

What is HousingPlus?

- Supportive Housing – a cost-effective way to prevent & address homelessness
- Stable, affordable housing – usually permanent, sometimes transitional
- Supportive housing first created in Ottawa over 30 years ago
- Reduces pressure on other more costly social, emergency, health and shelter services
- A focus on support (counselling, training, referrals, etc.) and community building

The "housing first" approach to solving chronic homelessness has a better chance of success when incorporating Housing Plus services.

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Ottawa Supportive Housing Network

- Formed in 1995
- Now 15 non-profit HousingPlus agencies:
 - Bruce House
 - Cornerstone
 - Daybreak
 - Emily Murphy
 - Harmony House
 - Options Bytown
 - Tewegan
 - Ottawa Mission
 - Ottawa Salus
 - Shepherds of Good Hope
 - YMCA-YWCA
 - Youth Services Bureau of Ottawa
 - Youville Centre
 - Horizons Renaissance
 - John Howard Society

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Tenants

- People at risk / history of homelessness
- Youth at risk
- Victims of family violence
- People with HIV/AIDS
- People with mental illness
- Young single parents
- People with addictions
- People in conflict with the law

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Vision & Mission

•Our Vision:

- to provide leadership and support to end homelessness

•Our Mission:

- offer permanent housing and supports to assist people at risk of homelessness live independently and achieve their goals

Our Housing

- Two managed apartment buildings with 125 units of supportive housing
- Resource Centre Program in 11 Ottawa Community Housing Corporation (OCH) buildings across the city offering access to housing, supports and community development
- Supports to Social Housing Program to Centretown Citizens Ottawa Corporation (CCOC) tenants across the city, with a history of chronic homelessness
- Addictions Services for tenants and clients of all Options Bytown partnered services

Our Services

- Team of Housing Support Workers and Housing Case Managers offering **housing based support services:**
- Holistic approach to assess an individual's needs
- Intensive work with those tenants referred from shelters
- Addictions support
- Counselling and referrals for mental and physical health and well-being
- Independent living skills
- Crisis intervention



**OPTIONS
BYTOWN**

Outcomes

- On-going intensive supports for up to 100 tenants housed in social housing buildings directly from shelters
- Focus on health and social service outcomes including help through hospital discharge and reduction of addictions
- Increased independent living skills
- Increased access to retraining and employment
- Community building
- Eviction prevention



**OPTIONS
BYTOWN**

Focus on Addiction Services

Help Individuals Face Their Addictions

- Referral and on-site support from Housing Support Workers and Addiction Services partnering with individuals to find their own reasons to make the decision to change

Help Dealing With Addictions

- Assessment, group & individual counselling, relapse prevention, treatment referral, and after care support

Help to Maintain Recovery

- Addictions and housing support services help with the design and maintenance of a Recovery Plan



**OPTIONS
BYTOWN**

Addiction Service Outcomes

Risk to Housing:

Improved Housing = 24
 Managed Incidences of risk = 76
 Same or Worse Housing = 6
 Continuing or unresolved Incidences of risk = 19

Stages of Addiction:

Improved =18
 Same or Worse =12

Despite individuals not yet achieving the traditional definition of abstinence, most have maintained or improved their quality of life and maintained their housing



Cornerstone Housing for Women

Mission Statement

Cornerstone provides emergency shelter and supportive housing for a diversity of women. Our services are offered in an atmosphere which promotes dignity and a sense of hope. We strive to increase safe, affordable housing and to end homelessness.

Shelter and Supportive Housing

- Emergency Shelter (52 beds)
- 515 MacLaren Supportive Housing (20 units)
- McPhail House (6 rooms)
- 314 Booth Street (42 apartments: 20 seniors/ 22 younger) June 2011 opening



Stated Reasons for Homelessness

- Unaffordable rents
- Family and marriage breakdown
- Unsafe housing
- Mental illness and hospitalization
- Addictions



Emerging Issues and Understanding

- Role of trauma in homelessness, mental illness and addictions
- Increasing age of women at risk of homelessness, and related health concerns



Benefits of Supportive Housing

- Affordability and flexibility of rent
- Easy access to on-site supports allows for proactive responses to tenant needs
- Access to a range of community supports
- Peer relationships to combat isolation and encourage engagement
- Opportunity to share costs of other personal needs

