

Pathways to Housing Edmonton

P2H Edmonton is a treatment program that is:

- ◆ Community based
- ◆ Recovery oriented
- ◆ Person centred
- ◆ Individually tailored
- ◆ Based on Harm Reduction
- ◆ Respectful of Cultural Values and Norms
- ◆ Trauma Informed

P2H Edmonton works with individuals who have:

- ◆ A primary diagnosis or symptoms consistent with a serious, persistent mental illness, most often schizophrenia, bipolar disorder, major depression or PTSD that seriously disrupts the individual's life
- ◆ A history of struggling to access or respond to traditional services
- ◆ A history of chronic homelessness (defined as living continuously in homelessness for 12 months or longer, or having experienced homelessness for 4 or more periods of time in the past 3 years)
- ◆ A desire to live in market rental housing in Edmonton
- ◆ An ability to safely live alone and complete self-care, and the capacity to learn independent daily and community living skills.
- ◆ A willingness to pay an affordable percentage of his or her income on rent
- ◆ A willingness to receive primary health care from our Family Physician, use the Pharmacist working with our Team (if consenting to taking prescription medication) and see our Psychiatrist (if wishing to pursue treatment for mental illness)
- ◆ A willingness to having a visit in his or her home with a member of our Assertive Community Treatment Team a minimum of once per week

P2H Edmonton is NOT the right support team for individuals with a primary diagnosis of:

- ◆ Substance Use Disorder
 - ◇ other, less intensive, supports are available in the community
- ◆ Intellectual Development Disability, Brain Injury or Fetal Alcohol Spectrum Disorder
 - ◇ our Clients have to have the capacity to live independently, and often people with these conditions need some degree of support on-site where they live
- ◆ Personality Disorder
 - ◇ our Team Case Management model and 24/7 crisis availability do not support the needs of individuals with a primary diagnosis of personality disorder, who generally require more defined boundaries with the Clinicians they work with to successfully manage their illness

Our Team

- Mental Health and Addictions Specialist
- Nurses
- Occupational Therapists
- Supported Employment Specialist
- Social Worker/Benefits Specialist
- Peer Support Specialist
- Team Leader
- Psychiatrist
- Family Physician
- Program Support Assistants
- Housing Team

The P2H Edmonton Team uses a multi-disciplinary Team Case Management approach so our entire team is involved in Treatment Planning with all of our Clients.

Time Unlimited

There is no predetermined time frame for Clients to work with P2H Edmonton, recognizing that recovery in mental illness and addictions is a lifelong journey.

Harm Reduction

Individuals do not have to establish a 'readiness' to have housing, as we recognize that housing is a human right. Nor do they have to take medication, see a psychiatrist or work toward sobriety as a condition of involvement with P2H Edmonton.

Housing

The majority of our Clients live in market rental apartments throughout the City of Edmonton, and often access a Rental Assistance Subsidy to make their rent more affordable.

Treatment Plans:

- are Client driven and voluntary
- employ wrap-around supports, intensive treatment and psychosocial interventions provided by The Team
- are based on individualized assessment and planning
- assist Clients to:
 - Realize their individual goals
 - Define their own recovery
 - Find and maintain their own residences
 - Manage symptoms and medications
 - Understand their illnesses
 - Improve physical well-being and self-care
 - Reduce harm associated with substance use
 - Maintain optimism
 - Manage finances
 - Integrate into the community
 - Develop or build on skills that assist to add meaningful activities to their lives, such as employment, education, volunteer work and community involvement
 - Reconnect with family and others who are important to them

Referral Process

Referral Form received by P2H Edmonton



Referral Reviewed

Available information is reviewed (including Referral Form, accompanying documents, and collateral information available) to determine match to Intake Criteria:

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- ◆ A history of chronic homelessness (defined as living continuously in homelessness for 12 months or longer, or having experienced homelessness for 4 or more periods of time in the past 3 years)
- ◆ A desire to live in market rental housing in Edmonton
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- ◆ A willingness to pay an affordable percentage of his or her income on rent
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- ◆ A willingness to having a visit in his or her home with a member of our Assertive Community Treatment Team a minimum of once per week



If the information available indicates the individual does not meet one or more of the Intake Criteria, the Referral Agent will be notified

If the information available indicates the individual might meet Intake Criteria, a further Pre-Intake Assessment is undertaken, which may include:

- A Psychiatric Assessment and/or review to be completed by our Psychiatrist
- An Assessment by one of our Occupational Therapists to determine ability to live independently
- Other assessments or reviews as appropriate to assess a particular individual's fit with our program
- A meeting between the Team Leader and the individual to gather additional information directly



If information and assessments support that the individual is a good fit for the P2H Edmonton program, the Referral Agent and individual will be notified, and a transition plan will be established, which will either involve an immediate intake or a plan to complete intake when an opening is available for the individual (based on Program capacity and Client's vulnerability in comparison to other individuals awaiting intake)