



# Presentation to the House of Commons Standing Committee on Health

Calgary Homeless Foundation

April 4, 2019

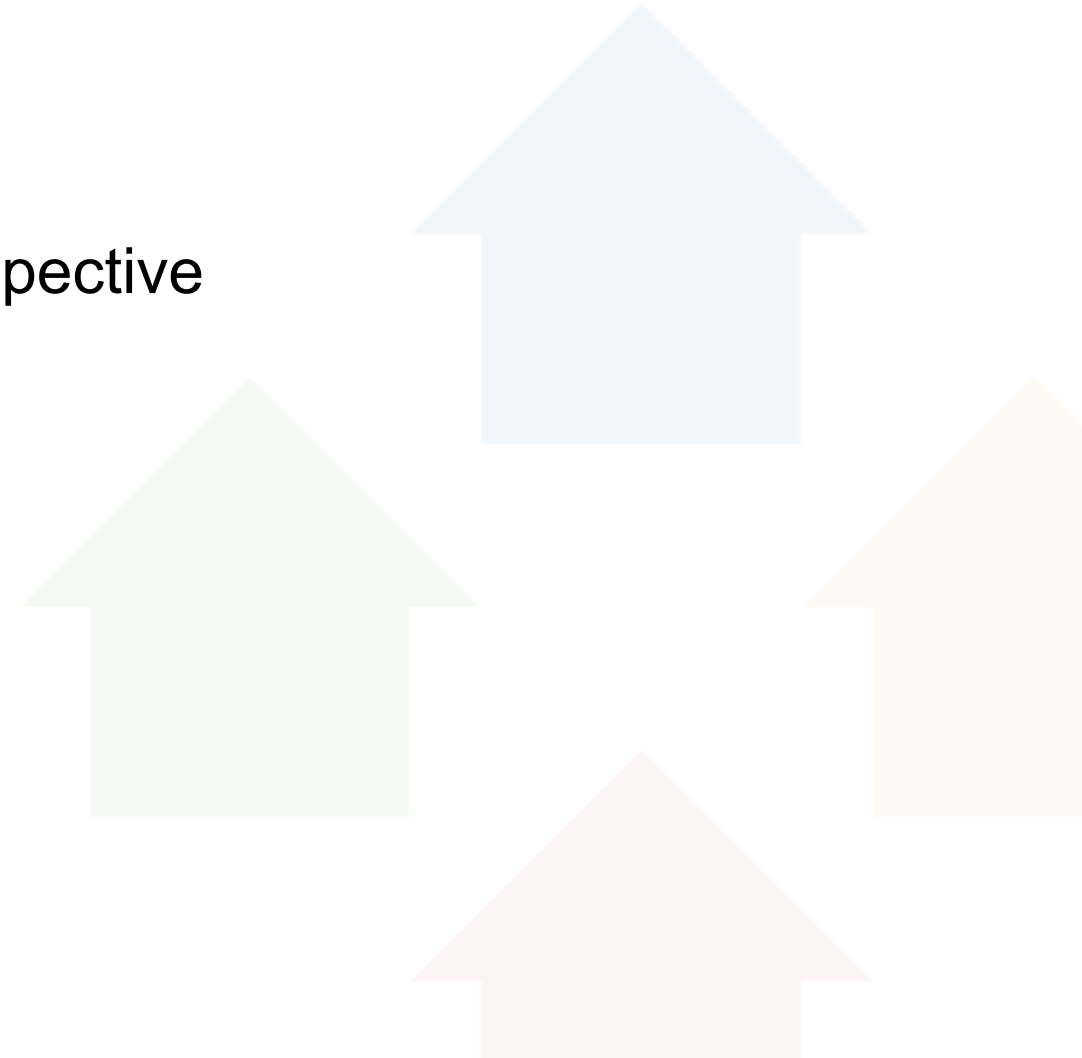


# Diana Krecsy

President & CEO,  
Calgary Homeless Foundation

# Process

- Introductions
- 3 Consecutive Presenters
  - Client-Centered Perspective
  - Homeless-Serving System of Care Perspective
  - System Level Leadership Perspective
  - Recommendations
- Questions & Discussion





# Nicole Callaghan

Director of Programs and Services,  
Calgary Alpha House Society

# Methamphetamine Use in Shelter

Estimated Substance Use for Shelter Clients (based on # of Client Entries)	2016-2017	%	2017-2018	%	2018-2019 (Forecast)	%
<b>EtOH</b>	60395	79	58397	84	47793	69
<b>Meth</b>	29773	39	27565	40	34569	50
<b>Opioids</b>	14074	19	21406	31	20184	29
<b>Crack/Cocaine</b>	18728	25	13408	20	12528	18
<b>Cannabis</b>	9124	12	5241	8	3480	5
<b>Other</b>	887	1	1191	2	1519	2
<b>Total Shelter Client Entries</b>	76242	100	69934	100	69602	100


# Methamphetamine Use in Detox

Substances	2016-2017	2017-2018	2018-2019
EtOH	79%	84%	68%
Meth	39%	39%	65%
Opioids	18%	31%	29%
Crack/Cocaine	25%	19%	18%
Cannabis	12%	7%	5%
Other	1%	2%	2%

# Outreach



# Impact on Clients

- High levels of paranoid behaviors
  - Aggression
  - Violence (street violence, client violence, violence to staff)
  - Psychosis
  - Drug dealing
  - Not being able to follow directions or guidelines
  - Not being able to settle but too scared to leave
  - Signs of overdoses or signs of high use
  - Sweating and removing their clothing
  - High pain tolerance – which can make them appear to have more strength
  - High chance of excited delirium, heart attack, or stroke
  - Guest management concerns
  - Community concerns due to erratic behaviors
- 



# Impact on Staff

- High anxiety
  - Unpredictable shift
  - High level of tolerance
- Violence
    - witnessing violent situation
    - trying to prevent a situation
    - being the target of violence

## Study shows 33% of workers at homeless shelters suffer PTSD



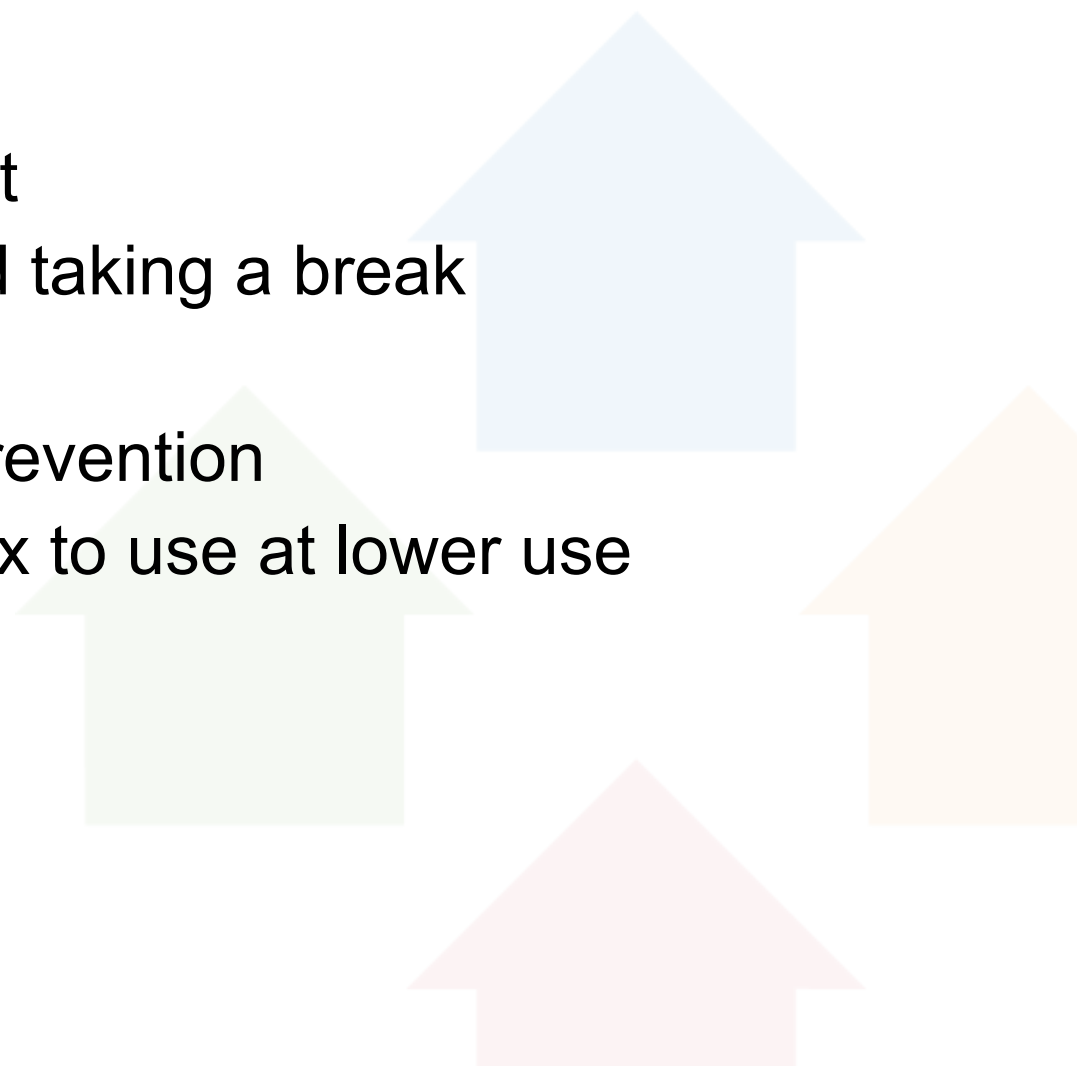
Social work study says reported trauma exceeds level reported by police, firefighters, ambulance drivers and nurses

By Don McSwiney, Faculty of Social Work

March 22, 2019



# Our approach

- Always checking in with clients
  - Educating clients on what they are using
  - Getting them to drink water, eat, and rest
  - Working on getting them to go detox and taking a break
  - Checking mental wellness
  - Talking about overdose and overdose prevention
  - Reminding people when they leave detox to use at lower use
  - Using peer support
  - Talking about treatment
  - Housing
- 



# Carla Babiuk

Director, Homeless -Serving System of Care,  
Calgary Homeless Foundation

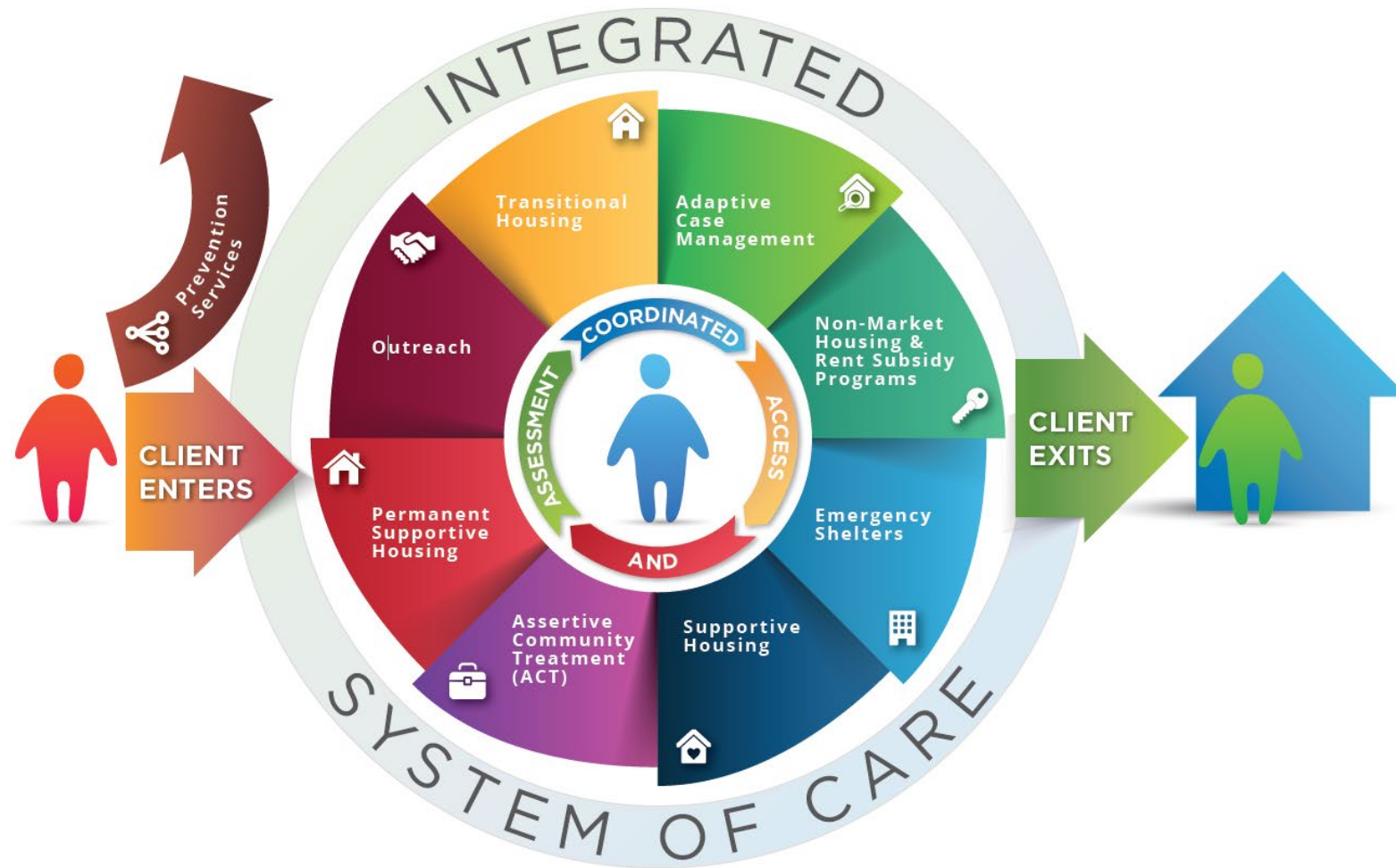
# Pathways into Homelessness

## The Complex Causes of Homelessness

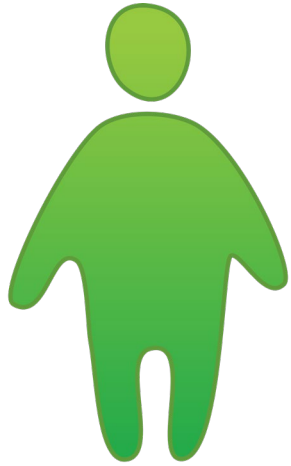


Source: Causes of Homelessness, Homeless Hub

# Calgary's Homeless-Serving System of Care



# Total # of Clients Awaiting Housing



Adults:  
446

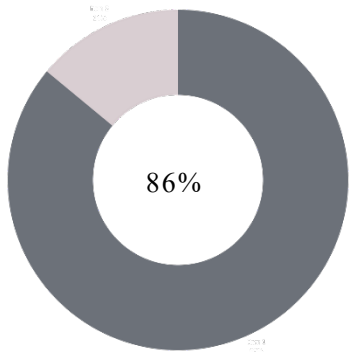


Youth:  
71

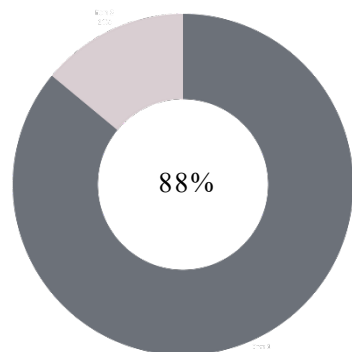


Family:  
72

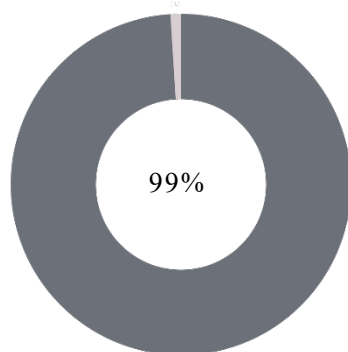
## Adult Singles Currently Awaiting Housing



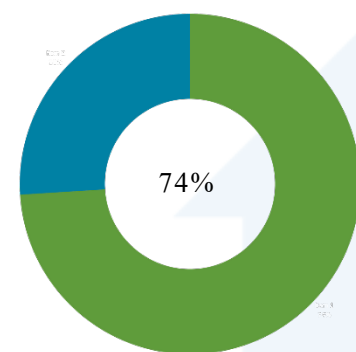
Ongoing mental health condition



Ongoing physical health condition

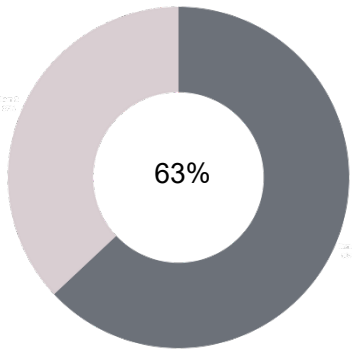


Addictions/substance abuse issues

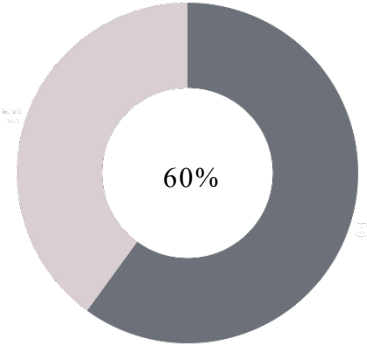


All 3 conditions

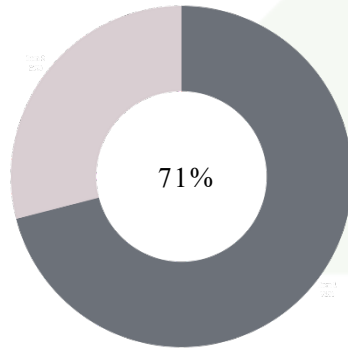
## Adult Singles Housing-First funded programs – Move-in Assessment Data



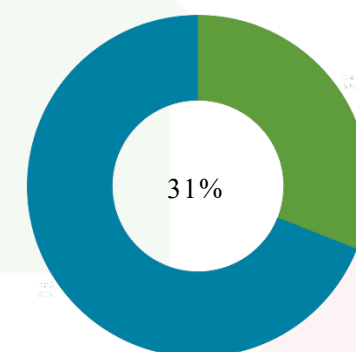
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Addictions/substance abuse issues



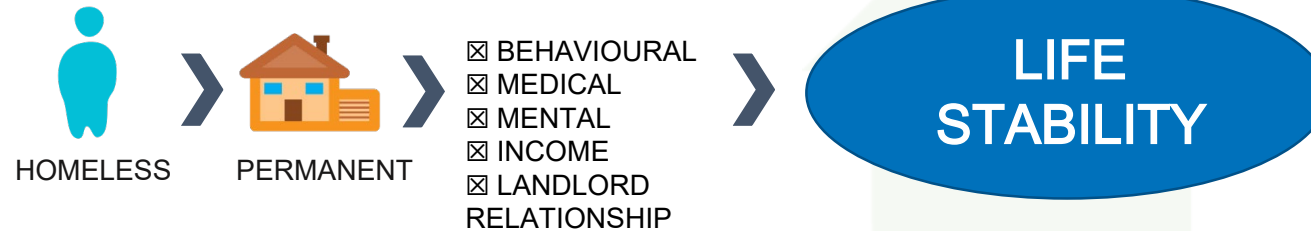
All 3 conditions

# Our Answer: Housing First

## “Housing Readiness” Process – Compliance -based



## Housing First Process – People First

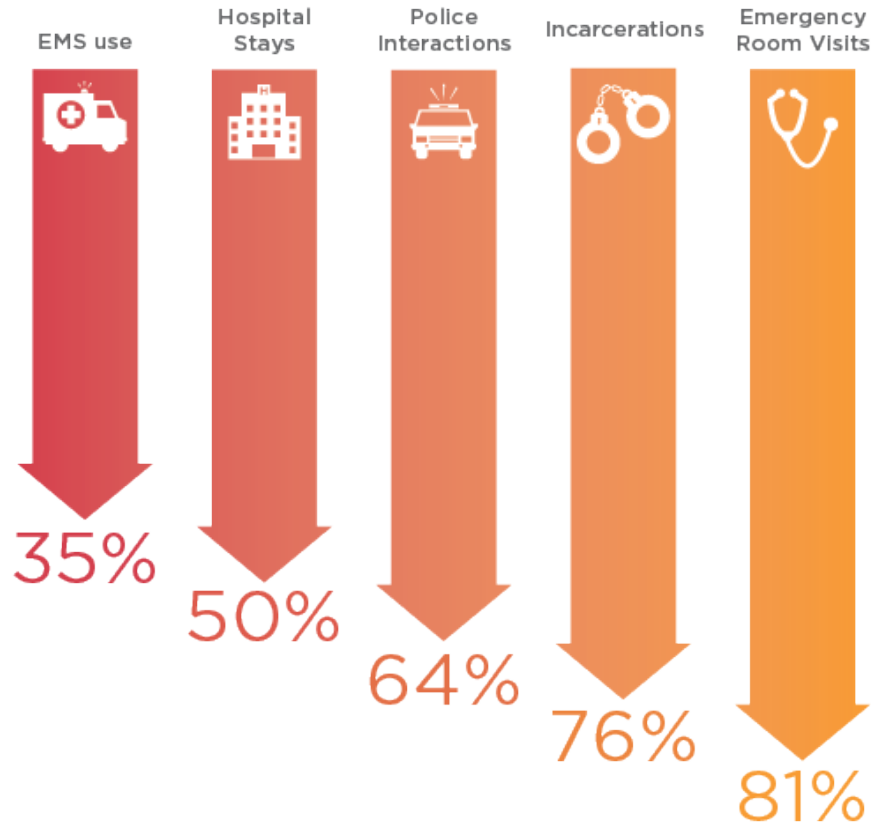


Housing First  Housing Only



# Housing & Systems Usage

## A Housing First model reduces the use of public systems



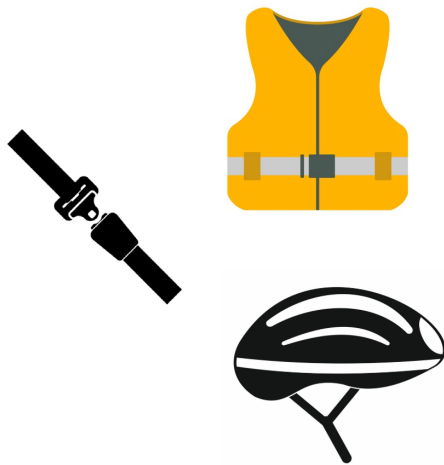
## A better use of public dollars.

In a study of CHF-funded Housing First programs, researchers concluded that **every \$1 spent on Housing First is associated with \$1.5 - \$4 of savings to the public system.** Given the \$50 million spent annually on Housing First programs, this could result in **savings of approximately \$168 million** in terms of nights in hospital, ER visits, and justice services.

Source: Jadidzadeh, A., Dutton, D., & Falvo, N. (2018). Cost Savings of Housing First. Calgary Homeless Foundation & The School of Public Policy. Samples sizes: Hospital Days n=1,147; ER Times n=1,130; Police Times n=988

# Harm Reduction

Harm reduction is an approach or strategy aimed at **reducing** the **risks and harmful** effects associated with substance use and addictive behaviours for the **individual, the community and society** as a whole.



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Recognizing that abstinence may be neither a realistic nor a desirable goal for some users (especially in the short term)

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the use of substances is accepted as a fact and the main focus is placed on reducing harm while use continues.

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Harm reduction oriented health care may also be involved.

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Harm Reduction



Harm Acceptance

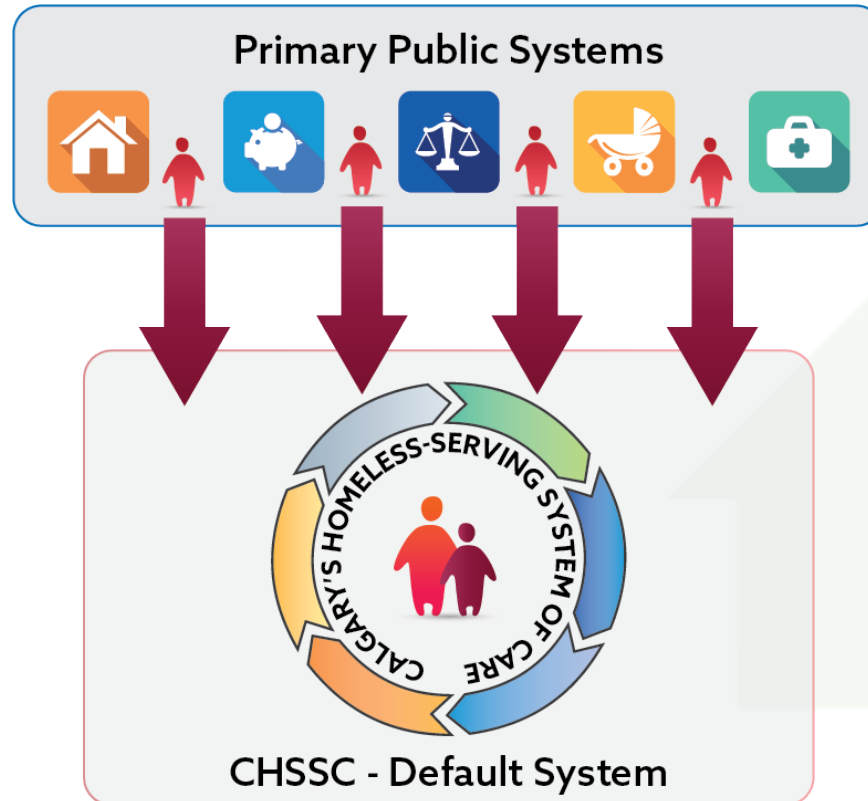


# Diana Krecsy

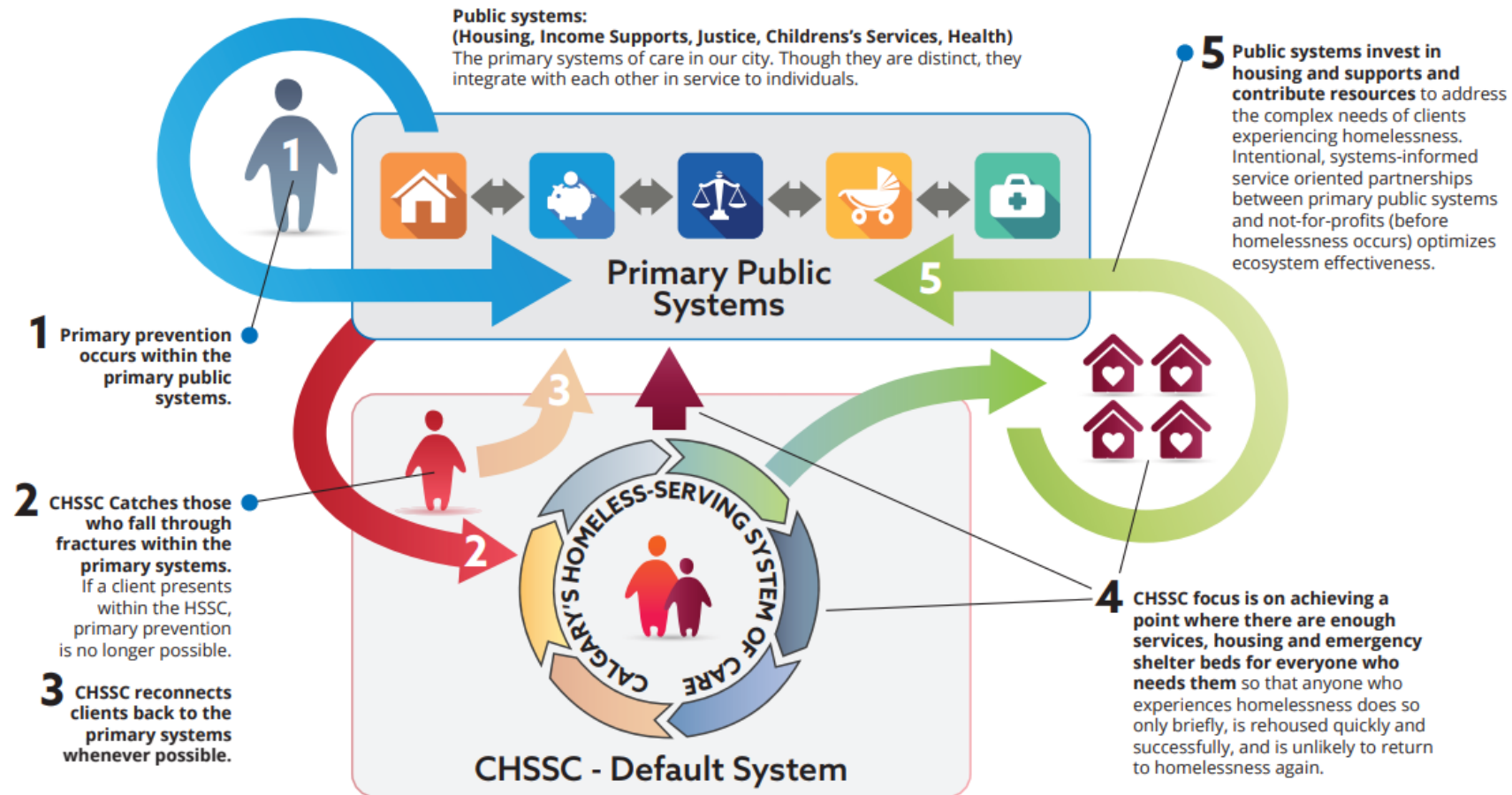
President & CEO,  
Calgary Homeless Foundation

# The System as a Catch-all

People fall through fractures within primary public systems and are caught by Calgary's Homeless-Serving System of Care

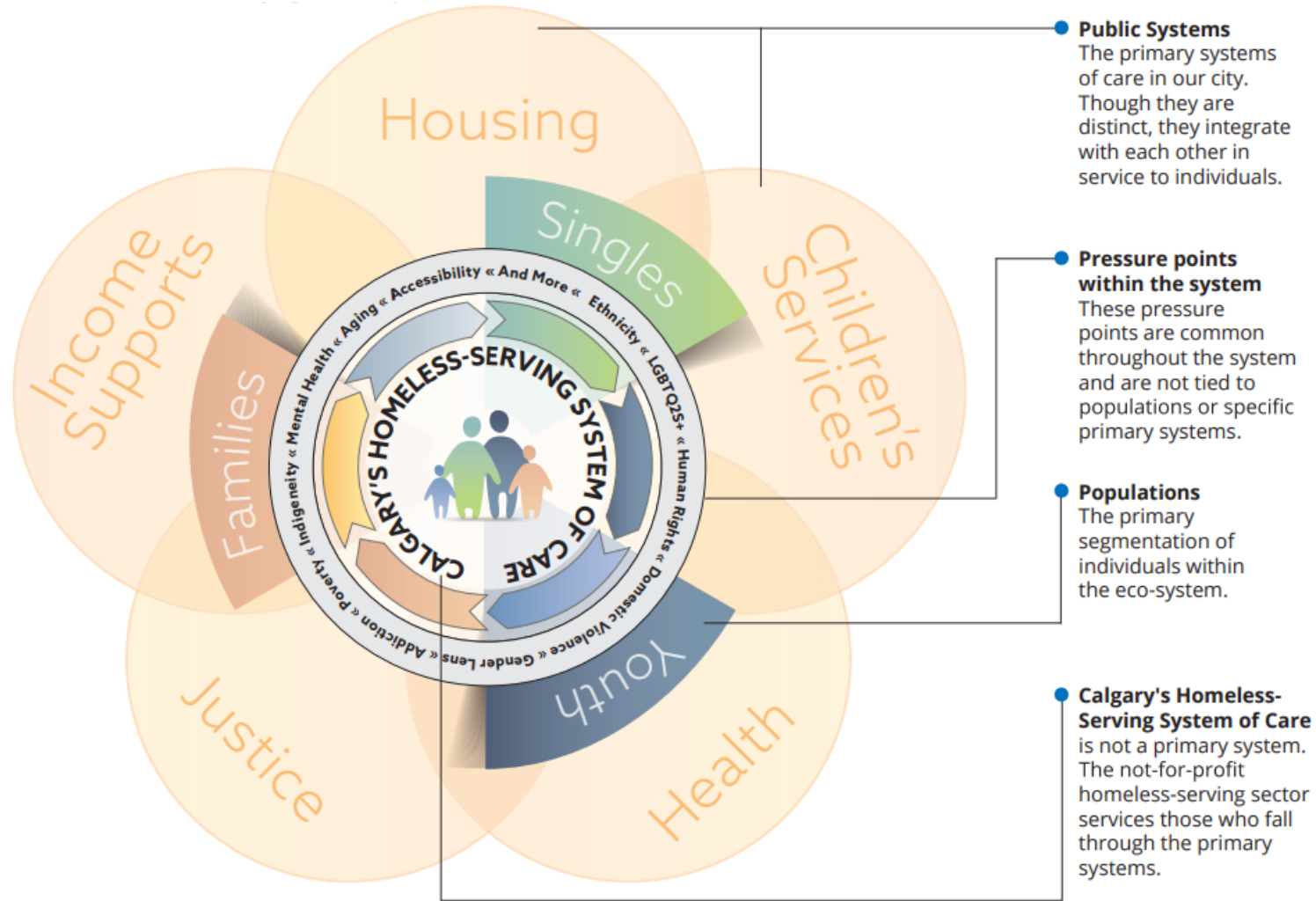


# What is Functional Zero?

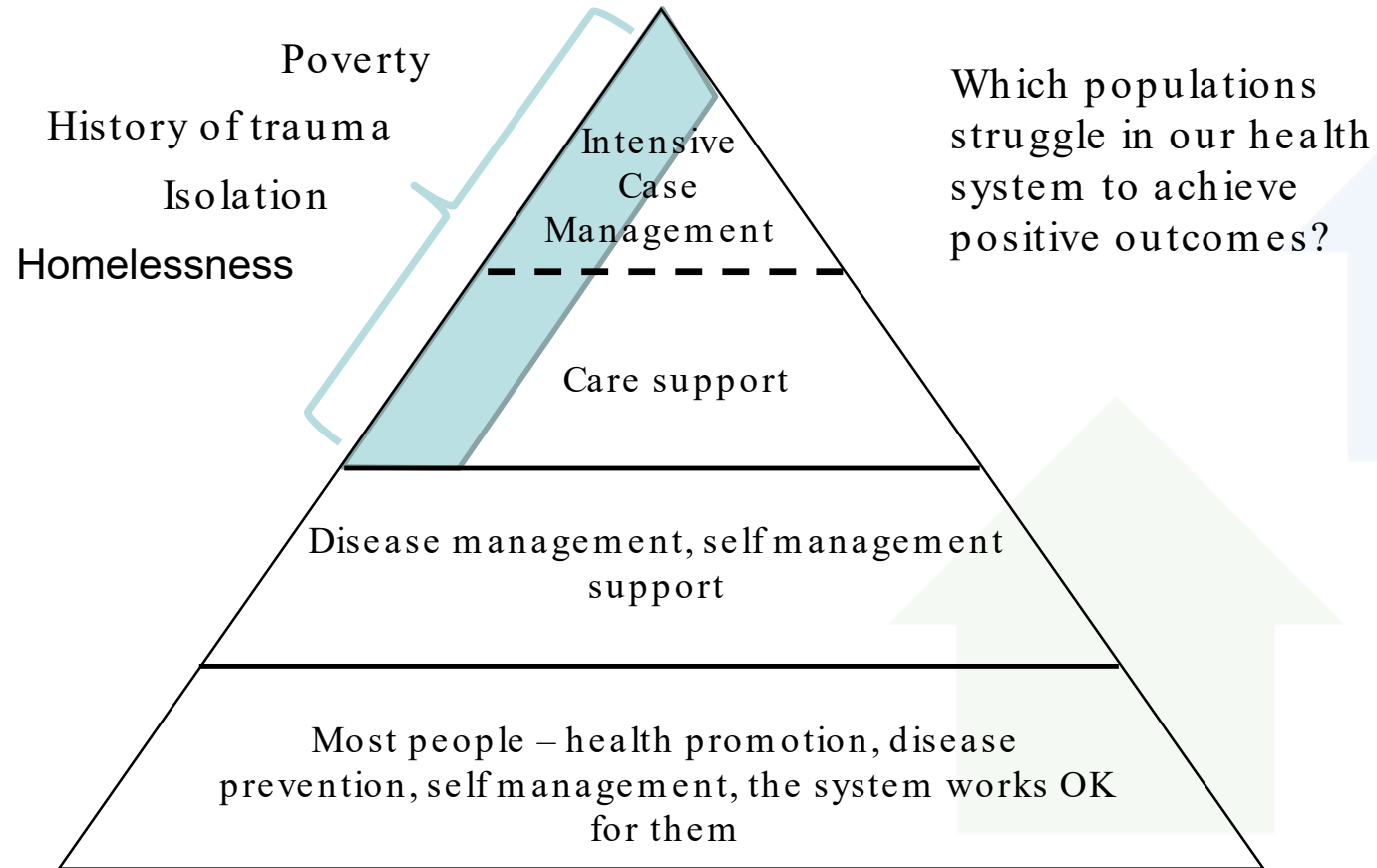


Calgary's Homeless-Serving System of Care (CHSSC) is a default system. The not-for-profit agencies in the HSSC can, with appropriate and guaranteed resources, provide services (right connecting or direct) to clients who have fallen through fractures within primary public systems. Growing the HSSC will never solve the broader systemic issues that cause homelessness.

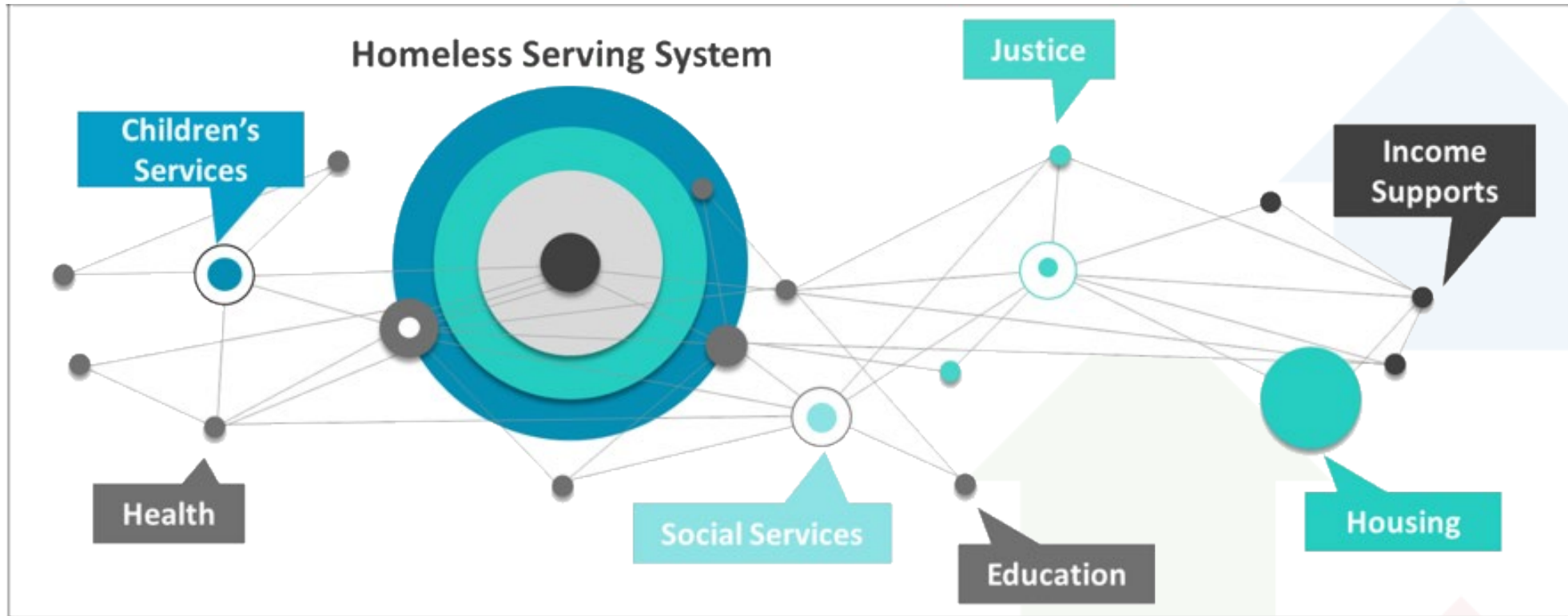
# Homelessness Ecosystem



# Complex High Needs Patients



# Homelessness Ecosystem: Another Lens



Source: Turner, Alina, and Diana Krescy. "Bringing It All Together: Integrating Services To Address Homelessness". *The School Of Public Policy Publications*, vol 12, no. 1, 2019.



# The Cost of System Fragmentation

- In Canada, approximately **\$27 billion** is spent annually to fund services that deal with homelessness.
- \$6.5 billion annually is spent on social assistance programs, health care, and the police and justice systems when their roles intersect with homelessness.
- Thus, **\$33.5 billion is spent each year on an array of 167,000 fragmented services provided by both government and non-profit organizations across the country.**
- Ambiguous line of sight to client outcomes.

# Recommendations

- Implement **Housing First as a People First** strategy.
  - Implement evidence-based **Housing First and integrated medical and social care** for patients who are homeless.
  - Establish all Government of Canada ministries as **co-accountable for homelessness**.
  - Create an **integrated strategy** on the **social determinants of health and well-being**.
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