

# Comparison of Two Scattered-Site Housing First Programs for Aboriginals in Montreal

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# Housing First in Montreal...



## The Open Door

- Strengths based approach
- Up to \$500/month rent subsidies
- \$3000/participant for furniture
- Caseload of 1 caseworker to about 6 clients
- Caseworker meetings once a week



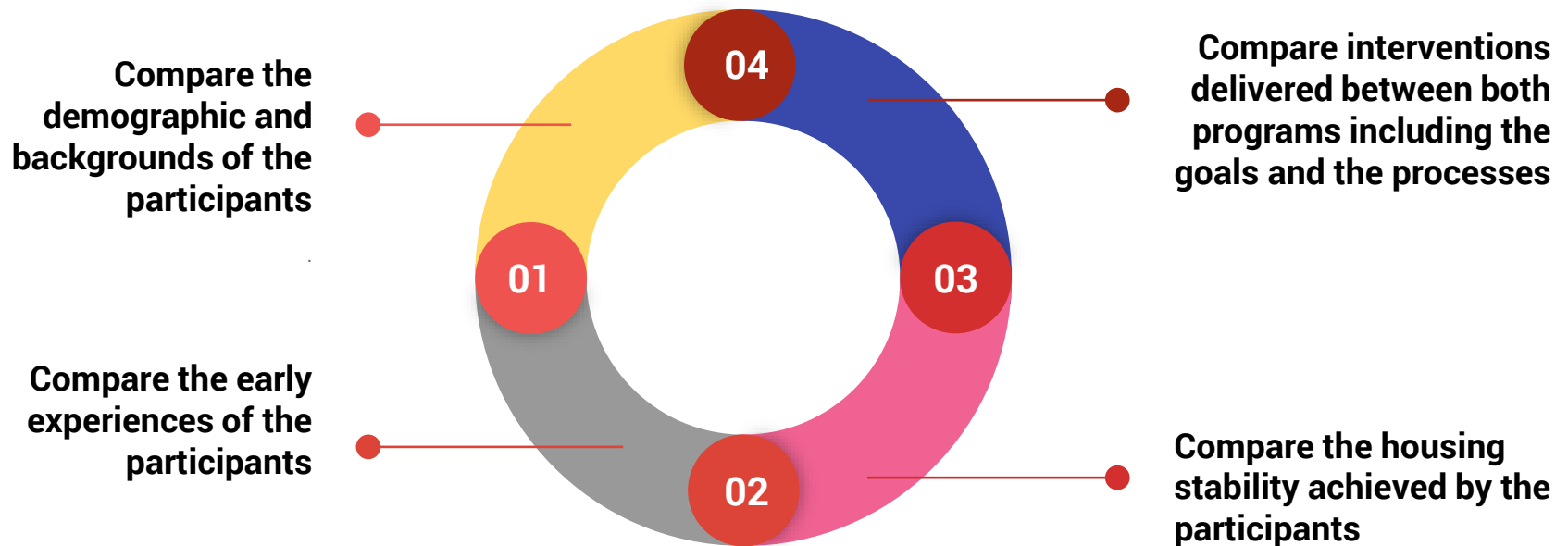
## Chez Doris

- Need-based approach
- \$300 for rent deposits when needed
- \$2000/participant for furniture
- Caseload of 33 clients to 1 full-time, and 2 part-time caseworkers
- Caseworker meetings minimum once a month
- Vocational program

# Our Participants:

	The Open Door	Chez Doris
<b>Gender</b>		
Male	6	0
Female	2	13
<b>Age</b>		
	33-62	NA
<b>Indigenous Group</b>		
Inuit	6	5*
First Nations	2	7
Métis	0	1
<b>Average Time in Montreal (Years)</b>		
	10.2	9.4
<b>Average Time Spent Homeless in Montreal (Years)</b>		
	3.41	1.84
<b>Average Amount Time Housed with the Housing First Program at the Time of Interview (Months)</b>		
	4.32	9.96
<b>Number of Participants Evicted at the Time of Interview</b>		
	0	2.0

# Our Objectives...



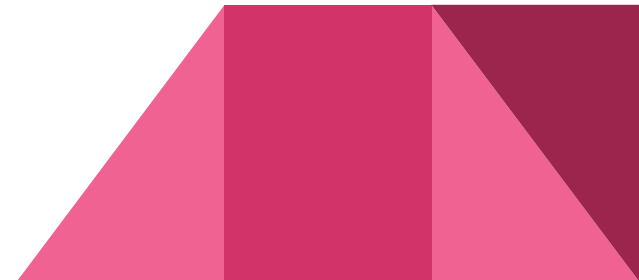
# Staff and Program Approaches: The Open Door



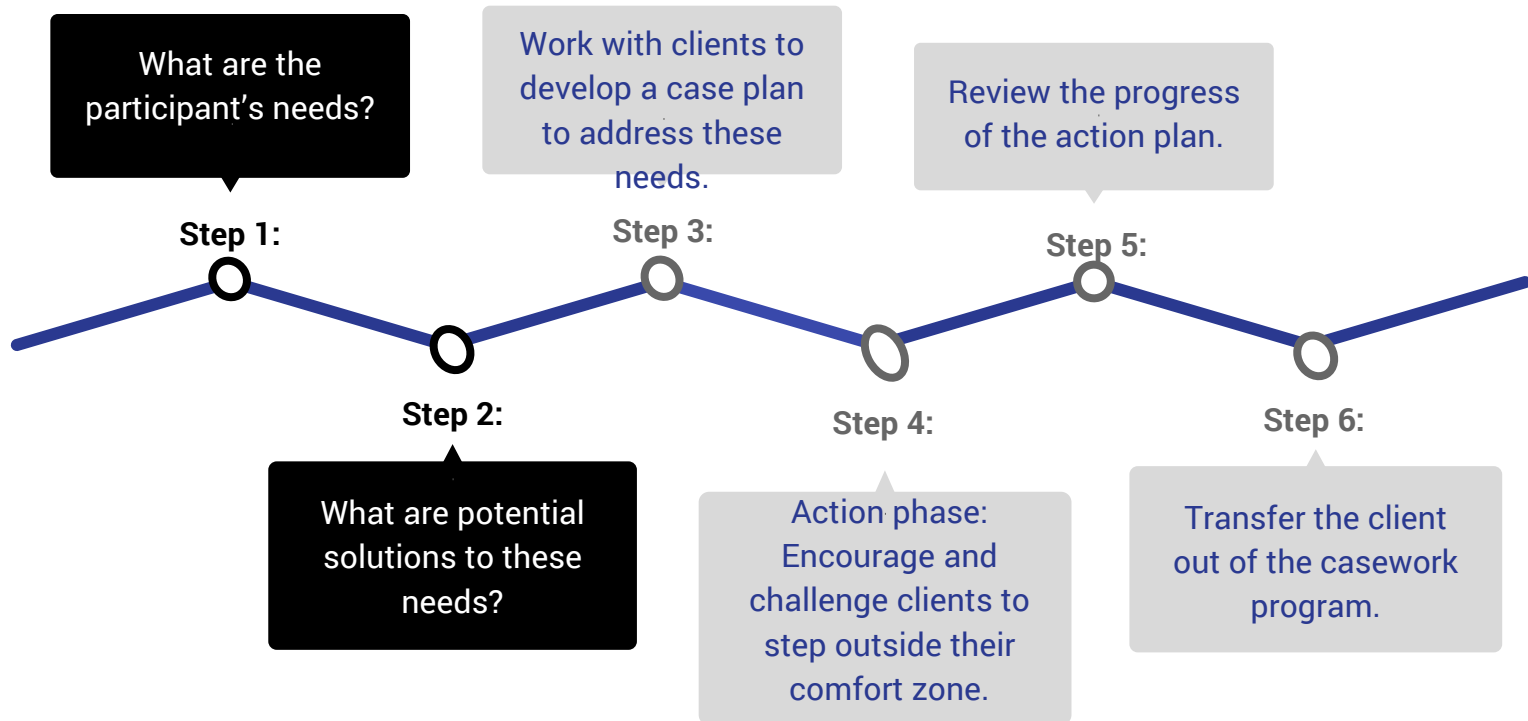
Rapp, C. A., & Goscha, R. J. (2012). *The strengths model: A recovery-oriented approach to mental health services*. New York: Oxford University Press.

# Strengths Model: The Participant's Perspective...

“I think [Caseworker Name] main objective was for me to better my life. Not only in housing...we were writing up goals and things I can do...I get a sense of being care[d] for.”



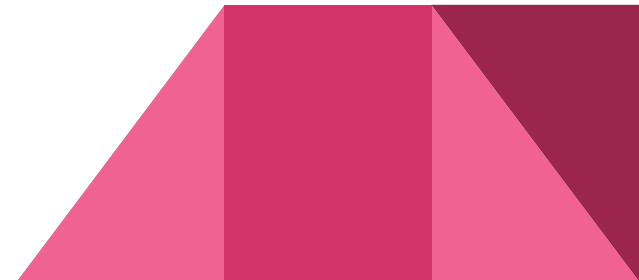
# Chez Doris: Staff and Program Approaches



# The Problem Solving Model: Participant Perspectives

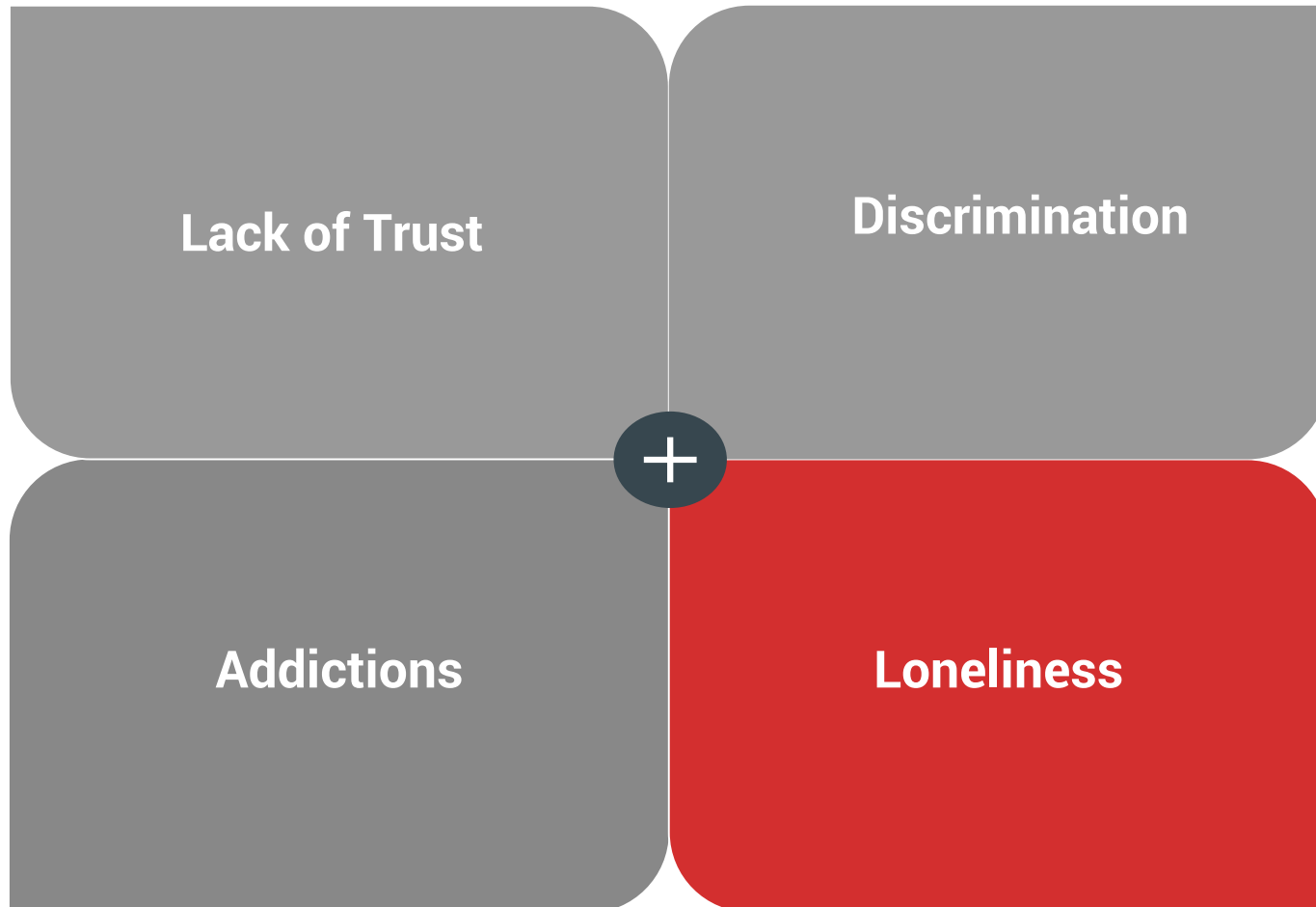
“They helped me...how I’m feeling...you know that they were helping me to find an apartment...things like that. And it really changed...deep inside my heart, it really touched me...and knowing like I have a worker you know.”

“Um...but when uh...well... the caseworkers are ‘do this or else or’ not towards me mostly, but to somebody else. That I don’t like.”





# Factors that can hinder housing stability...



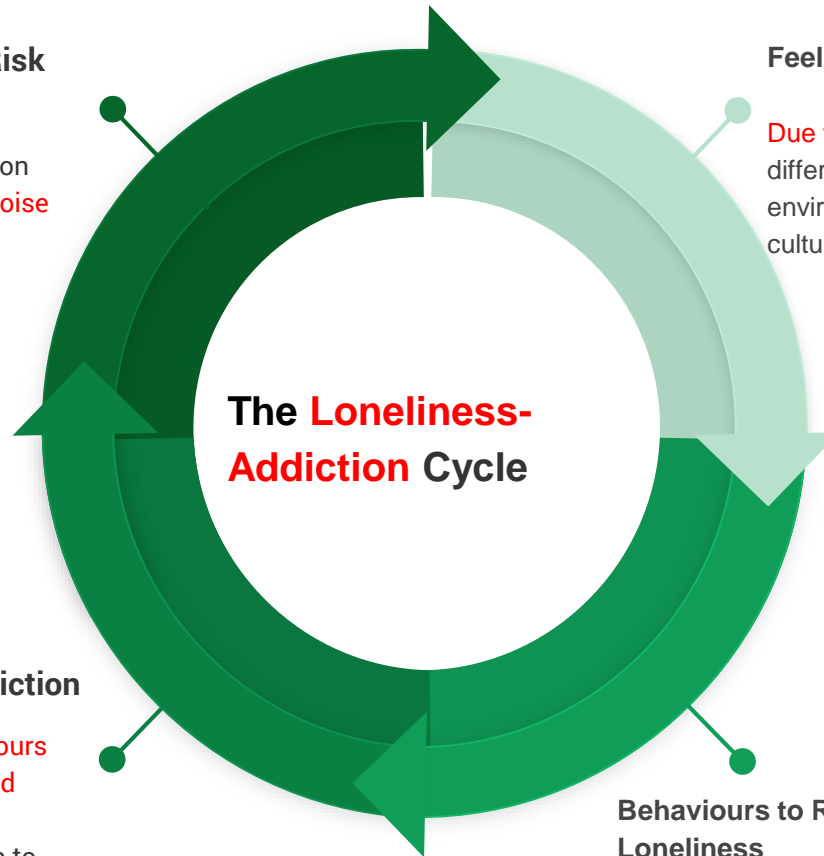
# The Most Pervasive Challenge: Loneliness

## Attempt to Reduce Risk of Eviction

Encourage client to take on behaviours that reduce noise levels and disruptive behaviours

## Increased Risk of Eviction

Clients engage in behaviours associated with increased noise level, disruption to neighbours and damages to the apartment



## Feeling of Loneliness

Due to not being used to isolation because of differences compared to the shelter/street environment, or because independent living is not culturally appropriate

## Behaviours to Reduce Loneliness

Can include increased substance use, and temporarily relocations

# Loneliness...

“I was alone...all my life **I had never been alone**. Inuit...always...a family unit. Nobody was ever alone cause if [I was]...some relative of mine would take me in.”

- Inuit participant from Chez Doris

“I know when I first got the keys for my apartment, I didn't stay at my place, I just stay at my shelter again. But next day I would go try to stay at my place... **it was...my first time being alone.**”

- Inuit participant from The Open Door

# Loneliness and Substance Use:

**PAR:** Mm..**yeah, the complaint was I was partying too much in there. Bringing too much people in there.** Yeah.

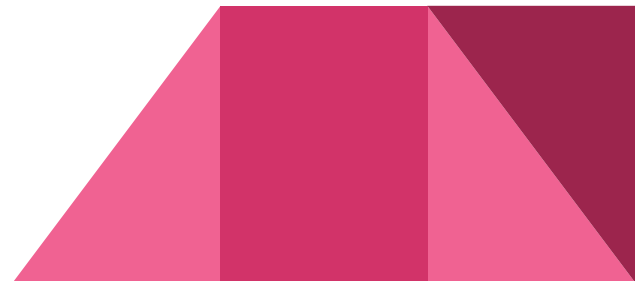
**INT:** What was your point of view on that?

**PAR:** Well, I did...I know I did you know a few time... but it wasn't not only me...causing the noise and stuff like that.

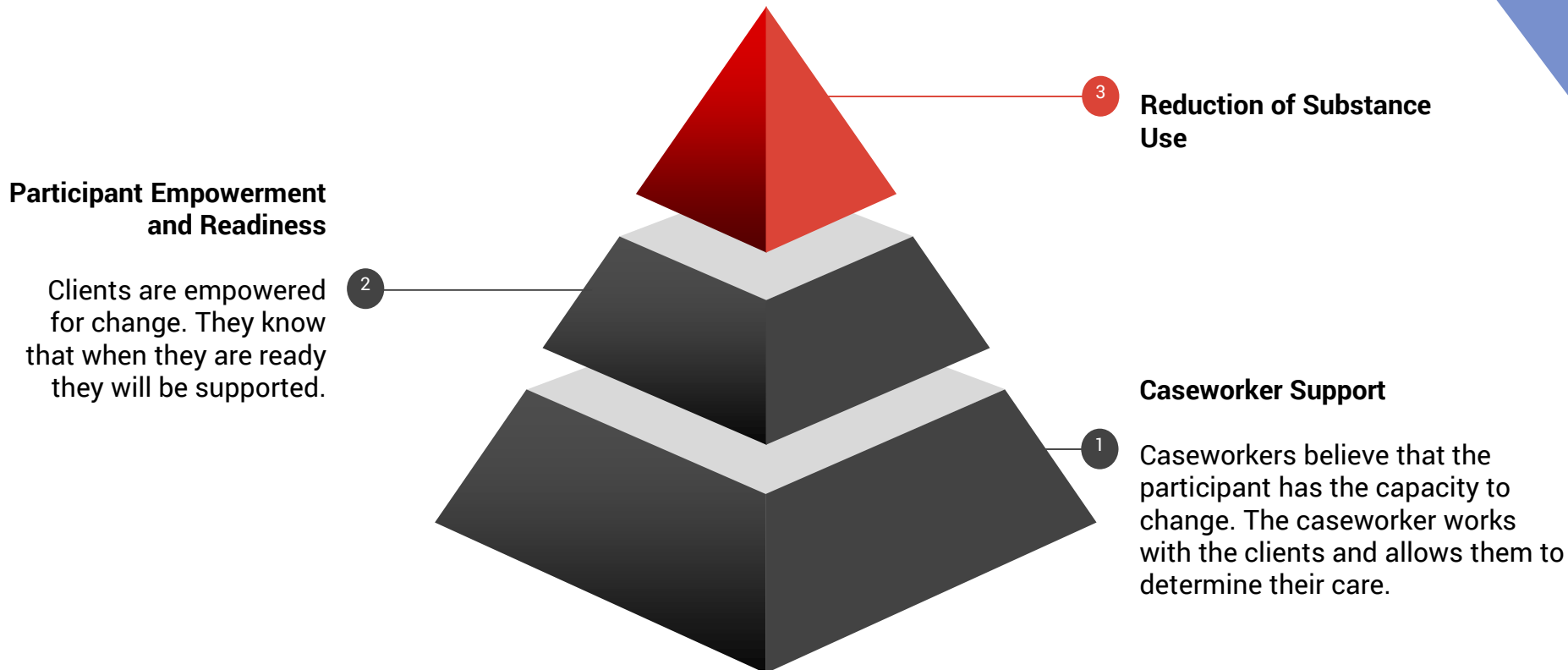
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**INT:** Um, so you mentioned loneliness a few times, **would you say that loneliness was a factor that kind of led you to bring people in?** Or [were] there other issues?

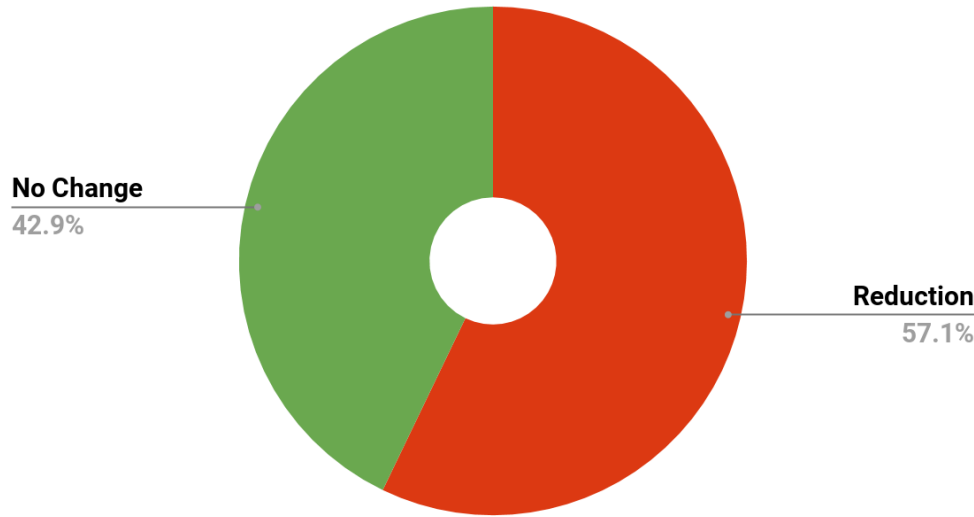
**PAR:** **Yeah, of course it was that...I didn't want to be alone there, so I used to invite a couple [of] people,** well, one or two people to come with me.



# How can Housing First influence substance use?



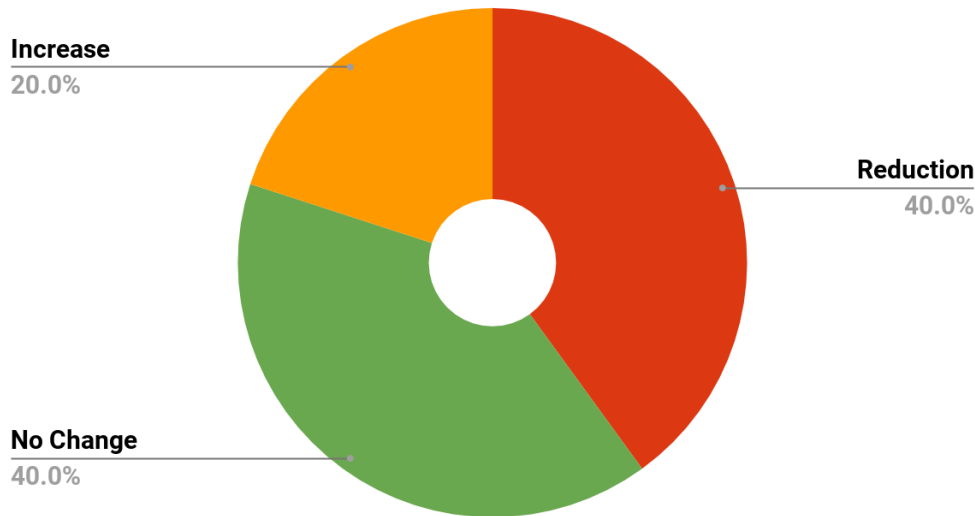
The Open Door Client Changes in Substance Use (n=7)



## Changes to Substance Use...

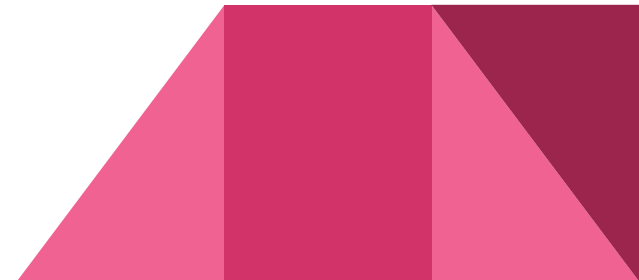
“It’s because, it’s what I wanted, really wanted to do for myself...it’s because I really wanted to stop...I was on AA before, and I was going to see a social worker before, and it didn’t help...it felt like I was being forced to do that, so **when I decided for me, and for myself only, like I really wanted to do it. It really, really helped.**”

Chez Doris Client Changes in Substance Usage (n=10)



Participant

- The Open Door Inuit



# Final Comments....

## Other Results

Other results are currently being analyzed for between program differences, and differences amongst Indigenous groups.

## Limitations

- Small sample sizes
- Non-random interviewing
- My lack of experience

## Next Steps

Follow-up study for the summer of 2018.



Thank you for your time!