

# Lorraine Street Affordable Housing

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2019-2027 Strategic Plan Priorities

# Agenda

- Overview of Project
- Overview of CMHC Requirements
- Review of Supportive Housing Services – Health Sciences North
- Wrap up

# Project Overview

- 40 units of supportive housing - one-bedroom units
- Will provide wraparound services to individuals
- Onsite security to control access to the building
- High probability City will receive funding through CMHC Rapid Housing Initiative.



# Similar Project – Kitchener Waterloo



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# CMHC Project Guidelines

- Application completed for up to 40 one-bedroom units
- CMHC affordability defined as tenants who spend less than 30 per cent of their gross income on rent.
- Units must be rented to individuals in severe housing need, or individuals experiencing or at high risk of homelessness, Indigenous individuals, women, and/or individuals suffering from mental health & addictions
- Rapid Housing Initiative has tight timeline for the building to be occupied - needs to occur on November 15, 2022
- Staff have been working on a Landbanking Strategy since 2018



# What is Supportive Housing?

- Barrier-free access to permanent housing
- Respecting consumer choice and self determination
- Recovery orientated
- Individualized and client-driven supports
- Social and community integration
- A combination of housing and services intended to help people live more stable, productive lives

**“Addictions isn’t what puts people on the street, but it is often what keeps them there.” grassroots publication**

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# Homelessness and Supportive Housing

- Most common causes of homelessness:
  - Economic challenges
  - Domestic violence, family issues
  - Residential school trauma
  - Chronic health conditions
  - Mental illness and substance abuse
  - PTSD
  - Lack of affordable housing

- The underlying principle of supportive housing: housing is provided first then supports.



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# What is an ACT Team?

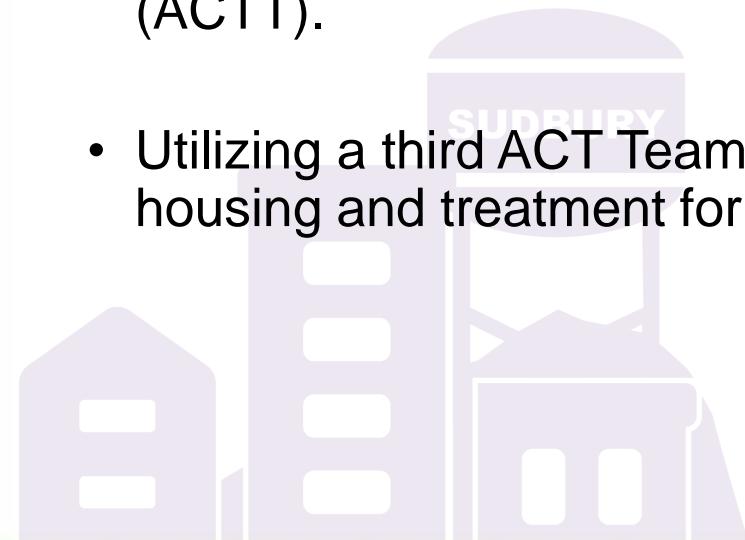
- Highly individualized treatment, support and rehabilitation
- Assertive Community Treatment Teams (ACTTs)
  - Evidence based
  - Supporting people in the community
  - Supporting mental illness and complex needs
- ACT teams also help individuals achieve their recovery goals
  - Improved symptom management
  - Medication management
  - Life skills, improved housing outcomes, employment and social opportunities

# ACT Teams on Homelessness and Concurrent Disorders

- Housing First programs that use ACT teams seek to end chronic homelessness for people with serious mental illness and substance use issues.
- ACT Teams:
  - Have had a significant impact in reducing hospitalization and ending chronic homelessness
  - Improve housing stability and quality of life as well as reduce the severity of mental health symptoms
  - Have been found to produce a 37 per cent greater reduction in homelessness compared to standard case management treatments

# Partnering with the City of Greater Sudbury

- Community continues to see an increase in homelessness and those struggling with concurrent substance use and mental health disorders.
- Access to safe, secure and affordable accommodation is the first step in treatment and/or recovery and has to be accompanied with therapeutic intervention.
- HSN, in partnership with the City, will introduce a third Assertive Community Treatment Team (ACTT).
- Utilizing a third ACT Team in conjunction with housing initiatives will support clients to secure housing and treatment for mental health and addictions challenges.



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# ACTT 3 - Staffing Model

- This third ACT Team will consist of multi-disciplinary staff. They will:
  - Provide addictions support to clients whose social circumstances prevent successful outpatient therapy
  - Assist in securing housing and treatment for mental health and physical health challenges
  - Assist in providing addictions support and helping to make referrals to other community programs
- The staffing model for this team will be comprised of:
  - Registered Nurses
  - Mental Health and Addiction Workers
  - Social Worker
  - Administrative roles
  - Support from a team of Psychiatrists and Addiction Physician Specialists

# Summary

- The housing system aims to provide housing for people experiencing homelessness, while the mental health system, through programs like ACT, strives to help people manage their illness, reduce symptoms, maintain stable housing, increase participation in society, and work towards recovery goals for people with persistent and complex needs.
- Utilizing ACT Teams in conjunction with housing initiatives is not a new concept. In Moncton the ACT team was used in aiding the Home First project. Findings showed that the project decreased interactions with the criminal justice system, led to better quality of life and decreased mental health issues in the community.



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## Research Articles / Sources

- Enhancing Mental Health and Addictions Supports in London Paper (2000)
- Eastern Mental Health and addictions - HOPE program
- Ontario ACTT / FACT Association - Homeless network (sub Committee)
- At Home / Chez Soi study - Housing first initiative 2017
- Housing first, consumer choice, and harm reduction for homeless individuals with a dual diagnosis. American Journal of Public Health
- Decreasing psychiatric symptoms by increasing choice in services for adults with histories of homelessness. American Journal of Community Psychology
- OTTAWA – HOPE Program
- North Bay – Home Support program
- Kingston – Homelessness program



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