

Co-design as a Key Strategy for Responding to Homelessness in Mid-Sized Cities: The Transition from Homelessness Study



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Fostering Inclusive Community Responses to Homelessness,
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Background

- **Rationale:**

- Research identifies that when individuals are housed, they are frequently not “thriving” following homelessness – even if they can sustain their tenancies¹⁻⁴
- Housing First (while *absolutely necessary*) is effective in helping individuals to secure a tenancy and sustain it for longer – effectiveness on indices of “thriving” is mixed or poor^{3,5-7}

- **Methodology: Community Based Participatory Research (CBPR)⁸**

Aimed at identifying solutions alongside community stakeholders, using their expertise to reflect the unique nature of their community

How did we conduct this study?



Site Reports

BEYOND SURVIVING

Identifying how to support individuals living with mental illness and/or substance use difficulties to thrive following homelessness in Kingston, Ontario



https://www.sjmhlab.com/_files/ugd/fbaf23_77459e9007e340f3b3ba382c785804db.pdf

"WE NEED TO GENUINELY LISTEN TO WHAT PEOPLE TELL US THEY NEED"

Identifying how to support individuals living with mental illness and/or substance use difficulties to thrive following homelessness in London, Ontario

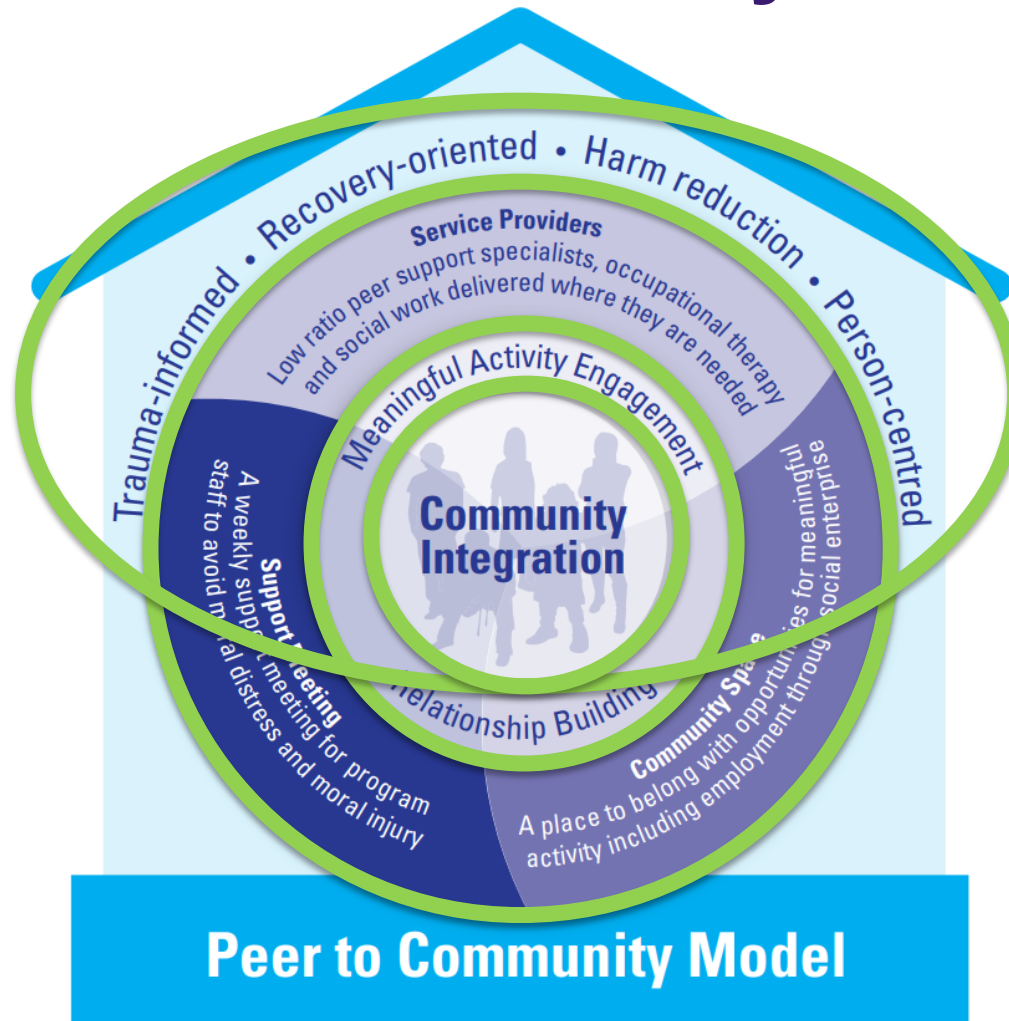


https://www.sjmhlab.com/_files/ugd/8e770e_b213a3fcaed34fd580a5450b85ce1d8e.pdf?index=true

Co-Design Process

- Delivered community presentations, and invited additional stakeholders to engage in participatory co-design⁹
- Over 15 meetings, we facilitated sessions to identify an approach that would fill gaps in existing services and build on community strengths using:
 - Small group activities over Zoom to identify a focus
 - Once a focus was established, we engaged the CAB in activities using Google Jamboard to design solutions
 - Asked for feedback on refinements along the way

Peer to Community Model



Training: Peer Support Workers, OT & SW

Day 1	Day 2	Day 3	Day 4	Day 5
Introduction to the PeerCommunity Model ⁱ	Training in the Recovery Model ⁱ	Peer Support Training ⁱⁱ	Peer Support Training ⁱⁱ	Mental Health First Aid ⁱ
San'yas Cultural Safety Training begins ^{i,iii}	Trauma and Violence Informed Care ⁱ	Trauma and Violence-Informed Care (TVIC) Foundations begins ⁱⁱⁱ		
	Harm reduction and naloxone training ⁱ			
Day 1	Day 2	Day 3	Day 4	Day 5
Motivational Interviewing ⁱ	Motivational Interviewing ⁱ	ASIST ⁱ	ASIST ⁱ	First Aid & CPR ⁱⁱ

ⁱ Peer support workers, OT and SW

ⁱⁱ Peer support workers only

ⁱⁱⁱ Online course – continues for 8 weeks

^{iv} Online course – approximately 8 hours in total

^v While training is specified as 10 full days, it should be delivered over a one-month period to facilitate learning and emotional processing of challenging material

Fidelity Measure

Peer to Community Model Fidelity Measure

Program Level Components							
Component	0	1	2	3	4	Sources of information to support scoring	Qualitative information to substantiate score (for the assessor to complete)
Presence of a community space	There is no consistent community space available to the program.	There is a community space that is available consistently but is rarely used.	There is a community space that is available consistently and is used for meetings between program staff and program participants.	There is a community space that is available consistently and is used for meetings between program staff and program participants. Program participants are welcome to come to the space regularly even when they don't have an "appointment."	There is a community space that is available consistently and is used for meetings between program staff and program participants. Program participants are welcome to come to the space regularly even when they don't have an "appointment." Similarly, members of the broad community and service providers are welcome to come to the community space.	<ol style="list-style-type: none"> 1. Observation of the community space 2. Interviews with program staff 3. Interviews with program participants 	
Accessibility of program staff/space	Program staff and the community space are unavailable to program participants when they are needed.	Program staff and the community space are available rarely available to program participants when they are needed.	Program staff and the community space are sometimes available to program participants when they are needed.	Program staff and the community space are mostly available to program participants when they are needed.	Program staff and the community space are always available to program participants when they are needed.	<ol style="list-style-type: none"> 1. Observation of the community space 2. Interviews with program staff 3. Interviews with program participants 	
Community delivered supports	Supports are never delivered in the homes, community spaces, and program spaces chosen by program participants.	Supports are rarely delivered in the homes, community spaces, and program spaces chosen by program participants.	Supports are sometimes delivered in the homes, community spaces, and program spaces chosen by program participants.	Supports are mostly delivered in the homes, community spaces, and program spaces chosen by program participants.	Supports are always delivered in the homes, community spaces, and program spaces chosen by program participants.	<ol style="list-style-type: none"> 1. Interviews with program staff 2. Interviews with program participants 3. Review of documentation 	
Peer-driven programming	There is no programming delivered in the	There is programming being delivered that is	Program staff have conducted a needs	Program staff have collaborated with program	Program staff have collaborated with program	<ol style="list-style-type: none"> 1. Interviews with program staff 	

Next Steps?

- Peer to Community Model Pilot
 - Kingston first, with plans for London
 - CIHR-Funded
 - One year pilot
 - Will be initiated in November, 2022

ORIGINAL ARTICLE

'We stick people in a house and say okay, you're housed. The problem is solved': A qualitative study of service provider and organisational leader perspectives on thriving following homelessness

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Abstract

Research aimed at identifying and evaluating approaches to homelessness has predominately focused on strategies for supporting tenancy sustainment. Fewer studies focus on strategies for enabling thriving following homelessness, and the perspectives of service providers and organisational leaders (SPOL) on this topic are rare. We conducted this study in the context of a community-based participatory research project in two cities in Ontario, Canada. This research was aimed at identifying the strengths and challenges of existing supports in enabling thriving following homelessness, followed by co-designing a novel intervention alongside persons with lived experience of homelessness (PWLEH) and SPOL. The current study presents the findings of interviews conducted in 2020–2021 with SPOL in organisations serving PWLEH. We

Questions??



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