

# Stronger Together: Collaborating for a Vibrant Community

A community conversation about housing, homelessness and addictions in Lambton County

#### Welcome

#### we will begin in













Housing

Pin controls when stopped

Private Market Rental Home Ownership

## Agenda

Registration & Continental Breakfast	10:40-10:55	Break
Land Acknowledgement Warden Kevin Marriott	10:55-11:10	Reflections of Lived Experience  Jessica
Welcome & Honour Song	11:10-11:55	Table Discussion #1
	11:30-11:55	Table Discussion #2
Warden Kevin Marriott	11:55-12:45	Lunch
Agenda Overview	12:45-12:50	Good Minds Song
Healing Song		Alphonse Aquash-Aamjiwnaang First Nation
Alphonse Aquash -Aamjiwnaang First Nation	12:50-1:20	Table Discussion #3
Social Determinants of Health Acting Medical Officer of Health-Dr. Karalyn Dueck	1:20-1:40	Table Discussion #4
Best Practices in Homelessness	1:40-1:50	Wrap Up
Marie Morrison-Director, Built for Zero Canada, Canadian Alliance to End Homelessness	1:50-2:00	Closing Reflection & Travelling Song Alphonse Aquash-Aamjiwnaang First Nation
Current State-Lambton County Ian Hanney-Supervisor, Homelessness Prevention,	2:00	Dismissal
County of Lambton Michael Gorgey-Manager, Health Promotion,		Facilitator: Cassandra Vink, Vink Consulting
	Land Acknowledgement Warden Kevin Marriott  Welcome & Honour Song Alphonse Aquash - Aamjiwnaang First Nation  Welcome Message Warden Kevin Marriott  Agenda Overview  Healing Song Alphonse Aquash - Aamjiwnaang First Nation  Social Determinants of Health Acting Medical Officer of Health-Dr. Karalyn Dueck  Best Practices in Homelessness Marie Morrison-Director, Built for Zero Canada, Canadian Alliance to End Homelessness  Current State-Lambton County Ian Hanney-Supervisor, Homelessness Prevention, County of Lambton	Land Acknowledgement Warden Kevin Marriott  Welcome & Honour Song Alphonse Aquash - Aamjiwnaang First Nation  Welcome Message Warden Kevin Marriott  Agenda Overview  Healing Song Alphonse Aquash - Aamjiwnaang First Nation  12:45-12:50  Healing Song Alphonse Aquash - Aamjiwnaang First Nation  Social Determinants of Health Acting Medical Officer of Health-Dr. Karalyn Dueck  Best Practices in Homelessness Marie Morrison-Director, Built for Zero Canada, Canadian Alliance to End Homelessness Current State-Lambton County Ian Hanney-Supervisor, Homelessness Prevention, County of Lambton

Lambton Public Health

Rhonny Doxtator, Acting CEO,

Canadian Mental Health Association Lambton Kent

## Stronger Together

# Collaborating for a Vibrant Community

# Land Acknowledgement Warden Kevin Marriott











# Stronger Together

# Collaborating for a Vibrant Community

## Welcome & Honour Song Alphonse Aquash – Aamjiwnaang First Nation











## Stronger Together

# Collaborating for a Vibrant Community

#### Welcome Message Warden Kevin Marriott











## Stronger Together

# Collaborating for a Vibrant Community

# Healing Song Alphonse Aquash – Aamjiwnaang First Nation











# Social Determinants of Health and their connection to People who Experience Homelessness and Addictions

# Dr. Karalyn Dueck, MD MPH CCFP FRCPC Acting Medical Officer of Health, Lambton Public Health County of Lambton, Public Health Services











# SDOH SOCIAL DETERMINANTS OF HEALTH



Economic Stability



Education Access & Quality



Health Care Access & Quality

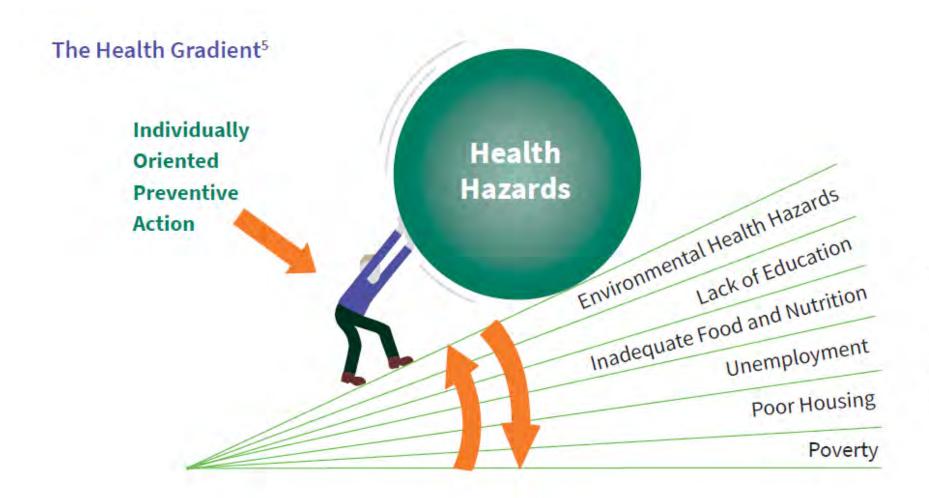


Neighborhood & Built Environment



Social & Community Context

#### **SDOH and Health Outcomes**



Source: Making Partners:
Intersectional Action for Health
1988 Proceedings and outcome of
a WHO Joint Working Group on
Intersectional Action for Health,
the Netherlands. <sup>2</sup>

Image Source: <a href="https://www.oha.com/Bulletins/Population%20Health%20-%20Social%20Determinants%20of%20Health.pdf">https://www.oha.com/Bulletins/Population%20Health%20-%20Social%20Determinants%20of%20Health.pdf</a>

### "People living in the poorest neighbourhoods in Ontario more likely to suffer avoidable deaths than those living in the richest neighbourhoods"<sup>5</sup>

Zygmunt A, Tanuseputro P, James P, Lima I, Tuna M, Kendall CE. Can J Public Health. 2020; 111(2):169-81. Epub 2019 Dec 11.

DOI: <a href="https://doi.org/10.17269/s41997-019-00270-9">https://doi.org/10.17269/s41997-019-00270-9</a>

- 20 year study period: 1993 2014
- Avoidable death rates were ~2 to 2.5 times higher than least marginalized neighbourhoods, increasing through the study period

#### Housing as a Social Determinant of Health

Housing is a necessity for living a healthy life.

Poor housing conditions are an independent cause of worsened health outcomes, including physical and mental health issues. 4

Housing insecurity is linked to income insecurity, which also contributes to illness and premature death.<sup>4</sup>

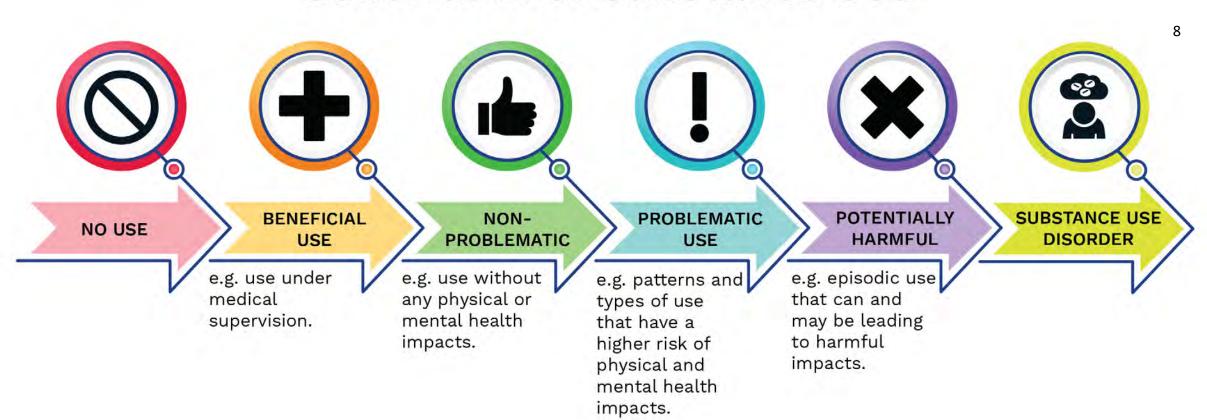


#### **Homelessness and Health Outcomes**

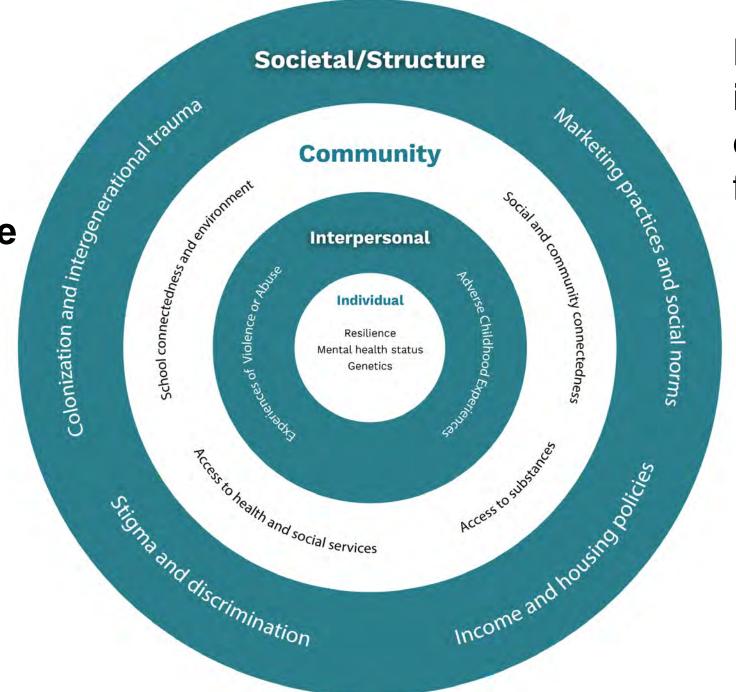
Public Health Ontario, *Homelessness and Health Outcomes Evidence Brief* [review-level evidence], 2019

- Health outcomes associated with homelessness:
  - Infectious diseases (TB, Hepatitis, HIV)
  - Mental health issues
  - Reduced cognitive performance among youth who are homeless
  - Foot issues (Pain, Foot Ulcers, Frostbite)
  - Chronic diseases (Hypertension, Diabetes)
  - Injuries
  - Substance use disorders / addictions 6

#### **Continuum of Substance Use**



Risk and
Protective
Factors for
Problematic
Substance Use



Levels of influence depicted by figure circles 11

#### **Homelessness and Addictions**

 Relationship between these is complex and multidirectional <sup>6</sup>

 Housing instability can be a result of problematic substance use or a risk factor for problematic substance use 10

# Homelessness and Addictions in Lambton County

 Problematic substance use and homelessness initiatives should acknowledge and understand the influence on each other

 Collaborative approach needed to address root causes of these issues

#### References

- 1. Canadian Public Health Association [Internet]. What are social determinants of health? 2012 [cited 2023 Mar 10]. Available from: <a href="https://www.cpha.ca/what-are-social-determinants-health">https://www.cpha.ca/what-are-social-determinants-health</a>
- 2. Ontario Hospital Association [Internet]. Population health: Population health fact sheets: Social determinants of health. 2023 [cited 2023 Mar 10]. Available from: <a href="https://www.oha.com/news/population-health">https://www.oha.com/news/population-health</a>
- 3. World Health Organization [Internet]. Social determinants of health: Key concepts: What is meant by social gradient? 2013 May 7 [cited 2023 Mar 10]. Available from: <a href="https://www.who.int/news-room/questions-and-answers/item/social-determinants-of-health-key-concepts">https://www.who.int/news-room/questions-and-answers/item/social-determinants-of-health-key-concepts</a>
- 4. Raphael D, Bryant T, Mikkonen J, Raphael A. Social determinants of health: The Canadian facts, 2nd Edition. Oshawa: Ontario Tech University Faculty of Health Sciences and Toronto: York University School of Health Policy and Management; 2020 [cited 2023 Mar 10]. Available from: <a href="https://thecanadianfacts.org/The Canadian Facts-2nd ed.pdf">https://thecanadianfacts.org/The Canadian Facts-2nd ed.pdf</a>
- 5. Zygmunt A, Tanuseputro P, James P, Lima I, Tuna M, Kendall CE. Can J Public Health, 2020; 111(2):169-81. Epub 2019 Dec 11 [cited 2023 Mar 10]. DOI: <a href="https://doi.org/10.17269/s41997-019-00270-9">https://doi.org/10.17269/s41997-019-00270-9</a>. Available from: <a href="https://www.ices.on.ca/Publications/Journal-Articles/2019/December/Neighbourhood-level-marginalization-and-avoidable-mortality-in-Ontario-Canada-a-population-based">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7109211/</a>

- 6. Ontario Agency for Health Protection and Promotion [Public Health Ontario]. Berenbaum E. Evidence brief: Homelessness and health outcomes: What are the associations? Toronto, ON: Queen's Printer for Ontario; 2019 [cited 2023 Mar 10]. Available from: <a href="https://www.publichealthontario.ca/-/media/documents/E/2019/eb-homelessness-health.pdf">https://www.publichealthontario.ca/-/media/documents/E/2019/eb-homelessness-health.pdf</a>
- 7. van Boekel LC, Brouwers EPM, van Weeghel J, Garretsen HFL. Stigma among health professionals towards patients with substance use disorders and its consequences for healthcare delivery: Systematic review. *Drug and Alcohol Dependence*, 2013; 23–35 [cited 2023 Mar 10]. Available from: https://www.sciencedirect.com/science/article/abs/pii/S0376871613000677?via%3Dihub
- 8. Centre for Addiction and Mental Health [CAMH]. Understanding substance use problems and addiction. 2023 [cited 2023 Mar 10]. Available from: https://moodle8.camhx.ca/moodle/mod/book/view.php?id=113&chapterid=213
- 9. Gateway Foundation [Internet]. DSM-5 criteria for substance use disorders. 2023 Jun 15 [cited 2023 Mar 10]. Available from: <a href="https://www.gatewayfoundation.org/addiction-blog/dsm-5-substance-use-disorder/#:~:text=Using%20more%20of%20a%20substance,desired%20effect%20%E2%80%94%20also%20called%20tolerance">https://www.gatewayfoundation.org/addiction-blog/dsm-5-substance-use-disorder/#:~:text=Using%20more%20of%20a%20substance,desired%20effect%20%E2%80%94%20also%20called%20tolerance</a>
- 10. County of Lambton, Public Health Services, Lambton Public Health. A report on substance use and harms in Lambton County. 2019 [cited 2023 Mar 10]. Available from: <a href="https://lambtonpublichealth.ca/drug-and-alcohol-strategy/">https://lambtonpublichealth.ca/drug-and-alcohol-strategy/</a>
- 11. Public Health Agency of Canada. The Chief Public Health Officer's report on the state of public health in Canada 2018: Preventing problematic substance use in youth. 2018 Oct 23 [cited 2023 Mar 10]. Available from: <a href="https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/2018-preventing-problematic-substance-use-youth.html">https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/2018-preventing-problematic-substance-use-youth.html</a>

## Stronger Together

# Collaborating for a Vibrant Community

#### **Best Practices in Homelessness**

Marie Morrison - Director, Built for Zero Canada, Canadian Alliance to End Homelessness











#### **Current State**

#### March 2023

- Ian Hanney
- Michael Gorgey
- Rhonny Doxtator











#### Current State

#### March 2023

#### **Ian Hanney**

Supervisor, Homelessness Prevention & Social Planning County of Lambton, Social Services Division



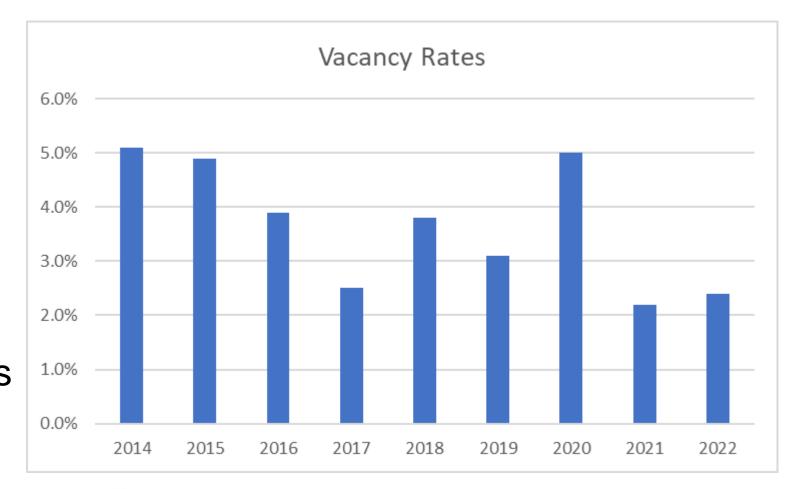








- Vacancy Rates are decreasing
- Prospective Tenants are competing for units









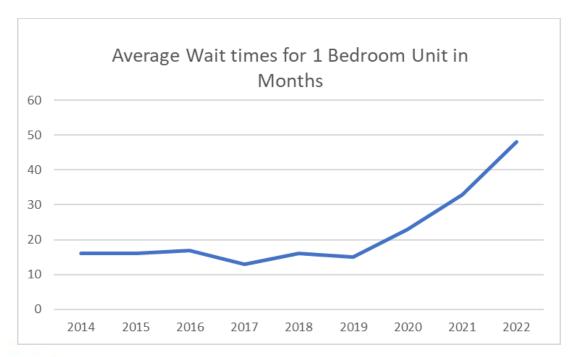




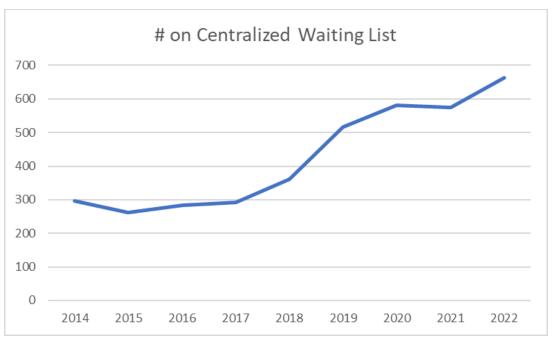


Renta

Home Ownershi



- Waiting List for Subsidized Housing is Increasing
- Wait times are increasing













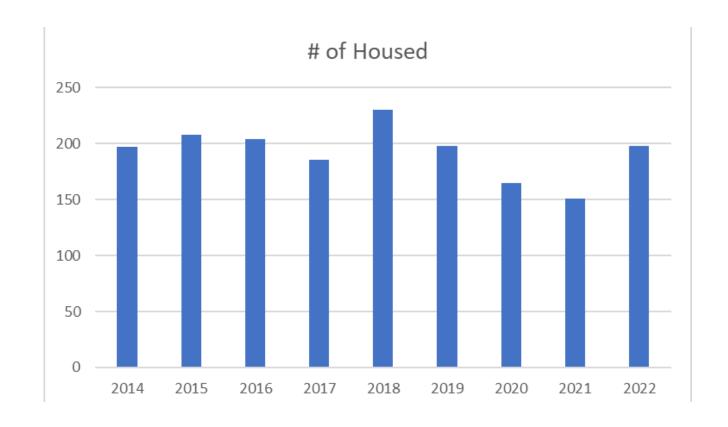
Private Market Rental Home Ownership

Offers of Subsidized Housing has decreased



Rental rates have increased substantially

















Home Ownership

# What it costs to rent in Lambton County

Bachelor

Alternate Average Market Rent **\$762** 

1 Bedroom

Alternate Average Market Rent \$1,200

2 Bedrooms

Alternate Average Market Rent \$1,325

3 Bedrooms

Alternate Average Market Rent \$1.600

4+ Bedrooms

Alternate Average Market Rent \$1,800

\*2021 Alternate Average Market Rents

Minimum Wage Earners

\$15.50 / hour

Maximum Affordable Rent: \$806

30% of a household's before-tax income

ODSP Housing Allowance

Single - **\$522** 

Couple - **\$821** 

Family of 3 - **\$889** 

Family of 4 - **\$964** 

OW Housing Allowance

Single - **\$390** 

Couple - **\$642** 

Family of 3 - \$697

Family of 4 - \$756

## Core Housing Need

#### % of Renters in Core Housing Need





#### **Unsuitable Housing**

 A household that does not have enough bedrooms according to the National Housing Standard



#### **Inadequate Housing**

 A household that lives in a dwelling in need of major repairs



#### **Unaffordable Housing**

 A household that spends more than 30% of before-tax income on housing costs

3,610

Renters are in core housing need

Over the next 10 years, an additional 2,490 affordable rental units are needed in Lambton to meet local needs

Creation of Affordable Housing Reserve to help fund the creation of additional affordable rental housing units.













Housing and Homelessness Plan 2020 - 2024

- creation of 75 new affordable housing units by 2024



#### Progress towards goal:

24 units
40 units
at 940
at 993
Confederation
Maxwell
Street

**3 units**Sarnia and

**Forest** 

2 units at 244 Devine Street Approx.
20 units
through

through current RFP process



Lack of Supports for households in need

Most pressing need currently is **1-bedroom units** 













**Diversion** is an interactive problem-solving conversation with an individual seeking shelter to identify the cause of their housing crisis and pursue immediate solutions.

Lambton County has successfully diverted a households from shelter

*506* 

times since March 2020

I.e., negotiate a return to previous housing, short-term non-shelter accommodations, family or friends.



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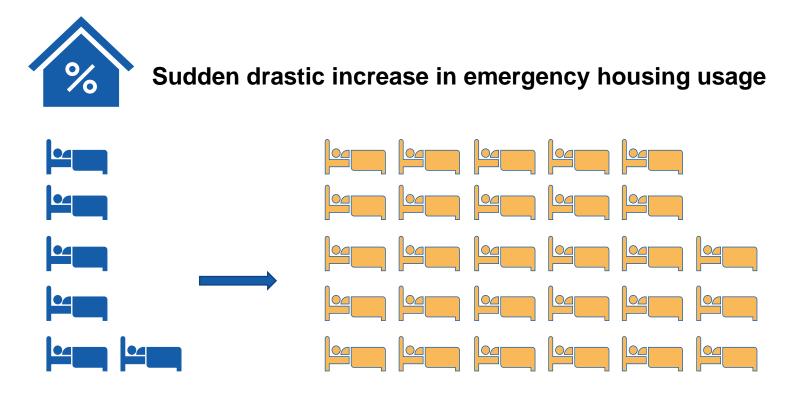
times since March 2020

I.e., negotiate a return to previous housing, short-term non-shelter accommodations, family or friends.



#### **Diversion**

- Serves those who have lost housing and are <u>facing imminent entry into shelter</u> or sleeping outside
- Reduces the number of entries to the system
- Lowers demand for shelter beds
- Shorten waitlist



Pre-pandemic, typically60 shelter beds were used on any given night

At our peak **during the pandemic over 280** shelter beds used in one night





unique individuals have accessed emergency housing



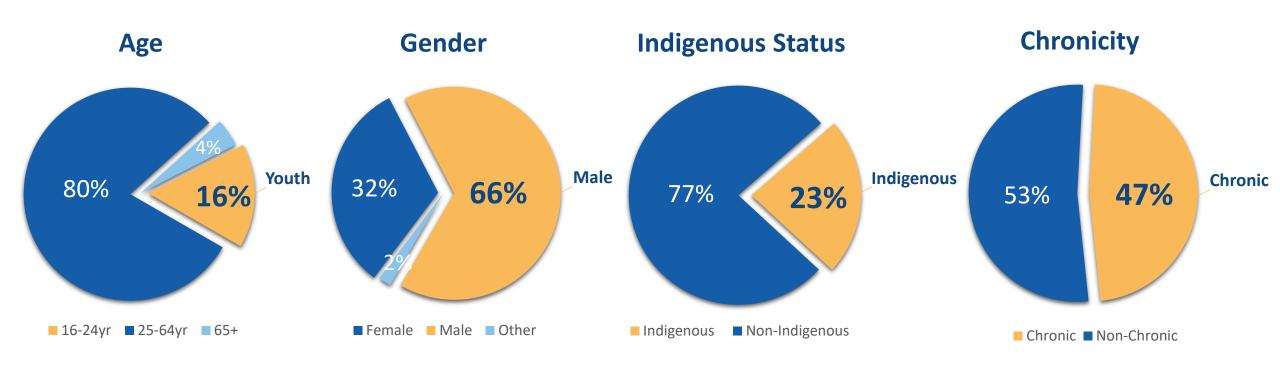
shelter stays have been supported



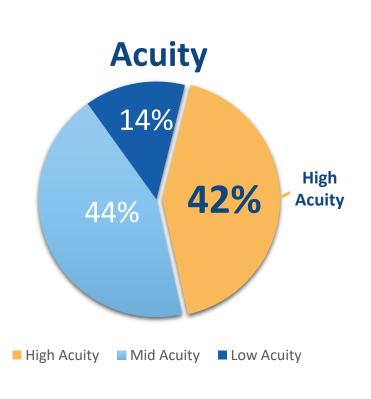
#### **By-Name List (BNL):**

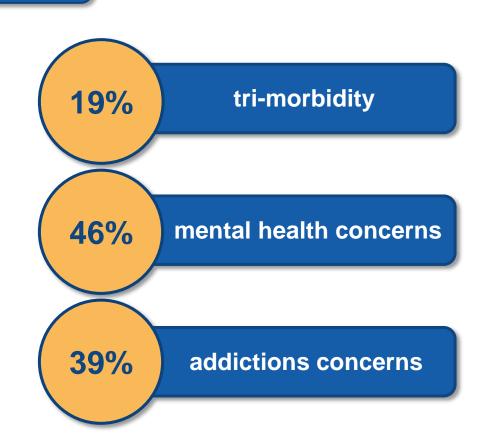
a comprehensive, real-time list of every known and consenting individual experiencing homelessness 244
Individuals
currently
on the BNL

#### Of those currently on the BNL:



#### Of those currently on the BNL:







46%
have slept
outside at some
point since July
2022

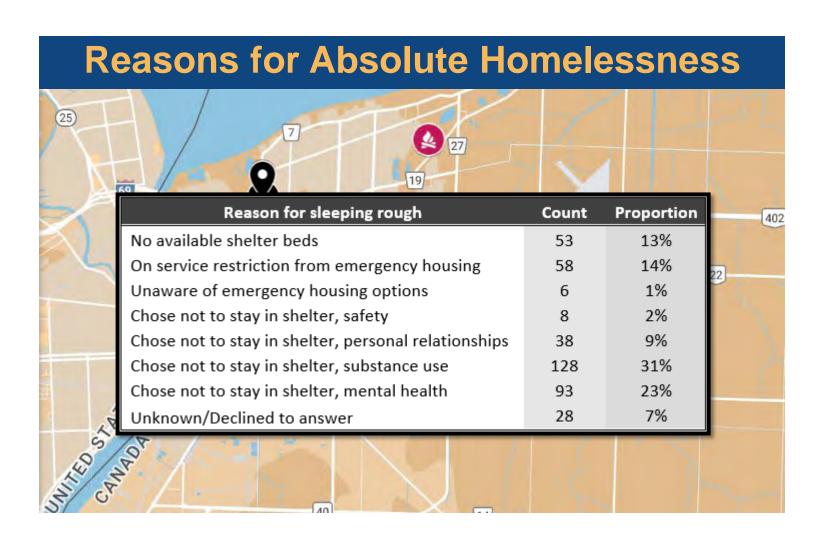
Community Outreach Mapping



Community Outreach Mapping



## Community Outreach Mapping





Difficulty in securing permanent accommodations considering availability and affordability



Rely on housing case management capacity at various partner agencies

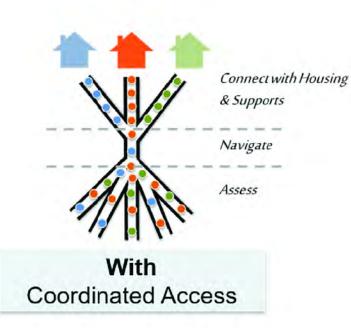
478
Individuals

**365**Households

**experiencing homelessness** have been assisted into more **permanent housing** since March 2020







#### **County of Lambton Housing and Homelessness Plan**

**Goal 3: Coordinated Housing and Homelessness Service System** 

Coordinated Access approach to using existing resources

- Enables
  - Client-centered approach to care
  - No wrong door
- Promotes
  - Equity
  - Consistent Practices
  - Efficiency

Homelessness, Addictions



#### Addictions

By the time Canadians reach 40 years of age, 1 in 2 have—or have had—a mental illness.



People with a mental illness are twice as likely to have a substance use problem compared to the general population



At least 20% of people with a mental illness have a co-occurring substance use problem



Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other group



### **Current State**

### March 2023

#### **Michael Gorgey**

Manager, Health Promotion Lambton Public Health









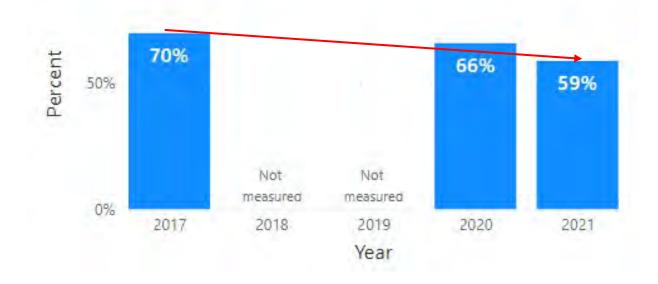


#### **Mental Health and Addictions**

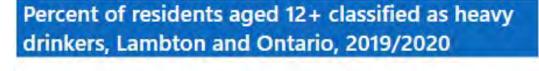
 The percent of Lambton residents who say their mental health is good/excellent has declined significantly in recent years

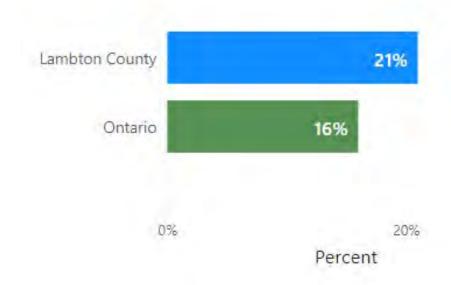
 People aged 18-34 had the lowest self-rated mental health (37% good/excellent), and experienced a steep decline from 2017 to 2021 Percent of Lambton residents who perceived their own mental health to be good or excellent, 2017 to 2021

100%



#### **Alcohol use in Lambton**



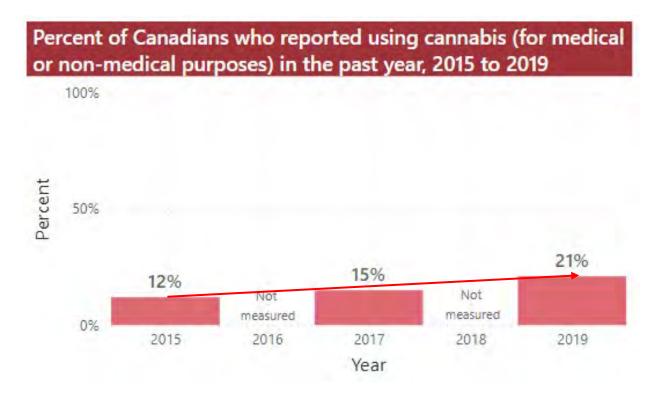


- Heavy drinking is more common in Lambton when compared to Ontario
- Harms related to alcohol use can be chronic (e.g., cancers, cardiovascular disease) and acute (e.g., unintentional injuries)
- On average, 56 Lambton residents per year die an alcohol-attributable death

#### Cannabis use

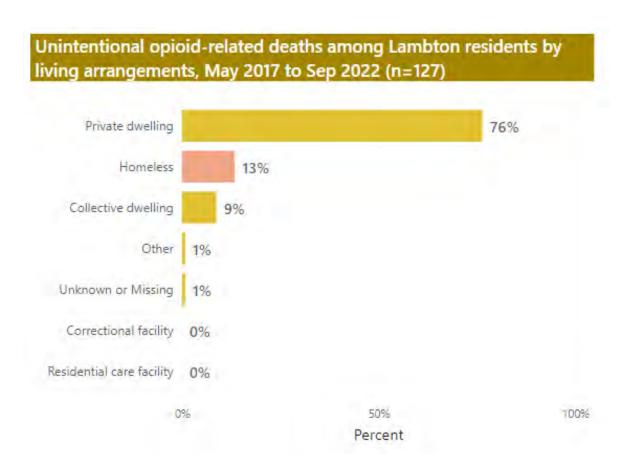
Data on prevalence of cannabis use over time is not reliably available at the local level, so we will rely on provincial/national data sources

- In Canada, prevalence of cannabis use has increased significantly in recent years
  - In 2019, just 1% of those who used cannabis were scored as atrisk for related health problems, including dependency
- In 2018, 68 Lambton residents visited the ED for cannabis-related harms:
  - 54 mental health visits
  - 14 poisonings

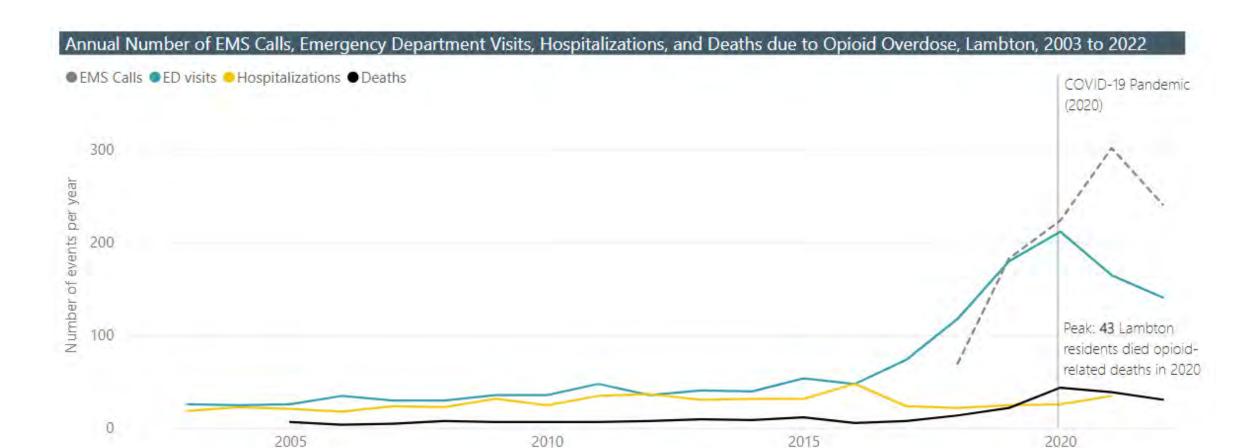


### **Opioid-related harms in Lambton**

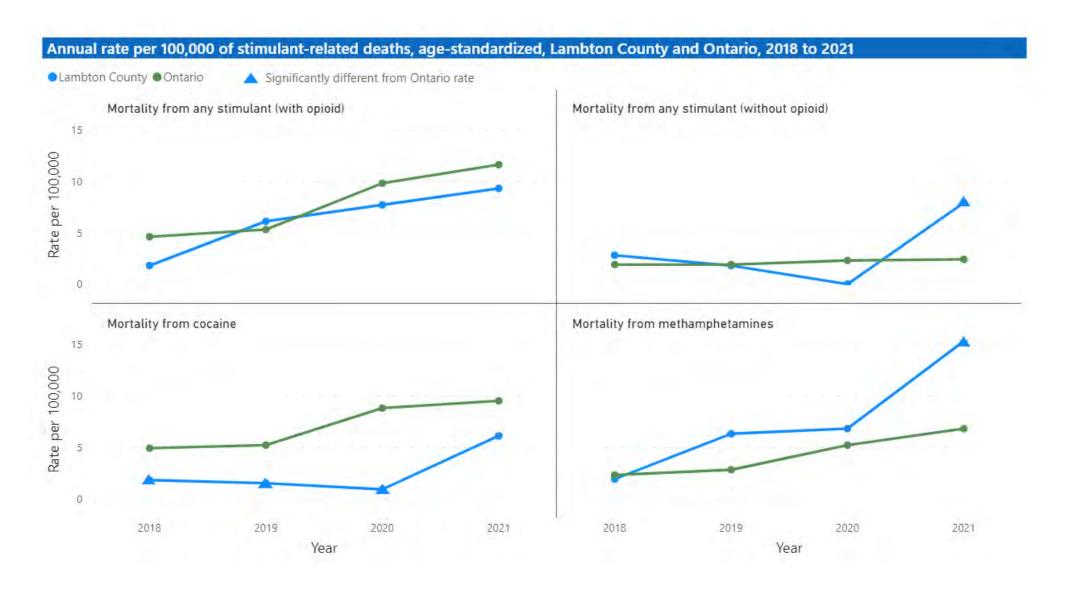
- Opioid related harms continue to be a significant public health issue
- In 2022, an average of 7 Ontarians per day died an opioid-related death
- 13% of unintentional opioid-related deaths in Lambton were among individuals who were homeless
- In 2022, Lambton EMS received 580 calls for patients with no fixed address.
  - 12% for suspected opioid overdose
  - 11% for mental health



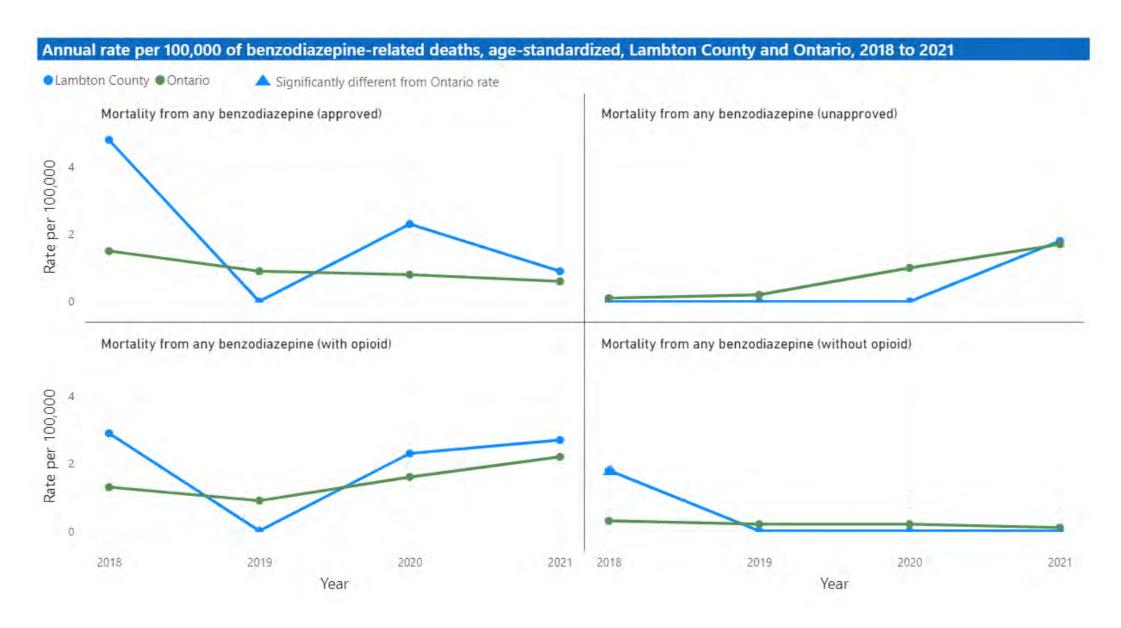
### **Opioid-related harms in Lambton**



#### Stimulant-related harms in Lambton

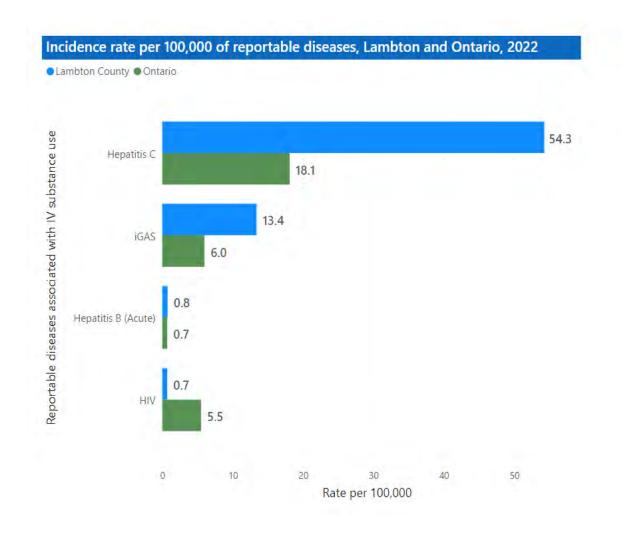


### Benzodiazepine-related harms in Lambton



## Medical outcomes associated with IV substance use: Blood-borne & other illnesses

- Intravenous (IV) substance use is associated with an increased risk of acquiring certain illnesses
- In general, rates of reportable diseases associated with IV substance use are elevated in Lambton compared to Ontario



### Lambton Drug and Alcohol Strategy

#### Current Activities

- The Lambton Drug and Alcohol Strategy (LDAS) is a coordinated response across multiple sectors to reduce the harms related to drug and alcohol use
- LDAS focuses on 3 pillars of work Demand Reduction, Harm Reduction and Supply Reduction in the areas of individual people, places and settings, and systems level changes such as policies



#### References

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- 2. Statistics Canada. Table 13-10-0113-01 Health characteristics, two-year period estimates, 2019/2020. <a href="https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310011301">https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310011301</a>
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- 6. Quarterly Update from the Office of the Chief Coroner Opioid Toxicity Deaths in Ontario up to Sep 2022
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- 8. Lambton EMS Data

- 9. Public Health Ontario. Interactive Opioid Tool, 2022. <a href="https://www.publichealthontario.ca/en/data-and-analysis/substance-use/interactive-opioid-tool">https://www.publichealthontario.ca/en/data-and-analysis/substance-use/interactive-opioid-tool</a>
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- 11. Public Health Ontario. Benzodiazepine Harms Snapshot, 2021. <a href="https://www.publichealthontario.ca/en/Data-and-Analysis/Substance-Use/Benzodiazepine-Harms">https://www.publichealthontario.ca/en/Data-and-Analysis/Substance-Use/Benzodiazepine-Harms</a>
- 12. Public Health Ontario Infectious Disease Query

### Current State

### March 2023

#### **Rhonny Doxtator**

**Acting CEO Canadian Mental Health Association, Lambton Kent** 







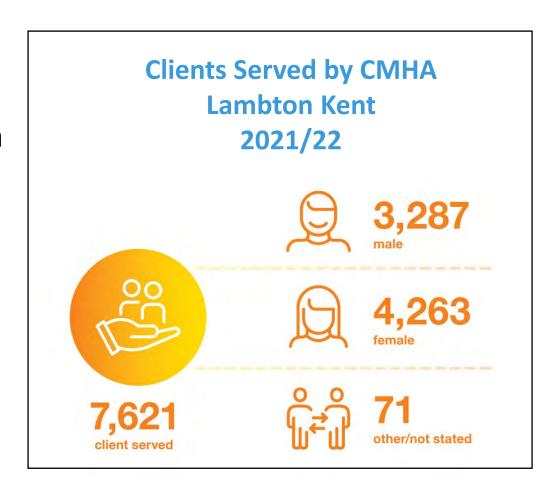






### **Mental Health Statistics**

- 1 in 5 Canadians will experience a mental health issue.
- 6.7 million people in Canada are living with a mental health condition.
- Mental illnesses have been associated with a reduced life expectancy as great as smoking 20 cigarettes/day.
- \$50 billion: the cost of mental illness to the Canadian economy, (pre-COVID).
- Mental health accounted for 7.2% of total healthcare spending in Canada, (2015).

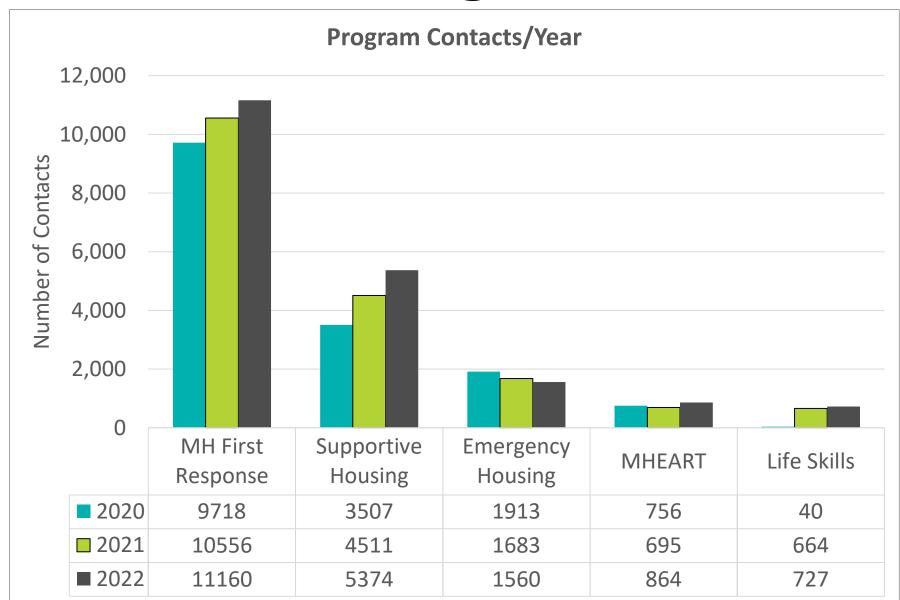


# People with lived experience of MH&A conditions are disproportionately affected by homelessness.

- Individuals with serious MH&A conditions frequently identify income and housing as the most important factors in achieving and maintaining their health.
- Marginalized people are at higher risk for mental illness and experience poorer outcomes.

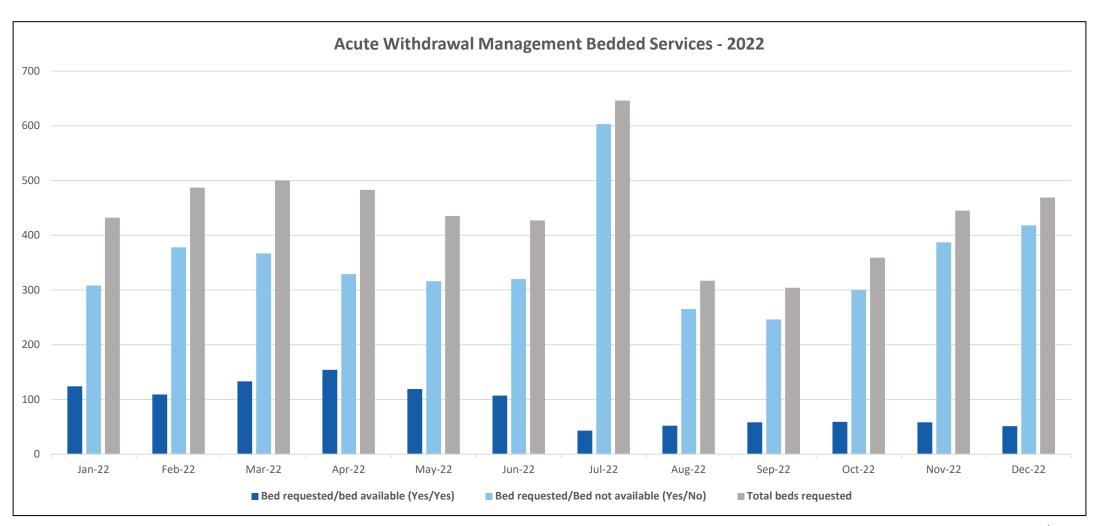


## **CMHA Lambton Program Statistics**

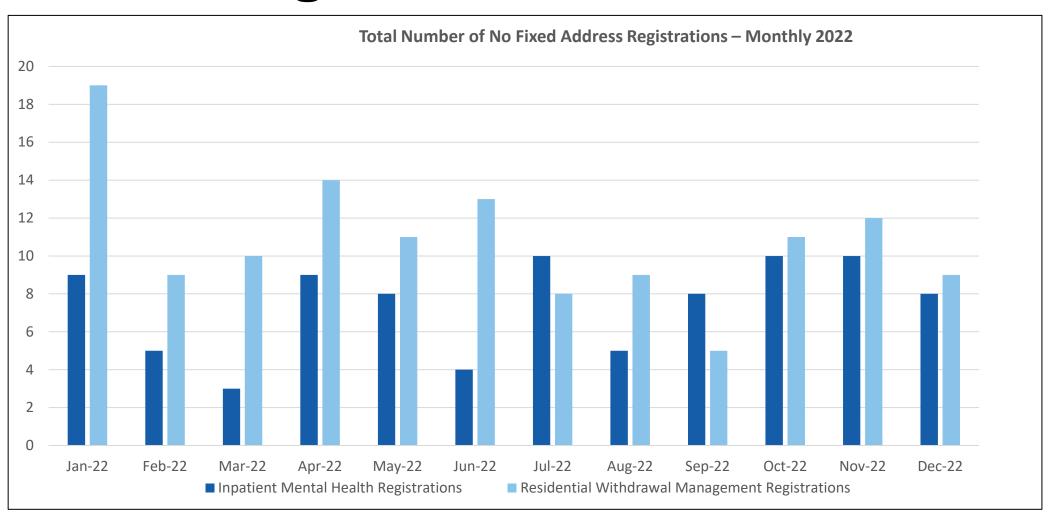


CMHA Lambton Kent

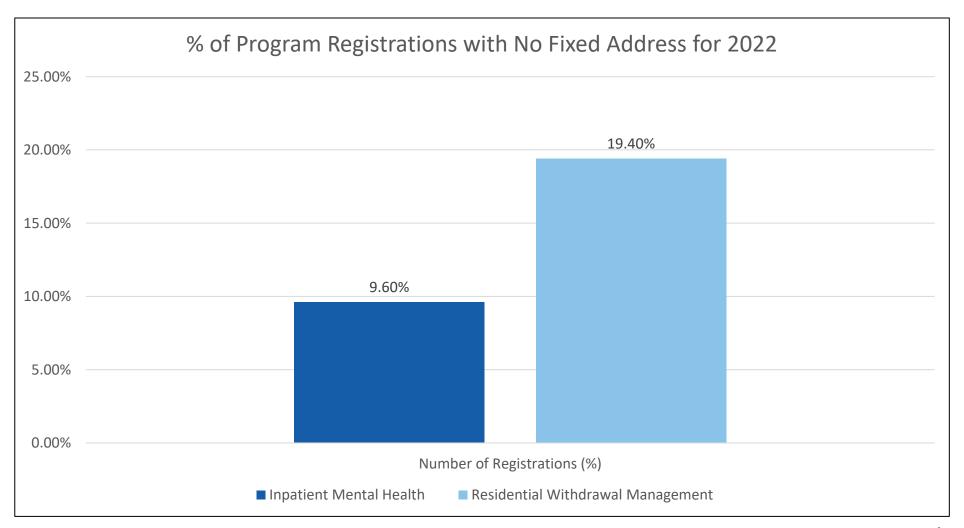
## Bluewater Health Withdrawal Management Program Statistics



## Bluewater Health "No Fixed Address" Registration Statistics



## Bluewater Health "No Fixed Address" Total Statistics



### Break We will continue in





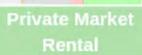








Housing



Home Ownership

## Collaborating for a Vibrant Community

## Jessica Reflections of Lived Experience











## Collaborating for a Vibrant Community

### **Table Discussion #1**











## Collaborating for a Vibrant Community

### **Table Discussion #2**



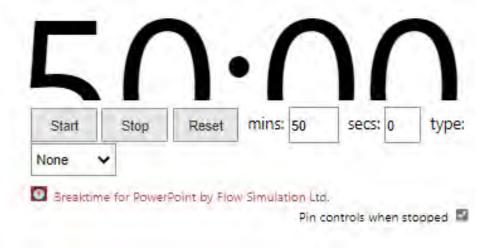








### Lunch We will continue in













Social Private Market
Housing Rental

Home Ownership

## Collaborating for a Vibrant Community

## **Good Minds Song Alphonse Aquash – Aamjiwnaang First Nation**











## Collaborating for a Vibrant Community

### **Table Discussion #3**











## Collaborating for a Vibrant Community

#### **Table Discussion #4**











## Collaborating for a Vibrant Community

### Wrap Up











## Collaborating for a Vibrant Community

## Closing Reflection & Travelling Song Alphonse Aquash – Aamjiwnaang First Nation











## Thank you

## for participating in today's community conversation

Please take a moment to complete a brief feedback survey:

