

Effectiveness of a Housing First Program Delivered in a Rural Region of New Brunswick

Jonathan Jetté, School of Psychology and Centre for Research on Educational
and Community Services, University of Ottawa, jjett063@gmail.com

Tim Aubry, School of Psychology and Centre for Research on Educational and
Community Services, University of Ottawa, taubry@uottawa.ca

Jimmy Bourque, Centre de recherche et de développement en éducation,
Université de Moncton, Jimmy.Bourque@umoncton.ca

Introduction

- **Particularity of rural Homelessness**
 - Invisibility (Policy oversights, Little attention in research)
 - Physical isolation
 - Lack of services
- **Location:** Southeast New Brunswick, near Moncton.
- **Intervention:** Housing first, Pathway's model
- **Services:** ACT team with 2 members, attach to the Moncton team
 - Choice base, Harm reduction, In the community
- **Housing:** Provides permanent, stable housing
 - Private market, 30% of their income towards the rent, hold their own lease

Methods

❑ Participants = 46

- 24 in AT Home / Chez soi
- 22 in TAU

❑ Follow for 18 month

❑ Quasi-experimental study

❑ Variables

- % Time stably house
- Quality of life
- Ability to live in Community (MCAS)

Toolkit Modules

☐ % Time stably House

- No sig, group, group X time.
- Time , overall participants in both group had less residential stability with the passage of time (F (1) = 6.27, P = 0.018).
- From 100% housed in three months prior to baseline to 85% (TAU) and 80% (HF) housed in three month period prior to one-year follow-up

☐ Quality of quality of life

- No sig, group, time or group X time.

☐ Ability to live independently in the community (MCAS)

- Time between groups was also significant (F (1) = 15.86, P 0.001).
- At baseline , At Home ☐ Chez Soi participants had an average of 70.93 on the MCAS (SD = 1.7) compared to 75, 09 (SD = 1.85) for the TAU.
- At one Year follow-up, AT Home Group (M = 65.30, SD = 0.93) TAU (M = 83.18; SD = 1.00).

Conclusions

- **Housing first can be implemented successfully in a rural region.**
- **Housing First helps individuals develop independent living skills.**
- **Future research on Housing first in rural regions requires:**
 - Bigger sample,
 - Test the approach with homeless population.