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Effectiveness of a Housing First Program Delivered in a Rural Region of New Brunswick

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Background

- **Particularity of rural homelessness**
 - Invisibility
 - Physical isolation
 - Lack of services
- **Location:** Southeast New Brunswick, near Moncton.
- **Intervention:** Housing First, Pathways model
- **Services:** ACT team in Moncton with 2 members providing support to rural participants
 - Choice, harm reduction, In the community
- **Housing:** Provides permanent, stable housing
 - Private market, 30% of their income towards the rent, hold their own lease



Methods

Participants = 46

- 24 in At Home/Chez Soi
- 22 in TAU

Follow for 18 months

Quasi-experimental study with a matched sample of participants receiving treatment as usual (TAU)

Outcomes

- % time in stable housing
- Quality of life
- Ability to live in Community (MCAS)



Results

% Time in stable housing

- 80% (HF) and 85% (TAU) were stably housed for a three month period at one-year follow-up

Quality of life

- No differences between the groups

Ability to live independently in the community (MCAS)

- No differences between the groups