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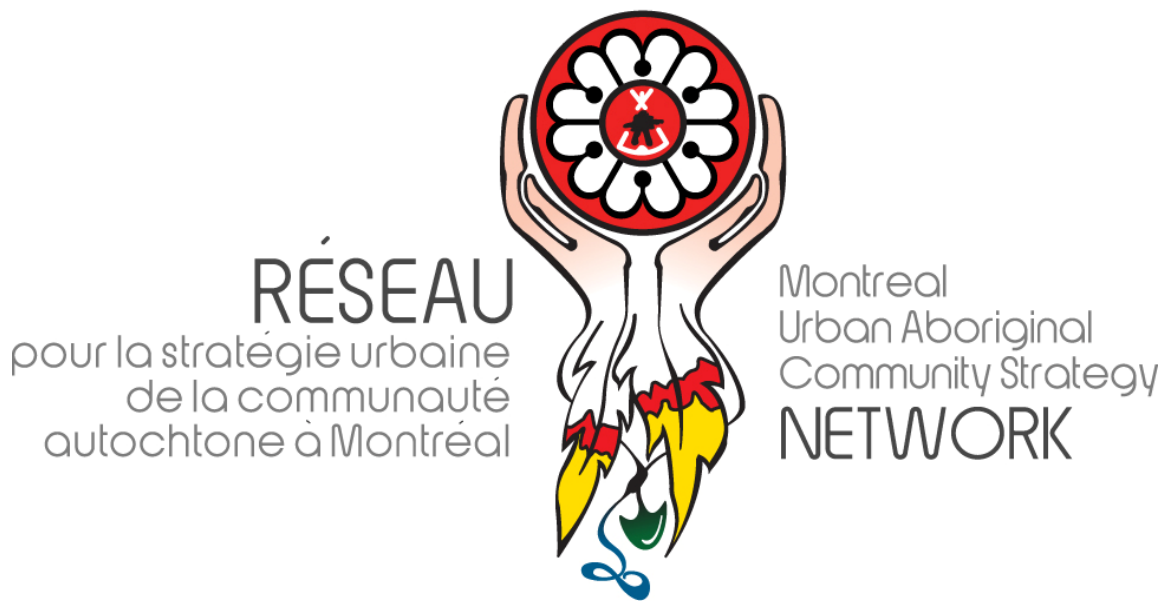
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Canadian Case Studies



Project: Learning from Cabot Square – Developing the
Strategy for Community Safety and Wellbeing

July 2013
(Updated October 2013)



Aboriginal Affairs and
Northern Development Canada

Affaires autochtones et
Développement du Nord Canada

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EXECUTIVE SUMMARY

Countless promising practices across urban Canada address issues similar to those raised in this project. This document provides a brief overview of some of those practices and an idea of the different types of initiatives that may be useful for and adapted to Montreal. This information provides food for thought and inspiration for the Strategy.

The initiatives listed below include small to large scale projects/programs, action plans and strategies that cover a range of issues and offer innovative and collective services: homelessness, housing, healthcare and psycho-social support, alternative forms of justice, Aboriginal-focused justice related services, and holistic programs that offer a diversity of services under one roof.

Most of the initiatives presented are from Western Canada, which have large urban Aboriginal populations. Over the years, these areas have experienced a growth in the number of programs geared to address the specific and diversifying needs of urban Aboriginal communities.

Here is a summary of the findings:

Alberta

10 Year Plan to End Homelessness (Calgary)

- The Plan, the first of its kind in Canada, was created in 2008 in response to Calgary's rapidly increasing homeless population.
- Two fundamentals guide the Plan:
 - *Housing First*: homeless people are provided with a home and are offered ongoing support services to help them overcome the challenges that caused them to be homeless.
 - *The business case*: it is less expensive to house homeless people and provide them ongoing services than it is for them to use emergency shelters and services.
- The Plan consists of four strategies: Prevention and Rehousing, Housing, Data and Research and the Non-Profit Sector.
- A primary objective of the Plan is to ensure that no individual is homeless for more than a week by 2018.
- The Plan is funded by the Government of Alberta, the Government of Canada, the City of Calgary, and over 50 private, public and non-profit partners.

Kootenay Lodge (Calgary)

- Established in 2007, the Lodge offers services to homeless Aboriginal people suffering from severe disabilities, such as physical disabilities, brain injuries, addictions and Fetal Alcohol Spectrum Disorder (FASD).
- The Lodge provides specialized housing to 10 Aboriginal adults between the ages of 18-65.
- The Lodge seeks to improve the physical and emotional well-being of its patients through counselling, medical treatment, opportunities for family reconnection and culturally appropriate activities.
- Aboriginal and non-Aboriginal workers, including Managers, Caregivers, Rehabilitation Workers and Volunteers, are on site 24 hours.
- The Kootenay Lodge is owned by the Calgary Community Land Trust and is operated by the Universal Rehabilitation Service Agency (USRA).

Streetworks (Edmonton)

- Streetworks was created in 1989 to address the presence of HIV among sex trade workers and injection drug users.

- This collaborative organization bases its values on harm reduction, health promotion and primary health care.
- Streetworks has 6 fixed sites around Edmonton, as well as a van. Its staff members also do outreach work on foot.
- Streetworks provides clean needles, condoms and alcohol wipes to injection drug users and sex trade workers to help prevent the spread of HIV.
- Streetworks offers many programs for the target population, including nursing services, advocacy, a Prison Program and the Natural Helpers Program.
- Funders include the Alberta Community HIV Fund, the Capital Health Authority and Alberta Health.

British Columbia

Lu'Ma Native Housing Society (Vancouver)

- Established in 1980, Lu'ma is an Aboriginal run housing society that provides culturally appropriate dwellings to Aboriginal people with low or moderate income.
- Lu'Ma has expanded its services over the years to better meet its clients' needs.
- Lu'Ma works extensively with Aboriginal homelessness, has created the award-winning Aboriginal Patients' Lodge for Aboriginal patients coming to Vancouver for health care and was the first in Canada to introduce Community Voice Mail.
- Funders include the Government of British Columbia, as well as other governmental, private, public and non-profit partners.

The Portland Hotel Society (Vancouver)

- The Portland Hotel Society, created in 1993, provides sustainable housing to people living with concurrent disorders, such as mental illness and addictions.
- 86 adults are provided with permanent, semi-private housing. Each apartment has a toilet and shower and each floor contains a common kitchen, laundry facility and lounge area.
- Mental health workers are on-site 24 hours and a doctor and nurse are on-site several days per week. Additional services include nutritional counseling, acupuncture, art and poetry groups, and communal events.
- Staff members employ the harm reduction model for residents who want to reduce their substance intake.
- The Portland Hotel Society is funded by the British Columbia and Mortgage Corporation and the Vancouver Coastal Authority. Residents pay their rent.

Vancouver's Downtown Community Court

- Established in 2008, the Court has taken a new approach to dealing with offenders who face health and social problems, such as drug addiction, mental health problems and homelessness.
- The Court works with a partnership of organizations from the justice, health and social services sectors to understand and address the root causes of offenders' criminal activity in order to better meet their needs.
- Offenders are provided assistance, such as addictions treatment, housing and employment and educational training, when necessary.
- Depending on the severity of the crime, offenders are either required to perform community service with local organizations and businesses or sentenced to jail.

Manitoba

Ni-Apin Program (Winnipeg)

- The Aboriginal Health and Wellness Centre of Winnipeg created the Ni-Apin Program in 2009 as part of the national At Home/Chez Soi Homelessness demonstration project.



- The Program offers housing and support to homeless Aboriginal people suffering from substance abuse and mental health issues.
- Ni-Apin's services are based on Aboriginal values and beliefs, such as the Seven Sacred Teachings and the Ni-Apin Service Wheel.
- Program participants are assisted in finding housing, signing leases, furnishing them and managing relations with their landlord.
- Once participants have moved in, they are offered ongoing services based on Aboriginal values, such as counselling and training, and health, cultural and economic supports.
- Funding is provided by Mental Health Commission of Canada (MHCC) until March 2013.

Onashowewin Centre (Winnipeg)

- Onashowewin Centre, established in 2002, is a community-based, non-profit organization that provides urban Aboriginal people with Aboriginal Restorative Justice Services.
- Onashowewin seeks to repair damaged relationships between victim and offender by using Restorative Justice Practices and by working with the community.
- Staff members meet with offenders to identify issues that led to their criminal behaviour. Offenders willing to participate in the program are offered victim/offender mediation, Community Justice Forums and conciliation.
- Offenders often perform community service and partake in a number of in-house of community programs and workshops that focus on issues such as making positive life choices, addiction, theft and the roles and responsibilities of Aboriginal men in society. Offenders can also learn how to build a sweatlodge and participate in a Sweatlodge ceremony.
- Funding is provided by the Manitoba Ministry of Justice and the Federal Department of Justice via the Aboriginal Justice Strategy.

Ontario

Native Child and Family Services of Toronto

- Native Child and Family Services of Toronto (NCFST), established in 1986, is an Aboriginal run organization and Ontario's only Aboriginal Children's Aid Society.
- NCFST aims to protect Aboriginal children from abuse and supports their healthy development, as well as that of their families.
- NCFST offers a wide range of culturally appropriate services for Aboriginal children, youth and adults in Toronto.
- Some of its services include an Aboriginal Early Childhood Development Program, a school readiness program, the Native Men's Transitional House, and the Youth Skills Training program.
- NCFST's budget exceeds \$20 million and it is funded by the Governments of Canada and Ontario, the City of Toronto, and partners from the private, public and non-profit sectors.

Tungasuvvingat Inuit (Ottawa)

- Established in 1987, Tungasuvvingat Inuit (TI) is a unique organization geared toward empowering and enhancing the lives of Inuit in Ontario.
- TI helps Inuit adjust to southern urban culture through its multitude of Inuit-specific programs and services, as well as its drop-in centre where Inuit can gather, make traditional foods, and come together for a monthly feast.
- TI has five separate locations throughout Ottawa that house an Inuit Family Resource and Health Promotion Centre, a Cultural Centre, an Employment Resource Centre, the Mamisarvik Trauma & Addictions Treatment Program (Transition House), the Tungasuvvingat Inuit Family Health Team Medical Centre, and the Community and Housing support program.
- TI has direct contact with Nunavut and sends workers up north to help local organizations better respond to clients suffering from trauma and substance abuse.

- TI has an annual budget of \$4 million. Funders include the Aboriginal Healing Foundation, the Governments of Ontario, Canada, and Nunavut, the City of Ottawa, the Applied Health Research Networks Initiative and private donors

Saskatchewan

Community Mobilization Prince Albert

- Community Mobilization Prince Albert (CMPA), created in 2009, is a 'first of its kind' approach that has gained national and international attention.
- Basing its actions on rigorous research and analysis, CMPA prevents crime and violence by bringing together multiple partners to provide short and long-term interventions for individuals at risk of engaging in criminal behaviour.
- CMPA targets the root causes of criminality by offering counselling and options to individuals and families in need, such as those suffering from addictions and mental health issues, or those requiring further education and employment training.
- CMPA consists of two components:
 - *The Hub*, a group of individuals from partnering organizations that meets weekly to identify emerging problems and deliver immediate, coordinated solutions.
 - *The COR* (Centre of Responsibility), the group of professionals that uses research to establish long-term community goals and solutions for crime prevention and reduction.
- The CMPA project is funded by the Province of Saskatchewan, which provides \$450,000 to the COR component. The Hub component works with existing resources.

My Aunt's Place (Regina)

- Established in 2009, My Aunt's Place (MAP) is an emergency shelter for women and children in need of temporary shelter while seeking longer-term accommodation.
- MAP employs the Housing First model and helps its clients find apartments, provides reference letters to landlords and teaches its clients about the expectations of tenants.
- Clients are taught valuable life skills during their short stay at the shelter, such as cooking nutritious meals and budgeting.
- With a clientele that is 90 percent Aboriginal, traditional Aboriginal cultural activities are offered, such as smudging.

ALBERTA

a) Calgary's 10 Year Plan to End Homelessness (Updated Plan)

About

In 2008, Calgary set out a plan to end homelessness in the city. Based on the National Alliance to End Homelessness in the United States' 10 Year Plan model, Calgary became the first city in Canada to implement such a far-reaching initiative.

Broadly, the goals of Calgary's Homelessness Plan are to provide housing to the homeless; ensure that fewer than 10 percent of people provided homes return to being homeless; ensure that people engaged in 'rough sleeping' are provided homes or targeted support options; eliminate the majority of the city's emergency shelter beds; reduce the length of a family's stay in an emergency shelter to seven days by 2018; and reduce the length of any individual's stay in an emergency shelter to a maximum of seven days before providing them housing by 2018.

The two guiding fundamentals of the Homelessness Plan are:

1. *Housing First*

While traditional approaches required homeless people to deal with the issues that led them to the streets, such as mental health problems and addictions, before being housed, the Calgary model applies the Housing First principle. Housing First ensures that homeless people are offered a home at the outset and are subsequently provided support services to deal with difficulties that led them to become homeless. So far, the model has been successful, with 85 to 90 percent of individuals remaining in their new homes.

2. *The business case*

Research shows that it costs less to provide a homeless person a house and support services than it does when emergency shelters are used every night. A homeless person staying at emergency shelters and using emergency services costs upward of \$100,000 per year whereas a homeless person who is housed and provided services costs between \$4000 and \$56,000 a year.

Strategies

Strategy 1: Prevention and Rehousing

- Provide the most vulnerable homeless population - such as those with addictions, victims of domestic violence and those who have been through the legal system - with housing and support services;
- Use a coordinated approach to assess and serve those in need;
- Calculate the number of individuals engaging in 'rough sleeping' and establish a coordinated system of support;
- Ensure that the most vulnerable homeless population receives adequate income through government aid and/or by receiving education and employment training;
- Establish Housing First programs that include continued support to new tenants in order to help them become self-sufficient;
- Implement targeted interventions and prevention methods to assist those at risk of becoming homeless;
- Implement a Plan to End Youth Homelessness and a Plan to End Aboriginal Homelessness.

Strategy 2: Housing

- Build 6000 affordable housing rental units by 2018;
- Assess the capacity of transitional housing and utilize this type of housing;
- Prioritize access to social housing for the most vulnerable population and provide alternatives, such as home ownership, for those willing and able to leave social housing;
- Pressure the private sector to build more affordable social housing;
- Increase the capacity of the non-profit sector to manage and operate social housing;
- Ensure that affordable housing is of good quality;
- Advocate for funding from the public sector, as well as sustainable and innovative funding from the private and non-profit sectors.

Strategy 3: Data and Research

- Use the Homeless Management Information System (HMIS) to collect data on homelessness in Calgary, including the length of time people are homeless, causes, needs, etc. in order to provide targeted interventions for homeless individuals;
- Analyze the data in the HMIS to better coordinate the sector serving homelessness;
- Enhance and update Calgary's Research Agenda to End Homelessness, developed by the community and academic and policy researchers;
- Develop policy changes that tackle the root causes of homelessness.

Strategy 4: Non-profit Sector

- Streamline and coordinate the reporting requirements of agencies working in the homelessness sector;
- Work with the community to develop a more efficient and targeted homeless-serving system;
- Offer skills-training to the homeless-serving sector in order to better meet the needs of their clients;
- Ensure sufficient funding and multi-year contracts are available for the homeless-serving sector.

Budget and Sources of Funding

Calgary's Homelessness Plan is supported primarily by the Governments of Alberta and Canada and the City of Calgary. Over 50 private, public and non-profit partners also fund the Plan.

NB: Information on the *Plan to End Aboriginal Homelessness in Calgary* can be found at the following website: <http://www.aschh.ca/>

b) Kootenay Lodge (Calgary)

About

The Kootenay Lodge, established in 2007, serves homeless Aboriginal people with severe disabilities, such as addictions, Fetal Alcohol Spectrum Disorder, brain injuries and developmental disabilities.

Services

- The Lodge provides specialized housing, as well as access to medical treatment, counselling and support for addictions recovery. It also seeks to improve the emotional well-being of its residents through opportunities of family reconnection, cultural activities and community involvement.

- The Lodge provides housing to ten Aboriginal adults between the ages of 18-65. Each resident has his or her own bedroom and is supported by a staff, both Aboriginal and non-Aboriginal, of Managers, Caregivers, Rehabilitation Workers and Volunteers.
- Drugs and alcohol are not permitted in the Lodge, and residents are allowed to do as they please as they have no schedules to follow. While they are provided with opportunities to take part in Aboriginal cultural activities or to visit their home communities, they are not required to do so.

Budget and Sources of Funding

The Kootenay Lodge is operated by the Universal Rehabilitation Service Agency (USRA) and is owned by the Calgary Community Land Trust. The Kootenay Lodge receives funding from federal grant money administered by the Calgary Homeless Foundation as well as from local Nations and the province. Residents receive Assured Income for the Severely Handicapped, a portion of which goes toward their rent.

NB: In the past month, Kootenay Lodge has changed location and name and is now funded by the Government of Alberta's Persons with Developmental Disabilities (PDD) program. Residents still receive Assured Income for the Severely Handicapped, a portion of which goes toward their rent.

c) Streetworks (Edmonton)

About

Streetworks, originally Needleworks, was created in 1989 by 8 city agencies, including the Edmonton Police Service and Medical Officer of Health, in order to address the issue of HIV among sex trade workers and injection drug users. Services expanded over the years, and nurses were brought on staff.

Streetworks is a collaborative organization that bases its values on harm reduction, health promotion and primary health care. It aims to provide safer and healthier lives for the target population and seeks to enhance their skills, knowledge, resources and support.

Services

- Streetworks has 6 fixed sites around Edmonton, including the Boyle McCauley Health Centre and the Boyle Street Community Services Co-operative. The program has a van, and its staff members also do outreach work on foot.
- Streetworks provides clean needles, condoms, alcohol wipes and a host of other items to injection drug users and sex trade workers in order to help prevent the spread of HIV.
- Streetworks offers many programs for the target population. Some of these services include:
 - *Nursing services:* nurses do health assessments, screening, and immunizations and educate the population about health. They also provide ongoing support to pregnant women and follow up with the chronically ill.
 - *Advocacy:* staff members advocate for clients when needed. This involves taking people to appointments and working with agencies to help them become more effective when dealing with the street population.
 - *Prison Program:* staff members assist individuals involved in the criminal justice system, both while they are incarcerated and after, in order to help them stay safe and healthy.

- *Natural helpers*: staff members work with people who are not doing drugs themselves but who are in close contact with those who are. Streetworks helps these care providers stay healthy and safe and provides them with training and education that they can pass onto the hidden portion of the injection drug use population with which they are in proximity.

Budget and Sources of Funding

Streetworks' current funders include the Alberta Community HIV Fund (ACHF), the Capital Health Authority (CHA) and the Health Innovation Fund (HIF) Alberta Health. Past funders have included the Edmonton Community Lottery Board and the Health Canada – Hep C project.

BRITISH COLUMBIA

a) Lu'Ma Native Housing Society (Vancouver)

About

Lu'Ma Native Housing Society, established in 1980, provides culturally appropriate, affordable housing to Aboriginal people who have low or moderate income. Lu'Ma currently owns and manages over 300 dwellings; recently designed by Aboriginal architect Patrick Stewart.

Although originally exclusively a housing society, Lu'Ma has expanded its services over the past decades in order to meet the needs of its clients. Its members, Chief Executive Officer and Volunteer Board of Directors are of Aboriginal descent.

Services

Lu'Ma's offers a wide range of services in the following areas:

Aboriginal Homelessness

Lu'Ma is the host agency for the Aboriginal Homelessness Initiative and administers several initiatives targeting Aboriginal homelessness, including:

- The *Aboriginal Front Door Society*, which helps Aboriginal homeless people in Vancouver's Downtown Eastside develop life-skills and find and maintain housing. It also provides Youth Outreach Services.
- The *Aboriginal Mother Centre*, which provides fully-furnished apartments for homeless Aboriginal women and their children. The environment is culturally appropriate and women in the Centre receive training and education, are provided employment opportunities and a living income.
- The Circle of Eagles Lodge Society's *Andersons Healing Lodge for Aboriginal Women*, which is an emergency shelter for Aboriginal women that also offers culturally appropriate healing, life-skills and recovery programs, and activities, such as resume writing, counseling, hygiene, drum bag sewing, singing and drumming.
- The Circle of Eagles Lodge Society's *Bannock on the Run/Elders Meals on Wheels*, which provides three meals per month, basic life-skills training, hygiene/survival kits and connection with other services to homeless people living in Vancouver's Downtown Eastside. Meals are also delivered to Aboriginal Elders throughout various locations in Vancouver, and they are provided transportation to and from appointments.

Aboriginal Health and Wellness

- The award-winning Aboriginal Patients' Lodge was established in 2004. With an Aboriginal inspired design, it offers affordable apartments to individuals and families coming in to Vancouver for health reasons, such as operations, appointments, pregnancy and chemotherapy.

Community Voice Mail

- Lu'Ma was the first organization in Canada to introduce Community Voice Mail. Voice mail is provided to Aboriginal persons who are homeless or without a phone, which allows case workers to contact their clients, and for employers to contact applicants without being aware of their living situation.

Budget and Sources of Funding

Funding is contributed by partners for specific projects. Funders include the Government of British Columbia, as well as other governmental, private, public and non-profit partners.

b) The Portland Hotel Society (Vancouver)

About

The Portland Hotel Society was established in 1993 in order to assist people living with concurrent disorders, such as mental illnesses and addictions. The Portland Hotel, named after the US city due to its innovative homelessness initiatives, provides sustainable housing and services for this “hard-to-house” population in Vancouver’s Downtown Eastside.

Services

- Permanent, semi-private housing is provided for 86 adults suffering from mental illness, addictions and/or HIV. Each apartment has its own toilet and shower, and 17 units contain a private kitchen. Each floor contains a common kitchen, laundry facility and a lounge area. The Portland Hotel has a no evictions policy and around 40 percent of the Hotel’s residents stay over 10 years.
- The first floor of the Hotel contains a lounge with a TV. There is also a café which provides residents one free meal each day. Residents who are HIV positive receive 3 free meals per day.
- Mental health workers are on-site round the clock. A doctor and nurse are on-site 4 half-days per week. Additional services are provided to residents, including nutritional counseling, home support services, general counseling, massage and acupuncture, art and poetry groups, and communal events.
- Residents are not required to remain sober. The staff employs the harm reduction model when working with the residents who want to reduce their substance intake.

Budget and Sources of Funding

Funding for the Portland Hotel Society is provided by the British Columbia and Mortgage Corporation and the Vancouver Coastal Authority. The shelter allowance portion of residents’ pension or welfare payments goes towards paying their rent.

c) Vancouver Downtown’s Community Court

About

Vancouver’s Downtown Community Court, established in 2008, was created in response to the reality that a high proportion of Vancouver’s offenders face health and social problems, such as drug addictions, mental health problems and homelessness. The Court has taken innovative measures to deal with these offenders by focusing on understanding the causes of their criminal activity and addressing these problems to better meet offenders’ needs. To date, the Court has worked with approximately 1500 offenders annually.

The Court works with a partnership of organizations from the justice, health and social services sectors, as well as community organizations, local businesses, residents and schools.

Services /How the Court works

- The new Court houses a multitude of partners, including the Crown counsel, defence counsel, probation officers, a police officer, victim services, native court workers, and health, income assistance and housing staff.
- Individuals from this team will assess the offender's situation to best meet his or her needs and present the information and a plan to the judge. If the offender is Aboriginal, native court workers will ensure culturally appropriate services are received.
- The plan can include recommendations ranging from attending sessions on addictions or alcohol, income assistance and housing, to drug rehabilitation or mental health treatment.
- The judge will sentence the offender based on his or her needs and the severity of the crime. This can range from community service to jail time.
- Community service is carried out in relation with local businesses, organizations and service providers. Community service can help the offender gain employment skills, work experience, as well as job opportunities.

Budget and Sources of Funding

The Court works in collaboration with many organizations, business and residents. The City of Vancouver provides funding, as do over 10 private, public and non-profit partners.

MANITOBA

a) Ni-Apin Program (Winnipeg)

About

The Aboriginal Health and Wellness Centre of Winnipeg has been providing services to Winnipeg's Aboriginal population for over twenty years. Its services include a wellness centre, a children's health program (Abinotci Mino-Awawin), a pre-school program (Head Start), a Fetal Alcohol Syndrome/Effects prevention program, a family program called Mino-Pimatiziiwim (Men's Healthy Living), and an Indian Residential School program that provides support to residential school claimants.

The Ni-Apin Program, established in 2009, is operated by the Aboriginal Health and Wellness Centre of Winnipeg and provides housing and support to homeless Aboriginal people who are suffering from substance abuse and mental health issues. It provides holistic services to its clients, including housing, counseling, and training, as well as health, cultural and economic supports.

Services

- The Ni-Apin Program bases its services on traditional Aboriginal values and beliefs, and the Seven Sacred Teachings – sharing, caring, kindness, humility, trust, honesty and respect – serve as the basis for all services. The program is also guided by the Ni-Apin Service Wheel, based on the Aboriginal Health and Wellness Centre's Medicine Wheel. The majority of its staff is Aboriginal.
- Program participants are aided through the process of finding short-term or long-term housing. Staff members help find the apartment and arrange the lease-signing and move in date. When needed, they will speak to the landlord in case of racism or discrimination against their client. They also shop for furniture with the new tenant(s) and help them set up the apartment. A recipe booklet and a \$300 food gift certificate are provided to the new tenant(s).
- Staff members provide continued support to the tenants once they have moved in, and provide them with counseling and home visit services when needed. Health services, visits with Elders and workshops on dealing with diabetes or overcoming grief, as well as literacy, educational and employment and cultural services are also offered.
- Ni-Apin is part of the national At Home/Chez Soi Homelessness demonstration project, which supports the notion of Housing First, and is also supported by researchers from the University of Winnipeg and the University of Manitoba. Participants are randomly chosen by the researchers from the universities.

Budget and Sources of Funding

Funding is provided by Mental Health Commission of Canada (MHCC) until September 2013.

b) Onashowewin Centre (Winnipeg)

About

Onashowewin Centre, established in 2002, is a community-based, non-profit organization that provides urban Aboriginal people with Aboriginal Restorative Justice Services. Onashowewin works with Aboriginal youth and adult offenders who have been referred by the Manitoba Crown Attorneys Office and seeks to repair damaged relationships between victim and offender by using Restorative Justice Practices and by working with the community and Elders. Ongoing services are provided to



offenders in order to help them address the issues that led them to engage in criminal behaviour and to take responsibility for their actions. The organization bases its values on the Seven Teachings.

Services

- The Onashowewin Centre staff consists of an Executive Director, five Community Justice Workers and one Community Justice Worker/Spiritual Advisor.
- Staff members meet with offenders to identify issues that may have led to their criminal behaviour. If offenders are willing to participate in the program, they are offered victim/offender mediation, Community Justice Forums and conciliation.
- While the program is not retributive, offenders are held accountable for their actions. Accountability can come in the form of formally apologizing to the victim, paying restitution or performing community service.
- Offenders may also be referred to a number of in-house community programs, including:
 - *Mino-Bimadiziwin*: this mandatory workshop focuses on making positive and healthy decisions and life choices. Participants discuss the consequences of poor choices and are encouraged to take responsibility for their actions.
 - *Inini*: this workshop teaches Aboriginal men about their responsibilities and codes of conduct in society, as well as how to treat women and those around them.
 - *One Life*: this workshop focuses on addiction issues, including the impact on loved ones and the resources available to overcome them.
 - *Ki-Moo-Tin (Theft)*: this workshop focuses on those who have been charged with theft. Workers define stealing and kleptomania and teach participants about community resources, budgeting, employment centres and food banks.
 - *Ways of Being*: this workshop teaches offenders how to build a sweat lodge and gives them the opportunity to participate in a SweatLodge Ceremony and Sharing Circle.

Budget and Sources of Funding

The Onashowewin Centre is funded primarily by the Manitoba Ministry of Justice and the Federal Department of Justice, via the Aboriginal Justice Strategy. Funding is provided on a yearly basis.

ONTARIO

a) Native Child and Family Services of Toronto

About

Native Child and Family Services of Toronto (NCFST), established in 1986, was founded by members of the Aboriginal community alarmed at the high number of Aboriginal children in the hands of the Children's Aid Societies. NCFST aims to protect Aboriginal children from abuse and supports healthy development of them and their families. NCFST offers a wide array of culturally appropriate services for Aboriginal children, youth and adults in Toronto.

Services

NCFST's services and programs target various clienteles in a culturally appropriate manner. A few of its many services include:

Children

- Native Child and Family Services of Toronto (NCFST) is the only Aboriginal-specific children's aid society in Ontario. When NCFST receives calls about children being abused, measures are taken to ensure their well-being, including placing them in foster homes.

Children and Families

- The *Aboriginal Early Childhood Development Program* offers parenting education and support for families who have children up to six years of age. Services include parenting groups, workshops, in-home support and family drop-ins.
- The *Aboriginal Early Years Centre* is a place where families with children up to six years old can go to meet new friends and enjoy themselves. Services and programs offered at the Centre include monthly cultural events, yoga, the Abinooji Circle, parent relief, the Mino Meechum community kitchen, a children's clothing bank and information for parents and caregivers about child development.
- *Aboriginal Head Start (Building Strong Spirits)* is a school readiness program for children between the ages of 2½ and 6. The program is multi-faceted and teaches children about their culture and language, fosters a love for life-long learning, gives children school-readiness skills, ensures children receive preventative health care and nutritional meals, helps children develop social and emotional skills and encourages families and guardians to be involved in their children's lives.

Adults

- The *Native Men's Traditional House* consists of 12 beds and aims to help Aboriginal youth between the ages of 16 and 24 who are homeless or under-housed. Residents must sign a Residency Contract and are allowed to stay for up to 18 months. A primary youth worker is assigned to each resident and provides them assistance and counseling. Each resident must identify his or her needs, goals and create a plan of action (including an assessment of vocational and educational needs) to attain independent living. Support and guidance are provided by the in-house mentor, as well as through activities such as drumming and traditional teachings.

Youth

- The *Youth Skills Training program* is geared toward Aboriginal youth between the ages of 18 and 24 with a minimum of Grade 11. It is a paid, six month program which focuses on

education and employment preparation. Services include a general equivalency diploma, certification in CPR/food handling, life skills training (such as time management, budgeting, nutrition, and traditional cultural teaching circles), school skills, employment skills (such as resume writing) and work experience. Participants who have completed the program successfully are able to join the workforce or enroll in post-secondary education. According to the Toronto Aboriginal Research Project, this program is very well appreciated among youth (TARP, 116).

Foster Parenting and Adoption

- NCFST provides foster parenting and adoption services.

Budget and Sources of Funding

Native Child and Family Services of Toronto employs 180 workers and has a budget of over \$20 million. Major funders include: the Governments of Canada and Ontario, the City of Toronto, Aboriginal Healing and Wellness Strategy, BMO Employee Charitable Foundation, Children's Aid Foundation, CIBC World Markets, Ka:nen, Kiwanis Club of Toronto, Métis Training Initiative, Miziwe Biik, Aboriginal Training and Employment, Ontario Arts Council, Ontario Trillium Foundation and United Way Toronto.

b) Tungasuvvingat Inuit (TI)

About

Tungasuvvingat Inuit (TI), an organization geared toward empowering and enhancing the lives of Inuit, was established in 1987. TI provides Inuit specific programs and services, as well as a drop-in centre where Inuit can gather, make traditional foods, and come together for a monthly feast.

TI's mandate is to help Inuit adjust to southern urban culture, to help individuals and families experiencing difficulties, to provide assistance and counselling to Inuit dealing with substance abuse, to offer advice on employment and training, to offer personal financial management information and counselling and to offer community and recreational programs.

TI is the only organization of its kind in Ontario. Organizations across the entire country contact TI for advice.

Services

TI offers a wide array of integrated services to Inuit. It has five separate locations throughout Ottawa, which house an Inuit Family Resource and Health Promotion Centre, a Cultural Centre, an Employment Resource Centre, the Mamisarvik Trauma & Addictions Treatment Program (Transition House), the Tungasuvvingat Inuit Family Health Team Medical Centre, and the Community and Housing support program.

- *The Family Resource Program* offers services to families with children under the age of six who are at risk. This program offers advice on child development and nutrition, cultural development and retention, parenting and caretaking skills, and community development and healing. Parent Relief Care is also available.
- *The Health Promotion Program* offers services to all Inuit, regardless of age. The program encourages healthy living by educating clients about nutrition, physical activity, and other healthy lifestyle choices.
- *The Cultural Education Centre Program* offers traditional Inuit activities for Inuit and all citizens of Ottawa, such as traditional sewing, cultural camps, and music events.

- *The Community Support Program* offers various Inuit services, such as settlement assistance, agency referrals, individual support, language interpretation, short-term crisis support and emergency food assistance.
- *The Employment and Learning Centre* assists Inuit throughout Ontario in finding employment. The Employment and Training Program helps Inuit define their employability skills, their vocational and educational needs, and assists them with job placements. Services offered include employment counselling, reading and writing skills, resume and cover letter assistance, computer and telephone access, computer skills, human relations skills and conflict resolution workshops, to name but a few.
- *The Tungasuvvingat Inuit Family Health Team* offers culturally appropriate health care to Inuit in Ottawa. Primary care is provided to the patients, and particular attention is given to Inuit health priorities, such as Tuberculosis, Sexually Transmitted Infections, Mental Health, Pre-Post Natal, Hepatitis, Diabetes, Complex Morbidity, Mortality, and Traditional and Complementary Medicine. A Health Research project was also undertaken in collaboration with the Ontario Ministry of Health and Long Term Care.
- *The Mamisarvik Healing Centre* offers culturally appropriate services to Inuit in need of addiction and trauma treatment. The Centre runs a 53-day treatment program to Inuit over 18 years of age suffering from addiction or mental health problems stemming from physical and sexual abuse. Support is also offered to survivors of Residential Schools.
- *The Transition House* is located next to the Mamisarvik Healing Centre and offers accommodation for up to ten Inuit per year. An abstinent environment is provided for Inuit struggling with addiction and trauma.
- *The Housing Support Program* offers assistance to Inuit in need of housing, medical, legal and financial advice. Housing Support Workers assist Inuit in finding accommodation, filling out forms, and also provide assistance in times of crisis.
- TI also has direct contact with Nunavut and sends a capacity building team, *The Northern Trainer*, to help local organizations better respond to clients suffering from trauma and substance abuse.

Budget and Sources of Funding

Tungasuvvingat Inuit has a staff of 54 employees and an annual budget of \$4 million. Funders include the Aboriginal Healing Foundation, the Governments of Ontario, Canada and Nunavut, the City of Ottawa, the Applied Health Research Networks Initiative and private donors.

SASKATCHEWAN

a) Community Mobilization (Prince Albert)

About

The Community Mobilization Prince Albert (CMPA) project was created in 2009 and is a 'first of its kind' approach that is being used as a model in other parts of Canada and internationally. Its work was inspired by research carried out in Glasgow, Scotland.

The CMPA is committed to the prevention and suppression of crime and violence by bringing together multiple partners to provide short and long-term interventions for at-risk individuals. Research and analysis are used to deliver targeted and effective services to those at risk of engaging in criminal behaviour.

The CMPA targets the root causes of criminality by offering counselling and options to individuals and families in need, such as those suffering from addictions and mental health issues or those requiring further education and employment training.

Components

The CMPA consists of two components:

The Hub

The Hub is a group of approximately 20 individuals from the various CMPA partners that meets twice a week. This group identifies emerging problems and/or at-risk individuals and provides "immediate, coordinated and integrated responses" (CMPA Brochure).

Any HUB stakeholder, member, or outside community organization can introduce a case to the group.

The COR (Centre of Responsibility)

The COR is a group of professionals from participating ministries and policing partners that examines the notion of community safety and wellness on a larger scale. It establishes longer-term community goals and solutions for crime prevention and reduction. Its recommendations are based on extensive research, analysis and experience.

The COR provides reports of patterns and lessons learned, offers liaising support among participating agencies, works with the Province to create a basket of measures and is a source for research data, information and consultation.

Partners

The Community Mobilization Prince Albert project is carried out through the partnership of the following organizations and agencies: Social Services Child Protection, Social Services Income Assistance, Mental Health, Addiction Services, Prince Albert Police Service, Catholic School Division, Sask. Rivers School Division, Prince Albert Grand Council, RCMP, City of Prince Albert, Mobile Crisis, Public Health, Adult Probation, Youth Probation, Corrections, Prince Albert Fire Department, Bylaw Services, Prince Albert Parkland Health Region and the Prince Albert Housing Team.

Budget and Sources of Funding

The Community Mobilisation Prince Albert project is funded by the Province of Saskatchewan, which provides \$450,000 to the COR component. The CMPA is being used as a model for Saskatchewan's Building Partnerships to Reduce Crime initiatives. The HUB component works with existing resources.

b) My Aunt's Place, YWCA (Regina)

About

My Aunt's Place (MAP), established in December of 2009, is an emergency shelter for women and children in need of temporary shelter while seeking longer-term accommodation. These women have often left situations of abuse, are new to Regina, or have been evicted.

Services

- MAP employs the Housing First model and provides many services to its clients, such as finding apartments, signing leases, providing reference letters to landlords and teaching its clients about the expectations of tenants.
- During their stay in the shelter, clients are expected to help with the housework and help the House Support Worker prepare nutritious meals. Clients are also taught valuable life skills, such as budgeting.
- Over 90% of the clients are Aboriginal women and children. Many traditional Aboriginal cultural activities are offered to the clients, including smudging. There is also a resident Elder who holds a sharing circle and helps the clients when they are living through difficult moments.
- The staff at MAP consists of a Program Manager, Housing Coordinator, Outreach Worker, House Support Worker, Front Line Support Workers and the resident Elder.

Budget and Sources of Funding

MAP is funded primarily by the Saskatchewan Ministry of Social Services, the Urban Aboriginal Strategy and the Homelessness Strategy.

For more information, please contact:

Vivien Carli

International Centre for the Prevention of Crime (ICPC)
vcarli@crime-prevention-intl.org - 514 228 6731, ext. 228

Marla Williams

Montreal Urban Aboriginal Community Strategy NETWORK
marlawilliams38@gmail.com



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