



Early Findings on Outcomes of Participants of a Housing First Program Implemented in a Small Canadian City



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Introduction

- **An investigation of the effectiveness and cost-effectiveness of a Housing First intervention in Moncton, New Brunswick.**
 - Part of a pragmatic, multi-site, randomized field trial in five cities across Canada.
- **Housing combined with support (ACT, & ICM) reduces homelessness, and hospitalizations as well as produces other positive outcomes (Nelson, Aubry, & Lafrance, 2007)**
 - Best approach in the literature to help people achieve stable housing is “Pathways - Housing First” (Tsemberis, 2010; Tsemberis & Eisenberg, 2000; Tsemberis, Gulcur, & Nakae, 2004)

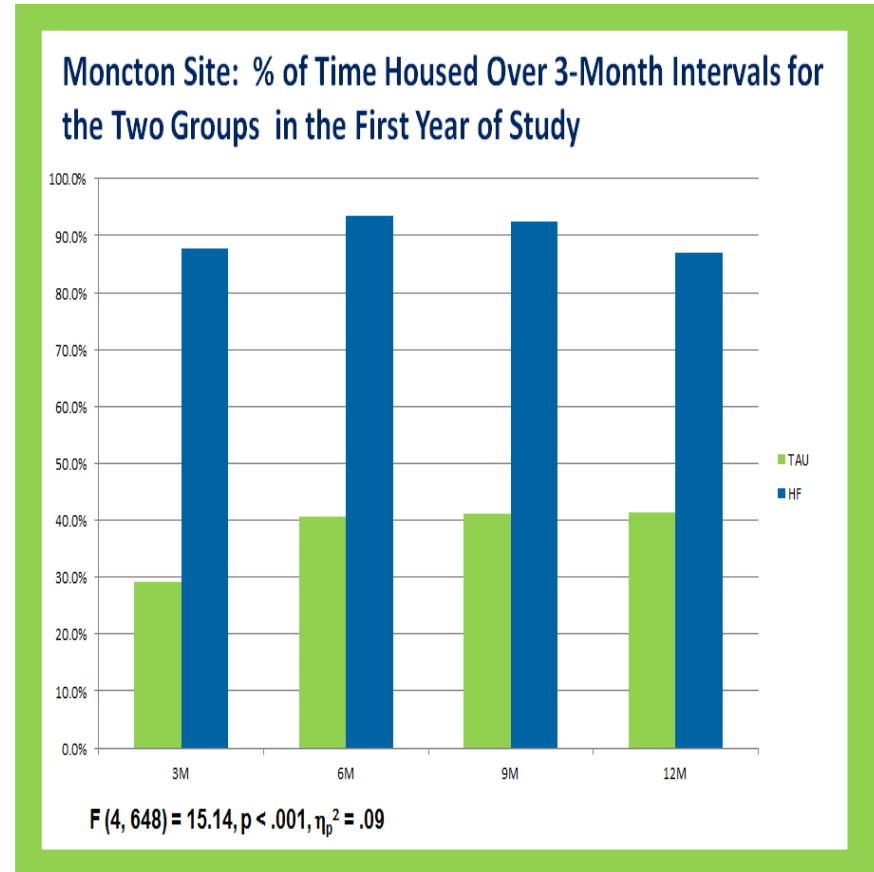


Methods

- **Individuals receiving Housing First (HF) services (subsidized housing and ACT services) were compared to individuals receiving “treatment as usual” (TAU) services.**
 - HF (N=100); TAU (N=101)
- **Outcomes focused on housing, quality of life, functioning, and community integration.**

Results

- HF participants report significantly greater improvement in their quality of life in the domains of living situation, finances, leisure, and safety
- HF participants showed similar levels of improvements as TAU participants in the areas of community functioning, psychiatric symptoms, physical integration, psychological integration, recovery & substance use



Conclusions

- **Individuals with severe and persistent mental health problems and chronic histories of homelessness are being successfully housed and reporting an improved quality of life after one year in the program.**
- **Rich pool of knowledge is being developed that can inform the development of community mental health services in New Brunswick and throughout Canada**
- **Data collection completed in February 2013 with final report on the project to be released early in 2014**