

# Winnipeg Overview

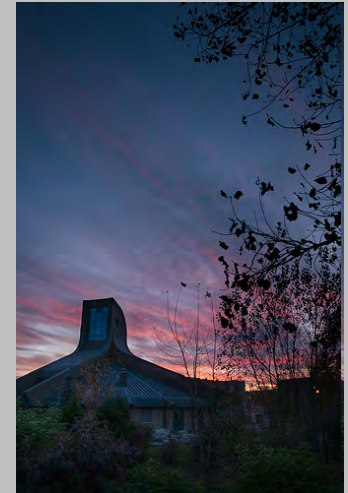
Neighbourhood Change & Urban Aboriginal People  
 Jino Distasio, Institute for Urban Studies, University of Winnipeg  
 Neighbourhood Change Research Symposium 23 June 2011



*“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”*

# Overview of Presentation

- Introduction
- Winnipeg’s Aboriginal Population
- Winnipeg’s MHCC Project
- Implications and Policy Discussion
- Next Steps



<http://www.flickr.com/photos/bryanscott/5103807834/>

# Winnipeg’s Urban Structure

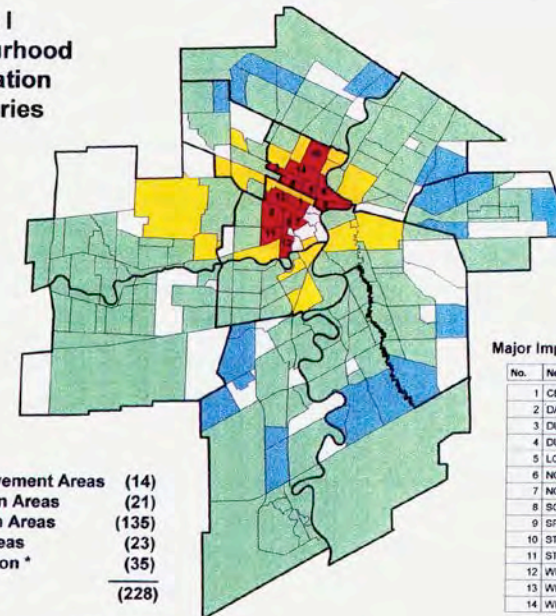
- Winnipeg has 742,000 in its metro area
  - Slow Population and Economic Growth
  - Second oldest housing stock in Canada
  - Extensive blighted area in the inner city
  - Highest Urban Aboriginal population in Canada (70,000+)



Map I  
 Neighbourhood Designation Categories



Major Improvement Areas	(14)
Rehabilitation Areas	(21)
Conservation Areas	(135)
Emerging Areas	(23)
No Designation *	(35)
	(228)



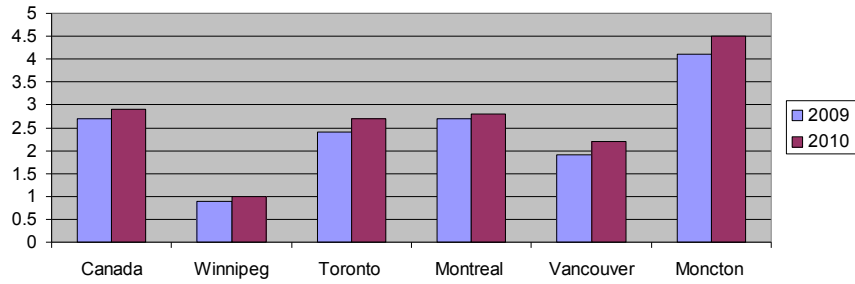
Major Improvement Areas

No.	Neighbourhood
1	CENTENNIAL
2	DANIEL MCINTYRE
3	DUFFERIN
4	DUFFERIN INDUSTRIAL
5	LORD SELKIRK PARK
6	NORTH POINT DOUGLAS
7	NORTH PORTAGE
8	SOUTH POINT DOUGLAS
9	SPENCE
10	ST. JOHN'S
11	ST. MATTHEWS
12	WEST ALEXANDER
13	WEST BROADWAY
14	WILLIAM WHYTE

\* Neighbourhoods which had 2 or less residential dwellings.

## Winnipeg's Market: Finding a Place

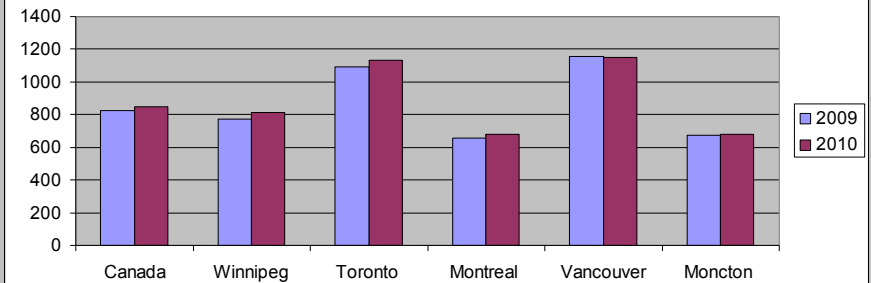
Vacancy Rates 2009/2010



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

## Winnipeg's Market: The Cost of Housing

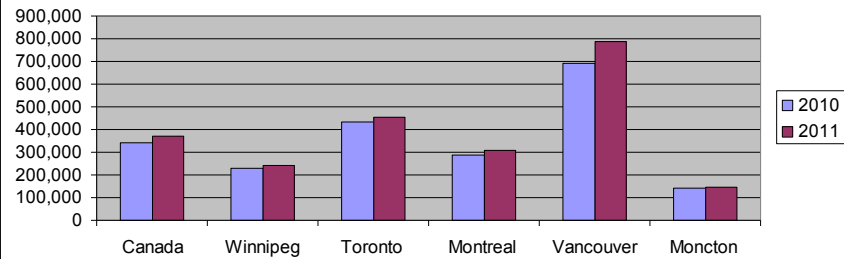
Average Two Bed Room Rents 2009/2010



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

## Winnipeg's Market: Taking the Plunge!

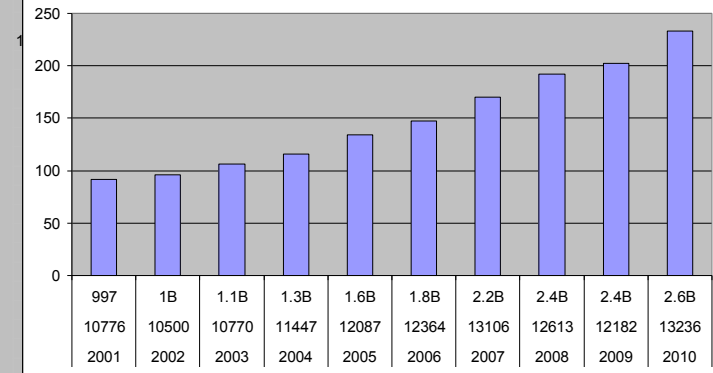
Resale Prices (March of 2010/2011)



Source: CREA

## Winnipeg's Market: Taking the Plunge!

Winnipeg Resale



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



**The Social Housing Situation**

## Winnipeg's Social Housing

Maximum Rent Rates Employment and Income Assistance: Manitoba, 2007

Family Size	Rent with Heat, Lights and Water
1 Person	\$285
2 Persons	\$387
3 Persons	\$430
4 Persons	\$471



## Winnipeg's Homeless Estimates

Table One: Homeless and at Risk Populations Profiles  
(As of March 31, 2007\*\*)

Subgroup	Winnipeg	Brandon	Thompson	Total
At risk of homelessness	135,000	3,800	2,275	141,075
Hidden Homelessness	7,600	1,478	70	9,148
Living on the Street	350	33	982	1,365
Short-term or crisis sheltered	1,915	164	375	2,454
Supportive housed	n/a	74	148	222

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



## Winnipeg's Aboriginal Population

Neighbourhood Profiles



Figure 1

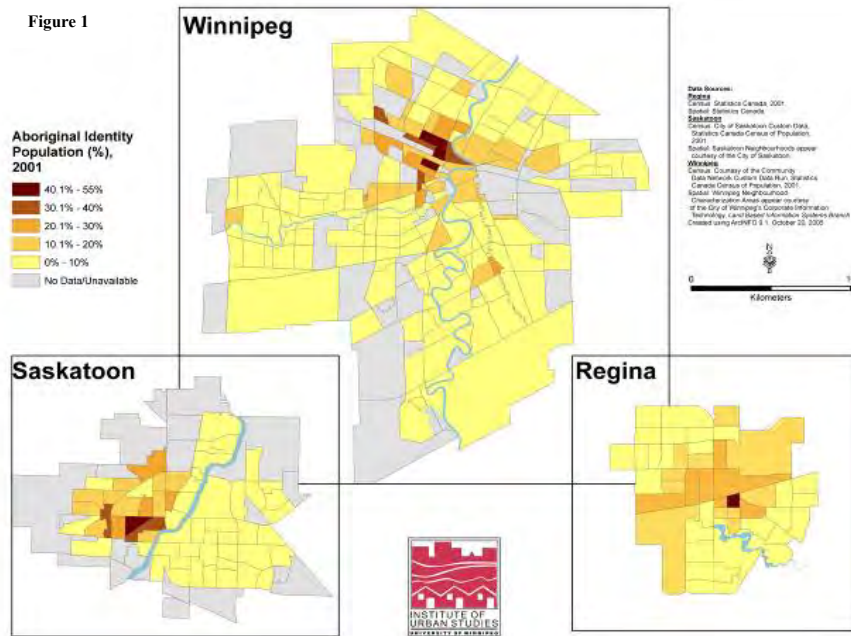


Figure 11

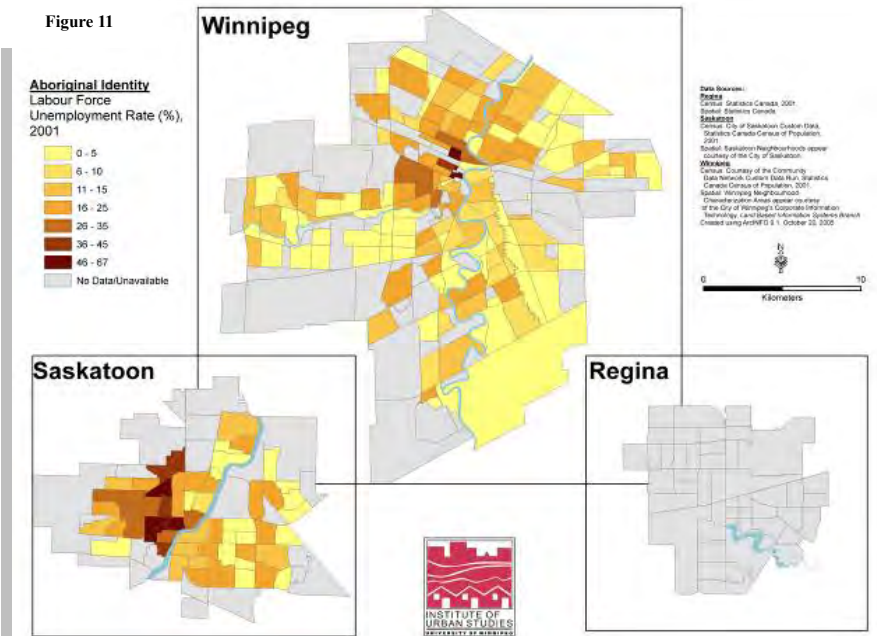


Figure 12

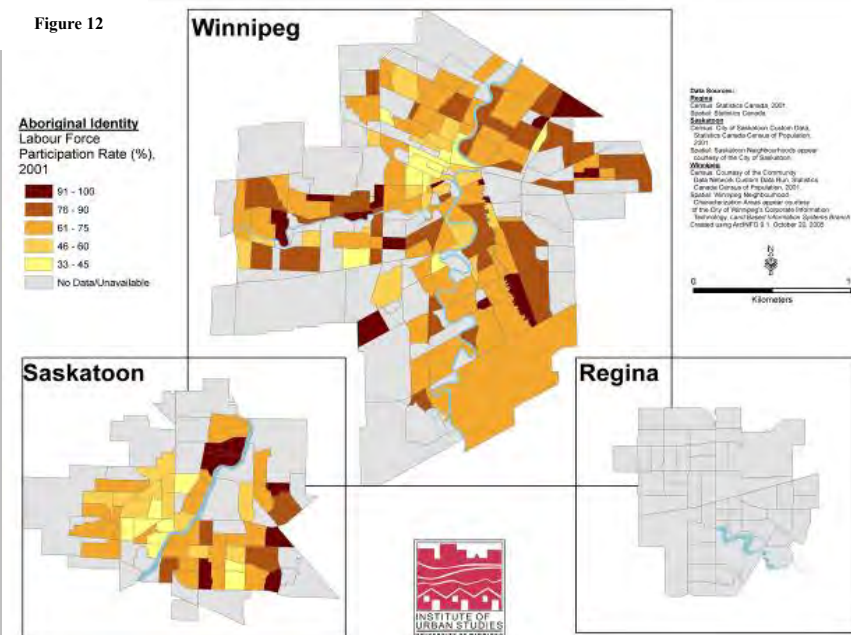


Figure 13

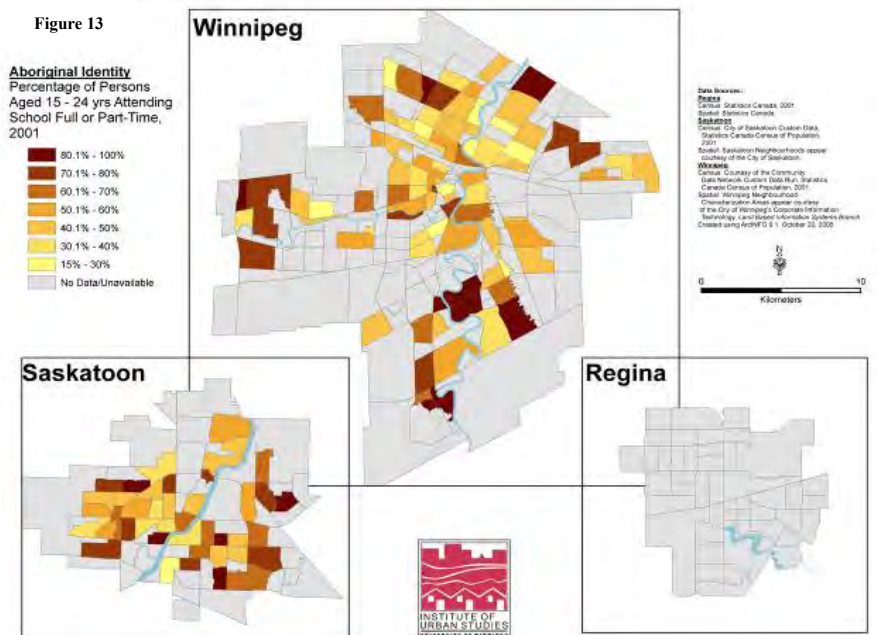


Figure 14

**Aboriginal Identity**  
Percentage of Persons  
Aged 15 yrs + with Post  
Secondary Education,  
2001

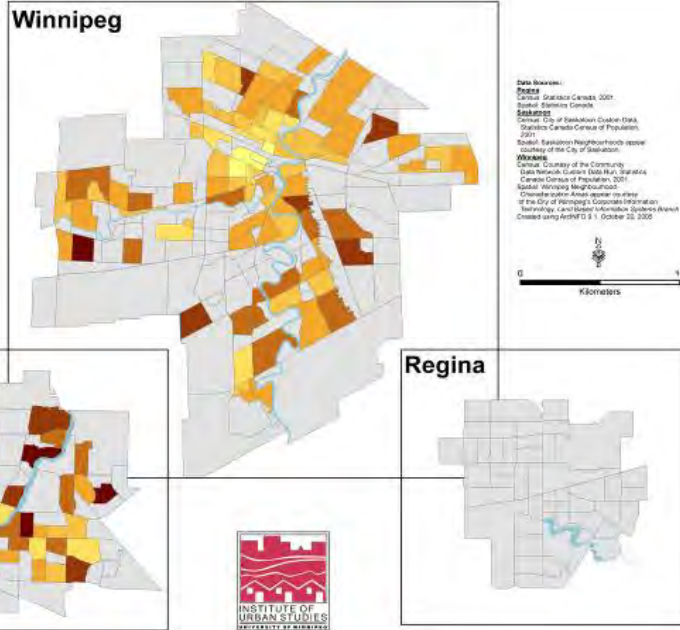
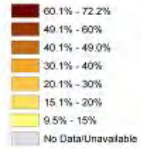


Figure 15

**Aboriginal Identity**  
Average Household  
Income, 2000

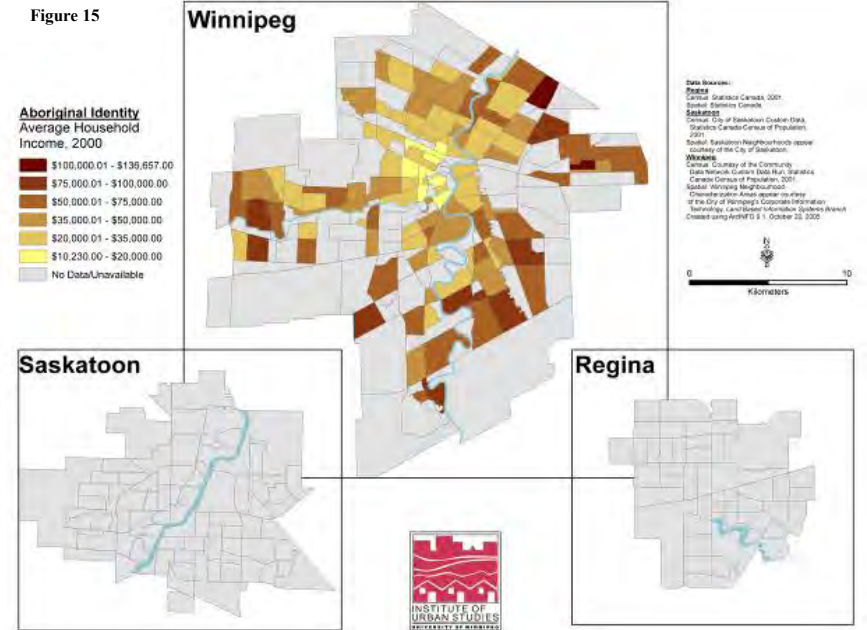


Figure 16

**Aboriginal Identity**  
Incidence of Low Income,  
2001

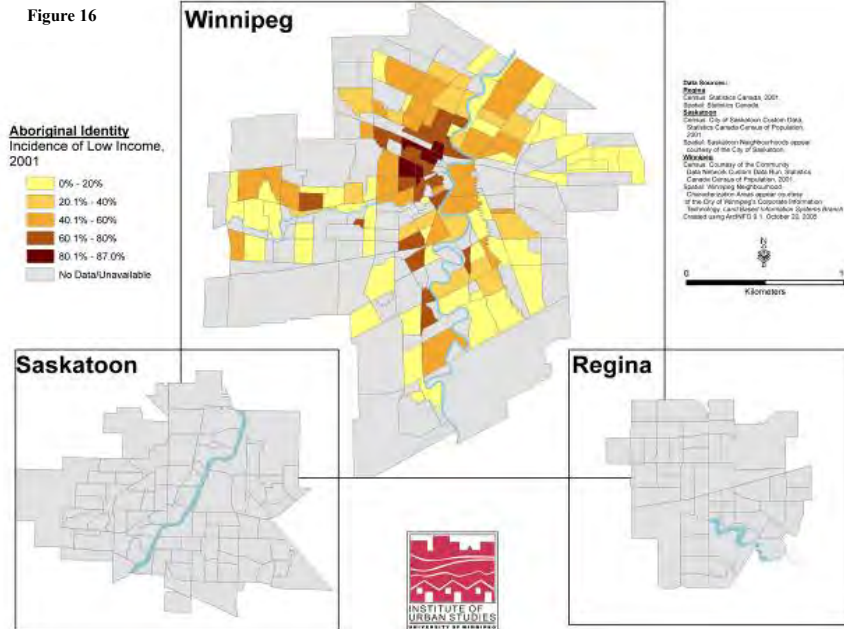
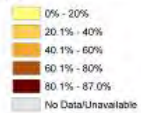


Figure 17

**Aboriginal Identity**  
Percentage of Total Income  
Derived from Government  
Transfer Payments,  
2001

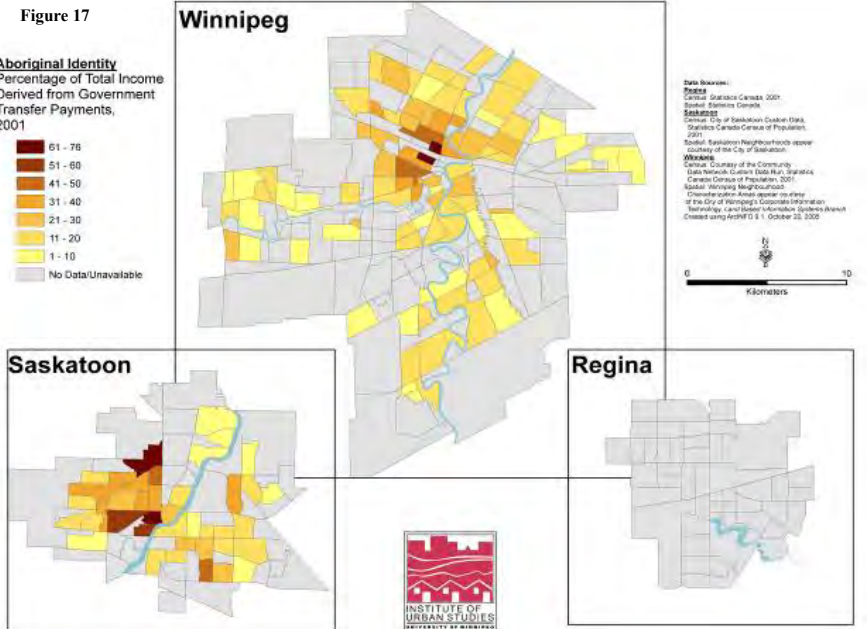
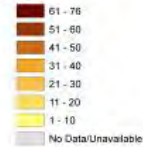


Figure 18

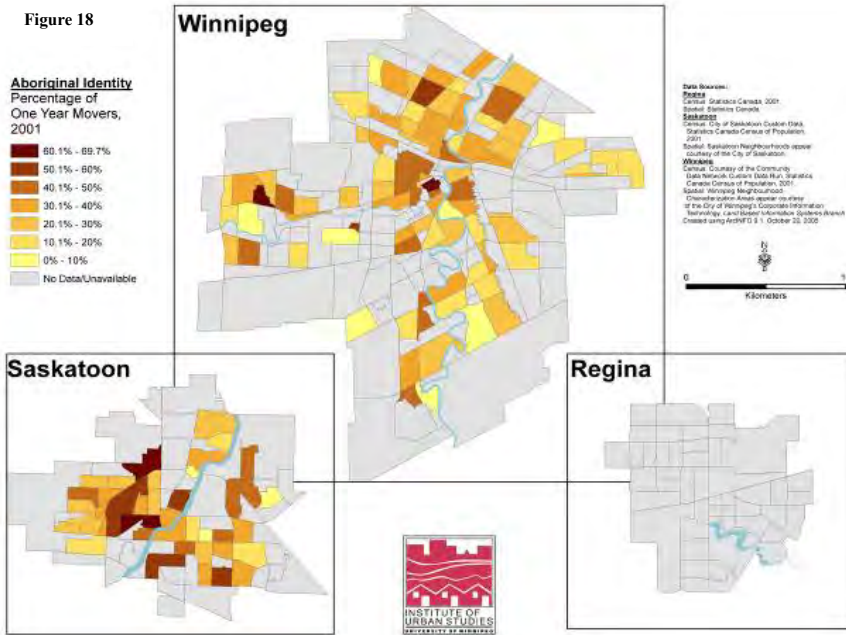
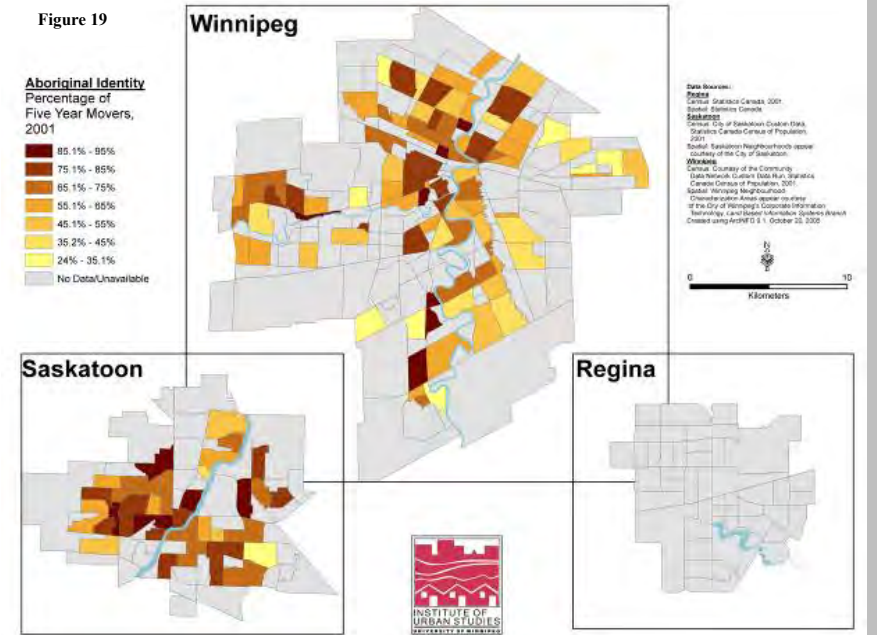


Figure 19



## The Winnipeg Research Process



## 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?

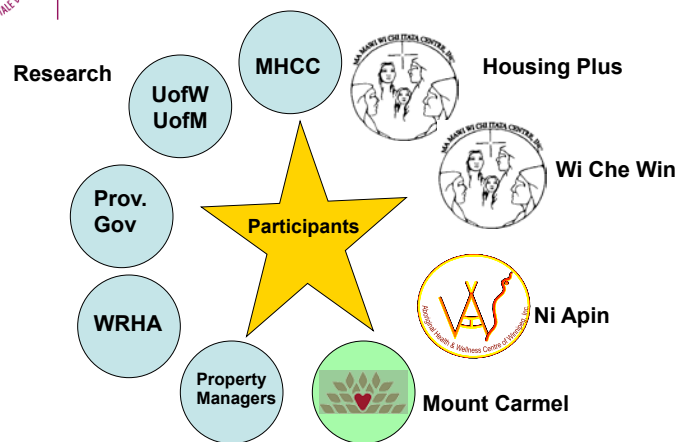
Housing First is a mental health intervention that provides program participants with secure housing while making available a range of individualized services and supports.



**Homelessness In Winnipeg**



## The Winnipeg Team



## 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.



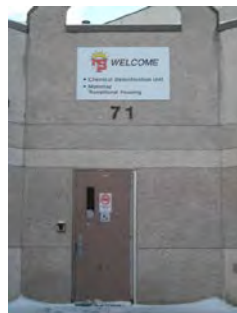
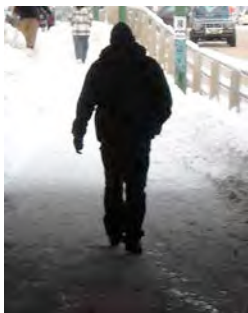
## Beginning the process...



**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

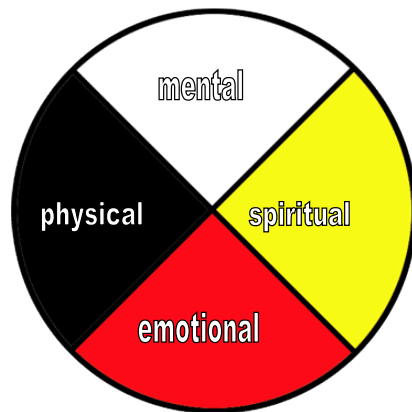
ACT - High Need	ICM - Moderate Need
<ul style="list-style-type: none"> <li>•Recovery-oriented ACT team</li> <li>•Client/staff ratio of 10:1 or less and includes a psychiatrist and nurse</li> <li>•Program staff are closely involved in hospital admissions and discharges</li> <li>•Teams meet daily and include at least one peer specialist as staff</li> <li>•Seven days a week, 24 hr crisis coverage</li> </ul>	<ul style="list-style-type: none"> <li>•Intensive case management for a minimum of one year once housed</li> <li>•Client/staff ratio of 20:1 or less</li> <li>•Integrated efforts across multiple workers and agencies</li> <li>•Workers accompany clients to appointments</li> <li>•Centralized assignment and monthly case conferences</li> <li>•Seven days a week, 12 hours per Day coverage</li> </ul>



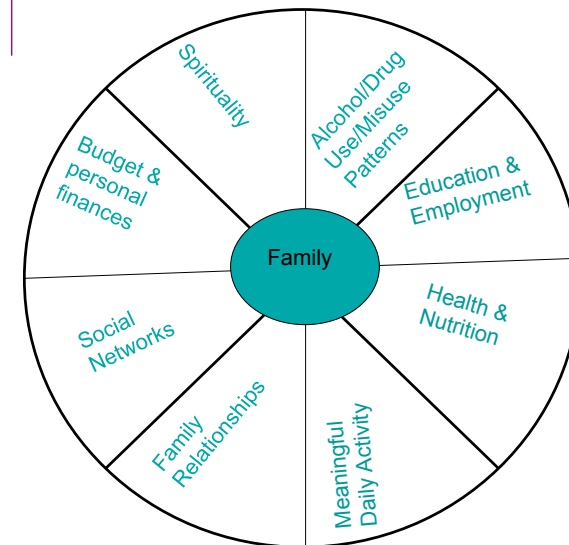
## Wi Che Win Program



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



## Wi Che Win Way of Assessing Strengths





## Ni-Apin (The Winnipeg Model)

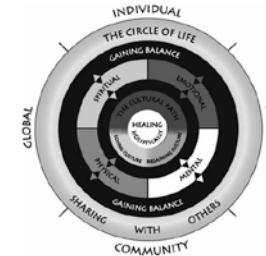


## Ni Apin Made in Winnipeg Model



Nature of programming

- AHCW 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



## ACT Program



## 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.



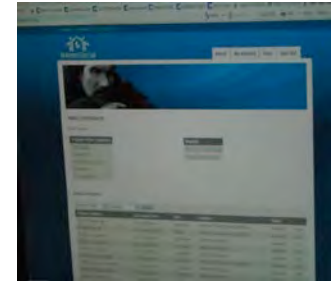
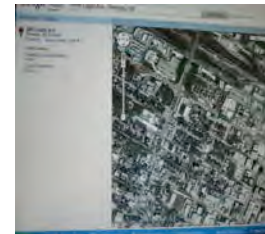
## Housing



## 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



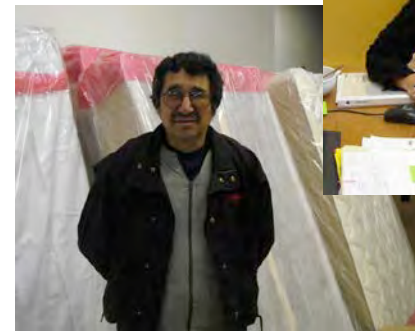
## Housing Procurement - WRHA

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





## Housing Plus provides a local coordinated "one stop shop"

### Warehouse facility

#### Furniture

- MM Campbell**
- Locally owned

#### Moving

- Sscope** (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

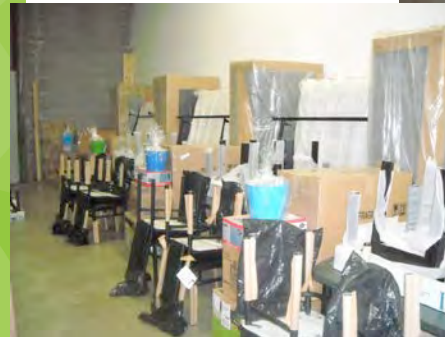
- Envirosafe Clean**
- Locally owned coop
- Environmentally friendly products
- Future employment opportunities for Aboriginal members

#### 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



## Preparing for a move



## Furniture





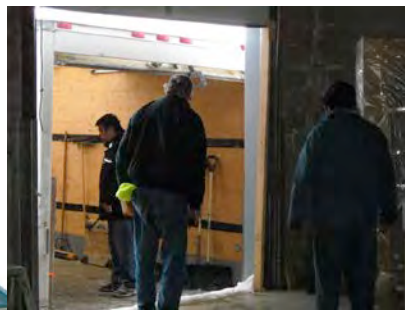
## Furniture



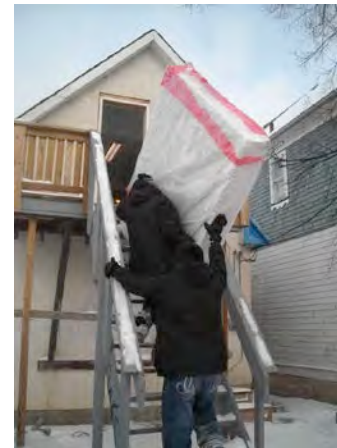
## Home Supplies



## SSCOPE – Moving into new home



## Moving into a new home





## Manitoba Green Retrofit



## Manitoba Green Retrofit



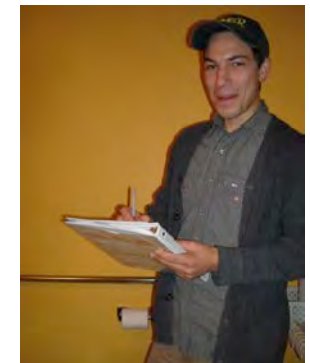
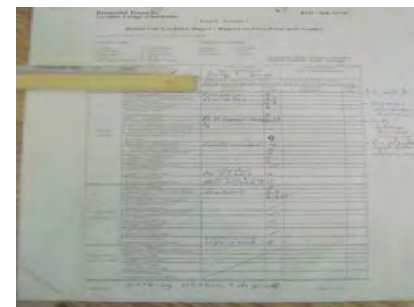
## Bed Bug Prevention

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



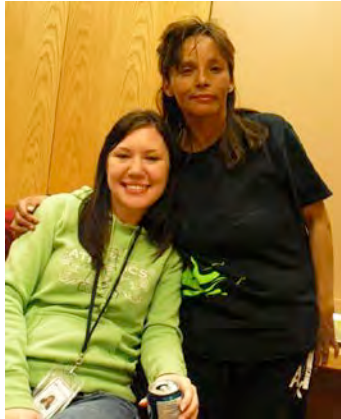
## Inspections

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 Support and Services





## Ongoing Supports and Services



## 2010 Christmas Dinner

On December 16<sup>th</sup>, 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.

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



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



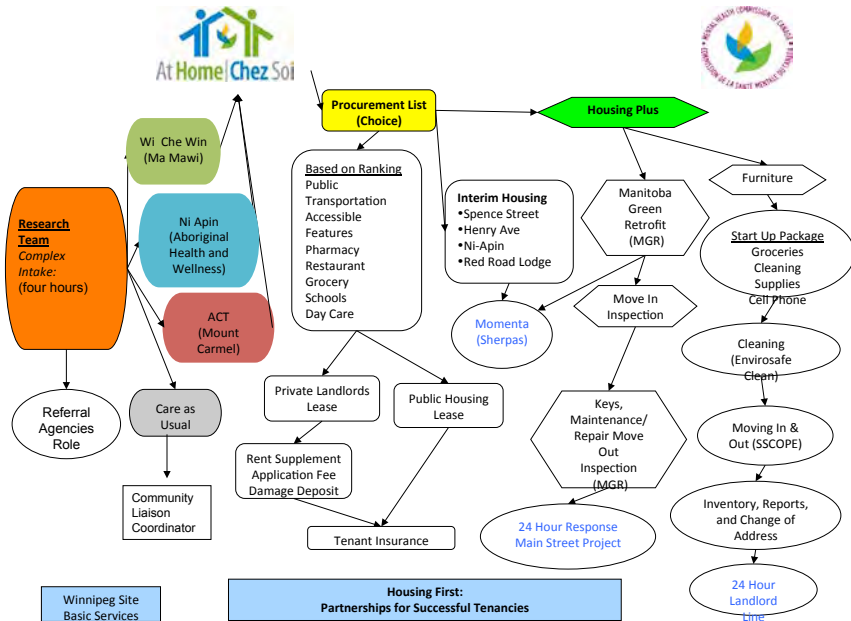
All the food and gifts were prepared by the Winnipeg Site team and donations were received by various partners around Manitoba.

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



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.*

Figure 6

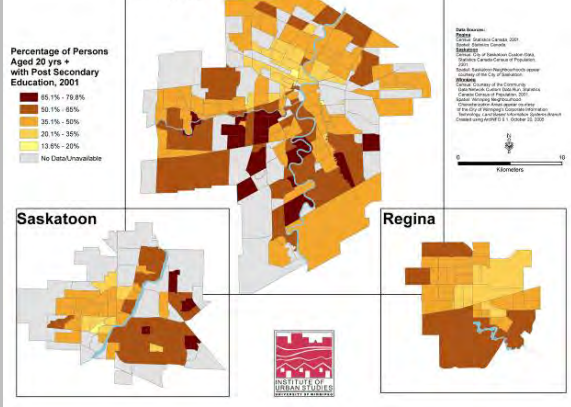


Figure 7

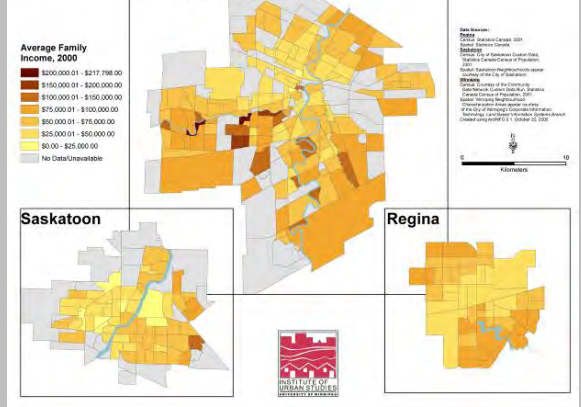


Figure 8

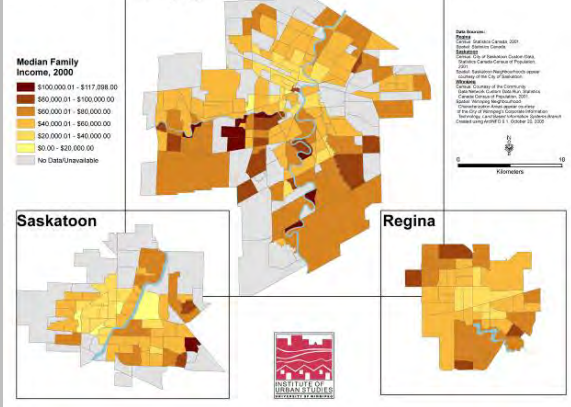


Figure 9

