



MARCH 8, 2019

HOUSING FORUM ON EVIDENCE-BASED PRACTICES

HOSTED BY THE ONTARIO HOUSING FIRST REGIONAL NETWORK
COMMUNITY OF INTEREST

This CoI is supported by the Evidence Exchange Network, part of the Provincial System Support Program (PSSP) at the Centre for Addiction and Mental Health.




ABOUT

ONTARIO HOUSING FIRST REGIONAL NETWORK COMMUNITY OF INTEREST (OHFRN-COI)

Housing First (HF) is an evidence-based program that has been shown to promote housing stability, quality of life, and community functioning for chronically homeless persons with mental illness and addictions in a large-scale, multi-site trial in Canada, At Home/Chez Soi, as well as several previous studies conducted in the U.S. (Aubry, Nelson, & Tsemberis, 2015).

The OHFRN-COI consists of Ontario HF policy-makers planners, managers, service-providers, researchers, and persons with lived experience, including representatives from the housing, health, and justice sectors. Key partners include the Canadian Alliance to End Homelessness, the Homeless Hub, Service Canada and the Homelessness Partnering Strategy, and local HF programs.

The goals of this CoI are to:

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- Build local capacity for HF programs
 - Expand HF programs across Ontario
 - Promote high quality implementation of the HF model
 - Obtain financial support for HF programs and research
 - Inform provincial and local housing and support policies for homeless people with mental illness and addictions

For more information visit <http://eenet.ca/node/1257#about>

HOUSING FIRST FORUM ON EVIDENCE-BASED PRACTICES

CAMH, 33 Russell Street, RM 2029

9:00 am - 9:20 am

Welcome

Branka Agic, Director Knowledge Exchange, PSSP, CAMH

Geoff Nelson and Tim Aubry, Co-Chairs, Ontario Housing First Regional Network COI

9:20 am - 10:15 am

Keynote

The Long-Term Follow-Up of the Toronto At Home/Chez Soi programs - Dr. Vicky Stergiopoulos

The At Home/Chez Soi project was funded by the Mental Health Commission of Canada. The four-year demonstration project began in 2008 and took place in five cities – Vancouver, Winnipeg, Toronto, Montreal and Moncton. The project evaluated the effectiveness of the "housing first" approach, where people are provided with a place to live and then receive recovery-oriented services and supports that best meet their individual needs. It confirmed that the evidence-based approach promotes housing stability, quality of life, and community functioning for chronically homeless persons with mental illness and addictions. The demonstration project also gathered information about how housing first works, who it works for, at what cost, and how it can be successfully implemented and adapted across Canada in diverse communities with different areas of focus.

During this presentation, Dr. Stergiopoulos will summarize the two year outcomes of the At Home/Chez Soi study, with a particular focus on the longer term Toronto site outcomes at six years post enrolment.

For more information on At Home/Chez Soi, visit: <https://www.mentalhealthcommission.ca/English/at-home>.

10:15 am - 10:30 am

BREAK

10:30 am - 11:45 am

3 concurrent workshops

Peer Support Values in Action, Infrastructure & Implementation - Betty-Lou Kristy (RM 4100)

The Centre for Innovation in Peer Support was funded by the Mississauga Halton LHIN in 2015. The Centre supports over 60 peer support staff, over 25 peer supervisors, across 30 programs within their 11 partner agencies and hospitals regionally, and across the province. In order to do this work, the Centre has had to find ways to influence a philosophical shift to genuine person directed care in several spheres of influence. This workshop will share how they are supporting, validating, and influencing change for people engaging in services, staff teams, leaders, organizations and the healthcare system.

Parent-Child Relationship Outcomes for Indigenous Parents in the At Home/Chez Soi Housing First Demonstration Project - Rachel Caplan, Al Wiebe (RM T321)

This session underscores the importance of culturally-appropriate HF programs to support the healing journeys of Indigenous parents experiencing homelessness, mental illness, and separation from their children. Findings from a study that examined and compared the impacts of the At Home/Chez Soi HF intervention on parent-child relationship outcomes for Indigenous and non-Indigenous parents will be reported. Presenters will discuss how HF programs can positively impact parent-child relationships when delivered by Indigenous organizations, are guided by Indigenous worldviews, use culturally-relevant and culturally-safe practices, and are staffed by Indigenous service-providers and administrators.

Fidelity Exchange - Tim Aubry, Kathryn Gibb, Geoff Nelson (RM 2029)

HF program fidelity, or adherence to the principles and practices of the Pathways model, is important for ensuring positive outcomes for participants of HF programs. In this session, we review the domains and items of a measure of HF program fidelity. A new method of assessing program fidelity, known as “fidelity exchange” in which two HF programs assess the fidelity of each other, is described. A fidelity exchange is being piloted with Home for Good in Peel Region and Paths2Home in Waterloo Region. Program staff from these two programs are conducting external fidelity assessments on one another’s programs. Anticipated benefits of this approach are shared.

11:45 am - 12:30 pm

LUNCH

12:30 am - 1:45 pm

2 concurrent workshops

Housing First with Case Management - Eric Agbata, Tim Aubry, Teresa Meulenstein, Maryann Roebuck (RM 2029)

The workshop will focus on the delivery of case management services in the context of HF. A review of the research on case management for people who are homeless will be presented followed by an introduction to strengths-based case management and how it has been integrated into a HF program.

Youth Homelessness - Lesley McMillian, Ashley Ward (RM 2022)

The Making the Shift (MtS) Demonstration Project aims to establish a strong evidence base for the Housing First for Youth (HF4Y) program model (Gaetz, 2017) and homelessness prevention models in Canada. The HF4Y model is a youth-centred adaptation of Housing First that aims to provide young people with safe, affordable, and developmentally appropriate access to housing and supports. As part of MtS, this model is being tested in three Ontario cities (Ottawa, Toronto, Hamilton) with different populations of youth. This presentation will focus on two examples of HF4Y service delivery from the MtS project: Youth exiting care (Free 2 Be, WoodGreen Community Services, Toronto) and Indigenous youth exiting systems (Endaayaang, Hamilton Regional Indian Centre, Hamilton). A review of HF4Y fidelity assessment also will be provided.

1:45 pm - 2:00 pm

BREAK

2:00 pm - 3:15 pm

3 concurrent workshops

Linking Housing First with ACT - Kelly Goz, Geoff Nelson, Robin Pow, Lin Sallay (RM 2029)

HF programs typically have Assertive Community Treatment (ACT) or some form of case management as the support component of the program. ACT programs are particularly important for participants with high needs, including serious mental illness. In this session, we will describe the origins of ACT, its connection with HF, and will provide one example of a HF program that uses ACT – the Cota ACT program in Toronto that has been a part of the At Home/Chez Soi research. We also describe the Ontario ACT Association and the implementation of ACT throughout Ontario. Problems linking ACT with HF in Ontario are noted, and strategies to overcome this gap will be discussed.



Screening and Assessment Tools for Housing First - John Ecker, Stephen Hwang (RM 2022)

This session will discuss screening and assessment tools that can be used in HF programs. The session will begin with a review of screening and assessment tools, followed by specific discussions on the Vulnerability Assessment Tool (VAT) and the Housing Support Assessment Tool (HSAT). Attendees will be encouraged to share their experiences with the screening and assessment process.

Logic Modelling and Outcome Evaluation in Housing First - Maritt Kirst (RM T321)

Session attendees will learn how to use a logic model to elaborate program theory of the intervention and guide outcome evaluation design. Attendees will also learn how to develop key evaluation questions, select appropriate evaluation methods and measures in the process of outcome evaluation design, with an eye for evaluating complex interventions.

3:15 pm - 3:45 pm

Wrap-up and evaluation

YOUR FEATURED **SPEAKERS**

KATHRYN GIBB KELLY GOZ
TERESA MEULENSTEEN
ERIC AGBATA LIN SALLAY
BETTY-LOU KRISTY
GEOFF NELSON JOHN ECKER
MARYANN ROEBUCK
STEPHEN HWANG AL WIEBE
VICKY STERGIPOULOS
ROBIN POW RACHEL CAPLAN
ASHLEY WARD
LESLEY MCMILLIAN
TIM AUBRY MARITT KIRST

FEATURED SPEAKERS

CO-CHAIRS



**GEOFF
NELSON**

Co-chair,
Ontario Housing First Regional
Network Community of Interest

Geoff is a Emeritus Professor of Psychology at Wilfrid Laurier University. Geoff was a member of the national research team for the At Home/Chez Soi research on Housing First in Canada and co-led the qualitative and mixed methods research for this project. More recently, he led a 3-year research project, funded by CIHR, Partnerships for Health Systems Improvement, on the expansion of Housing First in 6 Canadian communities. Geoff is the Co-Founder and Chair of the Ontario Housing First Regional Network – Community of Practice.

Contact info: gnelson@wlu.ca



**TIM
AUBRY**

Co-chair,
Ontario Housing First Regional
Network Community of Interest

Tim is a Full Professor in the School of Psychology and Senior Researcher at the Centre for Research on Educational and Community Services at the University of Ottawa. He is currently holder of the Faculty of Social Sciences Research Chair in Community Mental Health and Homelessness. Tim was a Member of the National Research Team and the Co-Lead of the Moncton site in At Home/Chez Soi Demonstration Project of the Mental Health Commission of Canada. More recently, he completed a an international study of program fidelity of Housing First programs in Europe and North America. Tim is the Co-Founder and Chair of the Ontario Housing First Regional Network – Community of Practice.

Contact info: taubry@uOttawa.ca

KEYNOTE ADDRESS



**VICKY
STERGIOPOULOS**

Clinician Scientist and the
Physician-in-Chief,
CAMH

Dr. Vicky Stergiopoulos is a Clinician Scientist and the Physician-in-Chief at CAMH. Prior to joining CAMH, she served as the Psychiatrist-in-Chief at St. Michael's Hospital, leading the development of a number of innovative health solutions for people experiencing homelessness and mental health and substance use challenges. Her program of research focuses on the design, implementation, evaluation and dissemination of interventions aiming to improve housing stability, service coordination and recovery of adults experiencing mental health and addiction challenges and social disadvantage. Contact info: Vicky.Stergiopoulos@camh.ca

CONCURRENT PRESENTERS



**AL
WIEBE**

Canadian Lived Experience
Advisory Council

After losing a career position and an annual six-figure income, Al found himself on the streets of Winnipeg for two years, unable to handle the trauma of losing what meant the most to him, and suffering from unmedicated clinical depression. Al made it out of the streets and after two years of recovery, became a case manager in the At Home/Chez Soi housing program. Al has since made a life of working and advocating for the homeless and people with lived experience, and the value that they bring to every conversation on homelessness. Al is currently the Peer Engagement Specialist for the Canadian Alliance to End Homelessness. Al is also directing an innovative housing program in Winnipeg, with special attention to the Indigenous population and Indigenous cultures.

Contact info: albelieve@hotmail.ca



ASHLEY WARD

Research Director,
Making the Shift Youth
Homelessness Social
Innovation Lab

Dr. Ashley Ward brings several years of interdisciplinary research experience in the areas of youth and adult mental health, addictions, and homelessness; program development and evaluation; and interdisciplinary research ethics. Contact info: akward@edu.yorku.ca



BETTY-LOU KRISTY

Director,
The Centre for Innovation in
Peer Support, in Support &
Housing – Halton

Betty-Lou Kristy is part of the management team for Support & Housing – Halton. Previous to this she spent over a decade as a provincial system-level, lived experience and family – advisor, educator and advocate – helping to frame policy, governance, and programming. Betty-Lou is the recipient of the 2009 Transforming Lives Award from the Centre for Addiction and Mental Health (CAMH), and the 2012/13 ACE (Achievement, Commitment and Excellence) Award –Partner Relations – from the Ministry of Health and Long-Term Care, for her work with the Expert Advisory Narcotics. Contact info: bkristy@shhalton.org



ERIC AGBATA

Phd Research Candidate,
Universitat Autònoma de Barcelona

Eric is a Phd Research Candidate and also a MPH module Instructor at the University of Roehampton (London) online. Eric is also a member of the Homeless Health team - Canadian Evidence-Based Guidelines for the Homeless and Vulnerably Housed, Ontario, Canada. Contact info: ericagbata@gmail.com



**JOHN
ECKER**

Director of Research and Evaluation,
Canadian Observatory on
Homelessness

Dr. John Ecker is the Director of Research and Evaluation at the Canadian Observatory on Homelessness in Toronto. His research and evaluation interests include homelessness, housing, community integration, and LGBTQ2S studies.

Contact info: jecker@edu.yorku.ca



**KATHRYN
GIBB**

Program Manager,
Home For Good in Peel, Services and
Housing In the Province (SHIP)

Home for Good in Peel is a collaborative program serving individuals, youth and families that have experienced chronic homelessness. Home for Good in Peel offers Intensive Case Management and Housing Support with a Housing First approach. Representing the collaborative is Kathryn Gibb, Program Manager with SHIP (Services and Housing in the Province); Amy Osika, Supervisor- Client Services Unit, Housing Services Division with the Region of Peel; and Dani Mills, Shelter Manager with Our Place Peel.

Contact info: kathryn.gibb@shipshey.ca



**KELLY
GOZ**

Program Coordinator,
Housing Administration and
Development for the City of
Windsor's Housing & Children's
Services Department

In her current role, Kelly's primary responsibilities include the implementation and ongoing delivery coordination of: the Windsor Essex 10 Year Housing and Homelessness Master Plan; the Windsor Essex Housing First initiative including the creation of Windsor Essex Housing Connections. As well as the implementation and lead for a collaborative initiative to establish lasting agency partnerships to deliver the components of the 10 Year Plan together with a variety of related housing and homelessness programs that includes a By Names Prioritized List, Point in Time Counts, HIFIS 4.0, Rent Supplement and Housing Allowance programs.

Contact info: kgoz@citywindsor.ca



**LESLEY
MCMILLIAN**

Community Worker,
A Way Home

Lesley is a community worker who focuses on knowledge mobilization to end youth homelessness and works with youth serving organizations to disseminate emerging and promising practices. Utilizing a collaborative approach, they develop tools and resources for organizations working to end youth homelessness.

Contact info: lmcmillan@awayhome.ca



**LIN
SALLAY**

Director,
Community Health Services, Cota

Lin Sallay is a Director of Community Health Services with Cota and oversees their ACT team as well as co-managing Cota's FOCUS team (a partnership with St. Michael's Hospital). She has been a Professor with Humber College's School of Social and Community Services for the past 15 years. Lin also developed and supported a mental health and justice housing program with LOFT Community Services for 10 years. Lin has strived throughout her career to ensure mental health services are person-centred and recovery-oriented.

Contact info: sallay_l@cotainspires.ca



**MARITT
KIRST**

Assistant Professor,
Department of Psychology and Co-
Director of the Centre for
Community Research, Learning and
Action at Wilfrid Laurier University

Maritt is also an Assistant Professor in the Dalla Lana School of Public Health and Institute of Health Policy, Management and Evaluation at the University of Toronto. Dr. Kirst has extensive experience conducting evaluation research, and community-based health research with socio-economically marginalized populations. She has evaluated complex health interventions including integrated health and social care programs for individuals with complex healthcare needs, and Housing First programs for individuals experiencing homelessness and serious mental health issues.

Contact info: mkirst@wlu.ca



**MARYANN
ROEBUCK**

PhD Candidate,
School of Psychology and Centre for
Research on Educational and
Community Services

Maryann Roebuck (MSW) is a PhD Candidate at the School of Psychology and Centre for Research on Educational and Community Services, University of Ottawa. Her PhD Thesis is part of the multi-provincial study, "Evaluating the strengths model of case management for people with severe mental illness."
Contact info: mloft038@uottawa.ca



**RACHEL
CAPLAN**

Postdoctoral Fellow,
The Canadian Observatory on
Homelessness

Rachel Caplan is a Postdoctoral Fellow at the Canadian Observatory on Homelessness, specializing in community-based research and evaluation, and serves as an advisor on the Canadian Alliance to End Homelessness Women's Homelessness Advisory Committee. Her research focuses on child, youth, and family homelessness and children's rights.
Contact info: rcaplan@yorku.ca



**ROBIN
POW**

Director,
Patient Care Services for The
Community Mental Health Program at
The Royal

Robin began her career working as a front-line social worker with the homeless population in both Toronto and Ottawa. For the past 16 years she has managed a variety of community based teams including Assertive Community Treatment Teams, Mobile Crisis, Community Safe Beds, Community Treatment Order Coordination, Step Down from ACTT, Psychiatric Outreach, Homes for Special Care and Dual Diagnosis Services. Robin coordinates ACTT Central Intake in Ottawa. She sits on the Technical Advisory Committee and is on the Executive of the Ontario Association of ACTT and FACT Teams. Robin has been an advocate for further expansion of the ACTT model of service in Ontario.
Contact info: Robin.Pow@theroyal.ca



STEPHEN HWANG

Director,
MAP/Centre for Urban Health
Solutions, St. Michael's Hospital

Dr. Stephen Hwang is Director of MAP/Centre for Urban Health Solutions, St. Michael's Hospital, where he leads a team of scientists and staff focused on championing health equity. He is a Professor of Medicine at the University of Toronto and a practicing physician in general internal medicine at St. Michael's Hospital. Dr. Hwang holds the Chair in Homelessness, Housing, and Health at St. Michael's Hospital and the University of Toronto.

Contact info: hwangs@smh.ca



TERESA MEULENSTEEN

Program Manager,
Intensive Case Management Program
at CMHA

Teresa Meulenstein, MSW, is currently a Program Manager with the Intensive Case Management Program at CMHA Ottawa. She has over 20 years of frontline experience working with clients who are homeless and have mental health and addictions issues.

Contact info: tmeulenstein@cmhaottawa.ca

