Everybody should have a safe place to call their own. People should not be living on the street no matter what. If there wasn’t so much racism and stereotyping towards each other then everyone would be safe in their ‘own’ homes.”

Winnipeg’s Urban Structure

- Winnipeg has 742,000 in its metro area
  - Slow Population and Economic Growth
  - Second oldest housing stock in Canada
  - Extensive blighted area in the inner city
  - Highest Urban Aboriginal population in Canada (70,000+)

Overview of Presentation

- Introduction
- Winnipeg’s Aboriginal Population
- Winnipeg’s MHCC Project
- Implications and Policy Discussion
- Next Steps
Winnipeg’s Market: Finding a Place

**Vacancy Rates 2009/2010**

Source: Rental Market Report: Canadian Highlights; CMHC Spring 2010

Winnipeg’s Market: The Cost of Housing

**Average Two Bed Room Rents 2009/2010**

Source: Rental Market Report: Canadian Highlights; CMHC Spring 2010

Winnipeg’s Market: Taking the Plunge!

**Resale Prices (March of 2010/2011)**

Source: CREA

Winnipeg’s Market: Taking the Plunge!

**Winnipeg Resale**

Source: Rental Market Report: Canadian Highlights; CMHC Spring 2010
Winnipeg’s Social Housing

<table>
<thead>
<tr>
<th>Maximum Rent Rates Employment and Income Assistance: Manitoba, 2007</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Size</strong></td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>1 Person</td>
</tr>
<tr>
<td>2 Persons</td>
</tr>
<tr>
<td>3 Persons</td>
</tr>
<tr>
<td>4 Persons</td>
</tr>
</tbody>
</table>

Winnipeg’s Homeless Estimates

<table>
<thead>
<tr>
<th>Table One: Homeless and at Risk Populations Profiles (As of March 31, 2007***)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Subgroup</strong></td>
</tr>
<tr>
<td>At risk of homelessness</td>
</tr>
<tr>
<td>Hidden Homelessness</td>
</tr>
<tr>
<td>Living on the Street</td>
</tr>
<tr>
<td>Short-term or crisis sheltered</td>
</tr>
<tr>
<td>Supportive housed</td>
</tr>
</tbody>
</table>

Source: Community Plan Update, Homelessness Partnering Strategy: Winnipeg, Brandon and Thompson, 2007-09

Winnipeg’s Aboriginal Population

Neighbourhood Profiles
What is a Housing First Approach?

With $110 million in funding, The At Home/Chez Soi is the largest research project of its kind in the world. The goal is to find the best ways to help those presently living with mental illness and without shelter.
What is a Housing First Approach?

Housing First is a mental health intervention that provides program participants with secure housing while making available a range of individualized services and supports.

Homelessness In Winnipeg

The Winnipeg Team

- Research
- UofW
- UofM
- Prov. Gov.
- WRHA
- Property Managers
- Participants
- MHCC
- Housing Plus
- Wi Che Win
- Ni Apin
- Mount Carmel

Vision for the Winnipeg Project

- Opportunity for the Aboriginal community, researchers and members with lived experience to lead, learn and participate in the MHCC Initiative
- Opportunity for mental health services providers to engage with the Aboriginal community in the MHCC initiative
- Opportunity to build capacity and network with public and private housing service providers
- Opportunity for project guidance through the Aboriginal Cultural Lens Committee
At Home/Chez Soi Winnipeg

1325 Canadian homeless individuals living with a mental illness will be placed into secure housing.

Beginning the process...

Finding Participants

Why Treatment as Usual (TAU)?

Randomization: The assignment to service teams

Ma Mawi Wi Chi Itata Centre
ICM - Wi Che Win Program
Aboriginal Health & Wellness Centre
Ni-Apin

Mount Carmel Clinic
ACT Program
### Winnipeg Research & Delivery Models

<table>
<thead>
<tr>
<th>ACT - High Need</th>
<th>ICM - Moderate Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Recovery-oriented ACT team</td>
<td>• Intensive case management for a minimum of one year once housed</td>
</tr>
<tr>
<td>• Client/staff ratio of 10:1 or less and includes a psychiatrist and nurse</td>
<td>• Client/staff ratio of 20:1 or less</td>
</tr>
<tr>
<td>• Program staff are closely involved in hospital admissions and discharges</td>
<td>• Integrated efforts across multiple workers and agencies</td>
</tr>
<tr>
<td>• Teams meet daily and include at least one peer specialist as staff</td>
<td>• Workers accompany clients to appointments</td>
</tr>
<tr>
<td>• Seven days a week, 24 hr crisis coverage</td>
<td>• Centralized assignment and monthly case conferences</td>
</tr>
<tr>
<td></td>
<td>• Seven days a week, 12 hours per Day coverage</td>
</tr>
</tbody>
</table>

### Wi Che Win Program

#### Wi Che Win Program

- Medicine Wheel balance is restored when we help the person rejoin community

#### Wi Che Win Way of Assessing Strengths

- Family
- Alcohol/Drug Use/Misuse Patterns
- Education & Employment
- Health & Nutrition
- Social Networks
- Meaningful Daily Activity
- Family Relationships
- Spirituality
- Budget & personal finances
Ni-Apin (The Winnipeg Model)

ACT Program

Ni Apin
Made in Winnipeg Model

Nature of programming
- AHWC offers contemporary and Traditional services and resources to the urban Aboriginal population of Winnipeg
- Provide services to Métis, First Nation and Inuit peoples
- Services based on our Medicine Wheel using a non-judgmental, harm reduction approach housed in a safe environment

Mount Carmel Clinic – Assertive Community Treatment (ACT)

• The ACT team provides comprehensive services, rehabilitation, support and outreach to meet the needs of participants who live with severe and persistent mental health challenges.
• The services will be facilitated holistically to address all aspect of the individual’s mental, spiritual, emotional and physical needs including housing, self care, medication, social relationships, employment, etc.
• The goal of the program is enable participants to regain stability and begin the process of recovery needed to achieve their personal goals.
Housing Procurement - WRHA

The Database is designed to support successful tenancies. It helps to ensure:
- Payment of rent
- Lease signing and renewal
- Insurance
- Maintenance support

Housing Procurement - WRHA

Prospective tenants can choose housing based on what’s available close to home:
- Public Transportation
- Accessible features
- Pharmacy
- Restaurant
- Grocery
- Schools
- Day care

Housing Plus
Furniture
MM Campbell
- Locally owned

Preparing for a move

Housing Plus provides a local coordinated “one stop shop”

Warehouse facility

Furniture
Moving
Scope (Self-Starting Creative Opportunities for People in Employment)
- Charitable non-profit whose mission is to assist in the rehabilitation of consumer of mental health by providing gainful casual employment.

Cleaning
Envirosafe Clean
- Locally owned coop
- Environmentally friendly products
- Future employment opportunities for Aboriginal members

Inspections and Repairs
Manitoba Green Retrofit
- Non-profit to promote employment and economic development opportunities for inner city and Aboriginal residents primarily in the retrofit and caretaking/maintenance fields.

Housing Plus

Prepared for a move

Furniture
Manitoba Green Retrofit

Bed Bug Prevention

- Nov. 2009 - Sept. 2010 bed bug free
- Move from prevention into treatment

Inspections

Each unit is inspected and/or photographed prior to move in by MGR. A copy of inspection goes to landlord and a copy for tenant
Ongoing Support

Ongoing Support and Services

Ongoing Support and Services
Ongoing Supports and Services

2010 Christmas Dinner

On December 16th, 2010 the At Home/Chez Soi Winnipeg Site Team hosted a Christmas dinner for all participants, at the Thunderbird House.

Robert Greene, an elder, opened the event with a blessing of the day and food with a ceremonial song.

The dinner was all prepared and cooked by the At Home/Chez Soi Winnipeg Site Team staff.

All the food and gifts were prepared by the Winnipeg Site team and donations were received by various partners around Manitoba.

The team served 150 participants and an additional 100 community members.

They included Gencan, First Commercial Brokers, Arctic Beverages, Brock Consulting, etc.

All participants received a gift bag and their choice of a long sleeve fleece or button up shirt.

A Wi Che Win case worker organized a small raffle draw, which helped raise funds for the Christmas dinner.
Service Team Perceptions: Participants First

- Participant’s identified healing is going back onto land – doing land based activities that were passed down from father.
- Participants attend group activity – bannock making.
- A young mother visits her three kids for 2.5 hours a month.
- A participant attended sweat lodge and helped offer tobacco during the day.
- Participant transformed her apartment into a “home”.
- Participant cried when finished move-in because he couldn’t believe how great it felt to be home.
- The feeling when a participant’s family visits his new place.
- Drop in centre is used for computers, phones, watch TV, to chat and/or meet.

Conclusion

Meegwitch!

Thank-you!

Visit: http://www.mentalhealthcommission.ca

The At Home/Chez Soi Project Team includes: Jayne Barker, Ph.D., VP Research Initiatives, Mental Health Commission of Canada; Cameron Keller, M.C., Director At Home/Chez Soi; and approximately 40 investigators from across Canada and the U.S. In addition there are 5 site coordinators (one for each city where the study is carried out) and numerous lead service and housing providers.