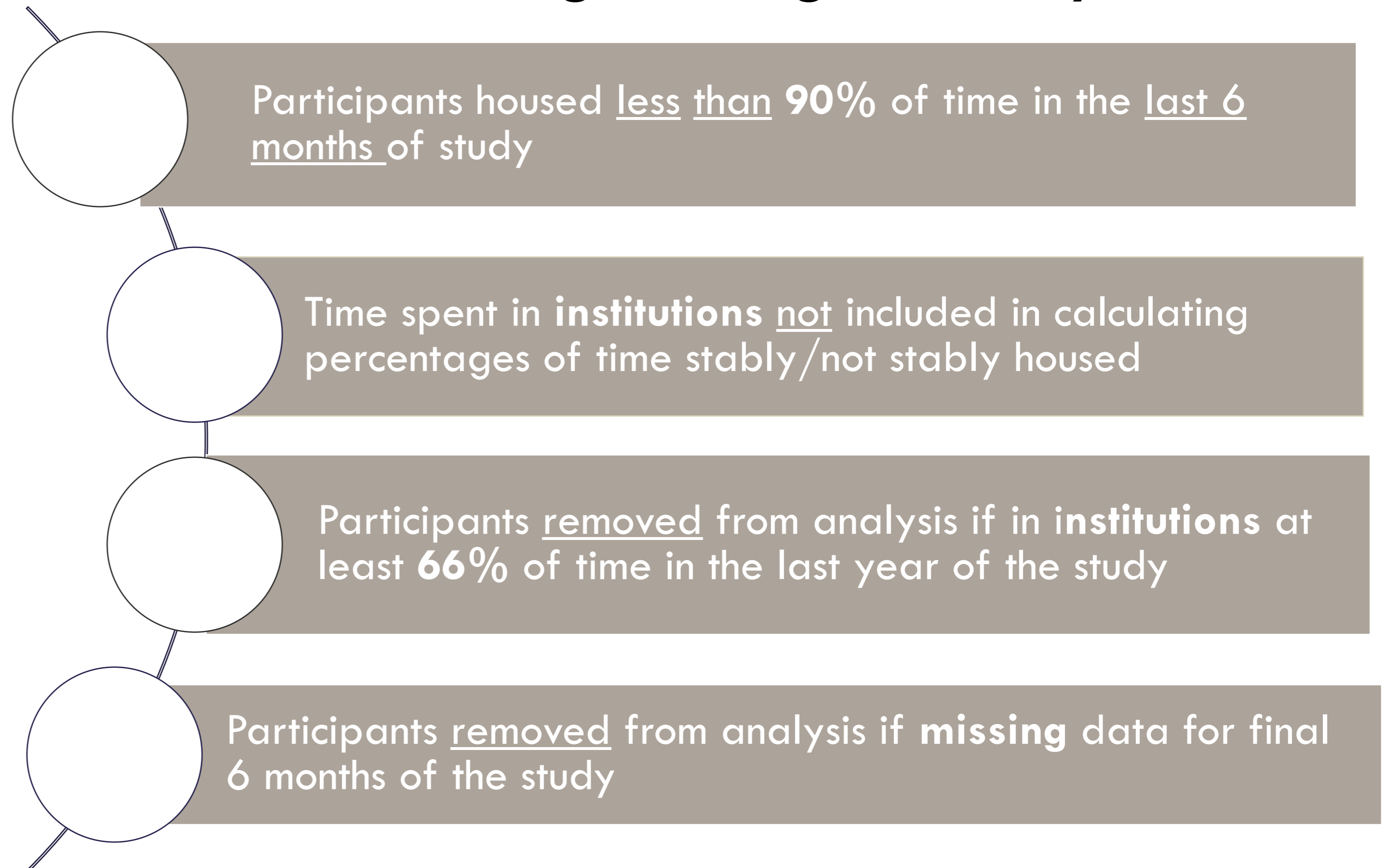
⁴Correctly predicts **3.8%** of the unstably housed group

The Current Study

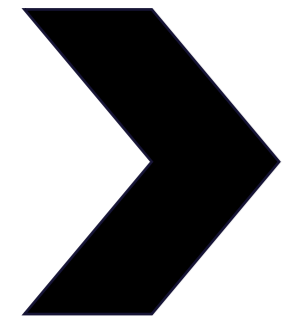
Objective

- Using the At Home / Chez Soi data, identified characteristics of HF recipients who experienced housing instability at the end of the 2-year study.
- The Behavioral Model for Vulnerable Populations (Gelberg et al., 2000):
- Secondly, analyzed At Home / Chez Soi qualitative data to provide further insight into factors influencing housing instability.

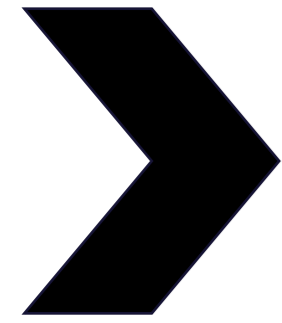
Defining Housing Instability



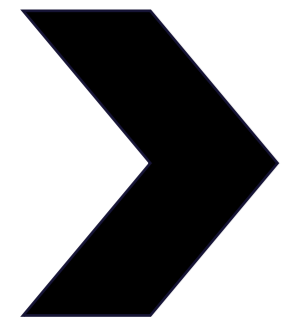
Gelberg-Anderson Domains



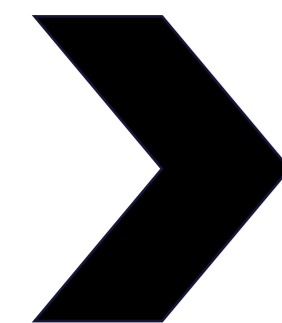
Predisposing Factors (e.g., demographic characteristics, homeless history, adverse childhood experiences)



Need (e.g., psychiatric diagnosis, chronic health conditions, substance use)



Enabling Factors (e.g., income, education, community integration, housing quality)



Health Behavior (e.g., food security, healthcare access, therapeutic alliance).



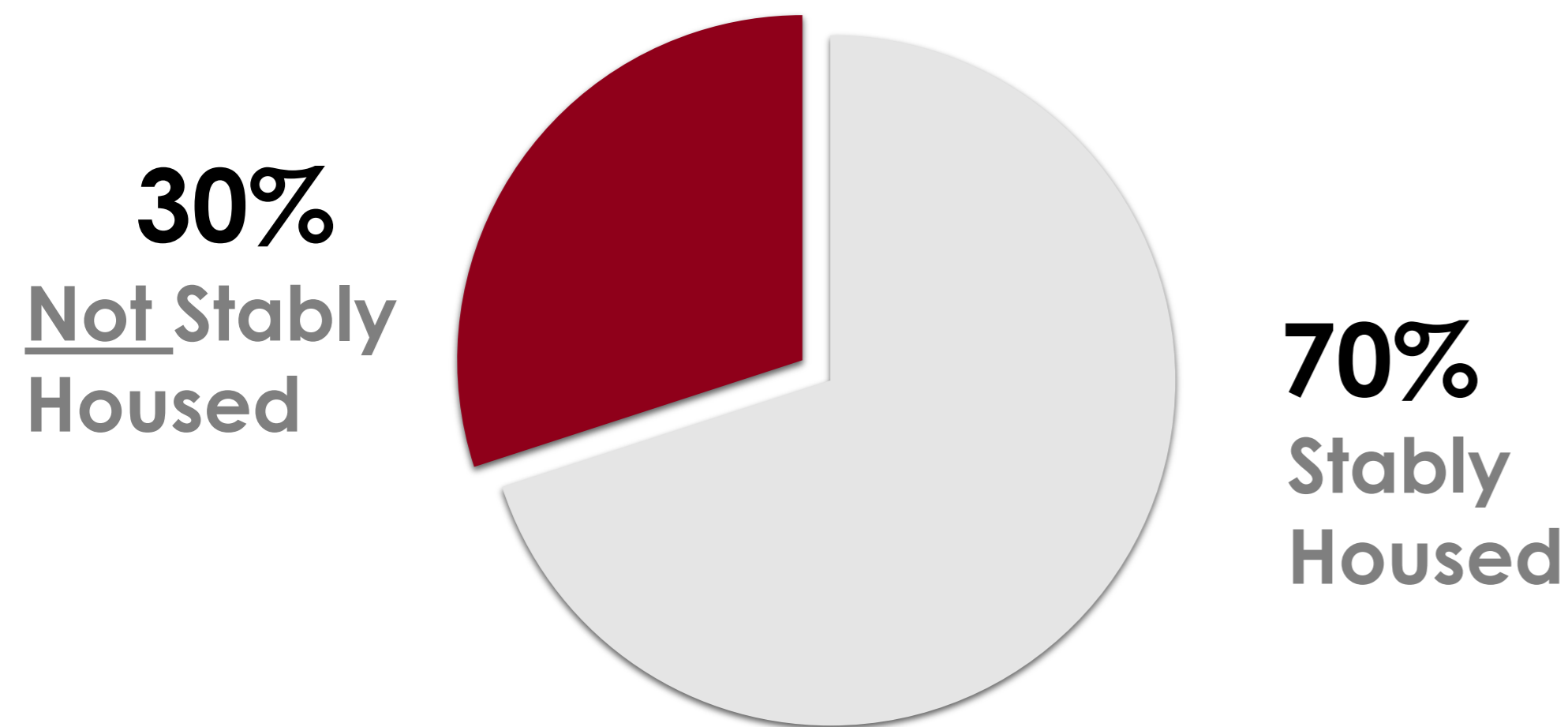
uOttawa

CRSEC
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Quantitative Analysis

Methods

Hierarchical logistic regression entering baseline variables in steps after controlling for site as predictors of dichotomous variable of housing instability



Results^{1,2,3}

| Signifiant Predictors (< .05) | OR | 95% CI |
|---|-------|-------------|
| Step 2: Predisposing Characteristics | | |
| Age at Enrolment ^{***} | 1.05 | 1.03–1.06 |
| Lifetime Homelessness ^{***} | 0.995 | 0.992-0.999 |
| Ethno-racial | 1.62 | 1.08-2.43 |
| Step 3: Need Characteristics | | |
| MDD (depression) | 1.45 | 1.03-2.04 |
| Panic Disorder | 1.49 | 1.02-2.19 |
| Substance Use Problems | 0.90 | 0.76–0.99 |
| Step 4: Enabling Characteristics | | |
| Income (past month) | 1.29 | 1.09-1.52 |
| Perceived Housing Quality | 1.05 | 1.00-1.10 |
| Step 5: Health Behaviour Characteristics | | |
| Family Doctor | 1.68 | 1.21-2.33 |

¹Cities entered in Step 1 with Vancouver as the reference group

²Model accounts for only 22% of variance

³Correctly predicts 33% of the unstably housed group

Qualitative Analysis

Methods

- A sub-sample of **190** participants were interviewed as part of the qualitative component of the At Home study
- Participants from both HF and TAU were interviewed at baseline and 18-month

Sampling

- A total of **46** participants the from **HF** group included the current analysis
- 10 participants were selected per site;
- **5 stable** & **5 unstable** (Toronto, Montreal, Winnipeg, Vancouver)
- Only 6 participants included from Moncton with only 1 unstable






Analysis

- Thematic analysis is guided by predictors included in quantitative analysis
- A focus on significant variables
- Preliminary results from analysis of **18-month** interviews are presented

Unstable: Participants housed less than 90% of time in the last 6 months of study



Qualitative Results

| Gelberg-Anderson Domains | Significant Predictors of Unstable Housing | Qualitative Observations |
|--|---|--|
|  Site | Winnipeg | In Winnipeg, participants discussed moving to different areas of the city or leaving the city to get a fresh start |
|  Predisposing Characteristics | Younger Age Lifetime Homelessness | Examples of young Indigenous participants in Vancouver and Winnipeg who were unstably housed. Unstably housed participants described evictions and multiple housing losses, as well as more recent incarcerations, or current involvement with the court system. |
|  Needs | Substance Use Problems Community Functioning Cognitive Disability | While both groups engaged in substance use, stably housed individuals described motivation to manage and reduce their use. Participants described challenges related to having friends who use substances and provide a sense of community. Both groups described dealing with depression, anxiety and mood disorders. |
|  Enabling Factors | Landlord Relationships | Evictions and apartment takeovers were related to substance use and unstable housing. Stably housed participants also spoke of positive relationships with HF staff. |
|  Health Behaviours / Access | Family Doctor Access to Health Care | Stably housed participants spoke of engagement with community programs in addition to HF. |

Qualitative Results

Unstable Participants

- Hostility and dissatisfaction with the At Home program
- Lack of housing choice or dissatisfaction with housing or neighbourhoods (e.g., violence or drug use in the area)
- Destructive relationships or negative/limited social circles

Stable Participants

- Positive attitudes about the At Home program, housing, and case management
- Positive attitudes towards change and plans for the future (e.g. education and employment)
- Positive or supportive relationships and reconnecting with family

"I'm pissed off the project for trying to move me around somewhere I don't want to f***ing live"

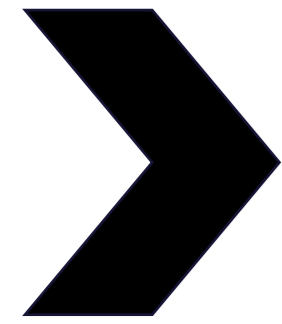
"I had asked for place to live, and it was not the right one"

"I have trouble taking care of myself, and I was using, it wasn't going well, and wasn't living well... So that's it"

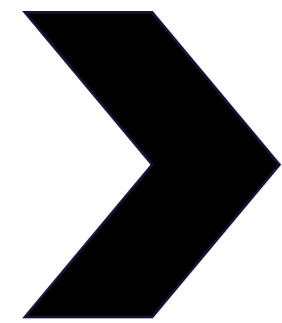
"I think that, what helped me to keep my apartment, I think it's the visit every week"

"I don't want to take advantage...or take it for granted you know, I'm thankful for the help and everything else you know"

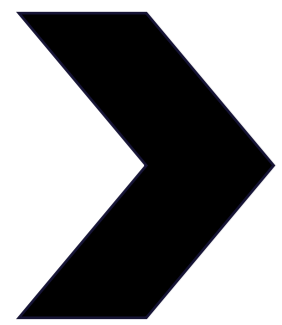
Conclusions



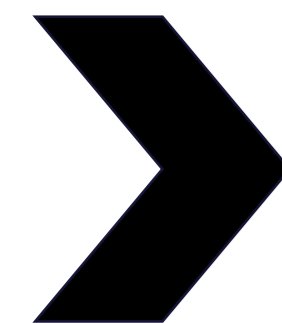
Predisposing characteristics of HF tenants are not strongly predictive of housing instability, in the first two years of participation in the program.



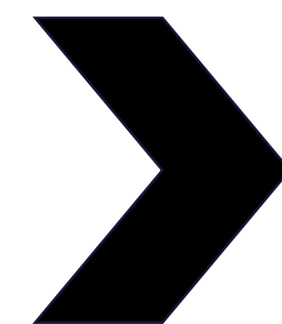
Diagnoses of more serious mental disorders, severity of symptoms, number of chronic health conditions, and level of community ability were not predictive of housing instability.



HF tenants with a lifetime chronic history of homelessness may benefit from more intensive support to assist them to become integrated into their housing.



Facilitating access to primary care and more generally health care seems particularly important as a resource that contributes to housing stability for participants in Canadian HF programs.



Based on our qualitative findings, plans for the future, positive attitudes towards change, and positive friendships, may also contribute to housing stability for HF tenants.



Acknowledgements

The national At Home/Chez Soi project team Jayne Barker, PhD, (2008-11), Cameron Keller (2011-14), and Catharine Hume (2014-present) MHCC National Project Leads; Paula Goering, RN, PhD, Research Lead, and over 50 investigators from across Canada and the US. In addition there were 5 site coordinators and numerous service and housing providers as well as persons with lived experience.

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