

International webinar series on Housing First

camh

Housing First and women

2021-May-5



CAMH Land Acknowledgement

CAMH is situated on lands that have been occupied by First Nations for millennia; lands rich in civilizations with knowledge of medicine, architecture, technology and extensive trade routes throughout the Americas. The site of CAMH appears in colonial records as the council grounds of the Mississaugas of the Credit First Nation. Toronto is now home to a vast diversity of First Nations, Inuit and Métis who enrich this city.

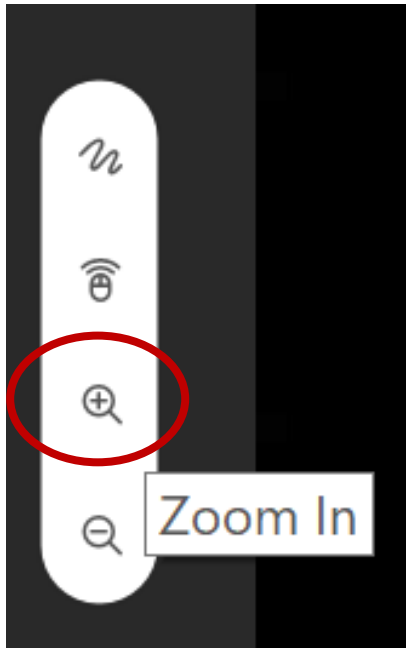
CAMH is committed to reconciliation. We will honour the land through programs and places that reflect and respect its heritage. We will embrace the healing traditions of the Ancestors, and weave them into our caring practices. We will create new relationships and partnerships with First Nations, Inuit and Métis – share the land and protect it for future generations.



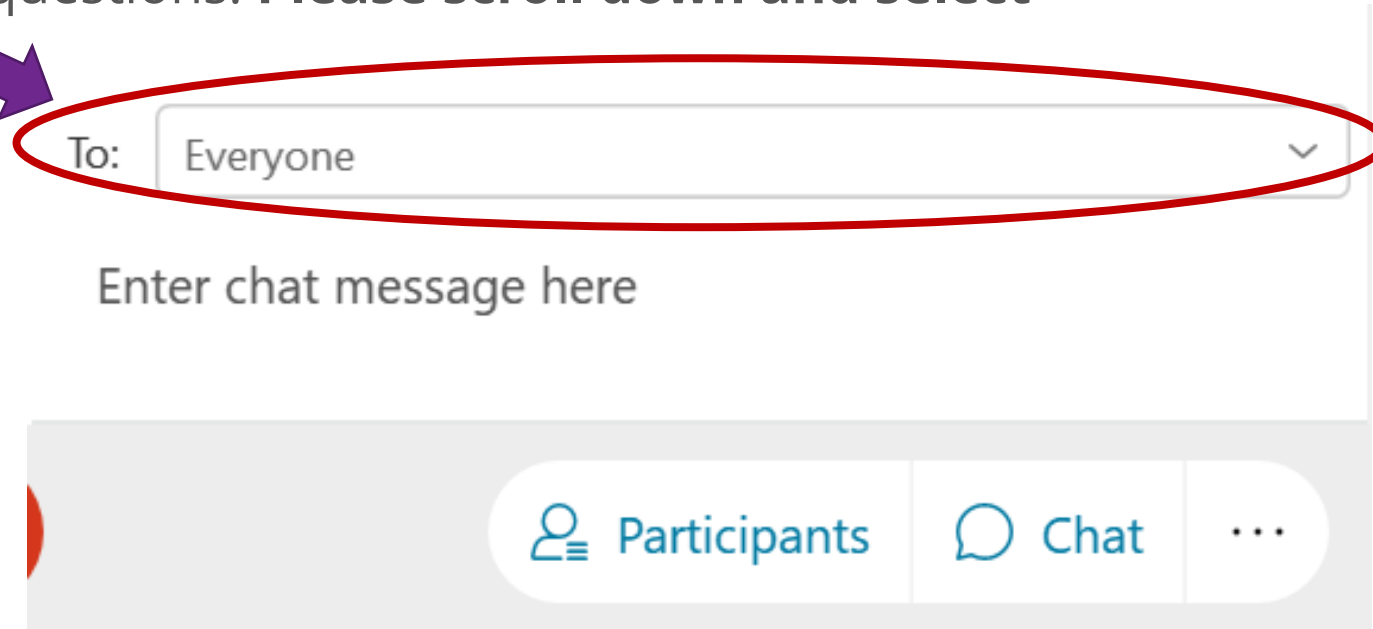
Reference: <https://www.camh.ca/en/driving-change/building-the-mental-health-facility-of-the-future>

Housekeeping

- The audio is being stream via your computers. For optimal sound, please use external speakers or earphones. If you are still having trouble hearing our presenters, you can dial into **+1-647-484-1598** or **access the list of Global call-in numbers**
- Use the chat box to submit questions. **Please scroll down and select message to 'Everyone'.**

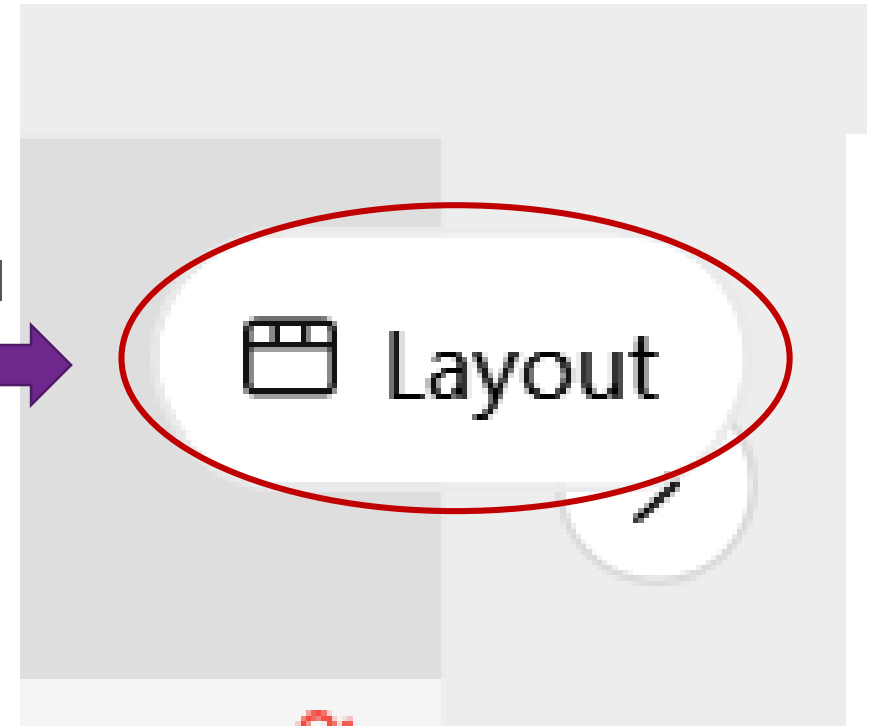


Use the magnifying glass to zoom in on slides



Housekeeping

- Change the presenter layouts so you can see all panelist, or just the active speaker



- This webinar will be recorded and posted on the [Col's webpage](#) following the presentation. You will receive an email after this webinar with the link.
- We would appreciate having your feedback on today's webinar. Your browser will switch to the survey after this webinar ends. **Thanks in advance for the 2 minutes of your time to complete our online feedback survey!**

AGENDA

1

**Introduction:
The Housing First
Europe Hub, the
OHFRN-Col, and
today's presenters**

2

**Presentations on
Housing First and
women**

3

**Discussants
and Q/A
session**

The Housing First Europe Hub

The Hub was established by the Y-Foundation (Finland) and FEANTSA (European Federation of National Organisations Working with Homeless People), along with more than 15 partners, creating a network of organisations, public authorities and foundations working to scale up HF programs in Europe.

For more information, visit <https://housingfirsteurope.eu/>



The OHFRN-Col

Purpose: To assist communities across Ontario, Canada, to develop, evaluate, and improve Housing First (HF) programs based on the Pathways model tested, adapted, and shown to be effective in the At Home / Chez Soi Demonstration Project.

Goals:

- **Build** local capacity for HF programs
- **Promote** high quality implementation, fidelity, and adaptation of the Pathways HF
- **Advocate** and influence public policy related to HF

This Col is supported by Evidence Exchange Network, at the Centre for Addiction and Mental Health.

For more information, visit <https://www.eenet.ca/initiative/housing-first-community-interest#about>

Today's webinar

The goal of this webinar series is to:

- bring together the international HF community
- share evidence-based knowledge, experience and innovation
- build capacity for HF programs
- promote high quality implementation of the HF model that includes both fidelity to and adaptation of the model.

Today's session will examine research and work on the pathways to Housing First for women, families/mothers experiencing homelessness, as well as domestic violence and HF.

Today's presenters



Dr. Rachel Caplan, Wilfrid Laurier University, Canada, is a former Postdoctoral Fellow at the Canadian Observatory on Homelessness, specializing in community-based research and evaluation with the Making the Shift Youth Homelessness Demonstration Lab (MtS DEMS). Rachel is a community-based researcher and program evaluator in housing and homelessness and her research focuses on child, youth, and family homelessness; and children's rights. She has conducted community-based research and evaluations for two large-scale, mixed-methods, prevention-oriented research demonstration projects: the Mental Health Commission of Canada's national At Home/Chez Soi study of Housing First for individuals experiencing homelessness and mental illness; and the Better Beginnings, Better Futures prevention program for children, families, and communities in Ontario, Canada. Rachel proudly serves as an advisor on the Canadian Alliance to End Homelessness (CAEH) Women's Homelessness Advisory Committee. Rachel is currently working in public service at the regional level.

Today's presenters



Dr. Saija Turunen is research manager at Y-Foundation, Finland where she has worked since 2017. Saija studied and worked in the field of social research in the UK where she founded and ran her own research consultancy as well as taught research methods at the University of Bangor, North Wales after receiving her Ph.D. from there in 2001. Currently Saija co-leads the research work cluster of the Housing First Europe Hub and her research interests include impact assessment, women's homelessness as well as subjective well-being.

Today's presenters



Dr. Cris Sullivan, Michigan State University, USA is Professor of Ecological/Community Psychology, Director of the Research Consortium on Gender-based Violence, and is a Senior Fellow of MSU's Office on Outreach and Engagement. Her areas of research expertise include conducting longitudinal, experimental evaluations of community interventions for abused women and their children, improving the community response to gender-based violence, and evaluating victim service programs. Her research has been funded by the National Institute of Mental Health, Centers for Disease Control and Prevention, the National Institute of Justice, and foundations, and her work has impacted research, policy and practice.

Today's discussant



Dr. Beth Shinn is the Vanderbilt Chair of the Department of Human and Organizational Development; and a professor in the Department of Human and Organizational Development.

Dr. Shinn studies how to prevent and end homelessness and create opportunities for groups that face social exclusion. She seeks to use research to shape social policy. The 12-site Family Options study she conducted with colleagues at Abt Associates and Vanderbilt shows that offering long-term rental subsidies to families in homeless shelters not only ends homelessness for most but has radiating benefits for parents and children and reduces problems like substance abuse, domestic violence, and psychological distress that can sometimes cause homelessness. Qualitative interviews with 80 of the families across four sites helped to understand families' experiences in the homeless service system, how they make housing decisions, and why so many parents become separated from their children.

Housing First and Mother-Child Relationship Outcomes in Canada's At Home/Chez Soi Project



**Rachel Caplan, Ph.D.
Wilfrid Laurier University**

International Webinar Series on Housing First
Housing First and Women
May 5, 2021



Family Homelessness and Mother-Child Separation in Canada

- **Significant and increasing crisis** (Donnan, 2016; Gulliver-Garcia, 2016)
- **Families** experiencing homelessness **more likely** to experience **parent-child separations** than families with a home (Cowal et al., 2002; Goodman, 1991)
- **Mother-child separation** and “**invisible**” motherhood (Barrow & Laborde, 2008)

Canada's At Home/Chez Soi Project



VANCOUVER

WINNIPEG

TORONTO

MONTREAL

MONCTON

Introduction

- Housing First approach
- Mental Health Commission of Canada → \$110 million
- 2008-2013

(Goering et al., 2011; Tsemberis, 2010)

Canada's At Home/Chez Soi Project



VANCOUVER

WINNIPEG

TORONTO

MONTREAL

MONCTON

Intervention Groups

- **Housing First Intervention Group**
 - » Assertive Community Treatment (ACT)
 - » Intensive Case Management (ICM)
 - » 3rd Arm/Site-specific
- **TAU Control Group**

(Goering et al., 2014)

Canada's At Home/Chez Soi Project



VANCOUVER

WINNIPEG

TORONTO

MONTRÉAL

MONCTON

Participants

- **2,148** participants overall
 - » **Baseline** interview sub-sample (n=219)
 - » **Follow-up** interview sub-sample (n=197)
- Narrative Interviews

10 Mothers in HF

6 Mothers in TAU

(Goering et al., 2014)

Canada's At Home/Chez Soi Project



VANCOUVER

WINNIPEG

TORONTO

MONTRÉAL

MONCTON

Qualitative Semi-Structured Narrative Interviews

- Two time points: **baseline** (enter study) & **follow-up** (18-months later)
- Domains: typical day, mental health, housing, services, hopes
- High, low, turning point stories

(Macnaughton et al., 2016)

Mother-Child Relationship Outcomes

Purpose:

- To examine the mother-child relationship differences between **mothers in the HF intervention group** and **mothers in the TAU group** experiencing homelessness, mental illness, and separation from their children

Mother-Child Relationship Outcomes

Methodology:

- Secondary data from AHCS (Baseline & Follow-up Interviews)
- Data analysis: Matrix display to compare mothers between intervention groups (changes from baseline to follow-up)

	Mothers in TAU (n=6)		Mothers in HF (n=10)	
Mother-child relationship experiences	Baseline	→ 18-month follow-Up	Baseline	→ 18-month follow-up

(Miles, Huberman, & Saldana, 2013)

Findings:

Mothers in HF versus Mothers in TAU

	Mothers in TAU (n=6)		Mothers in HF (n=10)	
Mother-child relationship experiences	Baseline	→ 18-month follow-Up	Baseline	→ 18-month follow-up
	1 out of 6 positive changes with children (5 of 6 had no changes)		5 out of 10 positive changes with children (5 of 10 had no changes)	

Findings: Mothers in TAU

	Mothers in TAU (n=6)		Mothers in HF (n=10)	
Mother-child relationship experiences	Baseline	18-month follow-Up	Baseline	18-month follow-up
	1 out of 6 positive changes with children (5 of 6 had no changes)		5 out of 10 positive changes with children	

Findings: Mothers in TAU

	Baseline	18-Month Follow-up
Cam	"I do want a life and I want my kids back"	"I want to get my kids back... It's been a long time since I've seen my kids... You know now that the holidays are coming, it's just more emotional"
Patty	"I would like to work towards getting my kids, or some kind of reasonable access or somehow try to reasonably talk to my ex-husband"	"It's hard 'cause he's got the kids and I haven't seen them for six months. It really bothers me"
Brook	Relationship with her children and mother	Hopes for more interaction with her children and mother

Findings: Mothers in HF

Anna's story

	Mothers in TAU (n=6)		Mothers in HF (n=10)	
Mother-child relationship experiences	Baseline	18-month follow-Up	Baseline	18-month follow-up
	1 out of 6 positive changes with children (5 of 6 had no changes)		5 out of 10 positive changes with children	

Findings: Mothers in HF

Anna's story

“Peaceful and I get to see my kids every day, they are home most of the time...”

“... they're pretty happy about it... to have their mommy at home again”

“... it feels good when you have your children around...”

“... you hug them when you want to, they hug you when they like to...”

Findings: Mothers in HF

Maame's story

	Mothers in TAU (n=6)		Mothers in HF (n=10)	
Mother-child relationship experiences	Baseline	18-month follow-Up	Baseline	18-month follow-up
	1 out of 6 positive changes with children (5 of 6 had no changes)		5 out of 10 positive changes with children	

Findings: Mothers in HF

Maame's story

“I was ready to give up when the help [Housing First] came. I was ready to give up, in the mean time I can't, but I still needed help but nobody was helping me until this [housing] came, which I am really, really happy about it. Now I think things will change. I have my own place, I have the children in it, I have a key for my place, nobody can tell me when I go out...”

Findings: Mothers in HF

Nora's story

	Mothers in TAU (n=6)		Mothers in HF (n=10)	
Mother-child relationship experiences	Baseline	18-month follow-Up	Baseline	18-month follow-up
	1 out of 6 positive changes with children (5 of 6 had no changes)		5 out of 10 positive changes with children	

Findings: Mothers in HF

Nora's story

“... it affected it majorly... I see my kids now. I see them like two times a week. My son sometimes three times a week, and when I was on the street, I would see them like only once a week... So it's made it better.”

Impact of HF on Mother-Child Relationships

Housing stability = Family stability through safe, quality, stable housing

Safe, quality, stable housing through HF allowed mothers to:

- Be with their children
- Fulfill their roles as mothers
- Support their child(ren)'s well-being

Implications & Next Steps

- Psychosocial outcomes of HF
 - Family homelessness & mother-child relationships
 - Impact of children on mothers' recovery
- Service and system changes to support “invisible” families
- Research/evaluation with children to assess impacts of HF from their perspectives



Thank you!

Select References

- Barrow, S.M., & Laborde, N.D. (2008). Invisible mothers: Parenting by homeless women separated from their children. *Gender Issues*, 25, 157-172.
- Caplan, R. (2018). *"Invisible" parent experiences of homelessness and separation from their children in Canada*. (Unpublished Doctoral dissertation). Wilfrid Laurier University, Waterloo: ON. Available at <https://scholars.wlu.ca/etd/2126>
- Cowal, K., Shinn, M., Weitzman, B.C., Stojanovic, D., & Labay, L. (2002). Mother-child separations among homeless and housed families receiving public assistance in New York City. *American Journal of Community Psychology*, 30(5), 711-730. doi: 10.1023/A:1016325332527
- Donnan, M.E. (2016). *The shattered mosaic: How Canadian social structures cause homelessness*. Vernon, BC: J. Charlton Publishing.
- Goering, P.N., Streiner, D.L., Adair, C., Aubry, T., Barker, J., Distasio J., ... Zabkiewicz, D.M. (2011). The At Home/Chez Soi trial protocol: A pragmatic, multi-site, randomized controlled trial of Housing First in five Canadian cities. *BMJ Open*, 1, e000323.
- Gulliver-Garcia, T. (2016). *Putting an end to child & family homelessness in Canada*. Toronto: Raising the Roof.
- Macnaughton, E., Townley, G., Nelson, G., Caplan, R., MacLeod, T., Polvere, L., ...Goering, P. (2016). How does housing catalyze recovery in Housing First participants?: Qualitative findings from the At Home/Chez Soi Project. *American Journal of Psychiatric Rehabilitation*, 19(2), 1-24. doi: 10.1080/15487768.2016.1162759
- Tsemberis, S. (2010). *Housing First: The Pathways Model to end homelessness for people with mental illness and addiction*. Centre City, MN: Hazelden.



Y-FOUNDATION

**Working with women in Housing
First
5.5.2021**

Saija Turunen, Research Manager, Ph.D.

Outline of the presentation

- Housing options in HF in Finland
- Recent developments
- Our research project and some findings (with Dr. Riitta Granfelt)

Housing options in HF in Finland

- Own independent rental apartment either in scattered housing or in a supported housing unit
 - Normal surroundings
 - Permanent homes
 - Own rental contract (based on law)
 - Normality

Number of homeless men and women (2020)

MEN
75%
(3 276)



WOMEN
25%
(1 065)

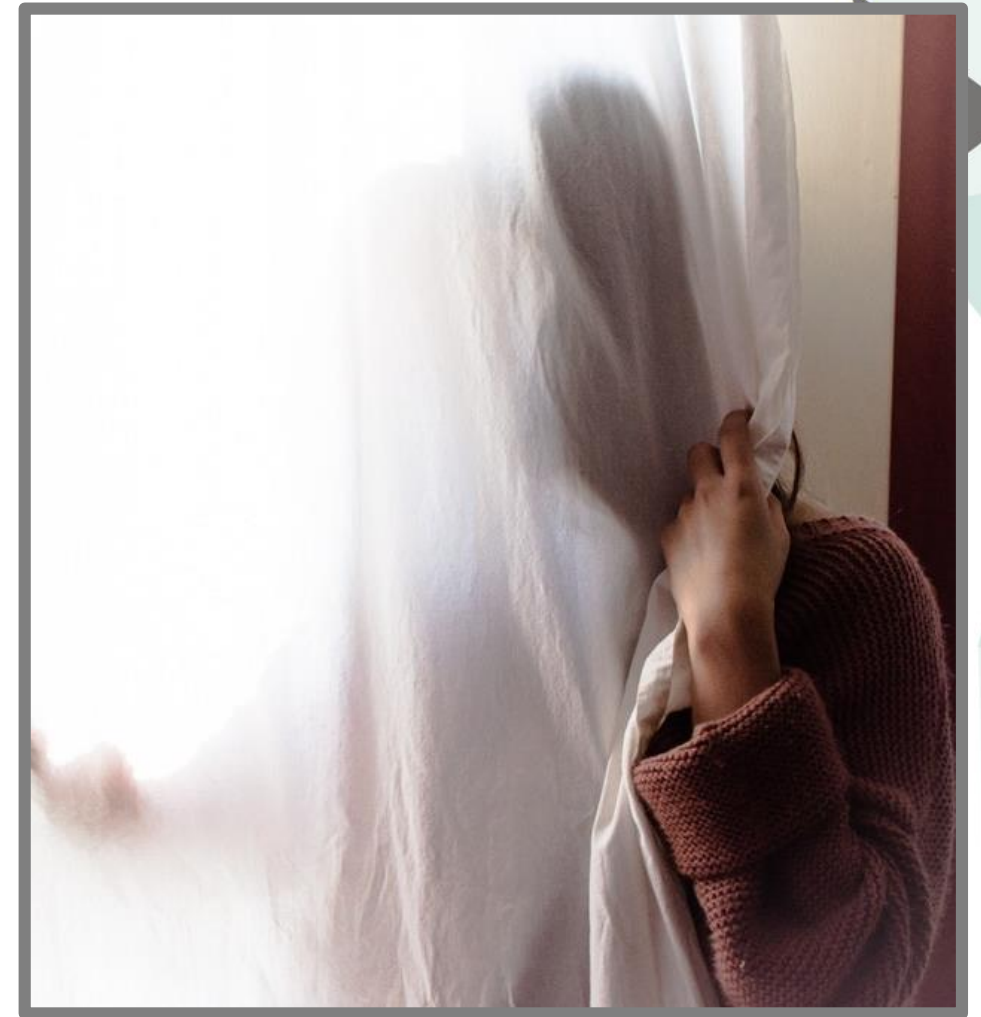
(Ara, 2021)

Research on Women's Homelessness (2019-2021)

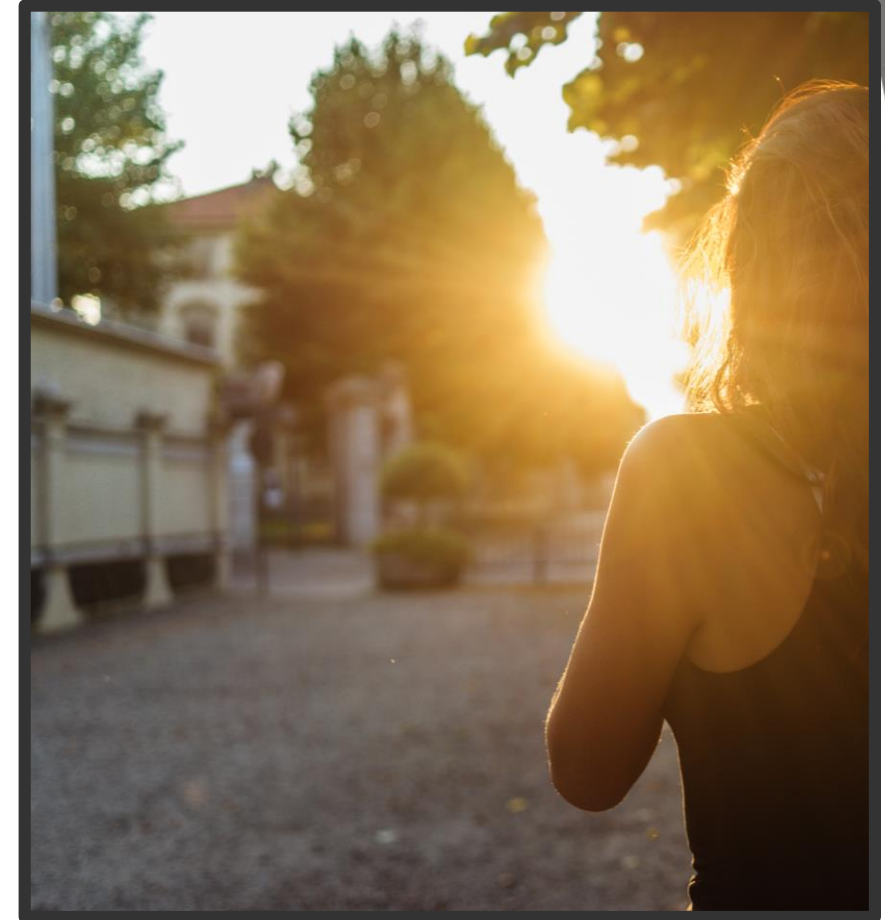
- Three sets of data:
 - Housing Advise
 - Women in scattered-site housing
 - Workers in a supported housing unit

What supports the resilience and professional development of workers in a supported housing unit?

- *“It is wearing when you try to talk to an intoxicated person. Nothing comes out of it.”*
- *“If there’s been a serious substance abuse problem in your own family that is somehow unsolved in your mind, and it gets activated at work and you start seeing you mum and dad or someone else in that client and it becomes quite personal. It doesn’t take long until you find yourself in the occupational health. You can’t handle the job.”*



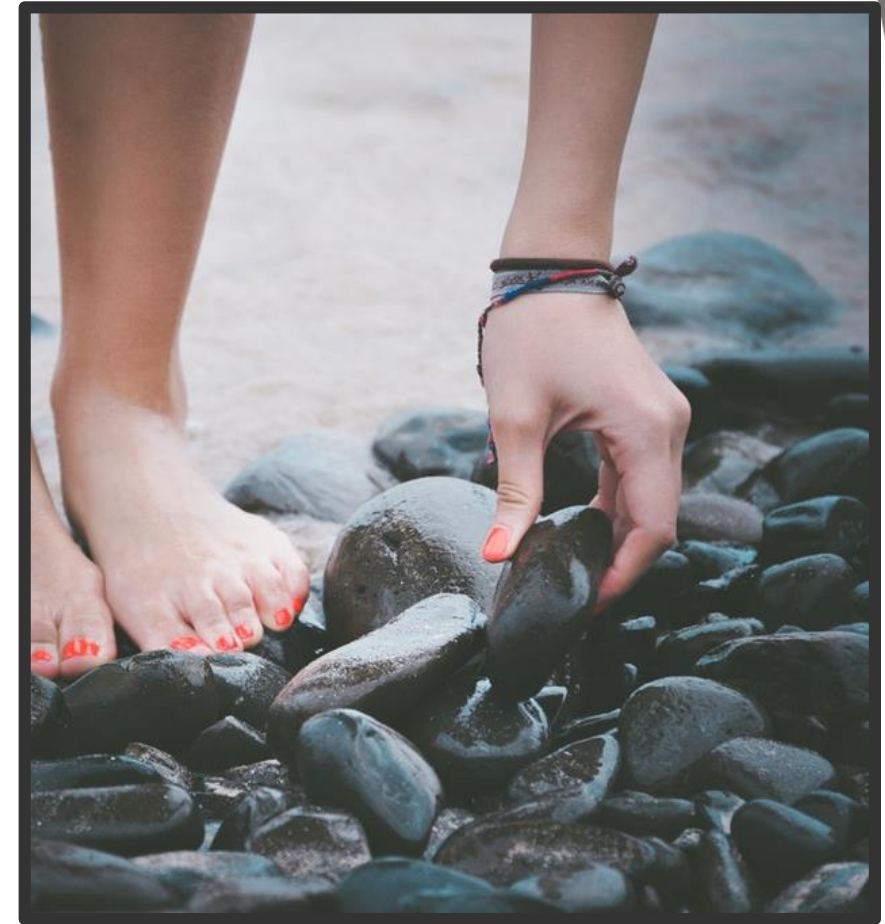
- *"Certainly onething is that there are successes and that kind of things and that you see even the smallest steps forward as successes and that the aims are realistic."*
- *"Sorry and thank you."*



- *It's good to say to oneself that I get such a great feeling out of this when I see people feeling so much better. It is simply a sincere desire to somehow help these people ... It's just awful if you think about everything these women have experienced. You get this need to take them in your arms and stroke their hair and think 'everything good has to come your way now and you have a refuge here'.*



"Quite a few workers describe it as a strength that they are able to do work which is in line with their own values, and they have a strong sense of human dignity and people should be helped and no one should be left behind. That's when people usually have the resources. "



Thank you! Kiitos!





Y-FOUNDATION

ysaatio.fi | m2kodit.fi

saija.turunen@ysaatio.fi



DOMESTIC VIOLENCE HOUSING FIRST

An Adaptation of Housing First for DV Survivors

Cris M. Sullivan, PhD

Michigan State University

Research Consortium on Gender-based Violence

TODAY'S FOCUS



- Brief description of the Domestic Violence Housing First (DVHF) model
- Preliminary findings from a longitudinal demonstration evaluation

FUNDING ACKNOWLEDGEMENT

This research was supported by a subcontract from the Washington State Coalition Against Domestic Violence, who received funding through a contract with the U.S. Department of Health and Human Services' Office of the Assistant Secretary for Planning and Evaluation (ASPE) in partnership with the Department of Justice's Office for Victims of Crime [contract #HHSP233201600070C], and by a grant from the Washington State Coalition Against Domestic Violence, who received funding from The Bill & Melinda Gates Foundation [#OPP1117416]. Points of view do not necessarily represent the position or policies of the funders.

ADAPTATION OF HOUSING FIRST



- Sullivan, C.M. & Olsen, L. (2016). Common ground, complementary approaches: Adapting the Housing First model for domestic violence survivors. *Housing and Society*, 43(3), 182-194.

THE HOUSING FIRST MODEL AND DOMESTIC VIOLENCE VICTIM ADVOCACY

Housing First Model Tenets (Tsemberis, 2010, p. 18)	Domestic Violence Victim Advocacy Tenets
Shared Principles	
Housing is a basic human right	
Housing not contingent on “readiness”	
Respect, warmth, and compassion for all clients	
Commitment to working with clients for as long as they need	
Scattered site housing; independent apartments	
Separation of housing and services	

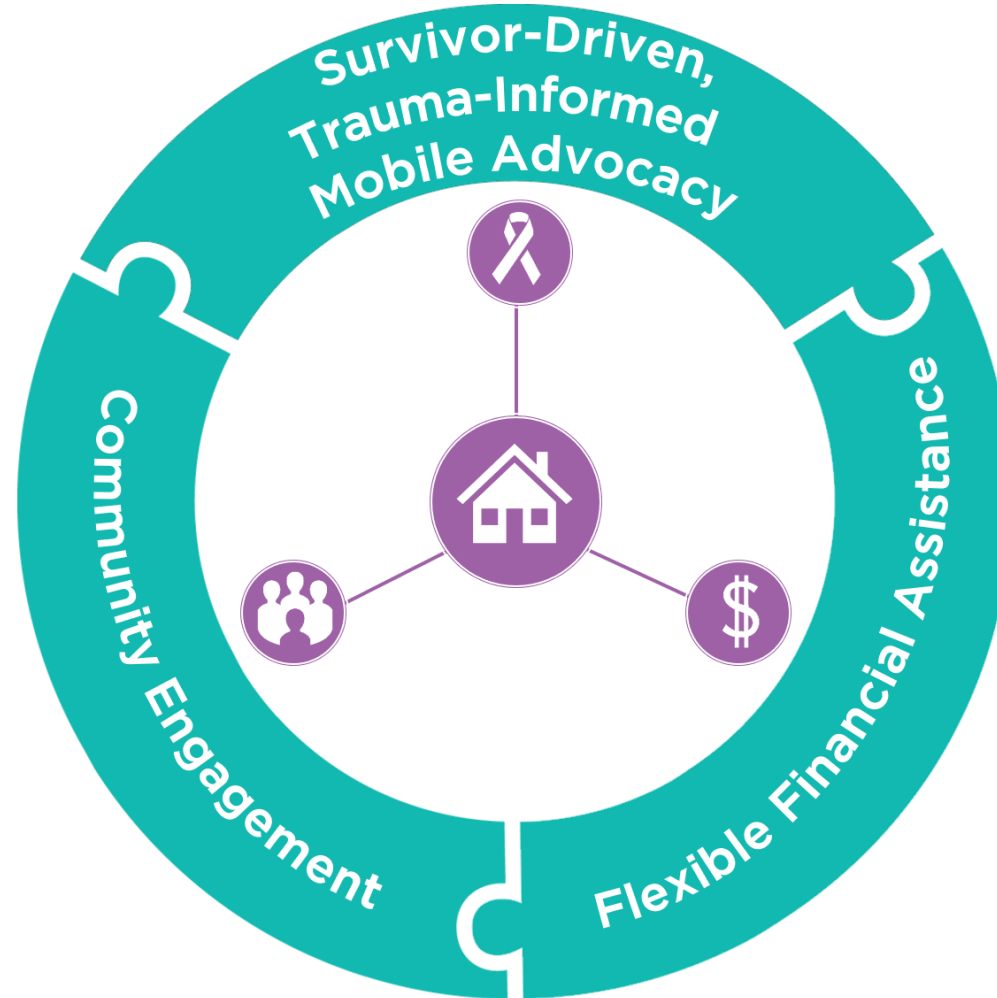
THE HOUSING FIRST MODEL AND DOMESTIC VIOLENCE VICTIM ADVOCACY

Housing First Model Tenets (Tsemberis, 2010, p. 18)	Domestic Violence Victim Advocacy Tenets
Similar Principles	
Consumer choice and self-determination	Strengths-based; empowerment focus
Harm reduction	Safety planning
Recovery orientation	Orientation toward social and emotional well-being

THE HOUSING FIRST MODEL AND DOMESTIC VIOLENCE VICTIM ADVOCACY

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Similar Principles	
Consumer choice and self-determination	Strengths-based; empowerment focus
Harm reduction	Safety planning
Recovery orientation	Orientation toward social and emotional well-being
Explicit Principles of Domestic Violence Victim Advocacy	
	Community engagement; systems change
	Trauma-informed practice

CORE COMPONENTS OF THE DVHF MODEL



DEMONSTRATION EVALUATION

5

Agencies
participating

2 urban sites

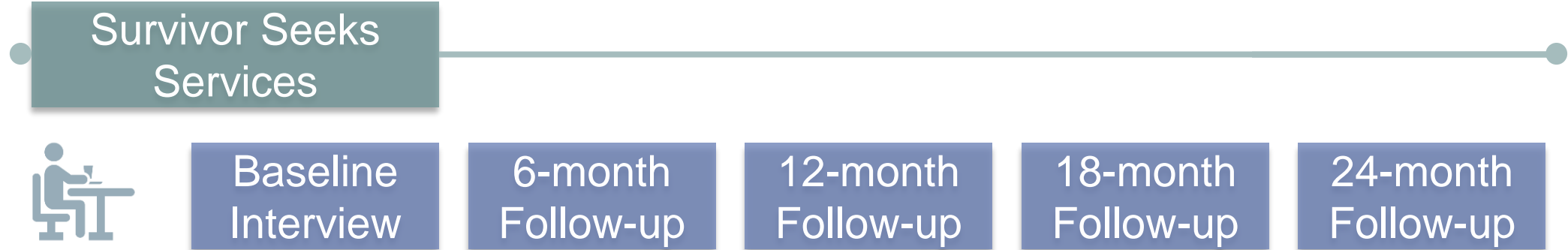
3 rural sites

- similar to many DV programs around the country

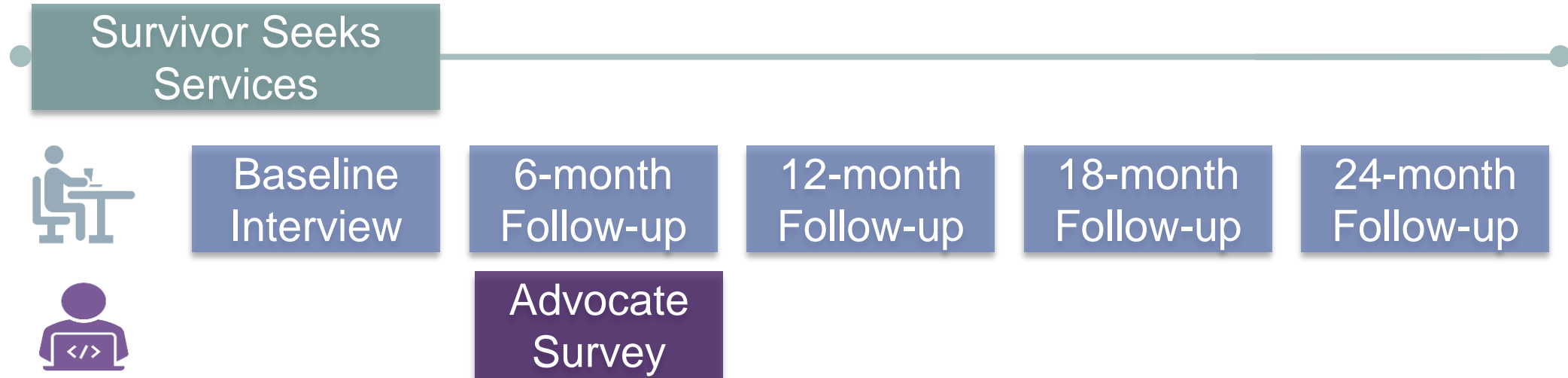
Participant
eligibility criteria:

- victim of IPV in the last 6 months
- homeless or unstably housed

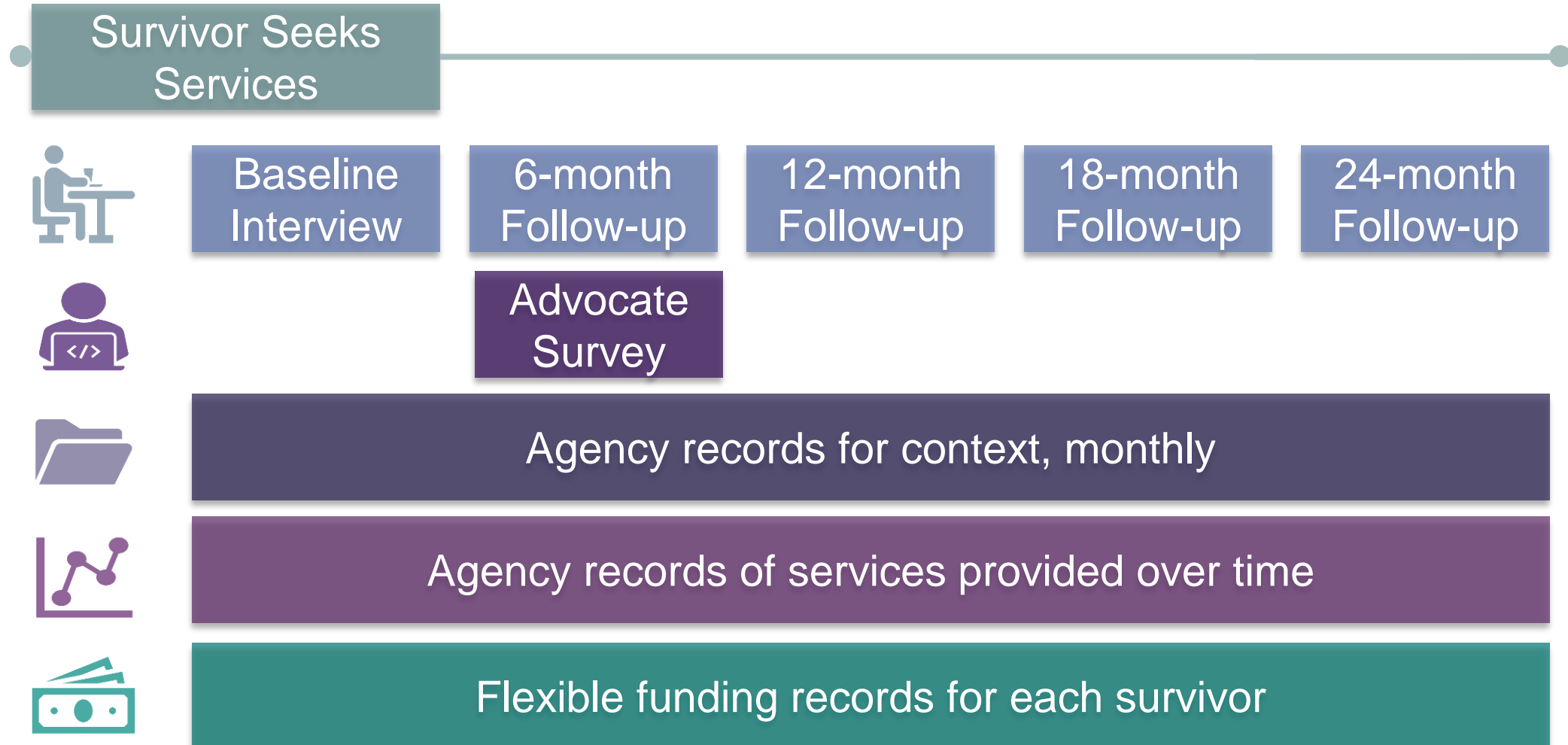
OVERVIEW OF EVALUATION DESIGN



OVERVIEW OF EVALUATION DESIGN

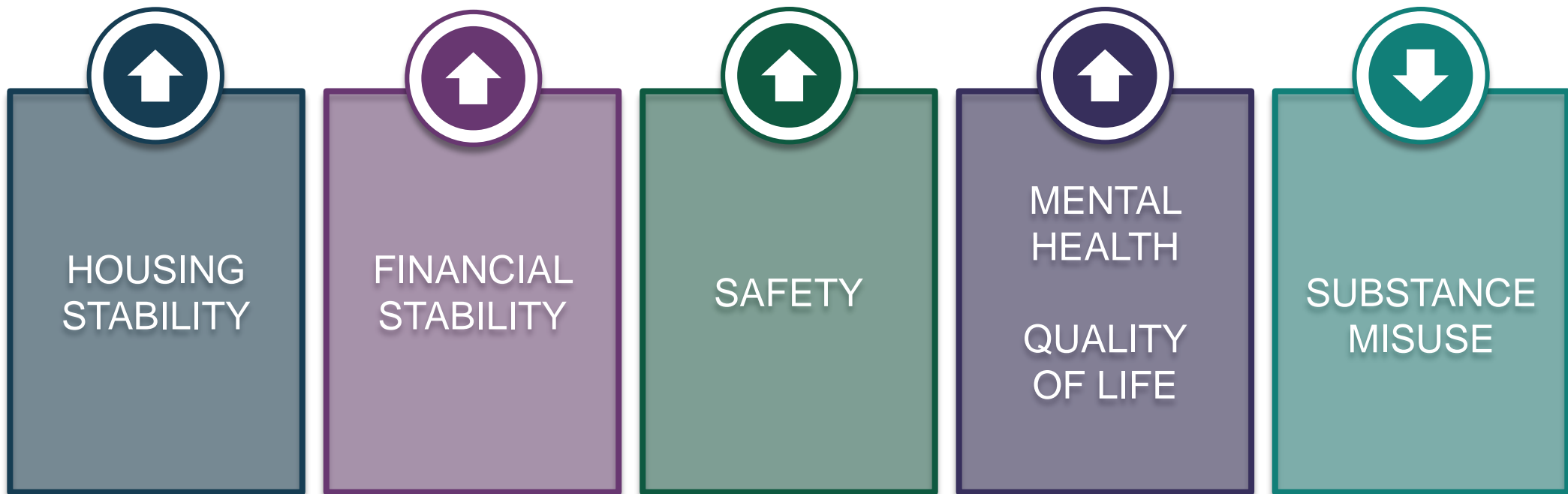


OVERVIEW OF EVALUATION DESIGN



HYPOTHESES

Survivors receiving DVHF will show greater improvement over time compared to other survivors on:



HYPOTHESES

Children of parents receiving DVHF
will show greater improvements than will other children on:

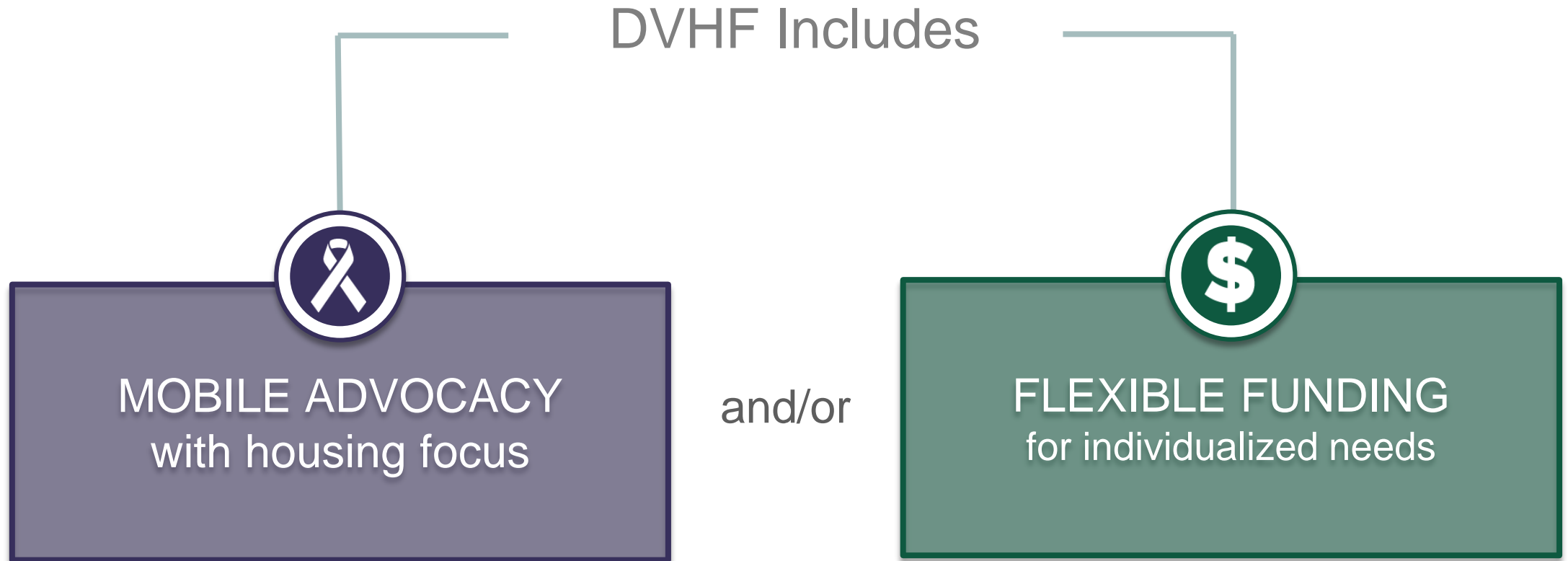


SCHOOL ATTENDANCE
PERFORMANCE



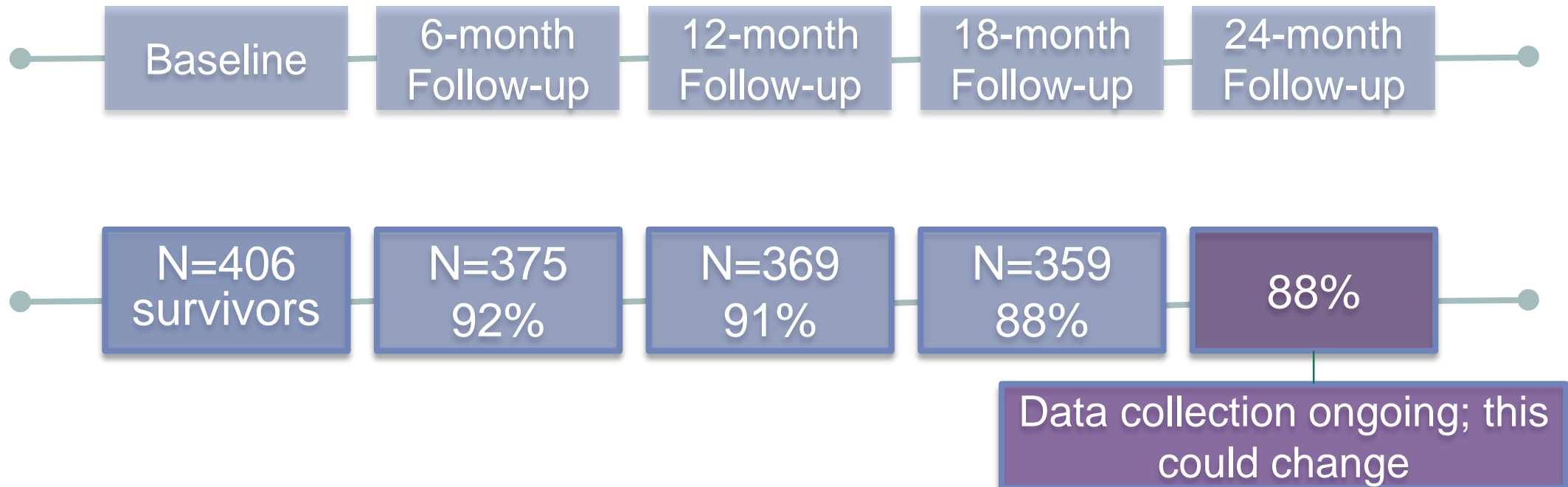
BEHAVIOR
PRO-SOCIAL SKILLS

DEMONSTRATION EVALUATION



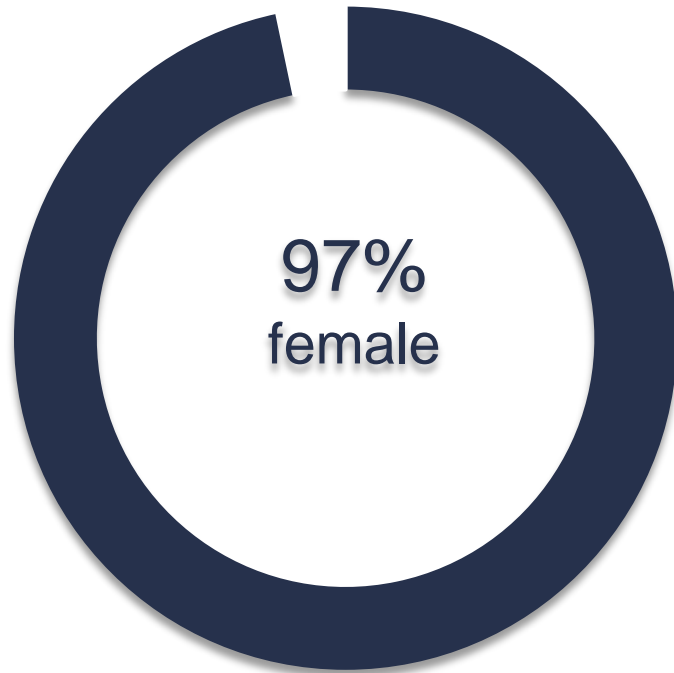
RETENTION RATE

As of April 30, 2021 ($N=406$)



ABOUT THE SAMPLE

Demographics

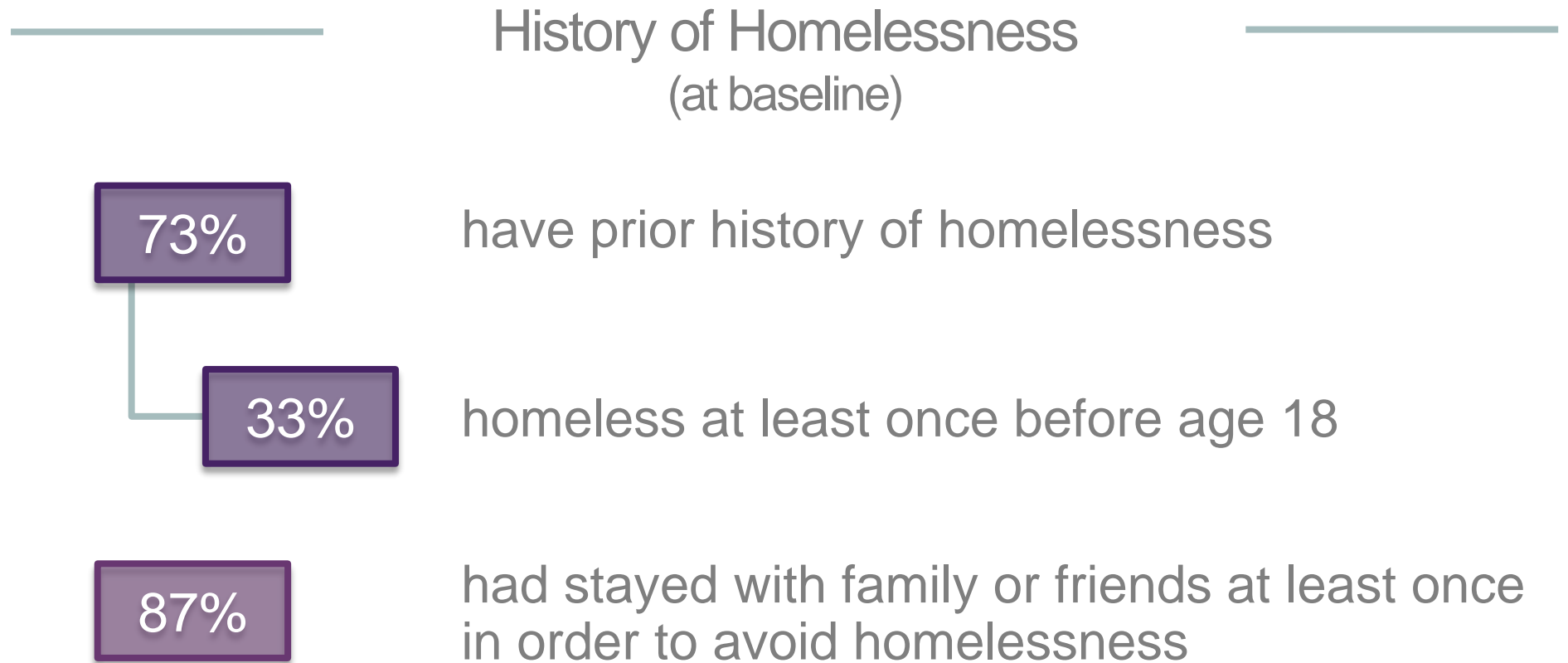


ABOUT THE SAMPLE

Race/Ethnicity

Non-Hispanic White	35%
Hispanic/Latinx	35%
African American/Black/African	19%
U.S. Indigenous	12%
Asian/Asian American	4%
Middle Eastern	1%
Multi-racial/multi-ethnoracial	15%

ABOUT THE SAMPLE



ABOUT THE SAMPLE

Mental Health
(at baseline)

43%

Severe depression

43%

Severe anxiety

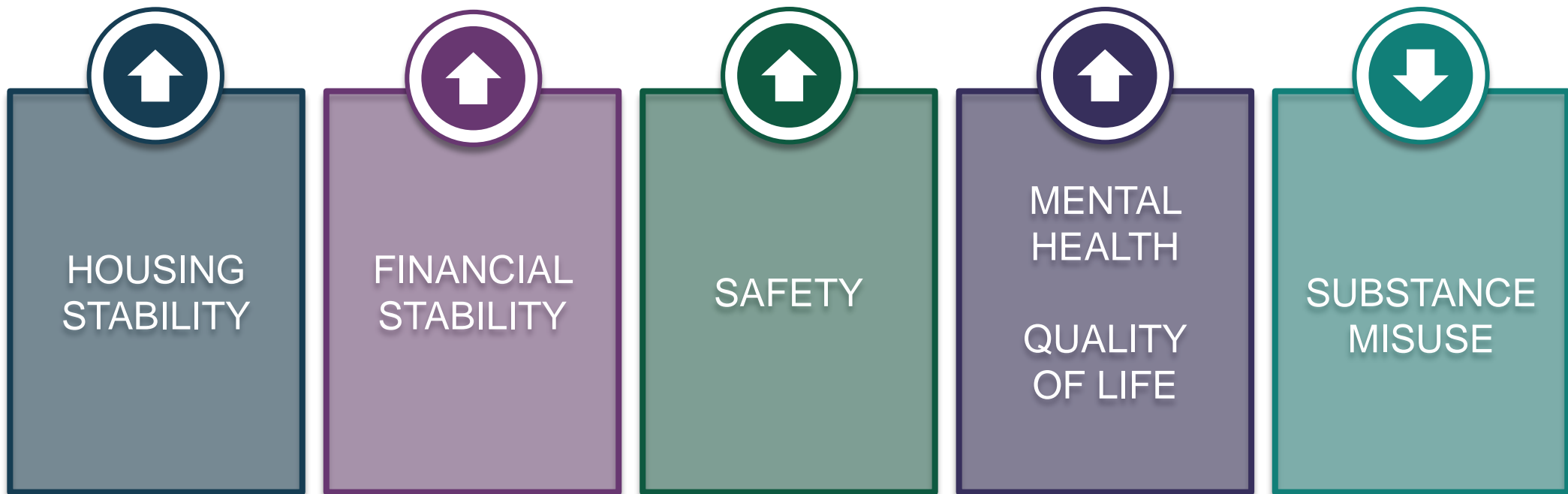
74%

PTSD



RESULTS OF HYPOTHESES TESTING

1. Survivors receiving DVHF will show greater improvement over time compared to other survivors on:



6-MONTH PRELIMINARY FINDINGS

Controlling for Baseline Differences

- Propensity scores were derived from logistic regression models testing whether any survivors' baseline characteristics predicted service received
- Agency was modeled as a fixed effect. Impact of different advocates was accounted for by using cluster robust standard errors
- Regression models included propensity scores (baseline covariates) and baseline levels of each dependent variable being tested

6-MONTH PRELIMINARY FINDINGS

Significant Finding on Housing Stability:



Receiving DVHF model was associated with survivors having **greater housing stability at six months**

6-MONTH PRELIMINARY FINDINGS

Significant Findings on Safety:



Receiving DVHF services was associated with:

less stalking/harassment
less economic abuse

**no group differences on physical, emotional, or sexual abuse, use of the children, or safety-related empowerment*

6-MONTH PRELIMINARY FINDINGS

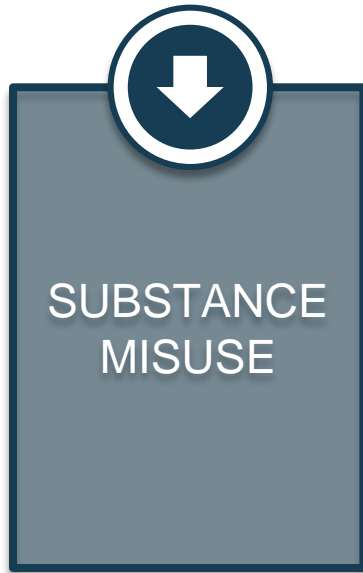
Significant Findings on Mental Health:



Receiving DVHF services was associated with survivors having
lower depression
lower anxiety, and
fewer PTSD symptoms

6-MONTH PRELIMINARY FINDINGS

— Significant Finding on Substance Misuse: —



Receiving DVHF model was associated with survivors having **lower alcohol and drug misuse**

6-MONTH PRELIMINARY FINDINGS

No group differences on:

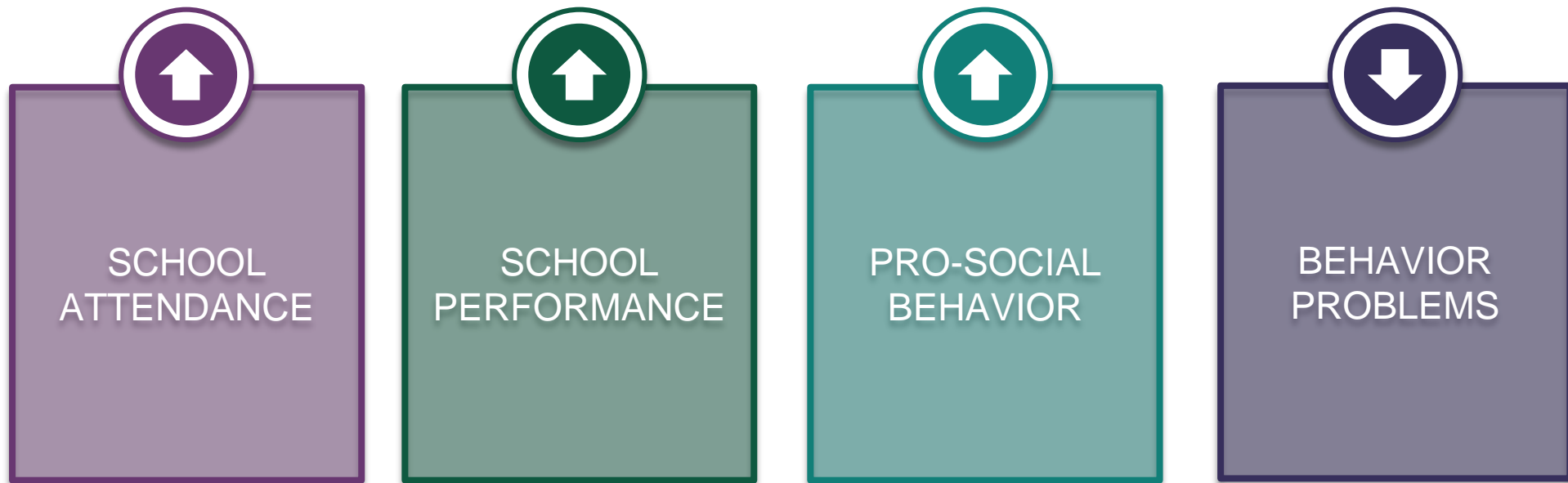
FINANCIAL
STABILITY

QUALITY
OF LIFE

Both groups improved over time

6-MONTH HYPOTHESES

2. Children of parents receiving DVHF
will show greater improvements than will other children on:



PRELIMINARY CHILD OUTCOMES – 6 MONTHS

— Significant Finding on Behavioral Problems: —



Parents who received DVHF reported a significant decrease in their child's behavioral problems

PRELIMINARY CHILD OUTCOMES – 6 MONTHS

— **No Group Differences On:** —

SCHOOL
ATTENDANCE

SCHOOL
PERFORMANCE

PRO-SOCIAL
BEHAVIOR

NEXT STEPS

While these initial findings are promising, it will be important to examine whether they persist over time.

- Additional group differences may emerge at different time points across the 24-months of data collection.
- We will try to understand what about the model helps, how long change lasts, & what other factors are important to survivors' safety and well-being.

THANK YOU TO THE SURVIVORS

With Sincere Appreciation

- We would have no study without the time, courage and thoughtfulness of the participants.



FOR MORE INFORMATION

- <https://wscadv.org/projects/domestic-violence-housing-first/>



Today's discussant



Dr. Beth Shinn is the Vanderbilt Chair of the Department of Human and Organizational Development; and a professor in the Department of Human and Organizational Development.

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Questions for Panelists



SAVE THE DATE!

The Fourth International Housing First Conference **will take place virtually, October 5-7, 2021**, 10:30 am – 12:45 pm EDT / 4:30 pm – 6:45 pm CET.

The call for abstracts will be launched soon.

Thank You!

camh

Thanks to all presenters and participants for joining today's webinar!

Please also take a few minutes to answer a feedback survey on today's webinar and give us suggestions on future webinar topics.

The webinar recording will be posted the [Col's webpage](#) shortly.



Housing
Europe Hub **First**