

**Emerging
Research Results**

Housing First *4 Youth*

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**16th Research
Conference on
Homelessness
Bergamo**

Part 1

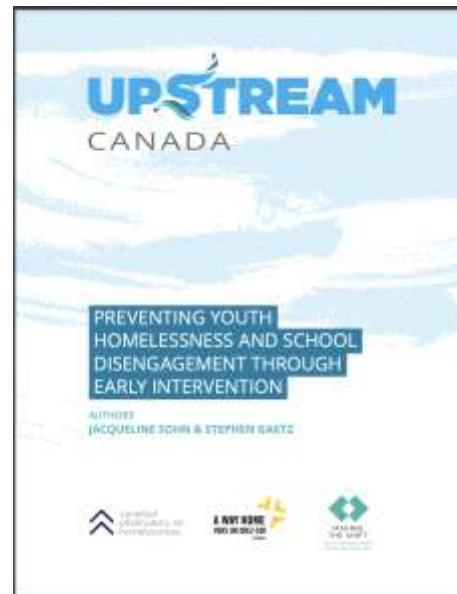
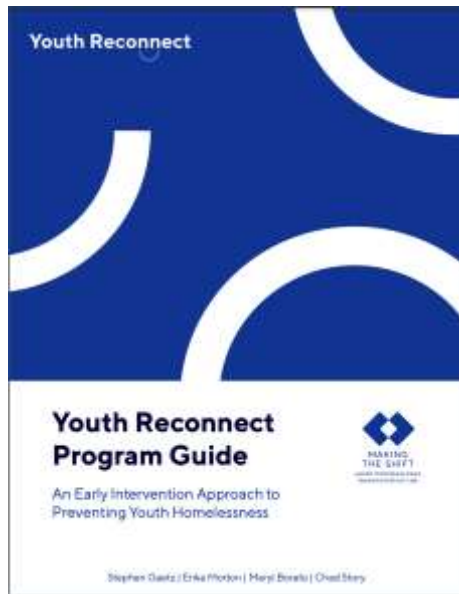
Making the Shift Demonstration Projects





MAKING THE SHIFT^{INC}
youth homelessness social innovation lab

Through its *Demonstration Projects*, Making the Shift offers a space to develop, refine and test four preventive interventions, including Family and Natural Supports, Youth Reconnect, Upstream and Housing First for Youth in real time in 15 cities across Canada.





DEMONSTRATION PROJECTS

At the same time, these models are undergoing rigorous research and evaluation in order to both strengthen the service delivery, and therefore ensure the best possible outcomes for young people and their families, but also to contribute to the body of knowledge generated by the MtS Youth Homelessness Social Innovation Lab

Research and Evaluation:

- Qualitative and quantitative methods
- Outcomes tied to service and supports
- For HF4Y - Randomized Control trial
- Developmental / Process Evaluation
- Participant Level Outcomes Evaluation
- Indigenous led evaluation (Endaayaang)

Part 2

What *IS* Housing First for Youth?

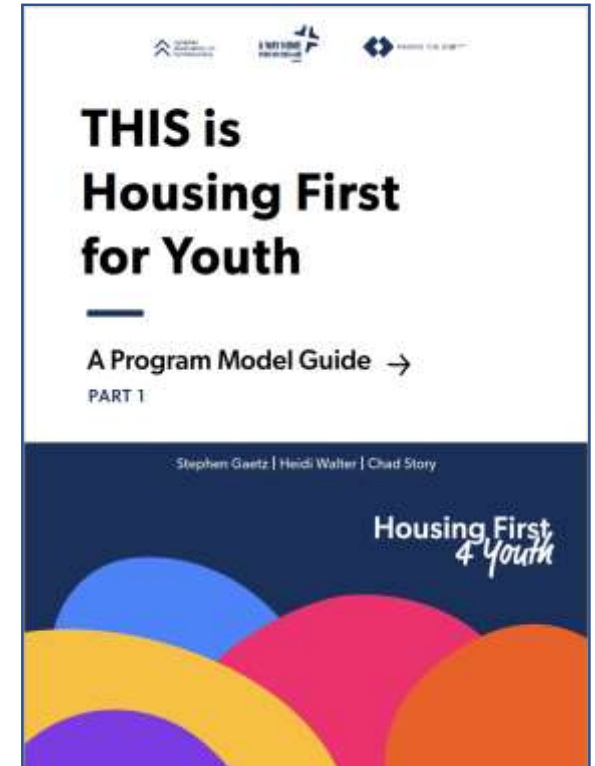


Housing First for Youth

promotes housing stabilization, well-being and social inclusion.

The core principles of HF4Y include:

1. A right to housing with no preconditions
2. Youth choice, youth voice and self-determination
3. Positive youth development and wellness orientation
4. Individualized, client-driven supports with no time limits
5. Social inclusion and community integration



Models of Accommodation

for Housing First for Youth



Areas of supports to enhance HOUSING STABILIZATION

for Housing First for Youth



Housing First 4 Youth

1

**Currently
homeless
youth**

2

**Early
Intervention:
youth leaving
care**

3

**ENDAAYAANG
Supporting
Indigenous youth**

Part 3

Preliminary 12 months
OUTCOMES DATA



HF 44

OUTCOMES AREAS



1. Housing stability

Young people have:

- ✓ Obtained housing
- ✓ Maintained housing
- ✓ Enhanced knowledge and skills regarding housing and independent living
- ✓ Reduced stays in emergency shelters

2. Health and well-being

Young people have:

- ✓ Enhanced access to services and supports
- ✓ Improved health
- ✓ Food security
- ✓ Improved mental health
- ✓ Reduced harms related to substance use
- ✓ Enhanced personal safety
- ✓ Improved self-esteem
- ✓ Healthier sexual health practices
- ✓ Enhanced resilience

3. Education and employment

Young people have:

- ✓ Established goals for education and employment
- ✓ Enhanced participation in education
- ✓ Enhanced educational achievement
- ✓ Enhanced participation in training
- ✓ Enhanced labour force participation
- ✓ Improved financial security

4. Complementary supports

Young people have:

- ✓ Established personal goals
- ✓ Improved life skills
- ✓ Increased access to necessary non-medical services
- ✓ Addressed legal and justice issues

5. Social inclusion

Young people have:

- ✓ Built and/or reconnected to natural supports
- ✓ Enhanced family connections
- ✓ Enhanced connections to communities of young person's choice
- ✓ Increased access to necessary non-medical services
- ✓ Addressed legal and justice issues
- ✓ Strengthened cultural engagement and participation
- ✓ Engaged and participated in meaningful activities

Randomized Controlled Trial

Group 1: Receiving
Housing First for Youth
intervention



Group 2: Treatment as Usual
(TaU) - *NOT* receiving the
intervention.



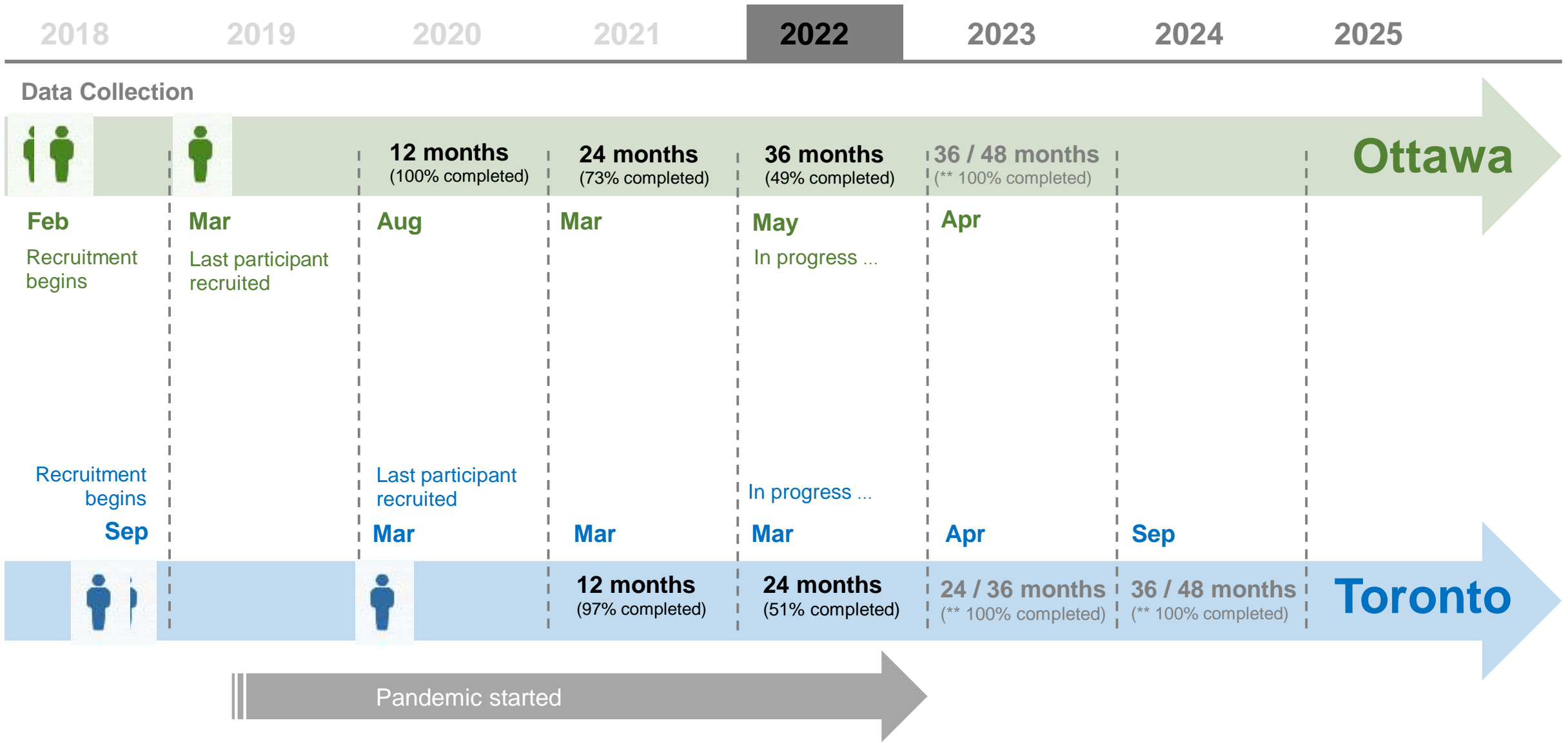
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** Anticipated

Table 1

Demographics

	TOTAL		HF4Y		TAU	
AGE						
18 or younger	35.8%	(N=53)	37.0%	(N=27)	28.0%	(N=21)
19-21	56.1%	(N=83)	53.4%	(N=39)	58.7%	(N=44)
22 or older	11.5%	(N=17)	9.6%	(N=7)	13.3%	(N=10)
GENDER*						
Male	50.0%	(N=74)	46.6%	(N=34)	53.3%	(N=40)
Female	42.6%	(N=63)	47.9%	(N=35)	37.3%	(N=28)
Trans	6.8%	(N=10)	5.5%	(N=4)	8.0%	(N=6)
Other	5.4%	(N=8)	4.1%	(N=3)	8.0%	(N=6)
SEXUAL ORIENTATION						
LGBTQ2S+	44.6%	(N=66)	38.4%	(N=28)	50.7%	(N=38)
Heterosexual/Straight	55.4%	(N=82)	58.9%	(N=43)	52.0%	(N=39)
Other	2.0%	(N=3)	4.1%	(N=3)	0.0%	(N=0)
COUNTRY of ORIGIN						
Canada	76.4%	(N=113)	71.2%	(N=52)	81.3%	(N=61)
Outside Canada	23.6%	(N=35)	28.8%	(N=21)	18.7%	(N=14)
ETHNO-RACIAL BACKGROUND						
Indigenous	8.8%	(N=13)	9.6%	(N=7)	8.0%	(N=6)
Black	36.5%	(N=54)	43.8%	(N=32)	29.3%	(N=22)
White	37.8%	(N=56)	35.6%	(N=26)	38.7%	(N=29)

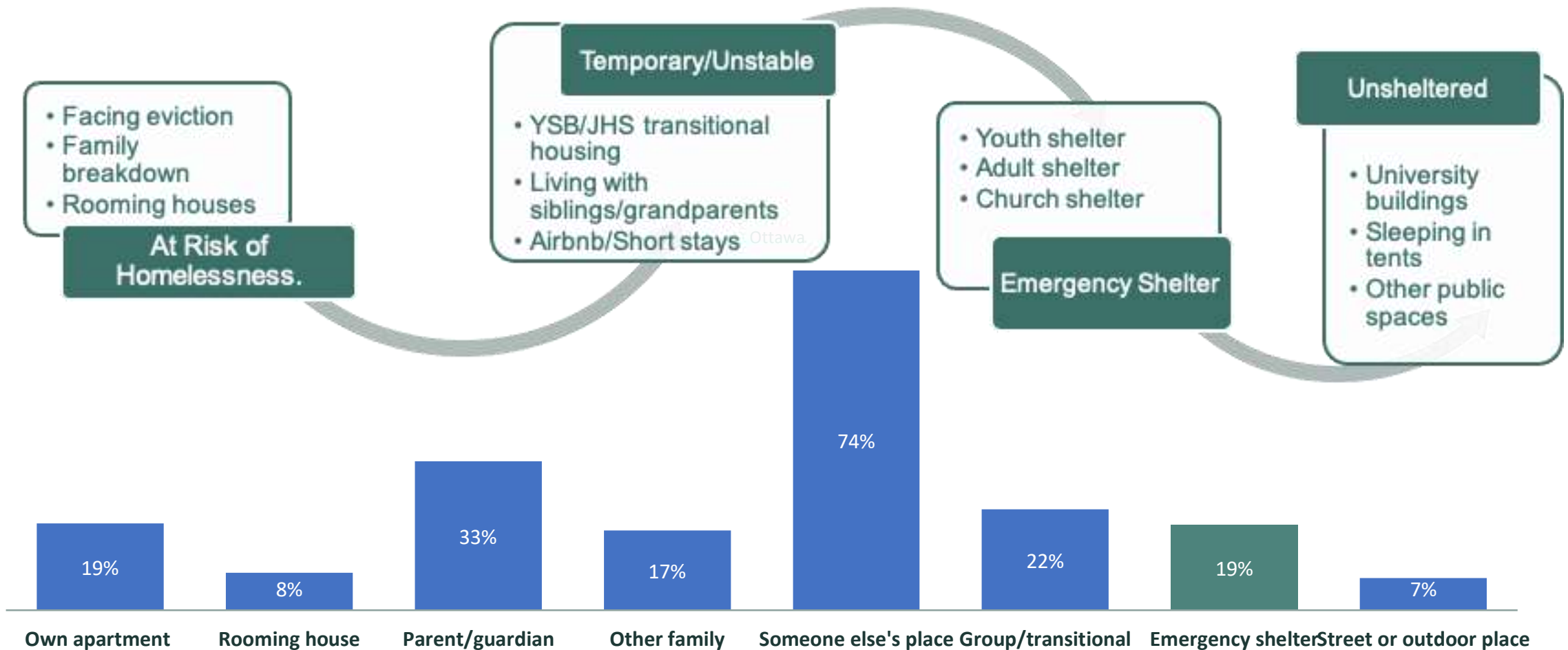


* Participants were asked to select all gender options that apply so total reflects this

Housing history at baseline

Figure 2 below shows the different types of place youth (N=86) stayed in the previous six months.

For many youth, homelessness is not a static state, but a fluid experience, where one's accommodations and options may shift and change quite dramatically and often.



Own apartment

Rooming house

Parent/guardian

Other family

Someone else's place

Group/transitional

Emergency shelter

Street or outdoor place

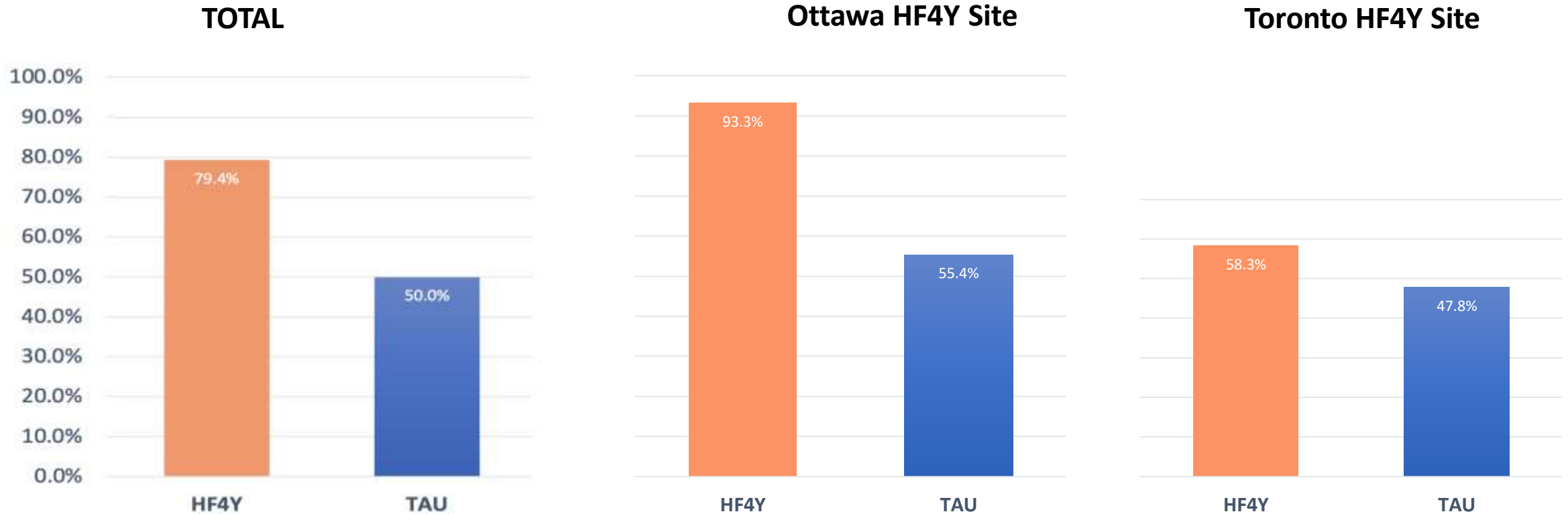


Housing outcomes

Sometimes it takes a few months for individuals in the HF4Y program to move into stable housing.

Table 2

Comparing Housing Outcomes – Toronto and Ottawa



“My worker from Free2B has helped me a lot. Like, whenever I went any place to give in, like an application, like they’ll think of me, like oh, you’re too young, or we don’t want to accept you because of your age. But this apartment, she actually came with me to go speak to the landlord and they said the same thing and she said that they’re not allowed to do that. They have to accept my application. So – and then when they accepted it they took me in.”

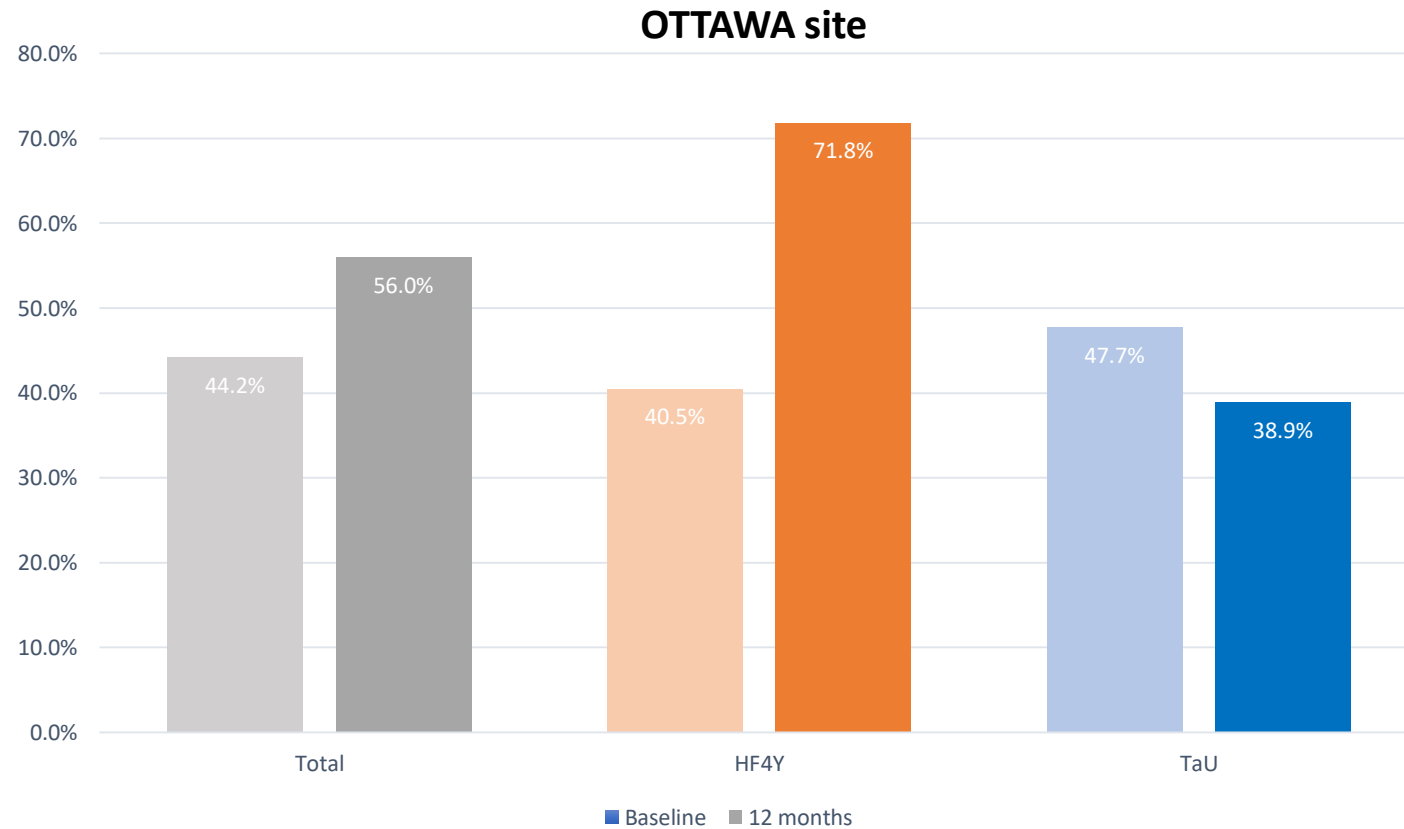
(Participant 2031)



EDUCATION Outcomes

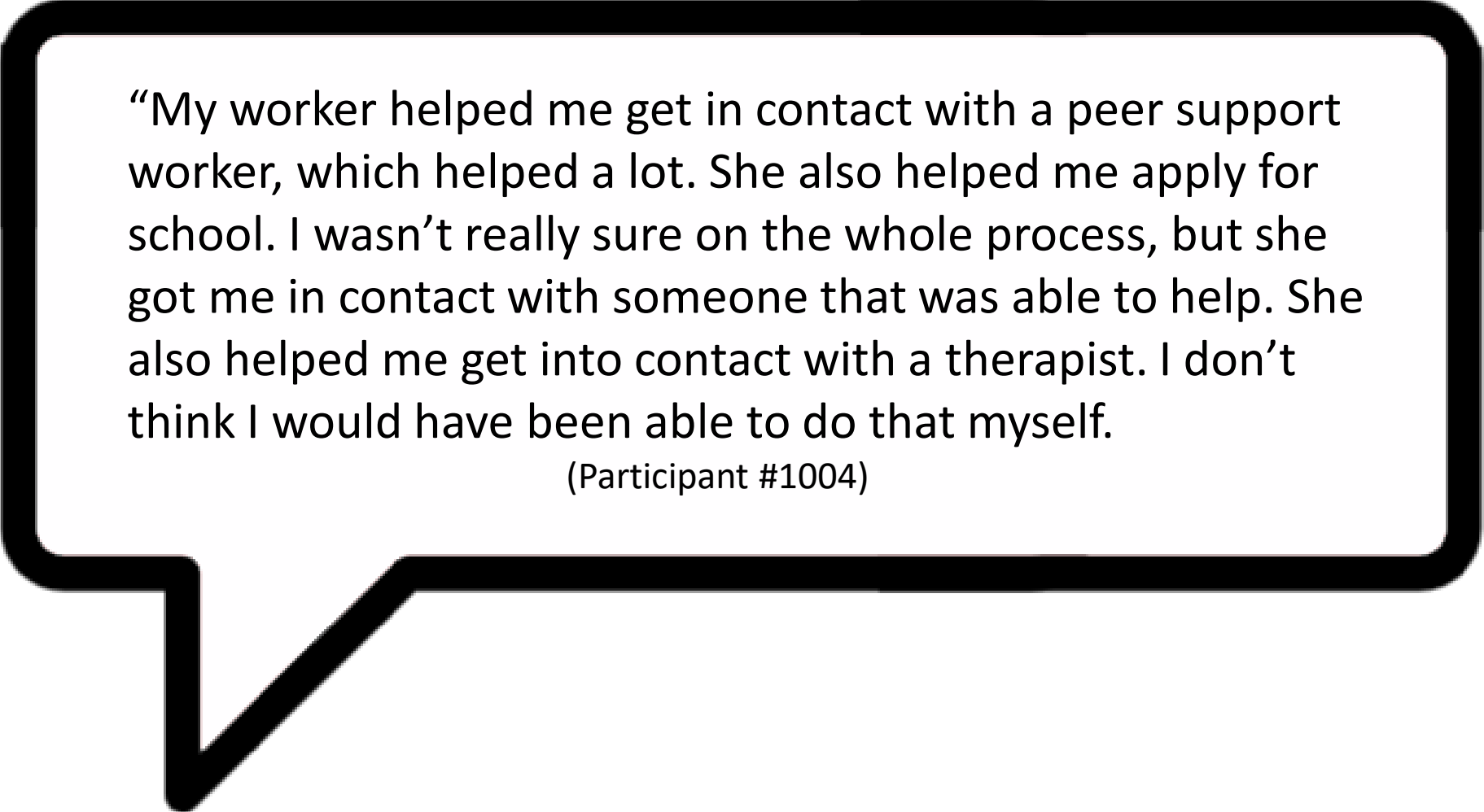
Table 3

HF4Y group participation in education – Baseline vs. 12 months



Column 1 – Baseline
TOTAL N= 86 HF4Y N=42 TAU N=44

Column 2 – 12 months
TOTAL N= 75 HF4Y N=39 TAU N=36



“My worker helped me get in contact with a peer support worker, which helped a lot. She also helped me apply for school. I wasn’t really sure on the whole process, but she got me in contact with someone that was able to help. She also helped me get into contact with a therapist. I don’t think I would have been able to do that myself.

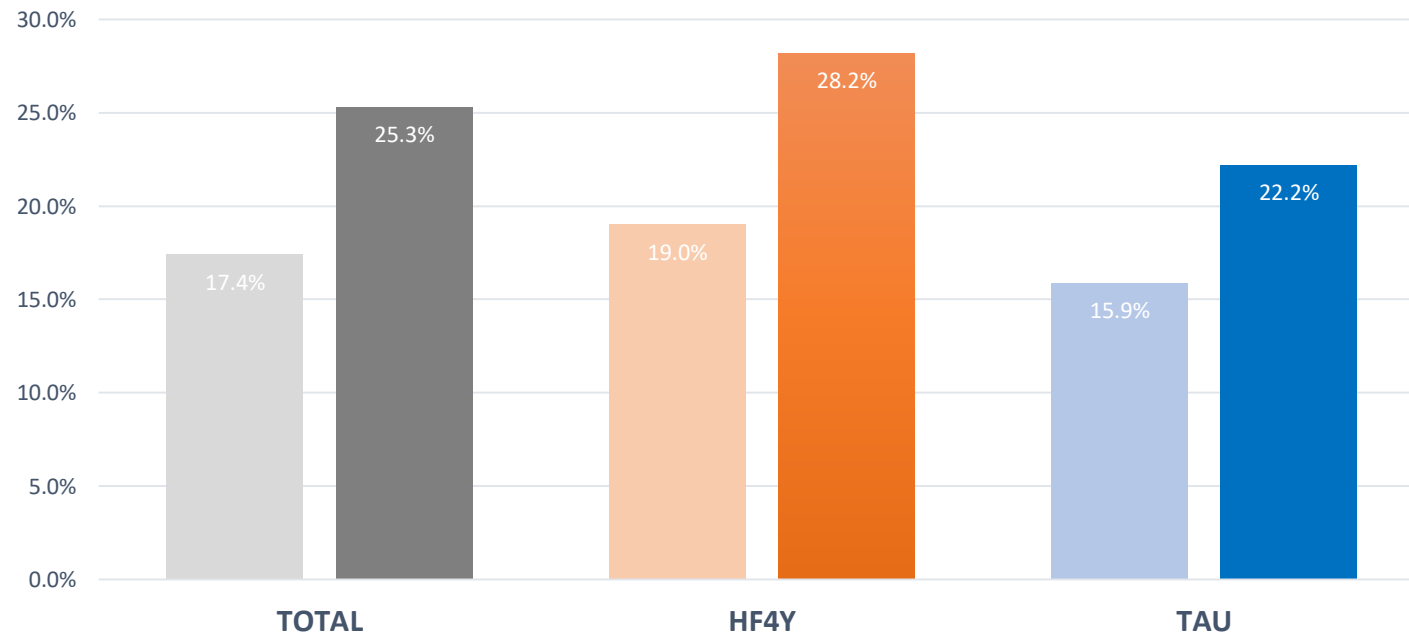
(Participant #1004)



EMPLOYMENT Outcomes

Table 4
Labour Force participation – Baseline vs. 12 months

OTTAWA site



Column 1 – Baseline
TOTAL N= 86 HF4Y N=42 TAU N=44

Column 2 – 12 months
TOTAL N= 75 HF4Y N=39 TAU N=36

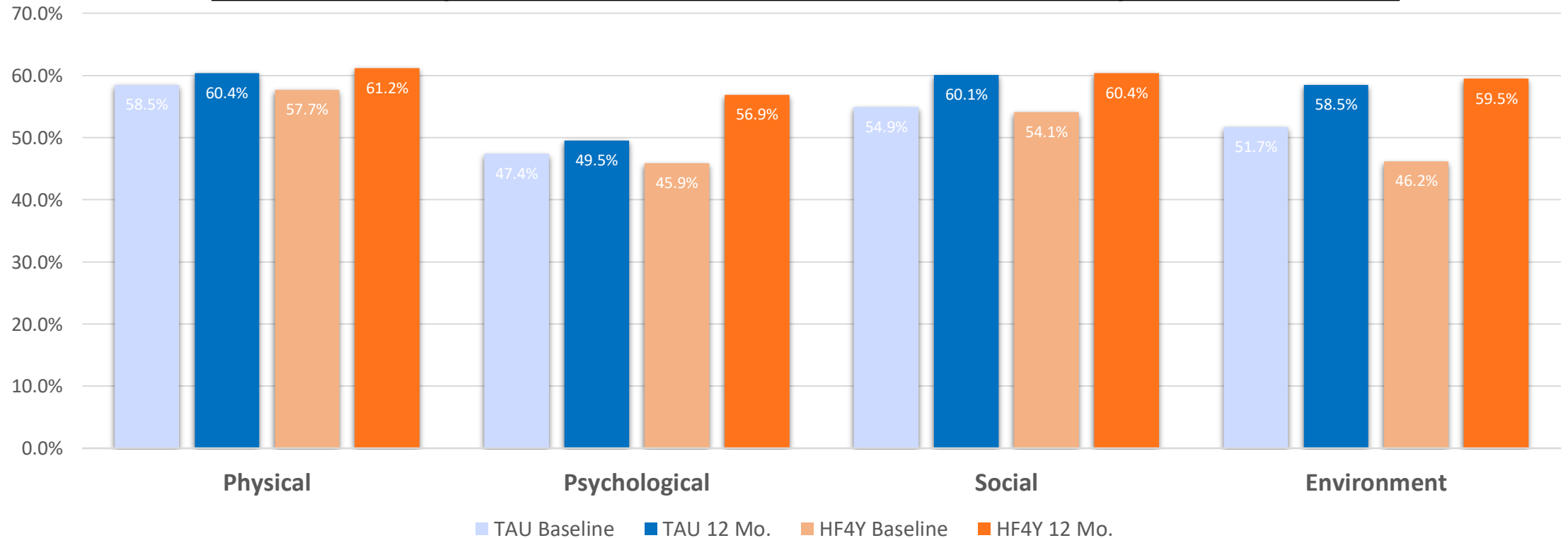


Quality of Life Outcomes

In conducting this research, and based on learning from the At Home / Chez Soi study, impact in other outcomes areas including health status and social functioning were generally thought to be outcomes that would be more likely to emerge in the second year of the study.

Table 5

WHO Quality of Life after 12 months - HF4Y compared with TaU



“She’s absolutely amazing and I’m really glad I have been able to have her as a case worker. She’s made sure that I have what I need and that I understand my responsibilities kind of in general, whether it’s with work or my apartment, or in the program itself. Yeah, I don’t think any of what I’ve done or any progress I’ve made would have been possible without having my case worker or being a part of the program.”

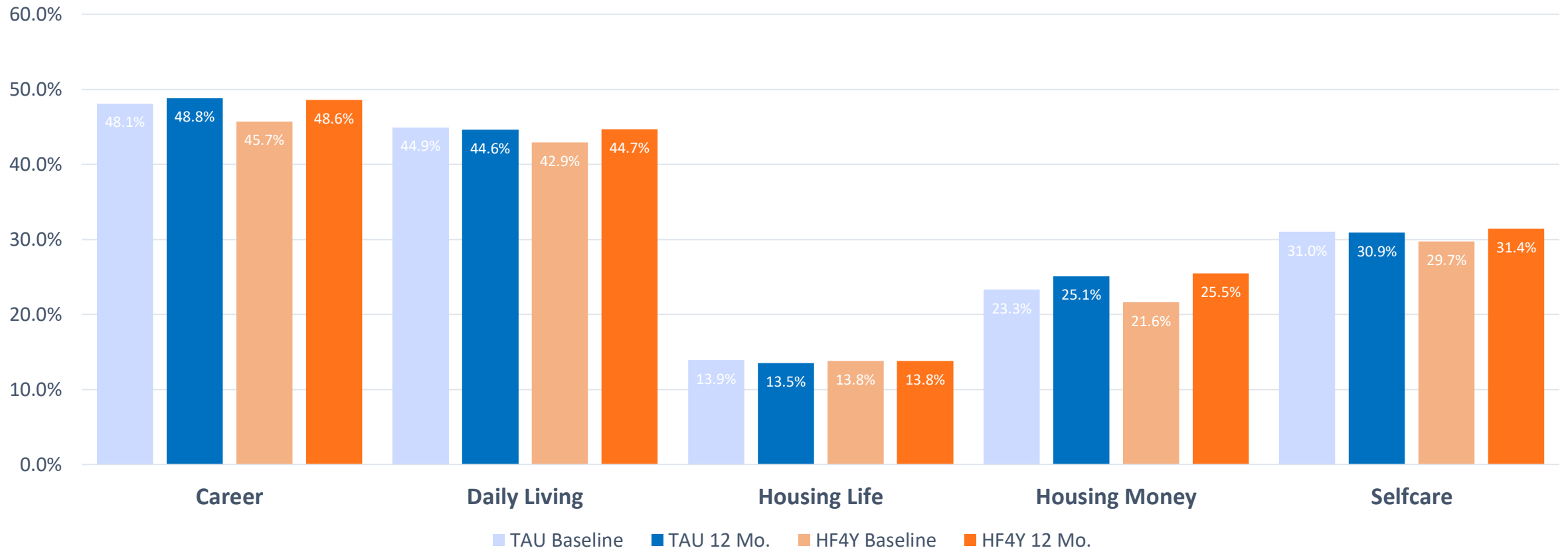
(Participant #1004)



Life Skills

Table 6

Youth Life Skills Assessment (YLSA) after 12 months - HF4Y compared with TaU



Youth Life Skills Assessment (YLSA)

“At first, I just tried to just figure it out myself and that didn’t work out at all. I was like broke by the end of the week and then I had to wait another week for a paycheck, but [HF4Y worker name] taught me a lot about saving. Gave me like good budget ideas.”

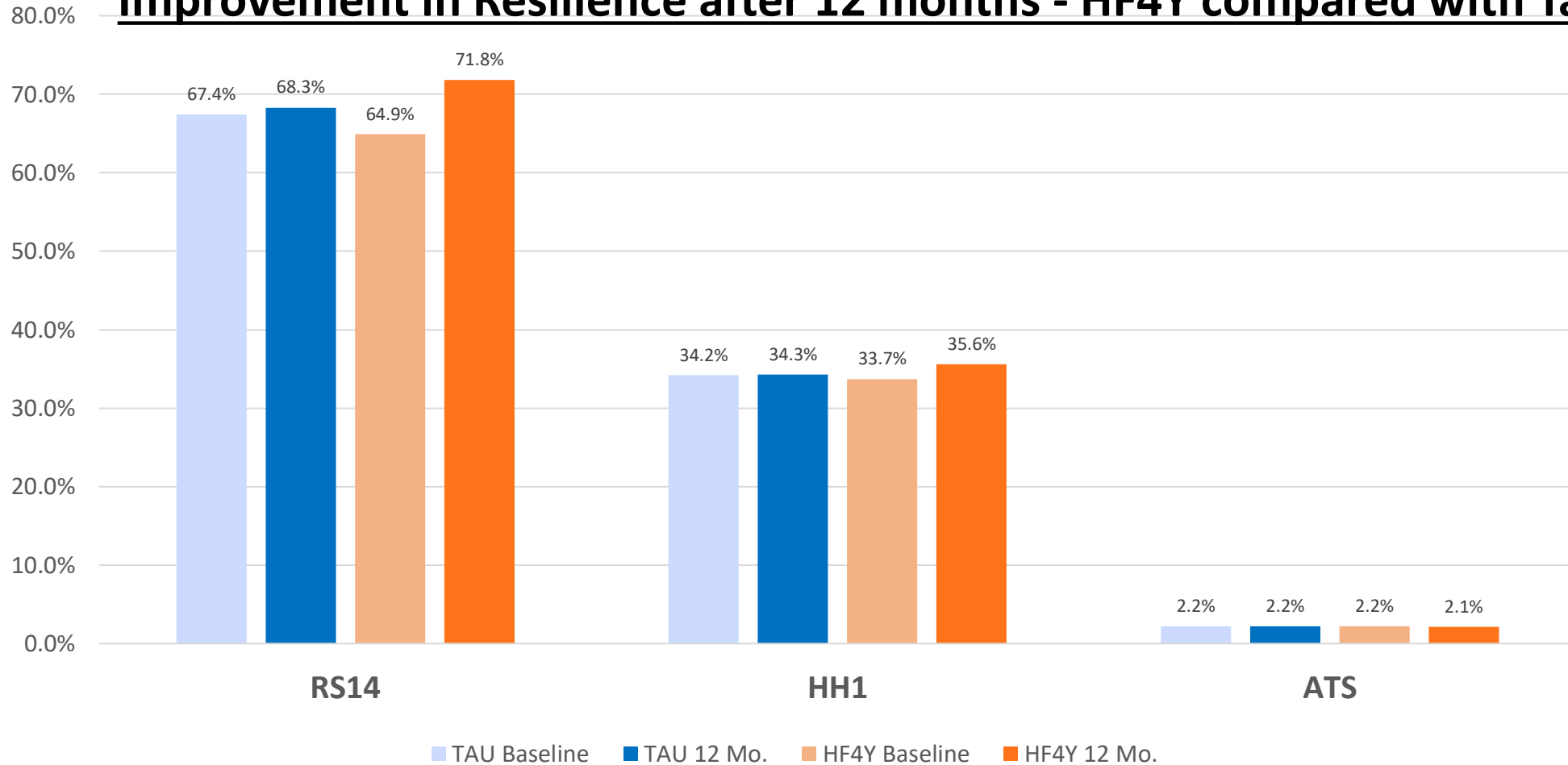
(Participant #1049)



Resilience

Table 7

Improvement in Resilience after 12 months - HF4Y compared with TaU

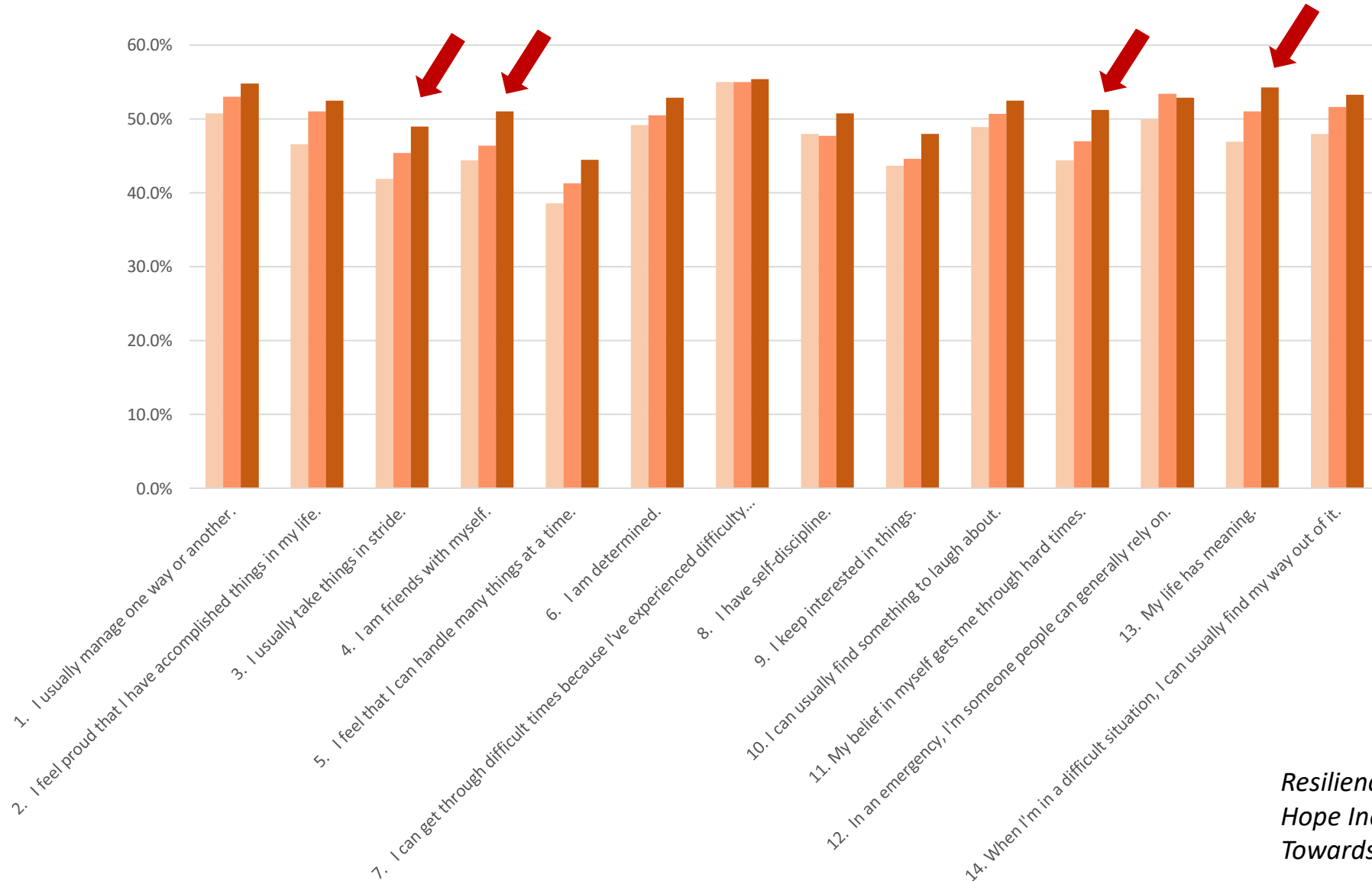


Resilience Scale-14 (RS14), Herth Hope Index (HHI), & Attitudes Towards School Scale (ATS)

Resilience

Table 8

Improvement in Resilience by Item (RS14)



Gains greater than 6%

Resilience Scale-14 (RS14), Herth Hope Index (HHI), & Attitudes Towards School Scale (ATS)

Researcher: What has helped you to keep your housing?

Researcher: OK. What are the challenges to keeping your housing?

Youth: The Housing First Program, that's the only answer.

Youth: If the Program gets pulled then I don't know what I'm going to do, that's my only challenge.

HF4Y

Fidelity Review

Choice Over Range of Housing Options

- **Possible Score:** 28
- **Program Score:** 24

Choice Over Range of Supports

- **Possible Score:** 60
- **Program Score:** 46

Separation of Housing and Supports

- **Possible Score:** 28
- **Program Score:** 28

Service Philosophy and Practice

- **Possible Score:** 24
- **Program Score:** 16

Program Features

- **Possible Score:** 28
- **Program Score:** 24

Part 4

Developmental Evaluation





Critical Lessons

from the Making the Shift
Demonstration Projects
regarding Social Innovation



1. Assessing Readiness for Implementation

- Articulating a common understanding of “readiness” could help identify opportunities to prepare communities prior to implementation
- Important to understand dynamics of local ecosystem, not just the readiness of the Lead Organization



2. Nurturing an Iterative Relationship between Research and Practice



- The cultures, values and practices of research and service organizations are profoundly different
- This was an identifiable problem not only at the community (Demonstration Project level) but also within Making the Shift
- Knowing when and how to push against the status quo is essential for seeding the ground for innovation



3. The Importance of TRAINING AND TECHNICAL ASSISTANCE for Building Capacity

- Organizations need support implementing policies and practices that allow programs to thrive
- This type of service delivery is new and different, requiring extensive support for supervision and case consultation
- Staff turnover in the sector means training has to be done differently



4. Supporting Collaboration between Systems inherently challenging

- Collaboration between Child Protection and Youth Homelessness Providers difficult to initiate.
- Commitment Gap between Leadership and Front Line.
- Building relationships, trust and commitment takes time.
- Indigenous research and practice has to be led by Indigenous peoples and knowledge



5. Conducting longitudinal research during a pandemic complicates things

- The Ottawa and Toronto sites started intaking participants at different times, which makes comparisons between sites more challenging.
- Measuring outcomes (and gains) much more problematic. As a result we will extend the data collection for an additional year.
- Research methodology had to be adapted.

Other Key Program Areas of Learning

- Case management (including case loads)
- Centrality of enhancing Family and Natural Supports
- Potential of HF4Y to address needs of youth leaving care
- Housing First for Indigenous youth



- Continue data collection into 2023
- Exploring AFTERCARE
- Continue refining program models
- Set the stage for scale

ANY
QUESTIONS?

