



Housing First

Peterborough

BUILT FOR ZERO.
PTBO

Housing = basic human right.

Housing First is a program model, a systems approach, and a **philosophy** that recognizes that **housing is a basic human right** and that every person deserves housing that is **safe, affordable**, and **appropriate**. It helps inform the delivery of services and development of policies around the world.

HOUSING FIRST RECOGNIZES EVERYONE SHOULD HAVE HOUSING THAT:

- is safe and clean
- is heated
- is in good repair
- is affordable
- has running water
- has enough bedrooms

Housing First is an approach focused on moving people quickly into housing and then providing additional supports and services as needed. This is very different from the old approach of engaging in services before getting housing.

HOUSING FIRST HAS 5 CORE PRINCIPLES

Immediate Access to Housing

Organizations will offer housing help to those who want it without exception. They will help people find a home as quickly as possible. People do not have to be 'ready' for housing and housing is not conditional on sobriety or abstinence.

Choice

People who want help with housing have the choice to participate in supportive programs. They can decide what type of housing they want, where they want to live, or if they want other supports.

FOCUS ON RECOVERY

When people have a home, they can focus on their overall well-being. If someone has a safe place to stay it helps them recover from any challenges they may be facing (e.g. physical health challenges, mental health challenges, substance use).

PERSONALIZED SUPPORT

People are unique and so are their needs. Housing First organizations offer supports that are voluntary, personalized, and culturally appropriate.

SOCIAL CONNECTION

If a person feels isolated or alone it can impact their recovery. When people have meaningful daily activities, they feel more engaged in their community. Housing First organizations help people find things they enjoy like sports, leisure, education, or vocations.

We need to invest in Housing First and adequate emergency shelter responses so that emergency shelter stays are brief, short and non-recurring.

Communities across the country are using Housing First to respond to homelessness, including Peterborough City and County.

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Cost of Homelessness

As of 2013, homelessness has cost the Canadian economy:

\$7

billion annually.

This includes the cost of emergency shelters and community supports, as well as the cost of emergency services, health care and criminal justice system.

Individuals who are homeless are more likely to be involved with other systems, including health and justice. These interactions are included in cost calculations when considering the cost of homelessness. A study looked at the average monthly cost of housing someone while homeless across four Canadian cities and determined that affordable housing is the most cost-effective way to house someone.

AVERAGE MONTHLY COST OF HOUSING SOMEONE WHILE HOMELESS:



\$1,932

in **Shelter Beds** per month.



\$10,900

in **Hospital Beds** per month.



\$199.92

in **Social Housing**.



\$701

in **Rental Supplements**.



\$4,333

in **Provincial Jail**.

Did you know

Bill C-97 contains the right to housing and was passed in June 2019?

Learn more <https://nhs.socialrights.ca/>

IN A REVIEW OF THE COST OF HOMELESSNESS IN FOUR CITIES, POMEROY (2005) FOUND THAT THE ANNUAL BASIC COSTS PER PERSON WERE:

\$66K-\$120,000

in **Institutions** prison/detention or psychiatric hospitals.

\$13K-\$42,000

for those in **emergency shelters**.

\$13K-\$18,000

in **supportive or transitional housing**.

\$5K-\$8,000

for singles and families in **Affordable Housing**.

“The Canadian Model for Housing and Support for veterans Experiencing Homelessness” showed positive impacts of housing. The program had a Housing Focused approach with staff supports.

After the first year, the program **showed a cost savings of \$536,000/year** due to reductions in 911 calls and emergency shelter stays.

Housing First is known to improve health and well-being when people are housed in safe, stable and permanent homes.