



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

AT HOME/CHEZ SOI PROJECT: MONTREAL AT A GLANCE

What are we investigating?

We are looking for the best combination of housing and supports to help homeless people living with mental illness in Montreal. We are looking at the outcomes of people related to the most appropriate type of housing and are interested in the relationships with landlords. We are also investigating the success of a program that supports people who are ready to work. We are working to enable our participants to regain control of their lives and develop confidence in themselves in order to help reach their full potential.

We are using a Housing First approach. This means first providing housing, then the individualized supports needed.

What we learn in Montreal will help policy makers better understand what needs to be done to solve chronic homelessness for people who experience mental illness in Montreal and in other parts of Canada. Some of the questions we are hoping to answer include:

- Does Housing First work, and for whom?
- Does Housing First work in this particular Montreal context?
- What are the necessary ingredients for Housing First success?
- What kinds of supports do people need?
- What are the outcomes for people receiving Housing First supports through the project?
- How much does it cost to provide Housing First and how does it compare to the cost for the kinds of community services that exist now?

Who is participating in Montreal?

- People with moderate to severe mental health problems.
- People who have been living on the streets and in shelters.
- Over 260 participants are currently receiving housing and supports and over 180 participants are receiving the usual supports available in their communities.

How does it work?

- People are given a choice of apartments in which to live.
- Participants pay up to 30% of their rent. The rest is subsidized by the project.
- People receive regular visits from program staff at least once a week, as well as support with health care and life skills.

What are we finding in Montreal?

- 67% are men, 32.3% are women, 0.22% are transsexual, 0.44% did not answer
- 5% are 25 years old or less
- 14% are 55 years old or over
- 75.5% are single or have never been married

- 78.4% have worked at least one full year in their life
- 93.9% are unemployed

Read more detailed early findings at www.mentalhealthcommission.ca, *At Home/Chez Soi Project*

What makes the Montreal project unique?

- We are looking closely at a program designed to support participants who want to find a job
- We are looking at the variety of services available in the community for homeless people and for people with mental health problems (shelters, day centers, drop in, social housing, etc.)
- Approximately 75 landlords are partners in this project

Quick Facts about the national At Home/Chez Soi project

- Over 1030 participants are currently receiving housing and supports and 980 participants are receiving the usual supports available in their communities.
- In 2008, the Government of Canada provided the MHCC with \$110 million dollars for this research project.
- The project was officially launched in Moncton, Montreal, Toronto, Winnipeg and Vancouver, in November 2009.
- This is a 5-year project and each participant is being followed for 2 years.
- The project will end in the spring of 2013.
- Work is underway to ensure that people participating in the project will have a place to live once the research is over.

What are we finding nationally?

- 70% of the study participants are men and 30% are women
- Most of participants are middle aged although approximately 10% are under the age of 25 and 10% are over the age of 55
- More than 90% of participants have at least one chronic physical health problem
- 82% of the participants were living on the street, 18% were staying in shelters when they entered the project
- Over 90% were unemployed when they entered the project and the average income in the month prior was only \$691 with over half earning less than \$400 in that month
- 72% of people housed have remained in the original housing provided through the project
- Participants identify the project as an opportunity to move forward in their lives
- Participants also identify the project as an opportunity to get involved in their community and with some participants pursuing educational and vocational opportunities

For more information: www.mentalhealthcommission.ca

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