

MAKING THE SHIFT INC

youth homelessness social innovation lab

Using Social Innovation to Advance Youth Homelessness Prevention

Melanie Redman

President & CEO, A Way Home Canada



17th Research Conference on Homelessness Leuven

The *problem*we are trying to *Solve*.

Until very recently, homelessness prevention has not been a priority in Canada





Dr. Eric Latimer McGill University

Cost of keeping someone in a state of homelessness per year, in five Canadian cities:



CMAJ OPEN

Costs of services for homeless people with mental illness in 5 Canadian cities: a large prospective follow-up study

Eric A. Latimer PhD, Daniel Rabouin MSc, Zhirong Cao MSc, Angela Ly MHA, Guido Powell MSc, Tim Aubry PhD, Jino Distasio PhD, Stephen W. Hwang MD, Julian M. Somers PhD, Vicky Stergiopoulos MD, Scott Veldhuizen PhD, Erica E.M. Moodie PhD, Alain Lesage MD MPhil, Paula N. Goering RN PhD; for the At Home/Chez Soi Investigators

Background: Limited evidence on the costs of homelessness in Canada is available. We estimated the average annual costs, in the land that are the second to Background: Limited evidence on the costs of homelessness in Canada is available. We estimated the average annual costs, in total and by cost category, that homeless people with mental illness engender from the perspective of society. We also identified individual homeless people with mental illness engender from the perspective of society. We also identified individual homeless people with mental illness engender from the perspective of society.

Methods: As part of the At Home/Chez Soi trial of Housing First for homeless people with mental illness, 990 participants were Methods: As part of the At Home/Chez Soi trial of Housing First for homeless people with mental illness, 990 participants were assigned to the usual-treatment (control) group in 5 Canadian cities (Vancouver, Winnipeg, Toronto, Montréal and Mondon) between Codober 2009 and June 2011. They were followed for up to 2 years. Questionnaires assortained service use and income, and city-closer 2009 and June 2011. They were followed for up to 2 years. Questionnaires assortained service use and income, and city-specific unit costs were estimated. We adjusted costs for site differences in sample characteristics. We used generalized linear mod-October 2009 and June 2011. They were followed for up to 2 years. Questionnaires ascertained service use and income, and cityspecific unit costs were estimated. We adjusted costs for site differences in sample characteristics. We used generalized linear modlate to identify individual large characteristics associated with higher contains.

es to roennity manifolda-rever characteristics associated with nigher costs.

Results: Usable data were available for 937 participants (94.6%). Average annual costs (excluding medications) per person in Various of the properties of the properties of the properties of the properties of the Various of the properties of the properties of the Various of the Various of the Various of the Various of Various of

Interpretation: Homeless people with mental illness generate very high costs for society. Programs are needed to reprient this people to the second service people with mental illness generate very high costs for society. Programs are needed to reprient this people with mental illness generate very high costs for society. Programs are needed to reprient this people with mental illness generate very high costs for society. Programs are needed to reprient this people with mental illness generate very high costs for society. Interpretation: Homeless people with mental illness generate very high costs for society. Programs are needed to reonent this spending loward more effectively preventing homelessness and toward meeting the health, housing and social service needs of spending toward more effectively preventing homelessness and toward meeting the health, housing and social service needs of spending toward more effectively preventing homelessness and toward meeting the health, housing and social service needs of

n estimated 35 000 Canadians are homeless on any

well understood. To this end, estimates of the costs of

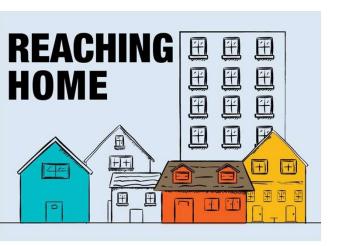
Limited information is available on the economic costs 53 000 Canadians are nomeless on any over 235 000 experience homeless-Limited information is available on the homeless people engender in Canada. Based on a sample to homeless people engender in Canada shelter costs of Moncton - \$29,610

Montreal - \$56,406

Toronto - \$58, 927

Winnipeg - \$45,565

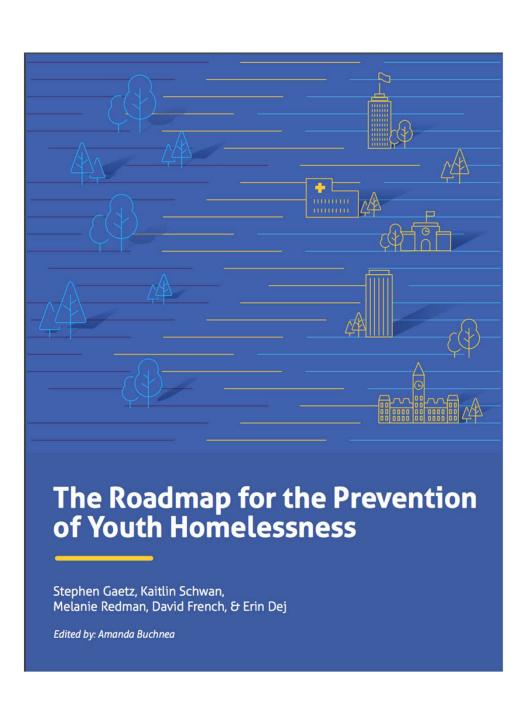
Vancouver - \$53,144

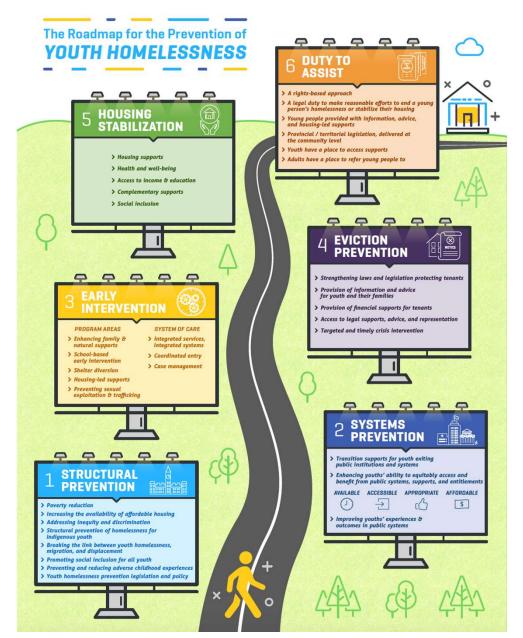


Mandatory Community Level Outcomes

- Fewer people experience homelessness (homelessness is reduced overall)
- O Fewer people were newly identified (new inflows to homelessness are reduced)
- O Fewer people return to homelessness (returns to homelessness are reduced)
- Fewer Indigenous peoples experience homelessness (Indigenous homelessness is reduced)
- Fewer people experience chronic homelessness (chronic homelessness is reduced)

PREVENTION!





Why should focusing on the prevention of youth homelessness be a priority?



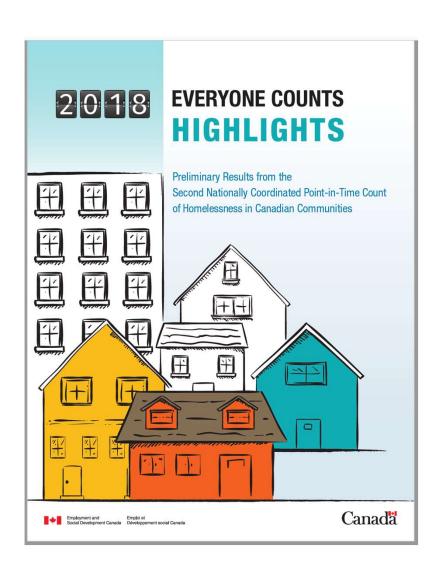
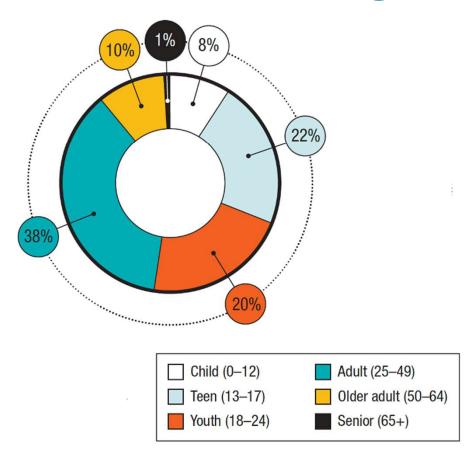


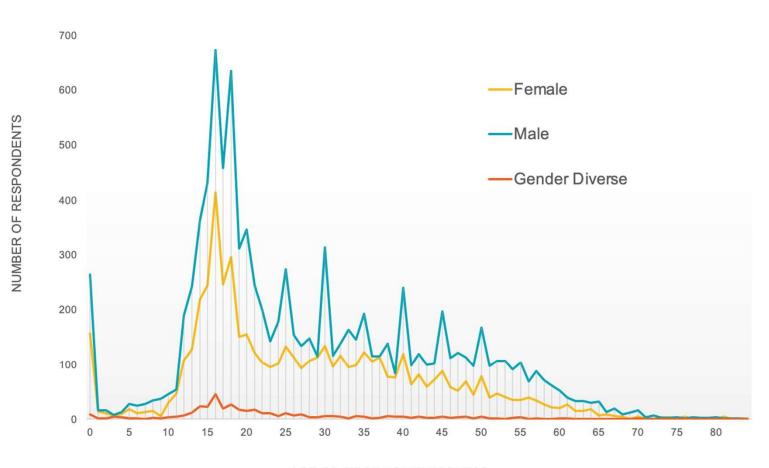
FIGURE 6 Age of First Homelessness Experience

50% First experienced homelessness before the age of 25





Selected research findings on youth (PiT 2018)



The 2018 PiT Count survey asked respondents at what age they first experienced homelessness.

Half of all respondents first experienced homelessness under the age of 25. This percentage was still high among older adults (aged 50-64) and seniors (aged 65+), with 25% first experiencing homelessness before 25.

AGE OF FIRST HOMELESSNESS

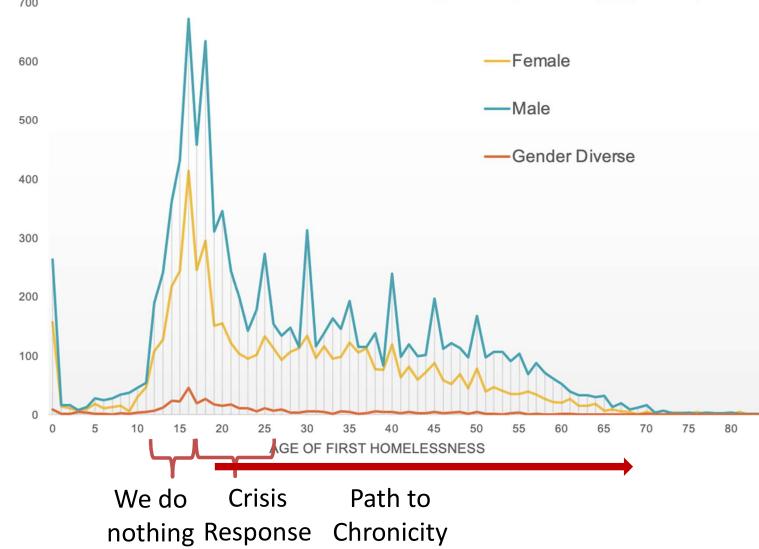


Infrastructure Canada Selected research findings on youth (PiT 2018)

Response to Youth Homelessness in Canada

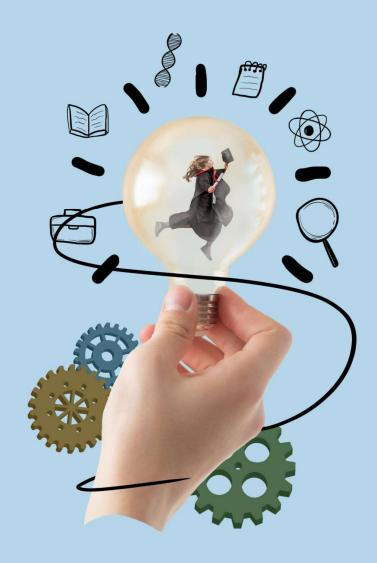
NUMBER OF RESPONDENTS

Can we end youth homelessness and the production of chronicity?

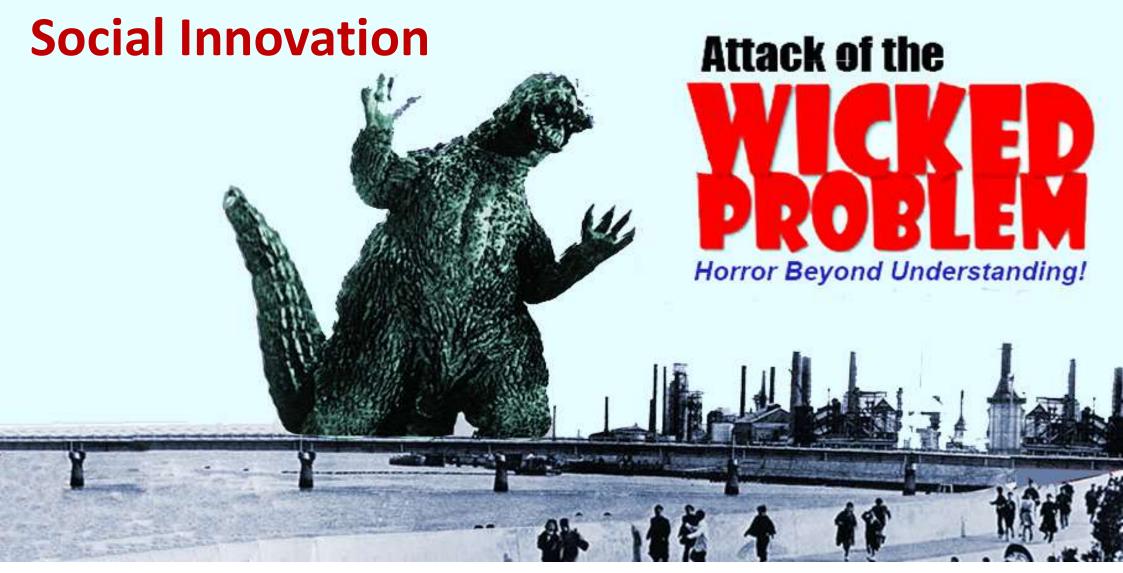


Solving problems through Social Innovation

What is a Social Innovation Lab?



Solving "Wicked Problems" through





Making the Shift

Youth Homelessness Social Innovation Lab

MtS Research Program

Research Theme Areas





Crosscutting Research Themes



Co-Leadership







Making the Shift has funded

39 research projects across Canada focusing on the prevention of youth homelessness





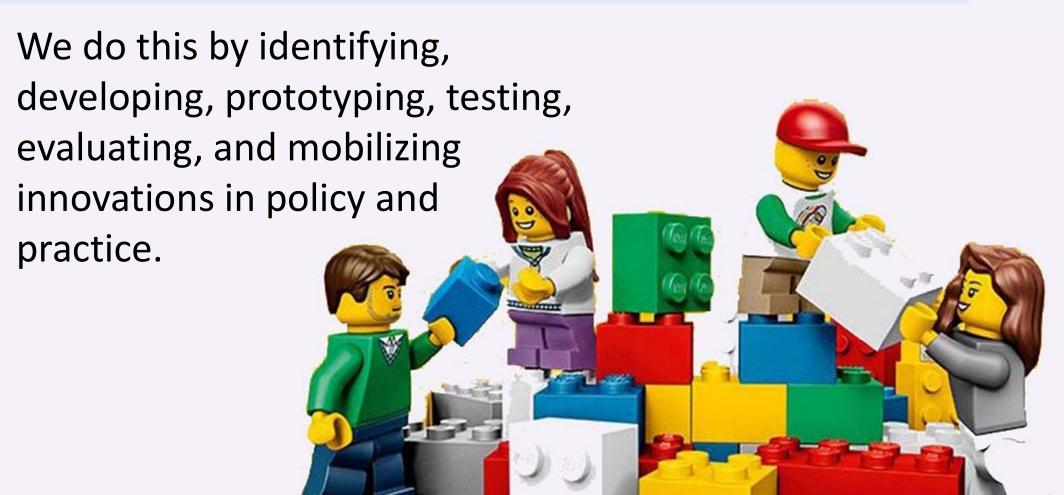
Employing design thinking, our demonstration projects are intended to expand our knowledge and understanding of innovative approaches to preventing and ending youth homelessness.

Demonstration Project Models:

- Upstream
- Youth Reconnect
- Family and Natural Supports (FNS)
- Housing First for Youth (HF4Y)



Program Design





Research and Evaluation

Research:

- Qualitative and quantitative methods
- Outcomes tied to service and supports
- For HF4Y Randomized Control trial

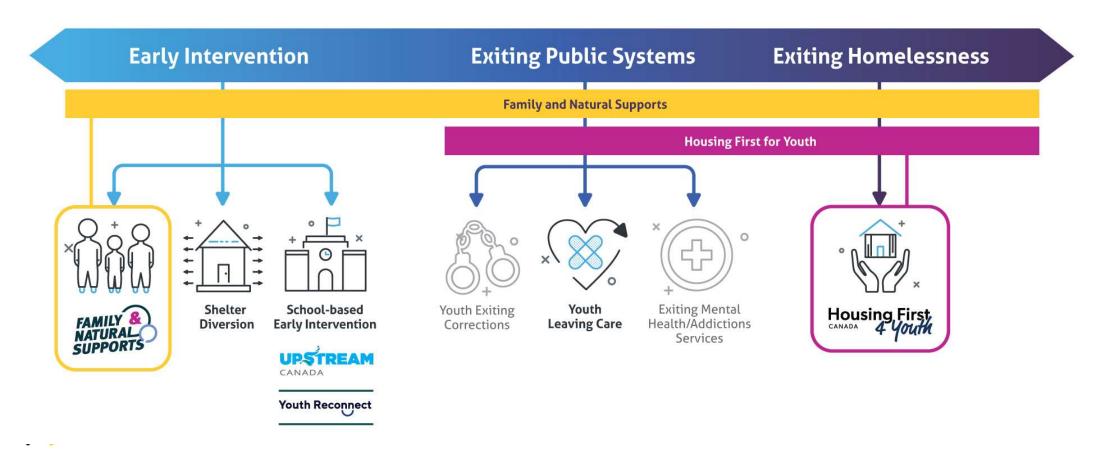
Evaluation:

- Developmental Evaluation
- Outcomes Evaluation

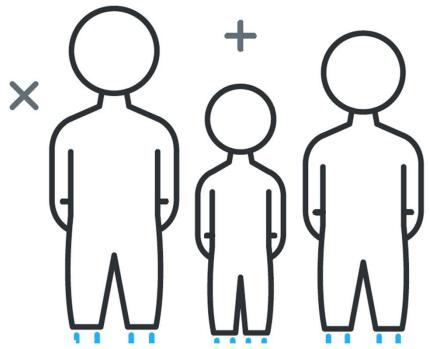


Preventing Youth Homelessness

What you can do in your community



Enhancing Family and Natural Supports



"My trauma led me down a wrong path, and I didn't know that I had ... places where I could go to access help for that. And my family didn't know how to support me with my mental health. So they ended up giving up on me because they didn't know... how. And they didn't have... anyone show them or teach them how to take care of someone with those circumstances."

Kamloops Youth







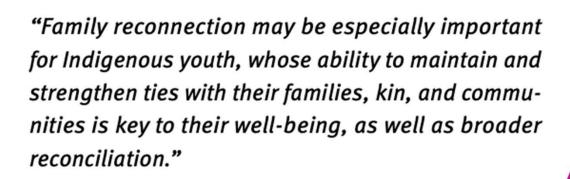
Why enhance Family and Natural Supports



Youth experiencing homelessness said that enhancing family and natural supports was an important goal on their journey:

- 77% said they would like to improve contact and relationships with their family.
- Young people who reported positive relationships with friends were much more likely to report high levels of self-esteem. Likewise, those who are in regular contact with family members (more than once a month) and who value family connections also demonstrate higher levels of self-esteem (Gaetz et al., 2016)

The underlying ethos of an FNS approach is that family and the support of caring adults is important to almost everyone and can be an asset that enhances young people's quality of live, and gives youth a sense of belonging, identity, security, self-esteem, and someone to rely on when problems emerge.



- Gaetz 2018b, p. 19



To Find Out More



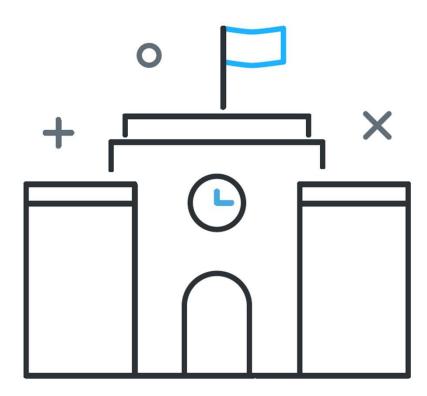


SCHOOL-BASED

Early Intervention

"Almost everyone has, like, the one teacher that they really trusted and liked, or the one school counsellor that was cool and not scary. So it would be nice if just they got this basic training and also like, signs to look out for. And like, how to approach a student and be like, "hey, you know, how's everything at home, everything going okay?"

Vancouver Youth



Why do SCHOOLS matter?



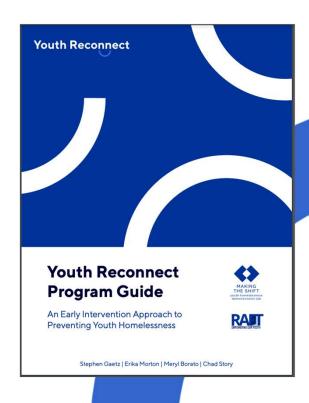




Youth Reconnect

Keeping young people in place through

School Community
Partnerships



1 Keep young people "in place"

"Keeping young people in place is about keeping them in their community. To this day I still feel out of place, an outcast, that's bumming out of housing...It would be so nice to get that sense of home again, even if you have to rebuild your home."

Youth with Lived Experience

2 Stabilize living situation

"A lot of kids and their families need help, they don't get along, YR helps with that, you can sit down and have conversations, handle conflict when it comes to parents."

Youth Reconnect Participant

Support young people and their families

"The family is a collective unit that needs to be supported. (It's) not the youth that has all this bad stuff that happened to them."

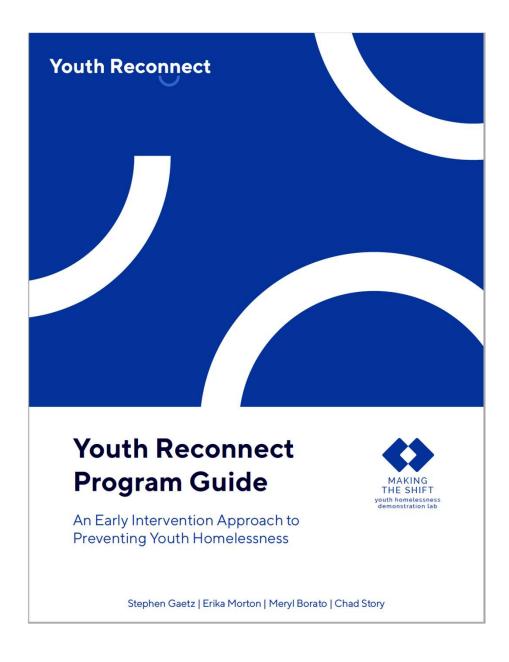
Youth with Lived Experience

4 Enhance school engagement

"A lot of people on the verge of dropping out of schools. YR would be a helpful response for those youth...A lot of people hesitate (to reach out for support) and the more they hesitate they aren't going to do anything. They are ashamed of the situation."

Youth Reconnect Participant

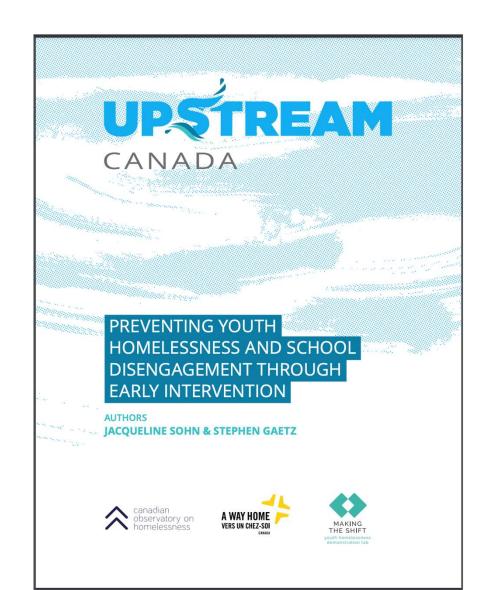
To Find Out More





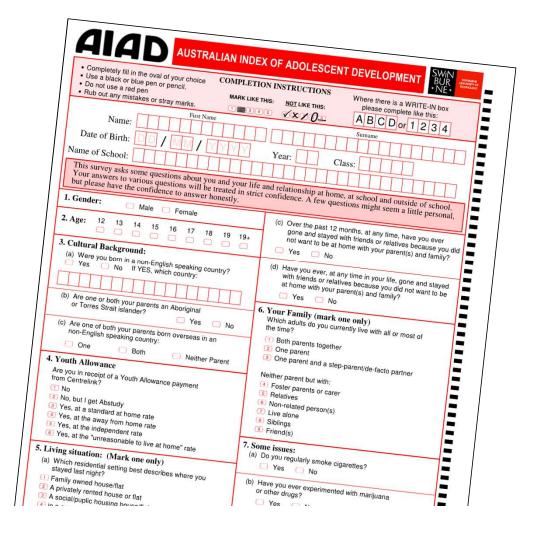
3

THE UPSTREAM PROJECT CANADA



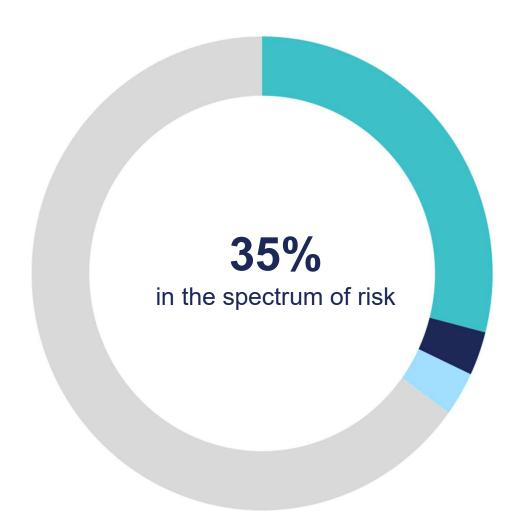
Population Screening: Identification of students at risk

All students fill out a survey ...



Results: Screening

KELOWNA



Tier 1

Tier 2

Tier 3

Not flagged

Risk of Homelessness & School Disengagement

Follow up interview assessment



Flexible Supports Delivery A 3-Tier Response

Tier 1.

Active monitoring by school staff, or a secondary consultation where a referral is made to another program or agency.

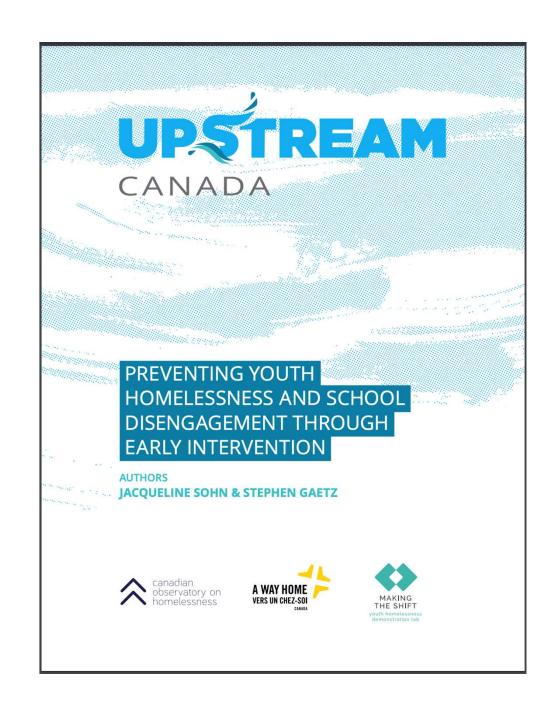
Tier 2.

Casework support, either a brief counsellingtype of casework or case management by TGP

Tier 3.

'Wrap-around' case management for complex cases requiring the formal involvement of several agencies.

To find out more ...



Helping youth *exit* homelessness for good!





Housing First, 4 Youth

1

Currently homeless youth

2

Early
Intervention:
youth leaving
care

3

ENDAAYAANG
Supporting
Indigenous youth

Supporting the shift to PREVENTION





Implementation Science!

Implementation Stages

Exploration

Installation

Initial Implementation

Full Implementation

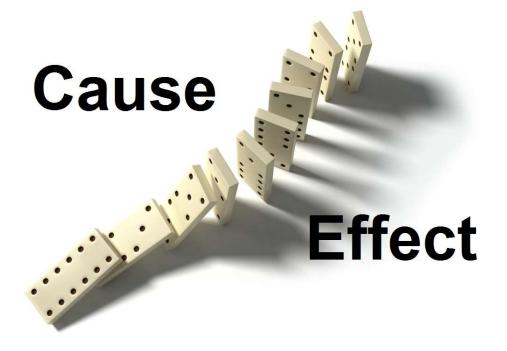
- Assess needs
- Examine intervention components
- Consider Implementation Drivers
- Assess Fit

- Acquire Resources
- Prepare
 Organization
- Prepare Implementation Drivers
- **Prepare Staff**

- Adjust Implementation Drivers
- Manage Change
- Deploy Data
 Systems
- Initiate Improvement Cycles

- Monitor & Manage Implementation Drivers
- Achieve Fidelity & Outcome Benchmarks
- Further Improve Fidelity & Outcomes

Attribution vs Contribution



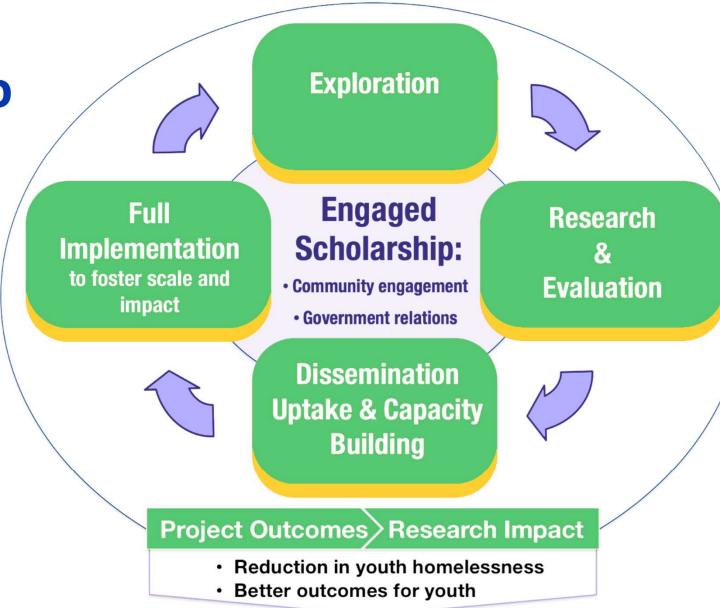
Progressing research impact assessment: A 'contributions' approach

Sarah Morten Research Evaluation, Volume 24, Issue 4, October 2015, Pages 405–419, https://doi.org/10.1093/reseval/rvv016

Research to

IMPACT

Cycle





Our task:

Influencing a move up the Commitment Curve

- Reflects change that may happen among or within organizations
- The commitment curve is a way of assessing the commitment of stakeholders to changes in policy and practice.

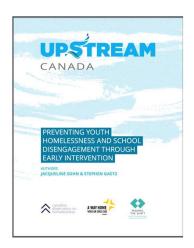
1. Full Incorporation	Organization has fully implemented (intervention) and it is now a core program.	-
2. Experimenting	Organization is currently piloting and testing (intervention) Program.	-
3. Planning	Organization is planning to implement (intervention), but we need more support.	
4. Interest/lack capacity	Organization is interested in intervention, but we lack the capacity to implement it.	· · · · · · · · · · · · · · · · · · ·
5. Positive Perception	Implementing (intervention) would help organization achieve its' goals.	
6. Aware, but lack interest	Organization has a clear understanding but is not interested in implementation.	
7. Awareness	Organization has heard of (intervention) but don't know much about it.	
8. Contact	Organization is not aware of this program.	



Scholarly Research outputs



Public facing resources





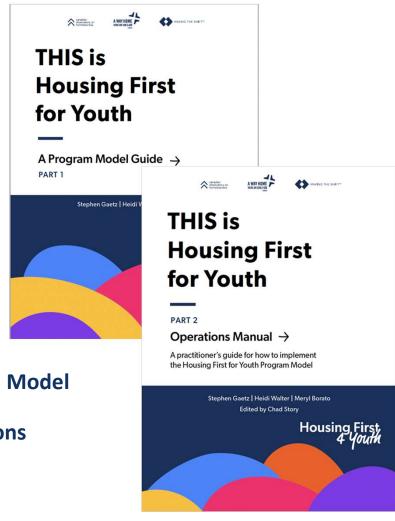


UPSTREAM

Family and Natural Supports

Youth Reconnect

HF4Y
Program Model
Guide +
Operations
Manual





Communications Strategy





Productive Interactions

• All orders of government

Service providers

Community entities

• Funders





Shifting Practices

Building capacity at the frontlines to deliver prevention-based services that improve the wellbeing of young people.

Get support:

- 1 Training & Technical Assistance offerings:
 - Housing First for Youth
 - Family & Natural Supports
 - Program Implementation
 - Systems Planning
- 2 Community of Practice calls
- FREE Online training/resources on the Homelessness Learning Hub







YOUTH
HOMELESSNESS PREVENTION
York University

ANY QUESTIONS



The emerging impact of Housing First for Youth in Canada and Europe

Stephen Gaetz

Professor, Faculty of Education, York U
President, Canadian Observatory on Homelessness



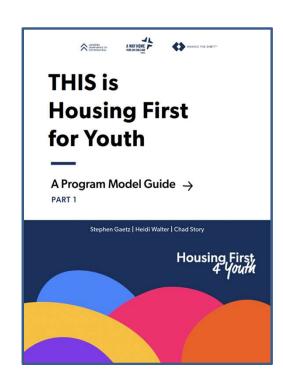
What IS Housing First for Youth?

Housing First for Youth

promotes housing stabilization, well-being and social inclusion.

The core principles of HF4Y include:

- 7. 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



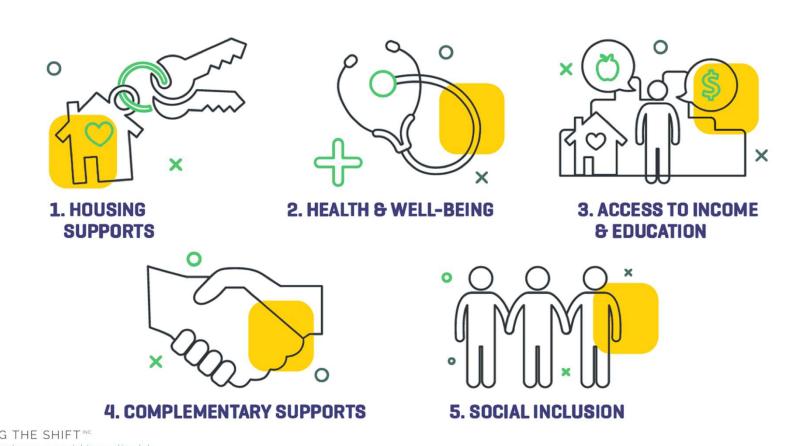
Models of **Accommodation**

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

Preliminary Outcomes Data

(24 months)

Objectives & Outcome Domains

Objectives

- Assessing the efficacy of the HF4Y intervention
- Identifying the areas that need modifications to tailor services to the specific subpopulations

What impacts are we assessing?











Randomized Controlled Trial

Group 1: Receiving

Housing First for Youth





Group2: Treatment as Usual (TaU) - *NOT* receiving the intervention.

2018 2019 2020 2021 **2022** 2023 2024 2025

Data Collection Ottawa 12 months 24 months 36 months 136 / 48 months (100% completed) (73% completed) (49% completed) (** 100% completed) Feb Mar Aug Mar Apr May Recruitment Last participant In progress ... begins recruited Recruitment Last participant In progress ... begins recruited Sep Mar Mar Mar **Apr** Sep 12 months 24 months **Toronto** 24 / 36 months | 36 / 48 months | (97% completed) (51% completed) (** 100% completed) (** 100% completed)

Pandemic started

**

Anticipated

Demographics

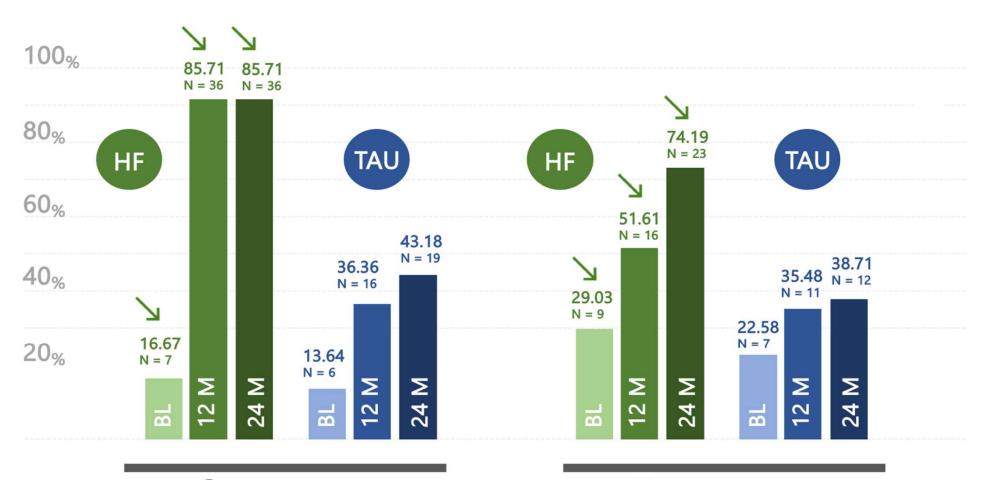
	TOTAL		HF4Y	TAU	
Age	17-18 19-20	32.5 % (n=48) 43.9 % (n=65)	37.0 % (n=27) 41.1 % (n=30)	28.0 % (n=21) 46.7 % (n=35)	
	21-22 23-24	16.2 % (n=24) 7.4 % (n=11)	16.4 % (n=12) 5.5 % (n=4)	16.0 % (n=12) 9.3 % (n=7)	
Gender Identity	Woman	57.4 % (n=85)	56.2 % (n=41)	58.7 % (n=44)	
	Man	31.8 % (n=47)	34.2 % (n=25)	29.3 % (n=22)	
	Transwoman Transman	2.0 % (n=3) 4.7 % (n=7)	2.7 % (n=2) 2.7 % (n=2)	1.3 % (n=1) 6.7 % (n=5)	
	Gender Fluid Declined	3.4 % (n=5) 0.7 % (n=1)	2.7 % (n=2) 1.4 % (n=1)	4.0 % (n=3) 0.0 % (n=0)	
Sexual	Straight	55.4 % (n=82)	58.9 % (n=43)	52.0 % (n=39)	
	2SLGBTQA + Declined	43.9 % (n=65) 0.7 % (n=1)	39.7 % (n=29) 1.4 % (n=1)	48.0 % (n=36) 0.0 % (n=0)	

Identity

Demographics

		TOTAL		HF4Y		TAU	
Racial Diversity	Indigenous Racialized Black White Mixed	6.8 % 7.4 % 32.4 % 38.5 % 14.9 %	(n=10) (n=11) (n=48) (n=57) (n=22)	9.6 % 4.1 % 41.1 % 34.2 % 11.0 %	(n=7) (n=3) (n=30) (n=25) (n=8)	4.0 % 10.7 % 24.0 % 42.7 % 18.7 %	(n=3) (n=8) (n=18) (n=32) (n=14)
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)
Education	High School Inc	62.2 %	(n=92)	57.5 %	(n=42)	66.7 %	(n=50)
	High School cpl	20.9 %	(n=31)	24.7 %	(n=18)	17.3 %	(n=12)
	Post-Secondary Inc	12.8 %	(n=19)	12.3 %	(n=9)	13.3 %	(n=10)
	Post-Secondary cpl	3.4 %	(n=5)	4.1 %	(n=3)	2.7 %	(n=2)

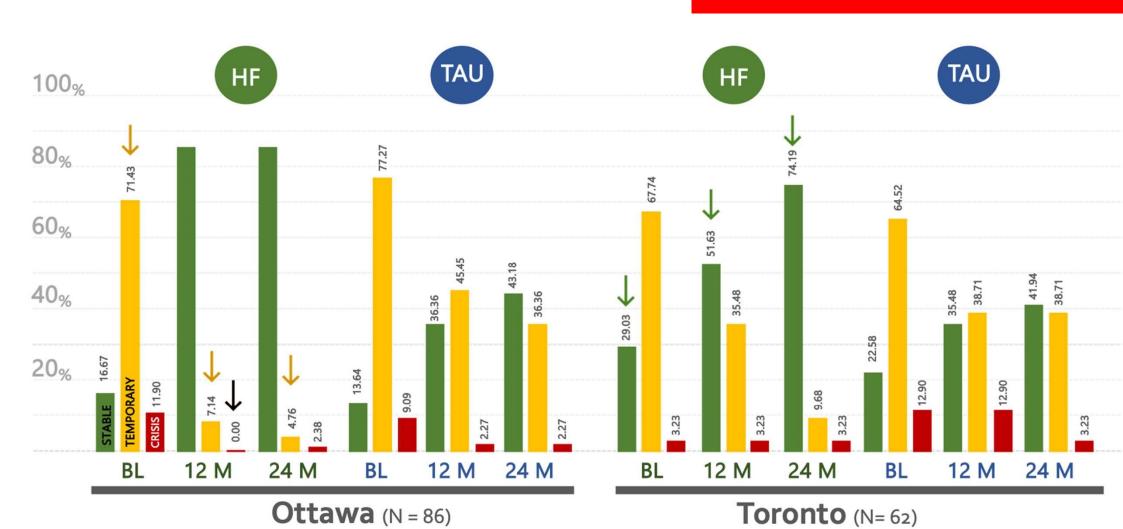
Housing Stability

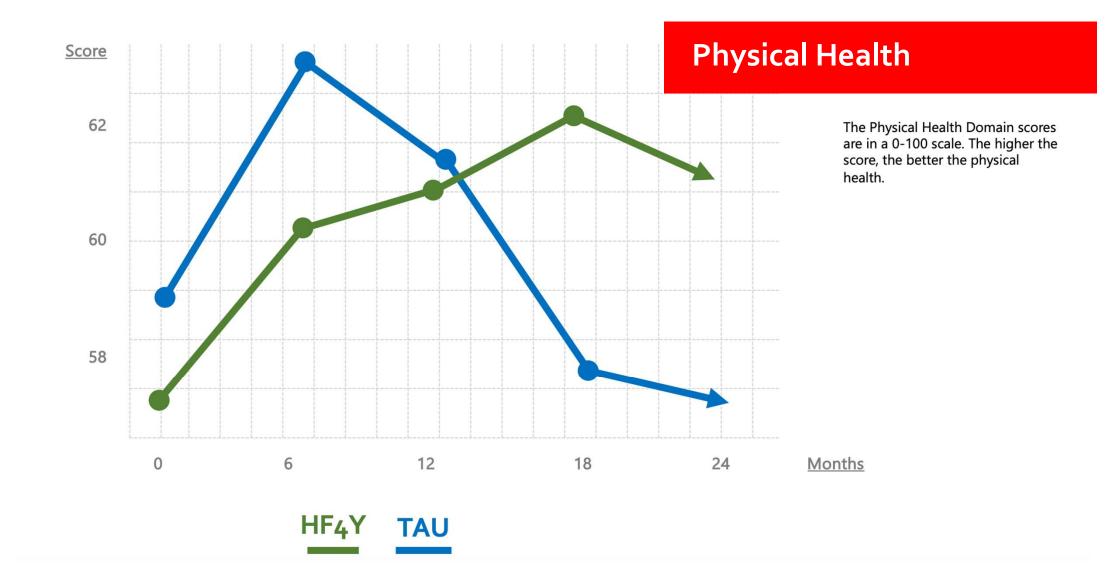


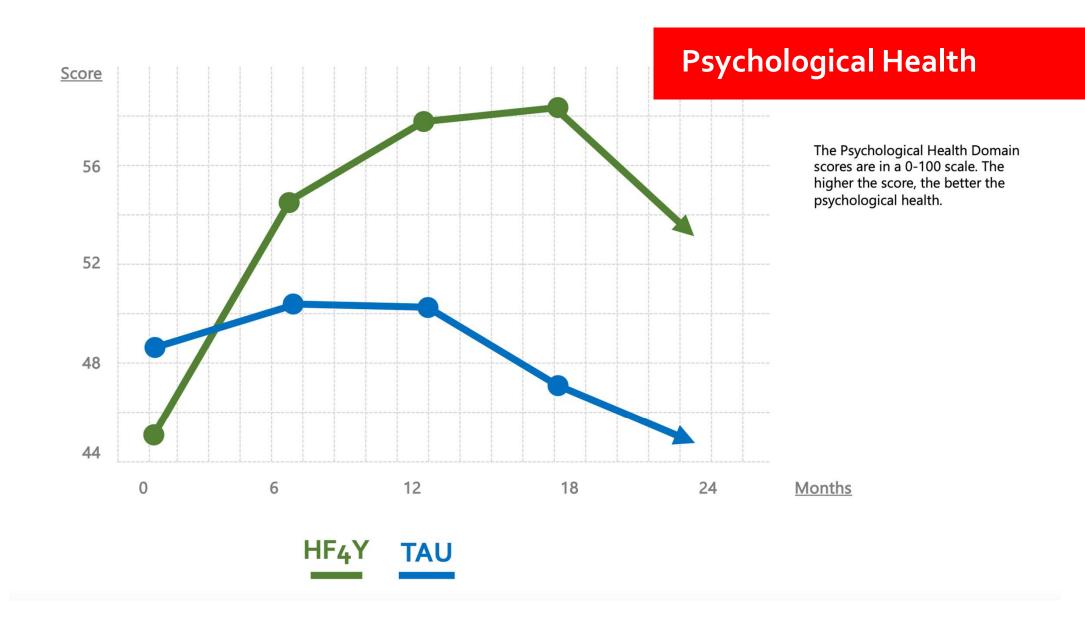
Ottawa (N = 86)

Toronto (N=62)

Housing Stability







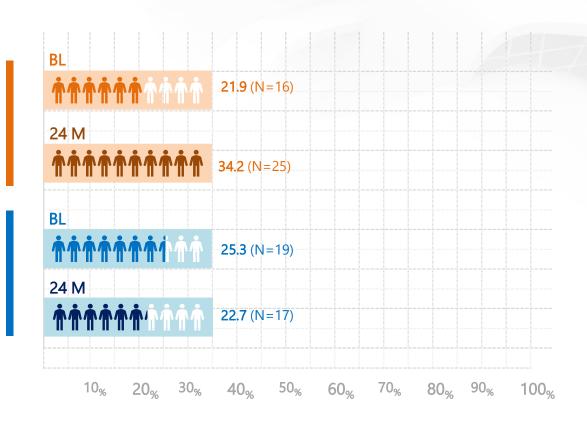
EMPLOYMENT

Participants who worked 1 or more jobs in the 6M prior to BL/24M & who were working at a job at the time of BL/24M

Education & Employment



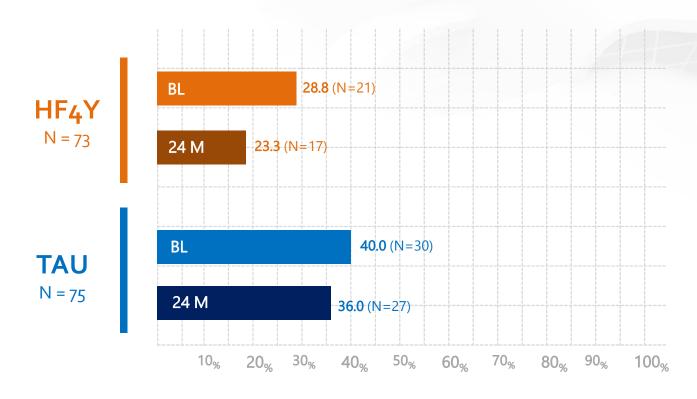




EDUCATION

Participants who enrolled in a school or General Educational Development (GED)

Education & Employment





Taking HF4Y Scale



Take innovation to scale!



Scale Up:

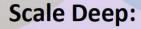
"Impacting laws and policy"

Changing institutions at the level of policy, rules and laws

Scale Out:

"Impacting greater numbers"

Replication and dissemination, increasing number of people or communities impacted



"Impacting cultural roots"

Changing relationships, cultural values and beliefs, "hearts and minds"









Youth Homelessness Prevention Initiative

NEEDS ASSESSMENT

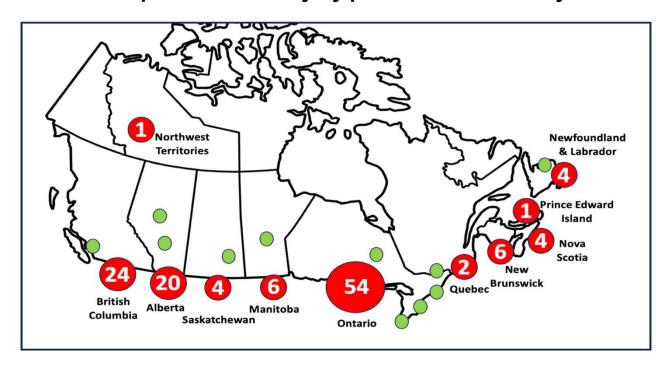
What we did

This Needs Assessment was undertaken in order to:

- Gauge local interest in the implementation of youth prevention homelessness prevention interventions.
- Understand current knowledge of such interventions
- Determine interest in Training and Technical Assistance to support implementation.

151 Research Participants

Figure I
Responses to survey by province and territory



Interest in the Prevention of Youth Homelessness

Please indicate how much you agree with the following statements.

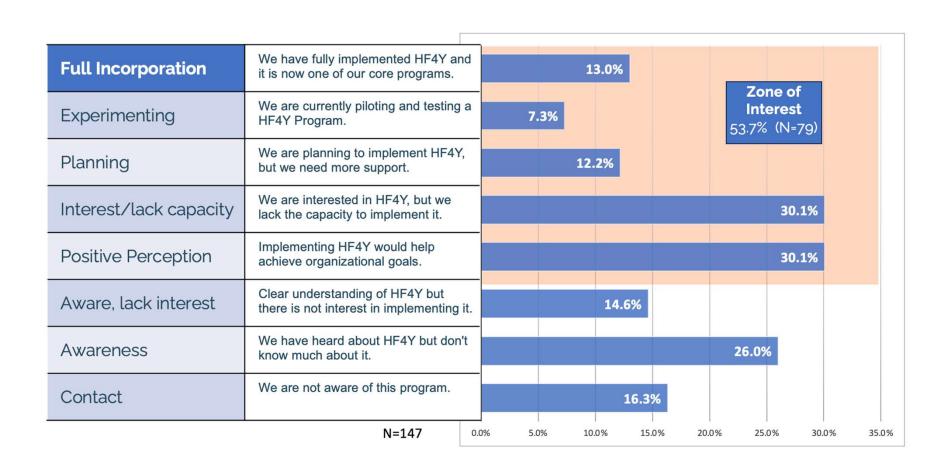
	Strongly disagree	Somewhat disagree	Not sure	Somewhat agree	Strongly agree
Prevention is necessary to solve youth homelessness.	6.7% (7)	3.8% (4)	0.0% (0)	6.7% (7)	82.7% (86
I think my organization should do more in the area of youth homelessness prevention.	6.8% (7)	6.8% (7)	13.6% (14)	34.0% (35)	38.8% (40
I think my community should do more in the area of youth homelessness prevention.	5.8% 6	1.0% (1)	1.9% (2)	12.5% (13)	78.8% (82
I have seen a growth in interest in youth homelessness prevention in the last five years.	3.8% (4)	9.6% (10)	11.5% (12)	38.5% (40)	36.5% (38
We need support as an organization to help shift to prevention.	6.9% (7)	9.8% (10)	18.6% (19)	29.4% (36)	35.3% (30
We could do more homelessness prevention IF we were provided with dedicated funds.	6.9% (7)	4.0% (4)	7.9% (8)	13.9% (14)	67.3% (68
We could do more homelessness prevention IF we had access to quality Training and Technical Assistance	5.8% (6)	6.7% (7)	13.5% (14)	26.9% (28)	47.1% (49
I think my organization has funding for and interest in TTA on youth homelessness prevention interventions.	29.1% (30)	11.7% (12)	32.0% (33)	17.5% (18)	9.7% (10

Youth Homelessness Prevention Interventions & the Commitment Curve

- I) Housing First for Youth (HF4Y)
- II) Family and Natural Supports (FNS)
- III) Reconnect
- IV) Duty to Assist (D2A)
- V) Upstream



Housing First for Youth



Key findings:

- Zone of Interest A high percentage of respondents (53.7%) assert that they are aware of and understand HF4Y, and are positively disposed regarding HF4Y, that they are interested in implementing it.
- Lack of awareness: HF4Y is fairly well known, with only 16.3% identifying they are not aware of the program.
- Not interested: 14.6% percent of respondents identified they have a clear understanding of HF4Y, but their organization is not interested in implementing it.
- Capacity concerns. Thirty percent of respondents remarked that while they are interested in HF4Y, there is currently a lack of capacity in their organization to go down that road.

Housing First for Youth – Learning and Training needs

Table 3

If your organization has implemented HF4Y, or would like to, how would you assess your need for Training and Technical Assistance (TTA)?

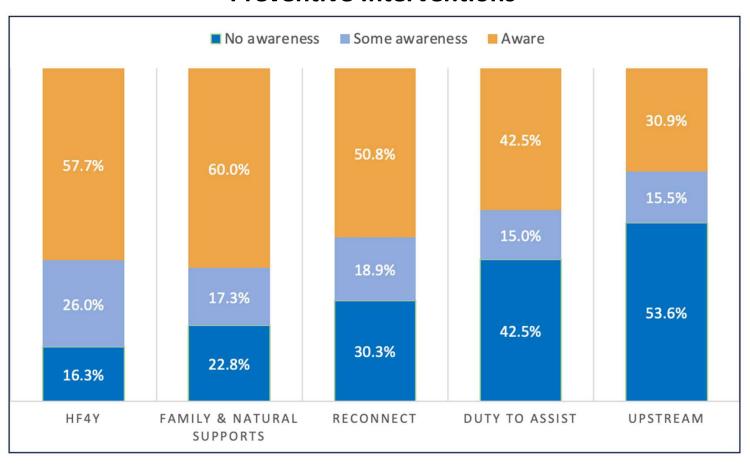
	Yes	No	Not sure
My organization would like to find out more about HF4Y. (N=125)	70.5% (N=91)	9.3% (N=12)	20.2% (N26)
2. We are interested in implementing HF4Y but need help and support to do that. (N=121)	43.0% (N=52)	24.8% (N=30)	32.2% (N=39)
3. Generally we are interested in TTA but are not sure where we can get it. (N=122)	36.1% (N=44)	26.2% (N=32)	37.7% (N=46)

Key Findings:

- High level of interest in learning more about HF4Y (70.5%)
- Interest in implementing HF4Y. 43% reported their organization is interested in implementing HF4Y, but that they have capacity issues.
- Expressed need for Training and Technical Assistance. Over a third (36%)
 expressed interest and are aware of the need for Training and Technical
 Assistance, but they are not sure where to obtain it.

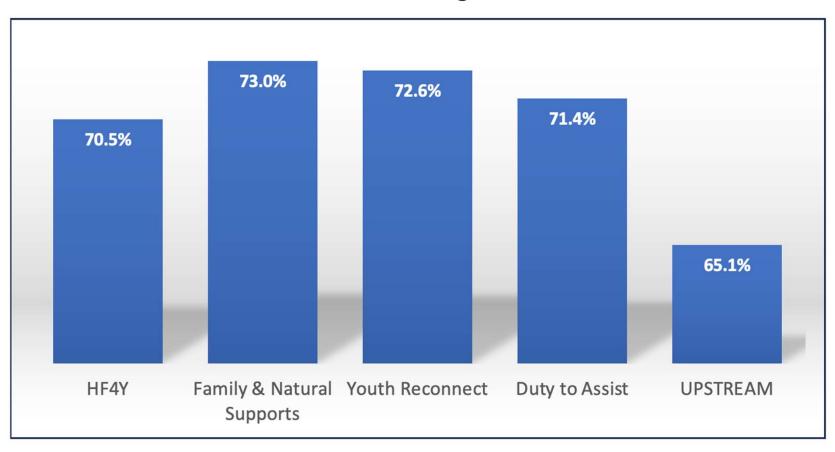
Awareness of Interventions

Level of Awareness of Selected Youth Homelessness Preventive Interventions



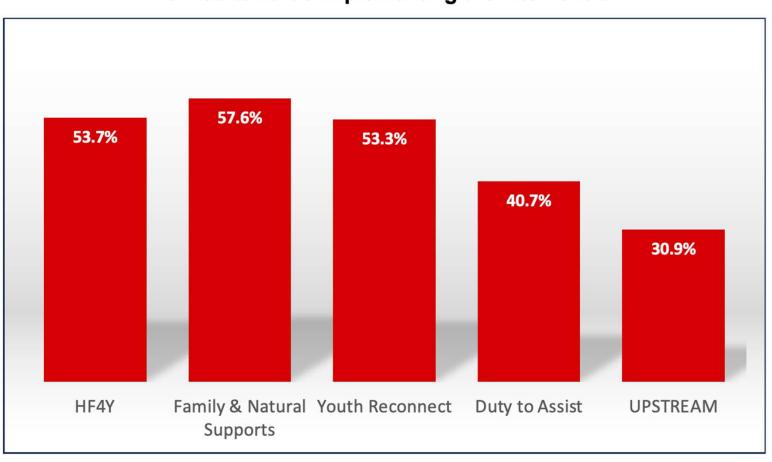
Desire to Learn More

Percent of organizations indicating that they would like to find out more about the following interventions.



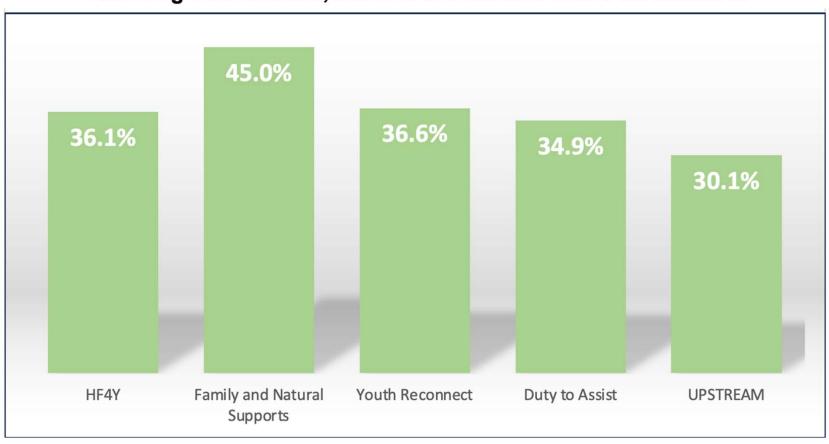
In the Zone of Interest

Zone of Interest
Percent of respondents who are positively inclined towards implementing the intervention



Interest in Training and Technical Assistance

Percent of organizations interested in Training and Technical Assistance for the following interventions, but who are not sure where we access it.



HF4Y Canada and Europe



We are interested in enhancing our understanding of the iterative relationship between research and practice.

The Gap!

Research



Practice



Research Project: Fall 2023

What factors enable or inhibit uptake of HF4Y in Canada and Europe?

We will:

- Conduct a lit review on housing programs for youth including HF4Y.
- Conduct an inventory to determine what organizations in what countries are claim to have implemented HF4Y.
- Engage organizations who are doing HF4Y, and conduct interviews with key staff, including founders. Where relevant, conduct interviews with government officials to guage their interest and/or support for HF4Y programs

HF in Canada

- Calgary (6)
- Hamilton
- Ottawa
- Vancouver
- Oshawa
- Kelowna
- Ajax



HF In Europe

- Belgium (3)
- Netherlands (7)
- Wales (3)
- Scotland(2)
- Ireland (2)
- Spain (2)
- Chechia (2)
- Northern Ireland
- Denmark
- Finland



Areas of Inquiry

- Identify what factors contributed to the adoption of HF4Y What factors enable implementation, what are challenges?
- Understand how HF4Y programs are planned and designed to fit the needs of the organization, as well as the surrounding community context.
- Understand how HF4Y programs are implemented and operate to serve various populations of young people, accounting for the ways in which organizational adaptations, barriers, limits, and facilitators occur as well as emergent innovations and important insights to practice;
- Identify the degree to which HF4Y programs demonstrate fidelity to the five core principles of the HF4Y program model; and,
- Ascertain the training, capacity-building, and technical support needs for programs as they grow and evolve.

ANY QUESTIONS