One Fell Swoop: *Addressing the Opioid Crisis and Homelessness for Older People Through Harm Reduction*

CAEH - Toronto
November 3, 2022

Integrated Harm-Reduction Health Services for Older People Experiencing Homelessness in 3 Canadian Contexts

Mandi Gray, Susan Moore, Laura Pin, Lara Nixon

Expanding an Integrated Harm Reduction Approach across Canada's Largest Shelter System

Meredith Kratzmann, Kris Guthrie, Tanya Grocholsky

Land Acknowledgement

Toronto is located on the territory of the Haudenosaunee Confederacy, the Wendat, and the Mississaugas of the Credit First Nation. This land is also part of the Dish with One Spoon territory, a treaty between the Haudenosaunee Confederacy, the Anishinaabek and allied nations, to peaceably share and care for this land. We begin our discussion of homelessness in acknowledging the ongoing role of settler colonialism in the production of homelessness and displacement of Indigenous Peoples from their lands.

Session Outline

Introductions Mandi Gray, Lara Nixon

1. Integrated Harm-Reduction Health Services for Older People Experiencing Homelessness in 3 Canadian Contexts

- Vancouver, BC: Susan-Brightside Community Homes Foundation
- Peel Region, ON: Laura Pin – Short-stay Crisis Housing
- Calgary, AB: Lara Nixon – Supportive Housing

Questions/Discussion

2 . Expanding an Integrated Harm Reduction Approach across Canada's Largest Shelter System

- Meredith Kratzmann, Shelter, Support and Housing Administration
- Kris Guthrie, Toronto Public Health - The Works
- Tanya Grocholsky, iPHARE Parkdale Queen West Community Health Centre

Questions/Discussion

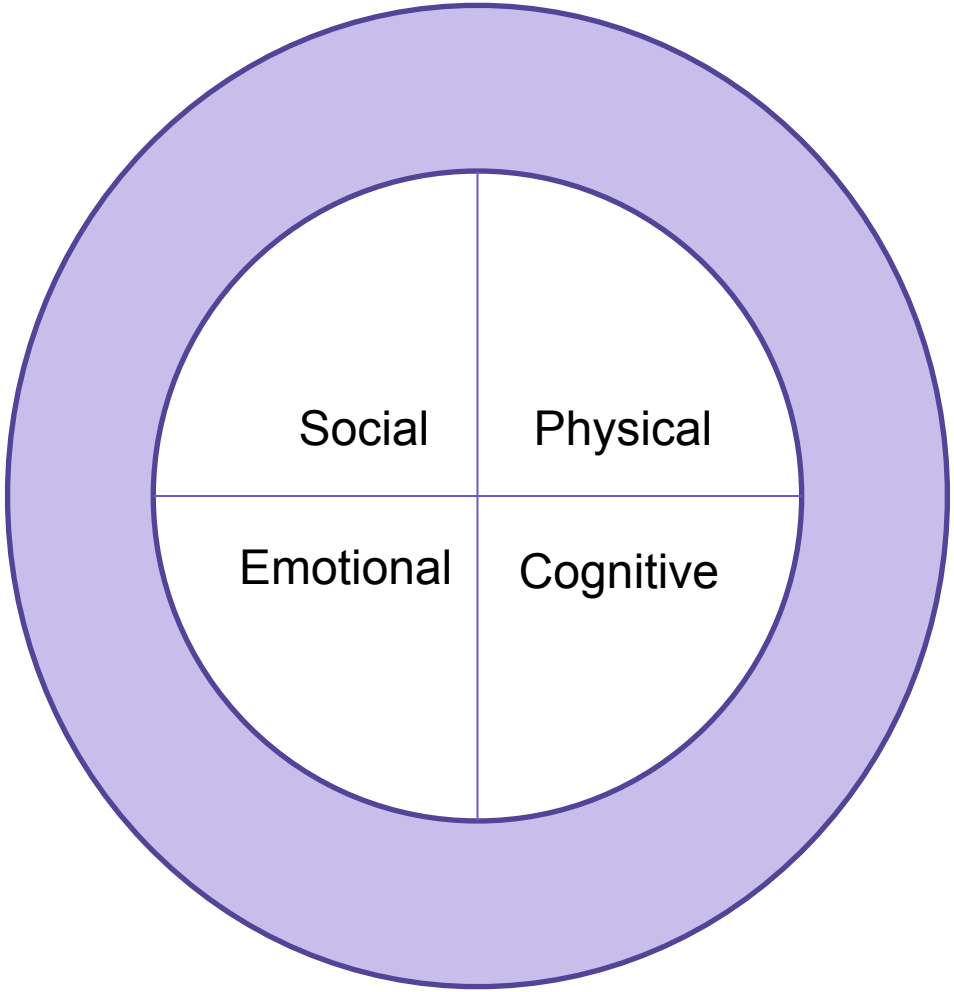
Please picture an older adult client who you've worked with recently, whose <u>needs</u> you might consider to be 'complex'.

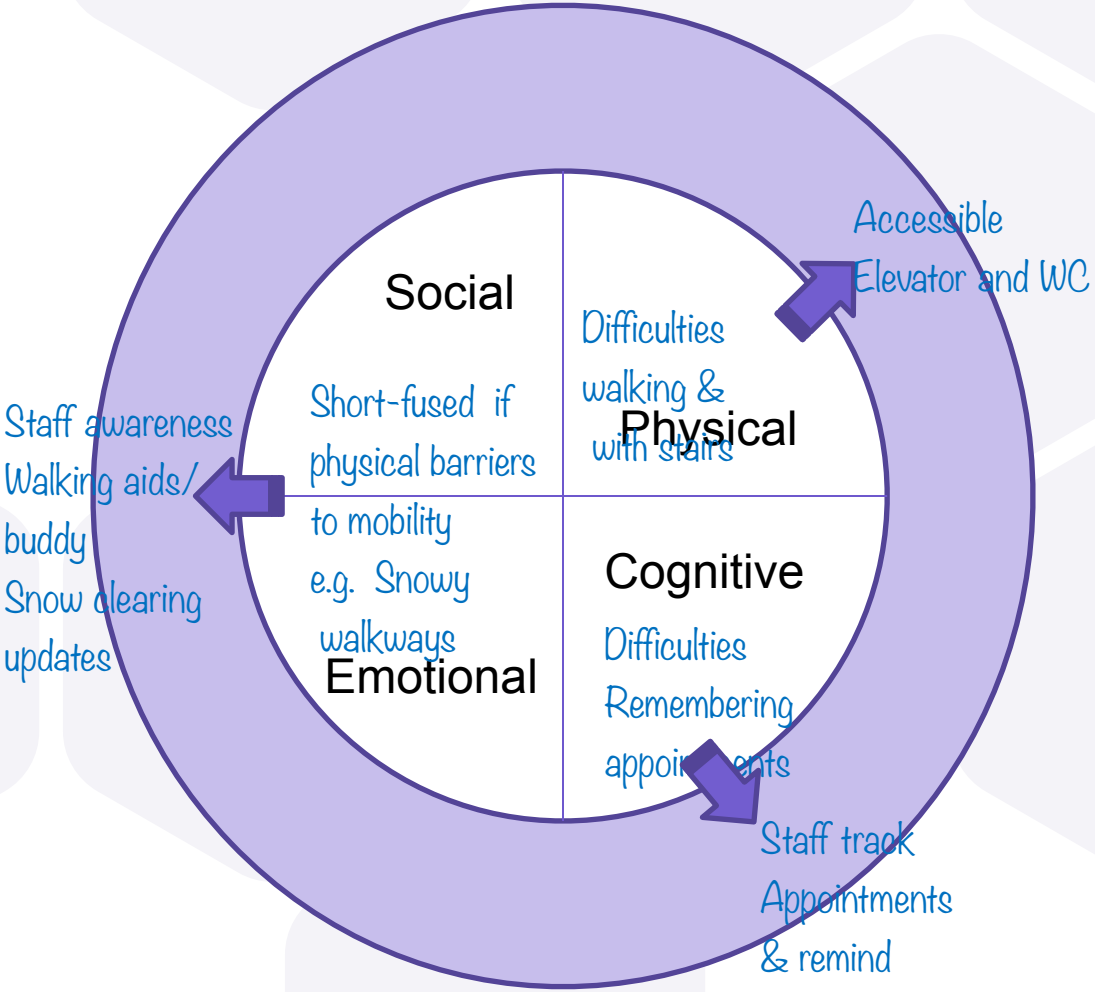
Can you quickly map out these different needs using the inner circle on the diagram provided?

Older Clients with Complex Needs

Of the mapped “complex needs” which of these lend themselves to ‘action’ by service providers? With the right supports, which of these needs could service providers hope to assist with, in collaboration with the older client?

Use arrows to indicate these by pointing to the outer circle




Social
Short-fused if physical barriers to mobility e.g. Snowy walkways
Staff awareness
Walking aids/ buddy
Snow clearing updates
Physical
Difficulties walking & with stairs
Accessible Elevator and WC
Cognitive
Difficulties Remembering appointments
Staff track Appointments & remind
Emotional

1

Integrated Harm-reduction Health Services for Older People Experiencing Homelessness in 3 Canadian Contexts: *common threads and promising next steps*

Mandi Gray, Susan Moore, Laura Pin, Lara Nixon

Unintended Consequences of Healthcare Silos on Vulnerable Populations in Independent Living

A housing provider's perspective on the misalignment of policy and practice

Brightside

- Overview of Brightside
- Resident Demographics
- Application of ABCD
- Systemic Barriers
- Impact on Vulnerable Residents

About Brightside Community Homes Foundation

Founded in 1952, Brightside is a charitable non-profit organization that provides safe and secure affordable homes for those struggling to meet the demands of market housing – specifically, seniors, families, and people with disabilities.

We acknowledge that as a land-based organization we are privileged to provide affordable homes to over one thousand people on the traditional territories of the Musqueam, Squamish, and Tsleil-Waututh Nations.

Our Vision

A future where people of all income levels have a home within a **vibrant and healthy community**.

Our Mission

To build **resilient communities** throughout Metro Vancouver with **safe and secure homes** for those struggling to meet the demands of market housing.

Community Development & Resident Support (CDRS) Mission

To increase resident and staff **resiliency** by enabling access to programs and services provided in the community and creating opportunities for greater community engagement.

Resilience is described by the American Psychological Association as,

"…the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth".

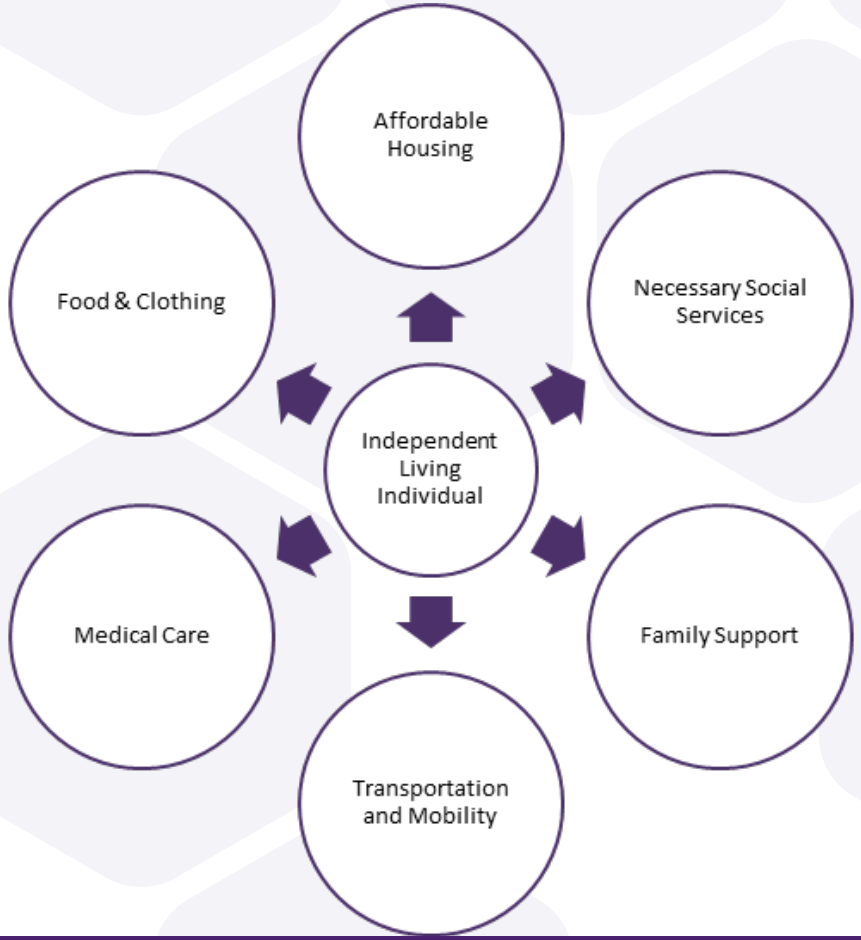
Asset

Based

Community

Development

WHAT
WE DO?


Affordable Housing
Necessary Social Services
Family Support
Transportation and Mobility
Medical Care
Food & Clothing
Independent Living Individual

Housing Continuum

Case Study

Mary – 65 year old resident, mental health & addiction history, engaging well with other residents, marked change in mood and behaviour

Steve – 72 year old male, believes people are breaking into his apartment and stealing salmon, putting dust in jewellery box and moving stuffed animals

Kay – 74 years old, mental health concerns, active with mental health team and son

Harm Reduction in Supportive Housing: Engaging Community in Therapeutic Recreation Co-design

Lara Nixon, MD Associate Professor Family Medicine
Mandi Gray, PhD (Sociology)
Megan Sampson, MA (Anthropology)
Martina Kelly, MD PhD Professor Family Medicine

UNIVERSITY OF CALGARY
O'Brien Institute for Public Health

FACULTY OF MEDICINE | UNIVERSITY OF CALGARY
FAMILY MEDICINE

“Harbour House”

- Permanent housing for 55+ (68 beds)
- 24/7 staff, full meal service, housekeeping
- Harm reduction supports (voluntary)
- Managed Alcohol, Managed Tobacco, Indoor smoking
- Social Work, Home Care, Family Physician (multiple partners)

Resident & Staff Experiences of Harm Reduction Policy at "Harbour House" (2016-18)

Permanency: supports knowing & trusting

Person-centred Care: respect for older adults

Partnerships: to enable comprehensive care

ORIGINAL RESEARCH

Exploring Harm Reduction in Supportive Housing for Formerly Homeless Older Adults

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https://doi.org/10.5770/cgj.25.551

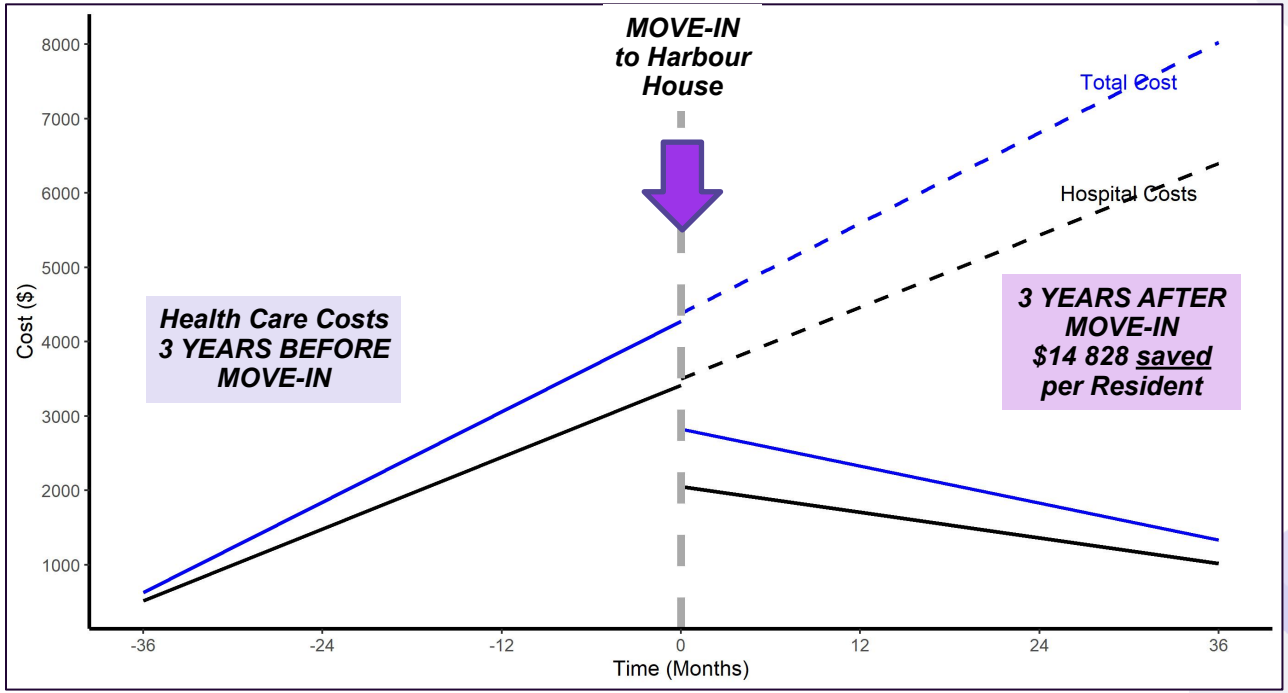
Health Care Cost Savings

Harm Reduction Care – ”Harbour House”

2005-2019

n=158 Residents
Mean age 61.5y

Female 24%
Male 76%



Harm Reduction Housing for Older People with Experiences of Homelessness

HR HOPEH

Intervention Co-Design, -Implementation & -Evaluation

Health Canada SUAP
2019-2022

Therapeutic Recreation

Peer Support

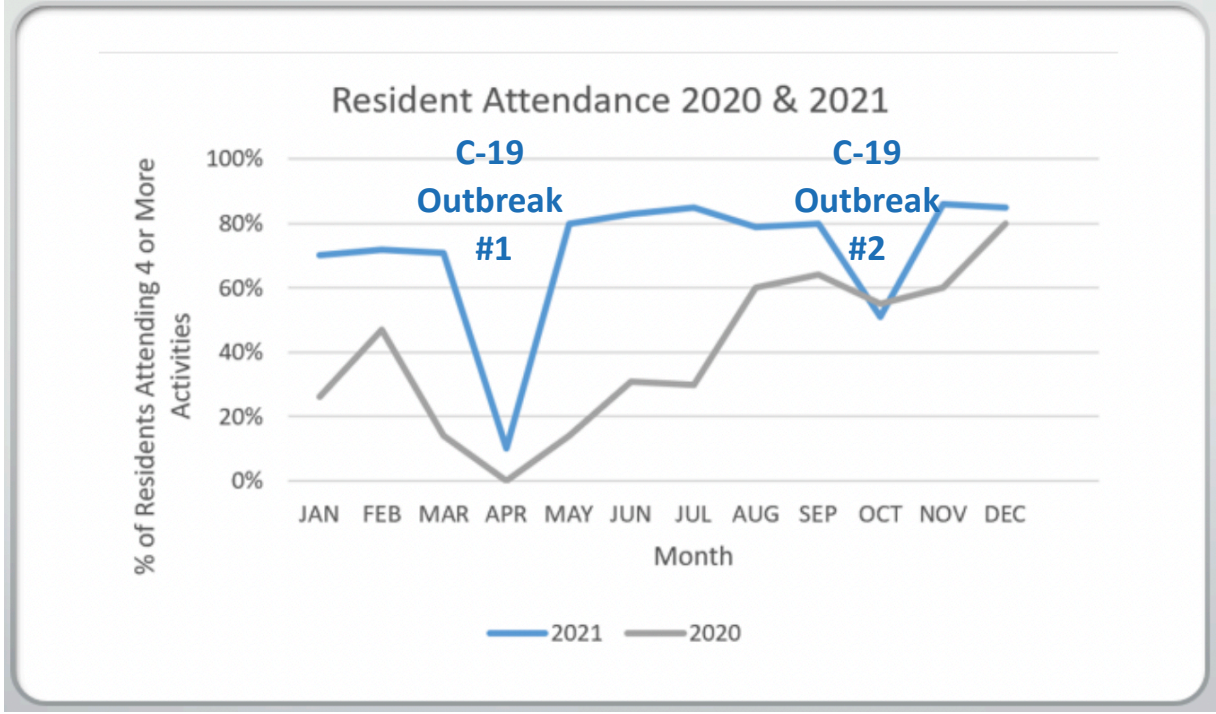
Health Equity Nurse

‘The Exchange’

Mission: ***to collectively advise on expanding services that promote health and quality of life for older adults in harm reduction housing***

HR HOPEH

Harm Reduction through Therapeutic Recreation



Physical	Exercises Walk club Drumming Virtual sports Table bowling
Emotional	Music Story telling Pet visits
Cognitive	Card games Science experiment Trivia
Social	Socials Bonfire Pen pal project
Spiritual	Meditation Smudging

Confidence

“It’s gotten me out of my shell doing things – including arts and crafts and bingo -- which I never thought I’d do"

Peer Mentorship

“[Resident] is an alcoholic and he stated that since we started playing our Euchre card game -- in the four years [prior], he's never been social with anybody.

So that was a huge thing for him to join in in our card game . . . So we always try to get a game going.”

The Exchange
Citizen Advisors Seeking Solutions

Communication Challenges

- Welcome to Harbour House Handbook
- Telus landlines
- Staff name badges
- Advisor recruitment & community dialogue

Concerns re Food & Dining Experience

- Seeking shared understanding with Management
- Collecting & submitting recipes and feedback

Countering Stigma

- Bulletin/communication board
- Wallet-sized definition of addiction
- Film – “Home Wasn’t Built in a Day”

Thank You!

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Implementation tools available at:
https://www.hrhopeh.com

HR HOPEH