

Impact of Portable Rent Subsidies and Mentorship on Socioeconomic Inclusion for Youth Exiting Homelessness in Canada: A Mixed Method Pilot Randomized Controlled Trial

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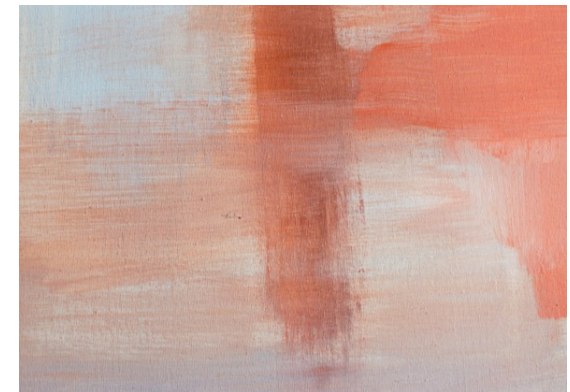
Living Rock

RAFT

Crux of the Issue

“...we need to **rethink homelessness** as a pattern of residential instability and economic precariousness **regularly experienced by marginal households**, and that current responses to homelessness either maintain or exacerbate this instability and precariousness rather than arrest it.”

“Ending homelessness is possible but it will not be achieved through charity, compassion or caring, or through sleep outs, shelters or soup. It will require, as Johnson (2019: 53) noted in relation to Australia, a disruption of ‘our existing fetish with pathological policies and our refusal to reform our housing system.’”



POLICY PRESS **SHORTS** POLICY & PRACTICE

REIMAGINING HOMELESSNESS

For Policy and Practice

EOIN O'SULLIVAN

Crux of the Issue

“What happens when the **only lens** we have to look through to examine and react to marginalization – that of individual deficiency – is unable to capture the social context within which pathology, criminalization, and social exclusion are situated?”

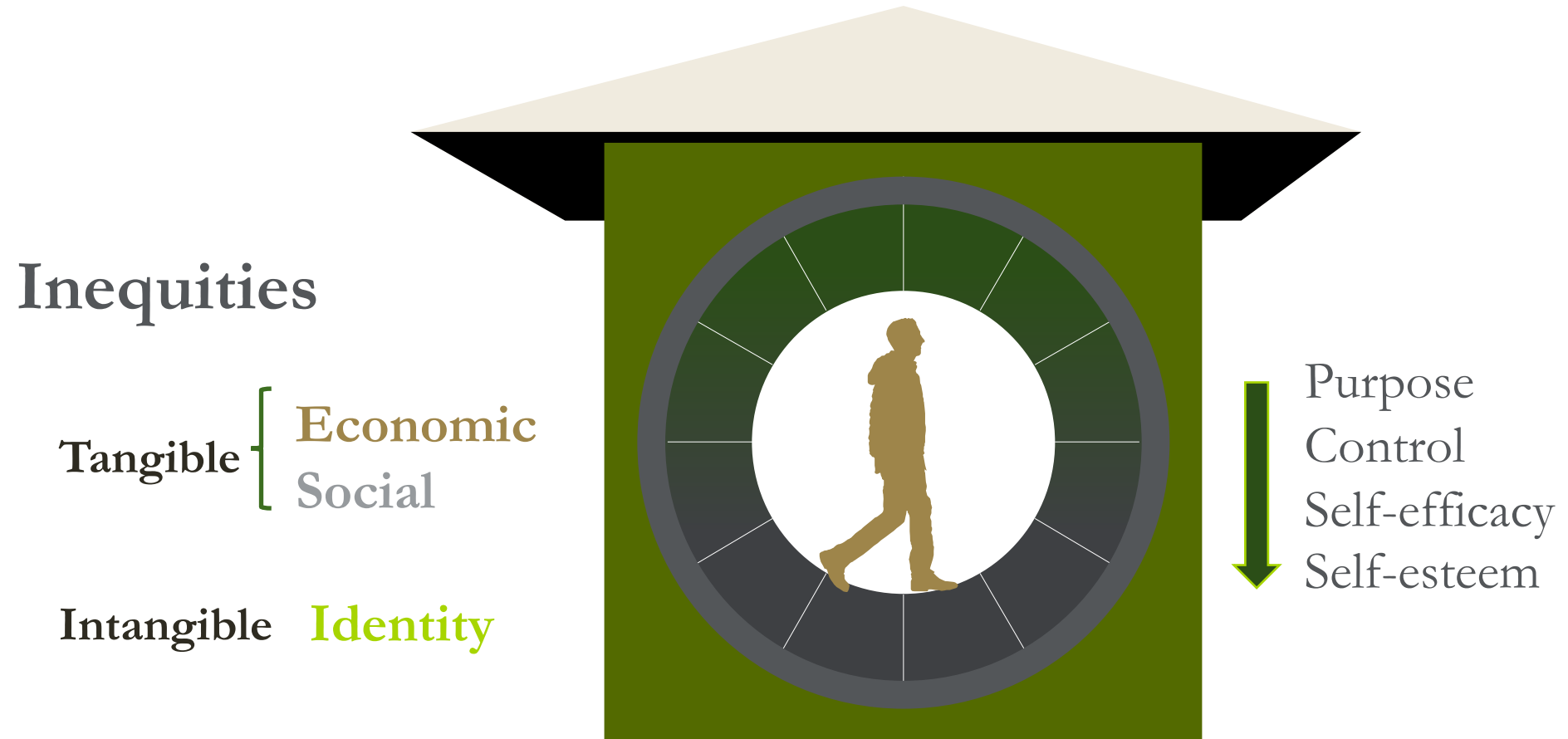


“...the **homelessness sector inadvertently reinforces social exclusion**... These practices emphasize personal responsibility and individualized responses that ultimately serve to exclude people in subtle and not-so-subtle ways.”

BACKGROUND



Precarious Lives (2015 – 2016)



Thulien, N.S., Gastaldo, D., Hwang, S.W., & McCay, E. (2018). The elusive goal of social integration: A critical examination of the socio-economic and psychosocial consequences experienced by homeless young people who obtain housing. [*Canadian Journal of Public Health, 109, 89-98.*](#)

Thulien, N.S., Gastaldo, D., McCay, E., & Hwang, S.W. (2019). "I want to be able to show everyone that it is possible to go from being nothing in the world to being something": Identity as a determinant of social integration. [*Children and Youth Services Review, 96, 118-126.*](#)

WITHOUT A HOME: THE NATIONAL YOUTH HOMELESSNESS SURVEY

STEPHEN GAETZ
BILL O'GRADY
SEAN KIDD
KAITLIN SCHWAN



24.1%

*reported being homeless
only once*

75.9%

*had experienced multiple
episodes of homelessness*

36.9%

*had more than five
experiences of homelessness*



A Mixed Methods Study of Recently Homeless Youth Efforts to Sustain Housing and Stability

Sean A. Kidd¹ · Tyler Frederick² · Jeff Karabanow³ · Jean Hughes³ · Ted Naylor³ · Skye Barbic⁴

“...declining hope may well reflect not only the **false promises** that attend housed life but also entry into a sphere in which many feel that they **don’t belong** and **cannot make gains.**”



What works in inclusion health: overview of effective interventions for marginalised and excluded populations

Serena Luchenski, Nick Maguire, Robert W Aldridge, Andrew Hayward, Alistair Story, Patrick Perri, James Withers, Sharon Clint, Suzanne Fitzpatrick, Nigel Hewett



“The primary outcomes of the review – **inclusion and re-integration** – were not measured in any of the reviewed studies.”

“**Little evidence** exists for the effectiveness of tailored interventions that address the broad needs of **socially excluded young people.**”



Articles

Effectiveness of permanent supportive housing and income assistance interventions for homeless individuals in high-income countries: a systematic review

Prof Tim Aubry PhD^a, Gary Bloch MD^d, Vanessa Brcic MD^g, Ammar Saad^h,
Olivia Magwood MPH^h, Tasnim Abdalla BHSc^d, Qasem Alkhateeb MD^h,
Edward Xie MD^e, Christine Mathew MSc^h, Terry Hannigan MD^h, Chris Costello BScⁱ,
Kednapa Thavorn PhD^{c,j}, Vicky Stergiopoulos MD^f, Peter Tugwell MD^b,
Prof Kevin Pottie MD^h  

“Permanent supportive housing had **no measurable effect** on the severity of psychiatric symptoms, substance use, income, or employment outcomes when compared with usual social services.”

Original Investigation | Public Health

Association of Promoting Housing Affordability and Stability With Improved Health Outcomes A Systematic Review

JAMA Network Open. 2022;5(11):e2239860

Katherine L. Chen, MD; Isomi M. Miake-Lye, PhD; Meron M. Begashaw, MPH; Frederick J. Zimmerman, PhD; Jody Larkin, MS;
Emily L. McGrath, MBA; Paul G. Shekelle, MD, PhD

“...mixed and **mostly low-certainty evidence** that interventions to prevent housing insecurity were **associated with improved health outcomes...**”

“...payers and policy makers should **consider pairing housing insecurity interventions with other efforts** to improve the structural factors associated with improved health.”



Experiences of transitioning from homelessness: a systematic review and meta-aggregation of qualitative studies conducted in middle to high income countries

Carrie Anne Marshall, Corinna Easton, Brooke Phillips, Leonie Boland,
Roxanne Isard, Julia Holmes, Chelsea Shanoff, Kieran Hawksley, Terry
Landry, Rebecca Goldszmidt, Suliman Aryobi, Patti Plett & Abe Oudshoorn

“The findings of this review highlight the critical importance of **moving beyond a focus on tenancy sustainment** alone in research, practice and policy; and instead, focusing on building a system that **supports individuals to thrive** following homelessness.”



Contents lists available at ScienceDirect

Children and Youth Services Review

journal homepage: www.elsevier.com/locate/childyouth



Interventions for youth homelessness: A systematic review of effectiveness studies



Matthew H. Morton*, Shannon Kugley, Richard Epstein, Anne Farrell

Chapin Hall at the University of Chicago, 1313 E 60th Street, Chicago, IL, United States

“The field lacks rigorous evaluative evidence of many of the program models on which communities and governments rely to address youth homelessness...”

TYOH 1.0: Methods and Quantitative Findings

Transitioning Youth Out of Homelessness (2019 – 2022)



Three Partners



24 Youth



30 Months



Rent Subsidies



Mentorship



Transitioning Youth Out of Homelessness (TYOH 1.0)



- Community integration (psychological)
 - Self-esteem
 - Hope
 - Social Connectedness
 - EET
- } primary
- } secondary

Inclusion Outcomes



Complications



Surprises



Advocacy



Informal Mentors

TYOH 1.0: Outcomes at 18 Months

Table 3. Primary, Secondary, and Exploratory Outcomes by Group^a

Outcome	Mean (SD) value				Adjusted mean difference at 18 mo (95% CI)	P value
	Rent subsidies and mentorship (n = 13)		Rent subsidies only (n = 11)			
	Baseline	18 mo	Baseline	18 mo		
Community Integration Scale psychological score	11.3 (2.6)	11.2 (3.9)	10.8 (4.1)	13.2 (2.9)	-2.0 (-5.0 to 1.0)	.18
Rosenberg Self-Esteem Scale score	16.0 (4.6)	18.1 (5.2)	16.3 (6.1)	19.6 (5.7)	-1.4 (-5.0 to 2.3)	.44
Social Connectedness Scale score	67.0 (12.9)	74.2 (21.3)	77.0 (15.9)	77.0 (25.8)	7.3 (-9.7 to 24.4)	.38
Beck Hopelessness Scale score	4.5 (4.2)	4.6 (4.8)	7.3 (4.8)	5.8 (5.5)	0.6 (-3.3 to 4.4)	.76
Modified Engulfment Scale score	81.6 (13.6)	70.4 (15.3)	83.8 (28.1)	79.5 (27.0)	-7.2 (-16.4 to 2.0)	.12
Colorado Symptom Index score	40.9 (10.6)	32.9 (10.0)	36.8 (15.4)	34.9 (16.0)	-4.4 (-13.7 to 5.0)	.34
Perceived Housing Quality Scale score	24.6 (4.1)	23.8 (6.1)	23.5 (5.2)	24.6 (6.6)	-1.3 (-6.6 to 4.0)	.62

^a Adjusted mean differences at 18 months estimated from analysis of covariance including intervention indicator and baseline outcome value.

CIS-Psy: 4-20

BHS: 4-8 = mild

PHQ: 7-35

RSES: 15-25 = normal

MES: 30-150

SCS: 20-120

CSI: < 30 = psychiatric disorder unlikely

Thulien, N.S., Amiri, A., Hwang, S.W., Kozloff, N., Wang, A., Akdikmen, A., ... & Nisenbaum, R. (2022). Effect of Portable Rent Subsidies and Mentorship on Socioeconomic Inclusion for Young People Exiting Homelessness: A Community-Based Pilot Randomized Clinical Trial. [JAMA Network Open, 5\(10\)](#).

TYOH 1.0: Qualitative Findings

TYOH 1.0: Qualitative Data Generation and Analysis



12 Youth



30 Months



71 Interviews



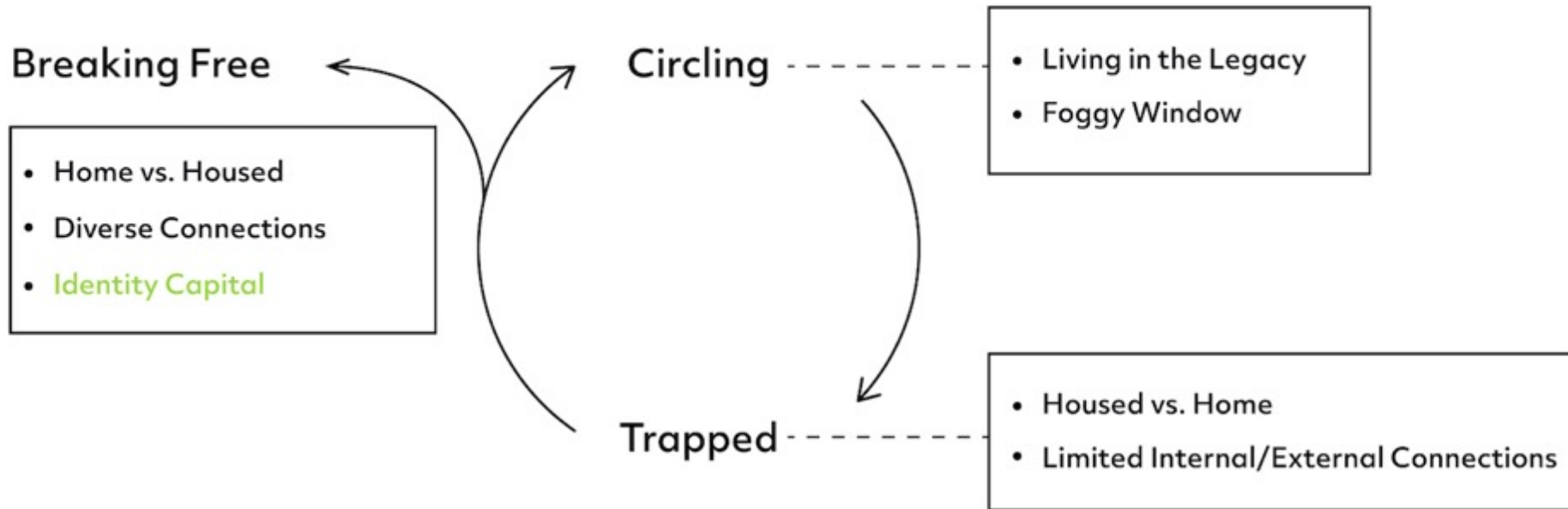
Monthly Analysis



<https://www.searchingforhome.ca/study>

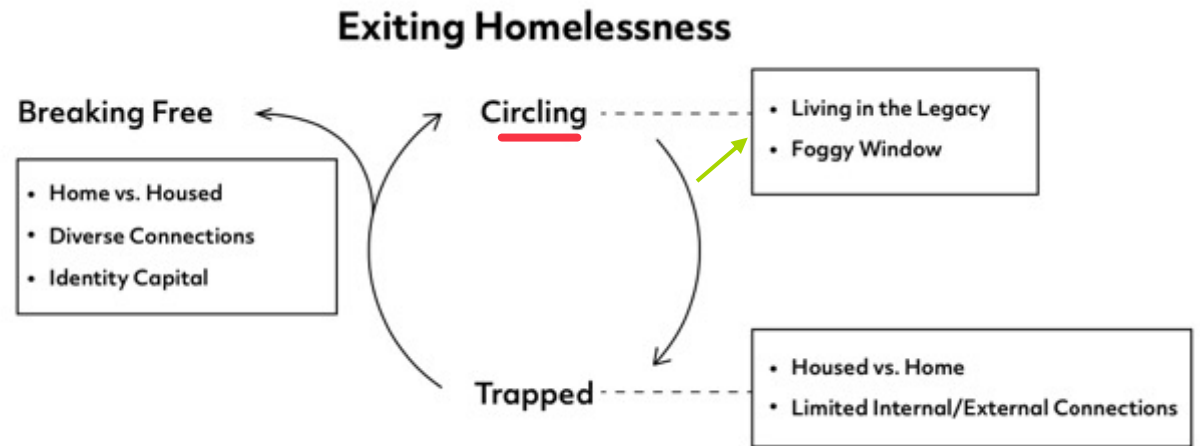
Transitioning Youth Out of Homelessness (TYOH 1.0)

Exiting Homelessness



Thulien, N.S., Hwang, S.W., Kozloff, N., Nisenbaum, R., Akdikmen, A., Fambegbe, O., ... & Amiri, A. (2023). "When I think about my future, I just see darkness": How youth exiting homelessness navigate the hazy, liminal space between socioeconomic exclusion and inclusion. [*Canadian Journal of Public Health, 1-13.*](#)

Circling

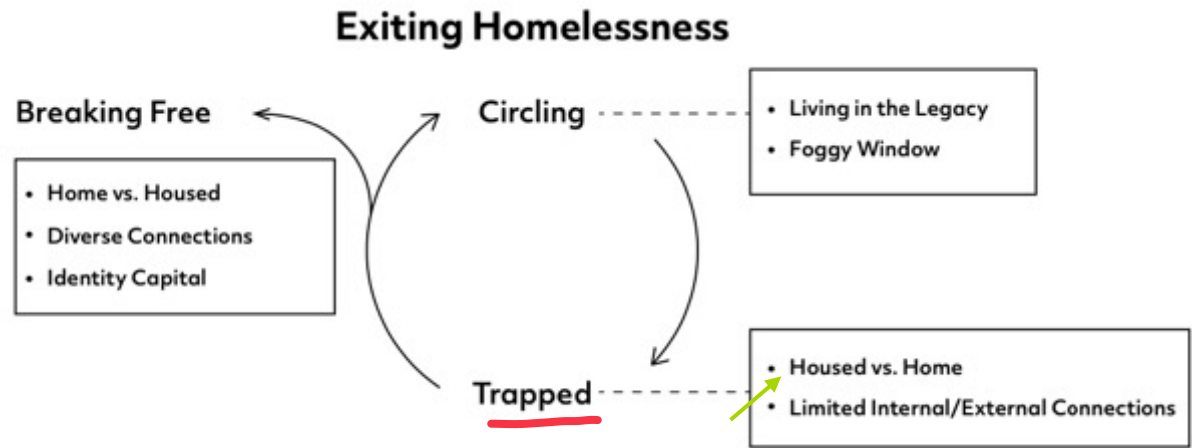


“I went into this **circle** of being told to obtain stable housing to be able to get the children back to my care, but [social welfare program] is not giving me enough to do that ... **it was a constant circle** I was going through.

[...] so now [that she is receiving rent subsidies through the study] **I can show them** that I am doing consistent groceries and that I have a bus pass to be able to get to my appointments. **I’m kinda like showing stability...**”

(Alice, baseline interview)

Trapped



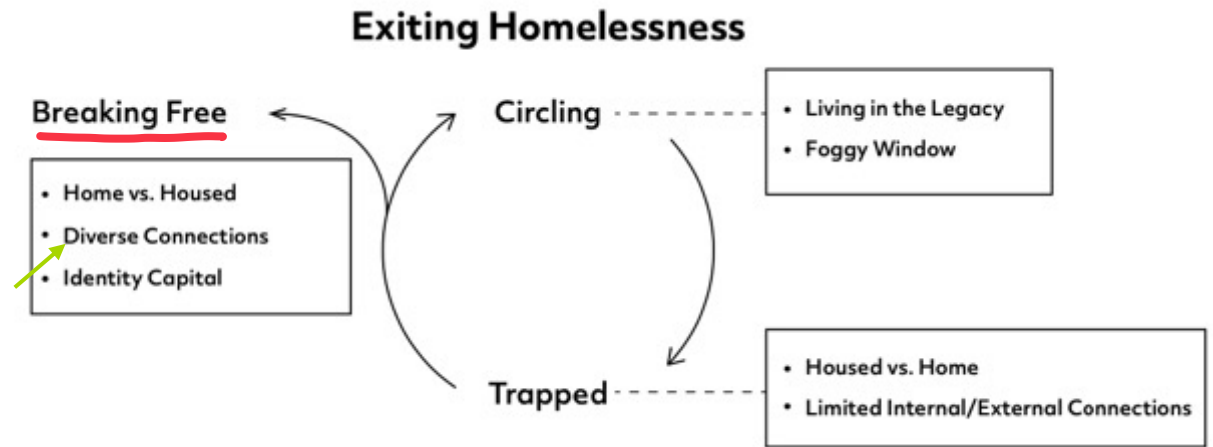
“**Home is not a place** – it’s not just a place where you sleep. It’s a place where you feel comfortable **to be who you want to be.**

It’s **not acting** for someone else.

It’s not worrying about who’s listening or what you have to say or how you have to dress or **how you have to act.** It’s just some place that **you can exist as you.**”

(Colin, 12-month interview)

Breaking Free

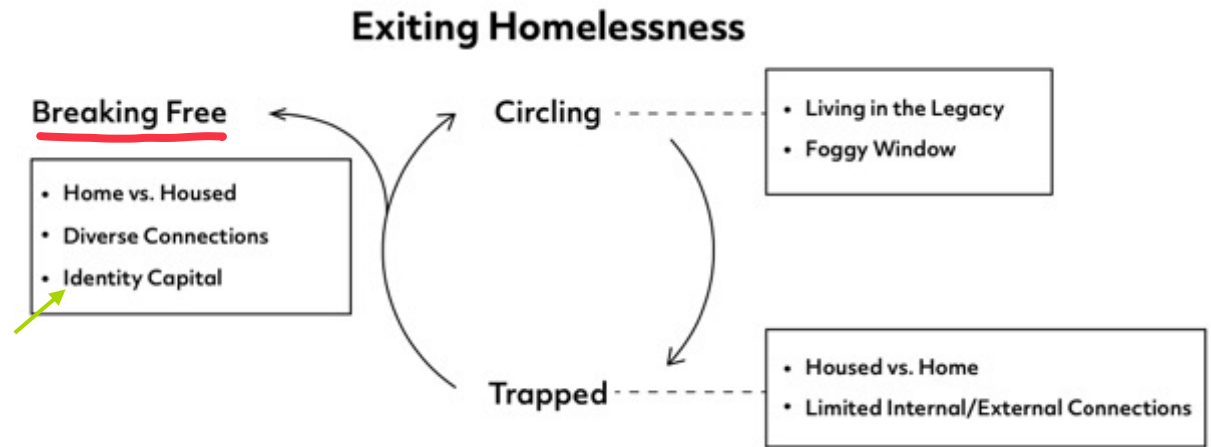


“I’ve been working a lot. I’ve been getting to know a lot of my coworkers, so it’s been alright... [My job is] unionized so people that work there for like 10 to 15 years, they know each other. They are all good people; I like working with them. [...] It makes me feel productive, like I’m actually contributing to society. [...]

I got a lot of relatives that have been on **disability their whole lives**. Like, it’s not a good way to live your life, right? Like nobody’s ever going to be happy like that. Really, it’s an **endless cycle.**”

(Robin, 30-month interview)

Breaking Free



“I feel like when we don’t understand what we’re doing here and who we are it makes it really difficult to navigate because you don’t even understand what you’re navigating for in the first place – especially when you’re not really pleased with what’s going on and then you feel kind of like **you’re out of control** and you’re trying to **grasp control**, but you **don’t really believe that you have control**, and it’s just not a great place to be in when you’re actually so much more powerful than you know.”

(Monique, 30-month interview)



<https://www.searchingforhome.ca>

NEXT STEPS: TYOH 2.0

Transitioning Youth Out of Homelessness 2.0 (2022 – 2024)



Four Partners



40 Youth



12 Months



Rent Subsidies

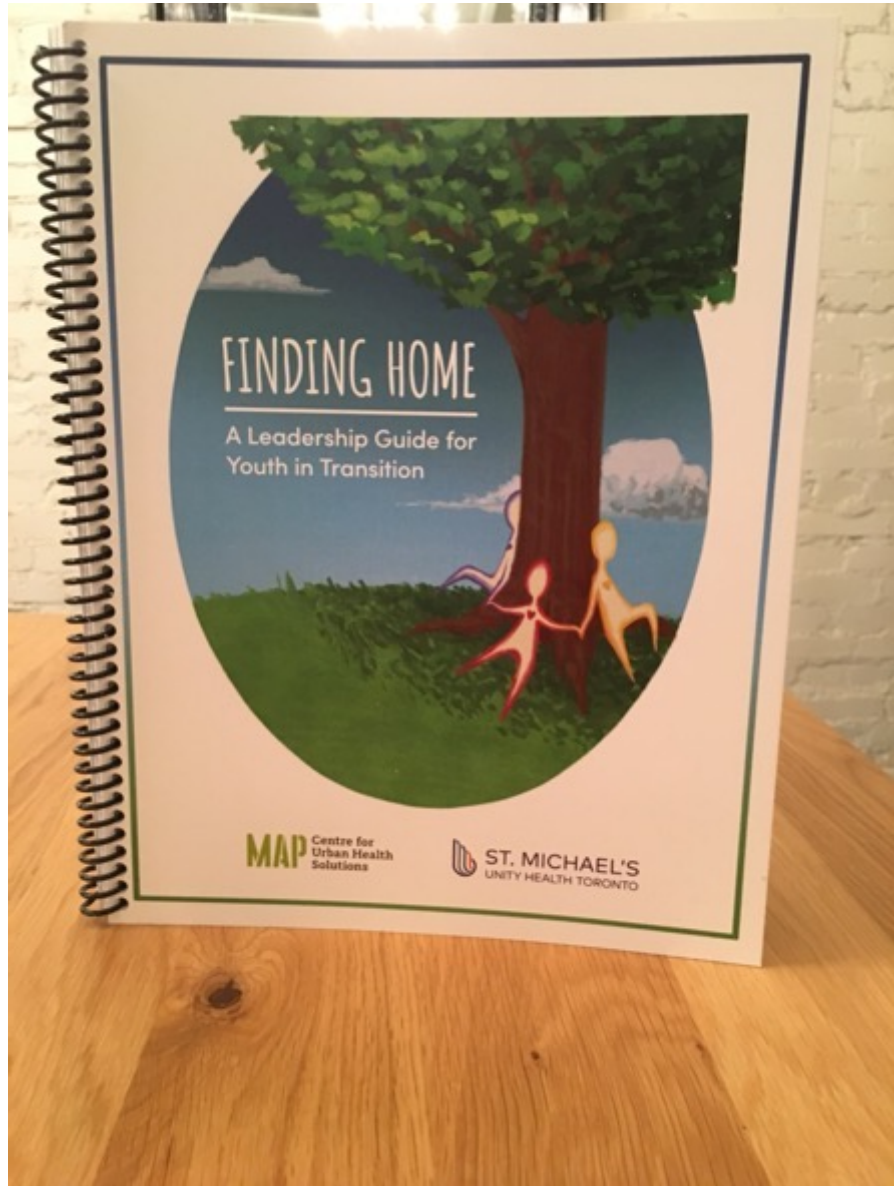


Co-Designed Leadership Program
+ Coach



Finding Home: A Leadership Guide for Youth in Transition

1. The “Mind Hack”	5. Building A Good System	9. The Role of Grit
2. Living Core Values	6. Identity-Based Habits	10. Wholehearted Living
3. Leading with Your Mind	7. Simple Strategies to Get Stuff Done	11. Leading with Courage and Purpose
4. Check-In	8. Check-In	12. Check-In



CHAPTER TWO

Living Core Values

"Our values should be so crystalized in our minds, so infallible [dependable], so precise and clear and unassailable [undeniable], that they don't feel like a choice – they are simply a definition of who we are in our lives."

-Dr. **BRENÉ BROWN**
Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

In this chapter you will learn to:

- + Describe your core values
- + Think about how much time you invest in your core values
- + Create a vision board
- + Begin thinking about strategies to achieve your life goals

ACTIVITY ONE:

An important first step toward intentional living is taking stock of our core values. This helps us look at how much time we spend living into our core values. Sometimes we feel "off" when there is a disconnect between our activities and our core values.

Fill out the Core Values Assessment below (click on "Core Values" to access a list from Brené Brown, 2020). We suggest you list five core values to focus on to start (too many can become overwhelming and make it hard to focus your time investment):

Core Values Assessment

Value	Description (your definition)	Importance (rate 0-10)	Time Investment (hours per week)
1			
2			
3			
4			
5			

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CIHR IRSC

Canadian Institutes of Health Research | Instituts de recherche en santé du Canada

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Housing and hope
for homeless youth



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