

PROGRAM DESCRIPTIONS



A consortium comprised of by three human services organizations currently provide **'Permanent Supportive Housing'** in Lethbridge, Alberta. These organizations are:

YWCA, SASHA, & Family Ties Association.

While each of the programs serve those experiencing homeless, each has specialized target to best serve the broad range of needs often experienced by this population.

COORDINATED REFERRALS

All referrals are to be submitted to:

pshreferrals@outlook.com

All complete referrals will be reviewed bi-weekly and pre-scored to be presented at a placement committee.

SASHA: VERSA

Southern Alberta Self Help Association's (SASHA) VERSA program is a residential mental health support program that provides safe and stable housing to participants based on the philosophy of "Housing First". Up to 10 participants who experience chronic and/or severe mental illness are supported in a congregate living setting in the community. There are 2 staff available 24-hours a day and each participant is offered supports based on the principles of recovery, community integration, self-reliance and harm reduction. Staffing supports include access to a Case Manager as well the AHS Outreach Team to help participants connect with community resources in the areas of physical health, mental health, justice system support, substance use, daily living supports and recreation. Note: Program accessibility requires that individuals be fully ambulatory.

FAMILY TIES: RIVER HOUSE

Family Ties Association's River House program provides congregate residential housing and 24/7 wraparound supports to up to 10 chronically homeless substance-dependent males, who are struggling with chronic addictions, mental health, and/or physical health issues. The program is based upon the principles of 'Housing First' and employs a harm-reduction approach. River House offers broad range of low-intensity supports are provided by a staffed interdisciplinary team and in-reaching services who directly assist participants in reaching their maximum level of functioning, independence, and comfort. The individuals best served by the program are those unable to access existing facilities and/or programs primarily due to their high-acuity and active use of substances and those previously unable to achieve stability in other less-intensive programs and services. As the program utilizes a 'Managed Alcohol Program', alcohol-dependency prior to intake is factor that will be considered when determining appropriateness of referrals. NOTE: The River House facility is wheelchair accessible.

YWCA: WOMENS RESIDENCE

YWCA's Women's Residence is a safe, secure and affordable option providing housing for up to 24 female-identifying participants in Lethbridge who need extra support with security, guest management, basic daily living, and assistance in maintaining housing. Individuals must be able to care for their own basic needs (including hygiene and feeding oneself). The staffing compliment includes 2 case managers and 24-hour support staff who assist with meal preparation, room organization, meaningful daily activities, and more. The Women's Residence program models both person-centered and harm reduction philosophies. The facility is a communal living environment and provides a furnished room and access to basic needs (including food & hygiene products).

YWCA: HESTIA

YWCA's Hestia Homes program is a low-mid acuity 'Housing First' program which serves up to 9 youth of all genders aged 17-24. The program aims to build independence in the youth with the goal of building their capacity and skills to such a level that they are equipped to live in market housing. The program is staffed by one case manager during the day and support staff during the night. The program is comprised of three houses in different locations. Therefore, suitable youth are semi-independent in their day-to-day dealings who required extra support in the areas of following-through with plans and navigating community barriers.