

Transitional Housing, is there a need?

Background

- Transitional housing is a supportive housing unit that provides temporary support to a person in order to help them onto their feet. People with co-morbidities such as substance use, mental health, and other related disorders may need specialized support for a successful transition.
- There are federally run community residential facilities that help support people post incarceration. However, there is no provincial funding for transitional housing for people with co-morbidities.
- Community residential facilities and privately run transitional housing contribute to a decrease in recidivism, and an increase in successful reintegration.

Purpose

- The purpose of this research project is to establish evidence on the effectiveness of transitional housing. The ultimate goal is to advance the argument for the allocation of funding for provincially funded transitional housing.

“Our housing facility is one of the only programs in the entire region that we work in. There is always a waitlist for all of our housing programs, and it is often difficult to move residents through the program as they typically reside with us for a long period of time.”
- Staff member in a Transitional Housing Program 2023

Research questions

1. Does a transitional house model reduce recidivism with those experiencing co-morbidities?
2. Are there people that need this support that are not receiving it?
3. How does the transitional house model successfully support those experiencing co-morbidities?

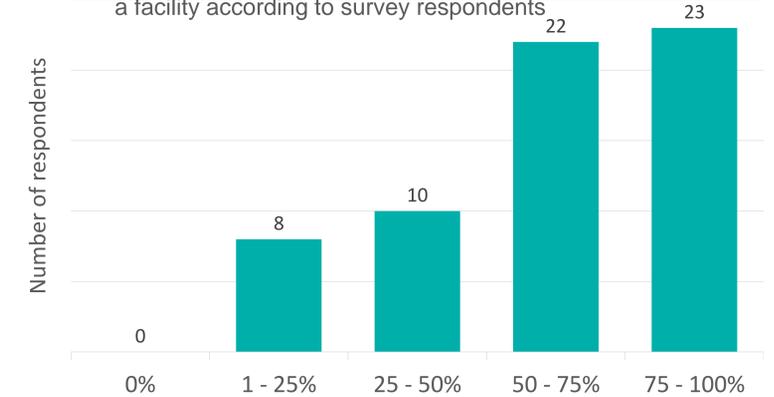
Methodology

- Literature review on the effectiveness of transitional housing.
- Surveys containing open ended and close ended questions given to workers involved with many types of transitional housing.

Results

- 93% of participants working in fields related to transitional housing believe there is a need for more facilities in their communities.
- 87% believe that their supportive treatment programs have reduced the rate of recidivism of their clients.
- 95% of participants believe that there are people who need access to transitional housing but cannot access it.

The percentage of clients that have co-morbidities within a facility according to survey respondents



“Our emergency shelter is always at or near 100% capacity, and it is a new facility. The unsheltered homeless numbers are growing, and inflationary pressures are starting to break those on fixed incomes who cannot get ahead. The current housing system cannot adequately serve our clients and their high level of needs, nor does it protect agencies like mine who want to help these clients but are victim to their old habits. We are basically forced to only house low acuity as we cannot assume the financial risks of high acuity, nor do we have the staffing resources to support this group.”
- Staff member in a Transitional Housing Program 2023

Conclusion

- Literature review on the recidivism rate for those involved with transitional housing has proven its effectiveness at reducing recidivism. This research project has proven that there is not enough transitional housing to support the number of clients who need their service. Transitional housing facilities are at max capacity with several year long waitlists

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