I'm right here beside you:

Peer Support's Centrality in Housing First



About Us



Our Vision

A Region Without Homelessness

Our Mission

To ensure appropriate solutions are in place to serve those individuals experiencing chronic homelessness in the capital region.

To ensure all people facing homelessness in the capital region have access to safe, affordable, appropriate, long-term housing



Pacifica Housing's vision is to build better lives through affordable homes and community connections

They offer distributed and congregate supportive, supported and affordable housing from Victoria to Central Vancouver Island

Outreach services including Streets to Homes, an innovatice Housing First outreach service





The Inspiration

Communities throughout the region are safe, healthy, vibrant, welcoming and supporting of people from all walks of life and at all stages in their life journey.





Impact

What we do

in collaboration with housing, health and support service providers; law enforcement; faith communities; funders; people with lived experience of homelessness; interested individuals; business and government entities.

Who we are



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01	A Common Agenda		
02	Shared Measurement System	经	
03	Mutually Reinforcing Activities		
04	Continuous Communication	\bowtie	1
05	Backbone Support Organization		

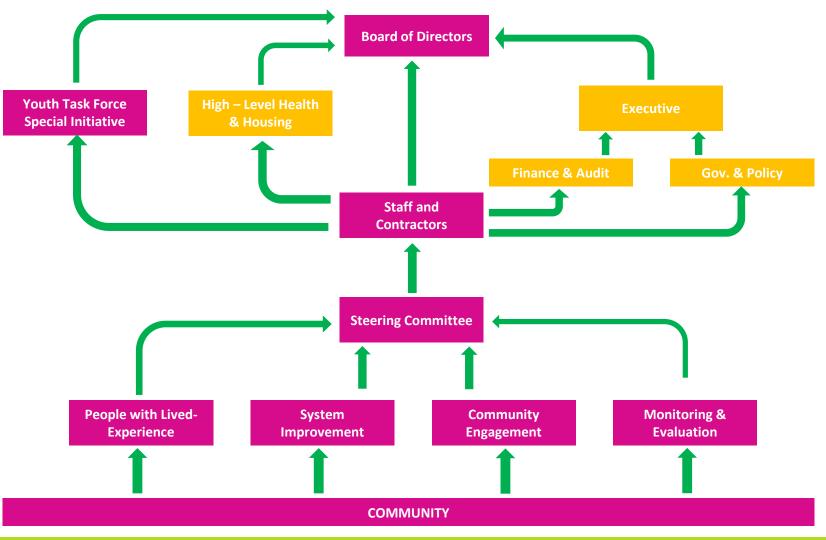




COMMUNITY GOAL

Include at least 2 people with a lived experience of homelessness at every community table related to homelessness.

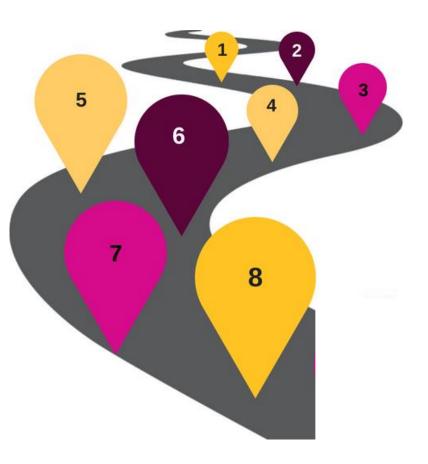
Inclusion







The PHSP Story





Current Peer Support Team and Peer Housing Support Program Advisory Committee





Peer Support and Housing First

Rapid Housing with Supports



Housing readiness is not a requirement

Tenants have Rights & Responsibilities



Clients contribute to rent and have rights consistent with tenant acts and regulations

Offer Clients Choice



Clients are offered choice both in housing and in supports

Separate Housing from Services



Acceptance of services is not required for housing

Integrate Housing in the Community



Scattered-site housing reduces stigma and increases social inclusion, though clients may prefer congregate housing

Strengths-based & Promoting Self-Sufficiency



Focus on building strengths for self-determined goals that help lead to self-sufficiency





Relationships and Communication







Lisa's Story



Lisa Crossman

Indigenous Peer Supporter and People with Lived Experience Co-chair





Stages of Change Model

RELAPSE

Falling back into old patterns, actions and behaviours. Each relapse is met with new insightes and knowledge.

MAINTENANCE

Achieving positive and concrete change with potentially decreasing levels of support.

Living out of harm's way.

PRE-CONTEMPLATION Not thinking about or has rejected change.

Living in harm's way.

CONTEMPLATION

Thinking and talking about change. Seeking support.

Tired of living in harm's way.

ACTION

Taking positive steps and putting the plan in practice.

Slowly moving out of harm's way

PLANNING

UPWARD SPIRAL

Planning what it would take to make change happen.

Investigating how to move out of harm's way





DIVERSITY OPTIONS EMPOWERMENT





Peer and Peer Supporter Agreement Form

Peer and Peer Supporter	The places that are convenient for both of us to meet are:
Agreement	
PEER:	
PEER SUPPORTER: Activities we may choose to work on and participate in together towards maintaining safe housing will be: (ex.: housekeeping, coffee meetings, recreational activities, grocery and household supplies, shopping, etc.)	We both agree to work together with behaviours and spoken words which will create an environment of respect, compassion, understanding, shared responsibility, personal boundaries, and confidentiality.
	Signed by:
	PEER:
	Date:
Services and programs that are currently helpful as supports are:	PEER SUPPORTER: Date:
Services and programs that may be helpful to enhance supports are:	
Days, Hours, and Times we will be meeting each week will be:	





Peer Support is . . .

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centers
                                  emotional
                   housekeeping
           programs
             pharmacy
                       parks family hospital talk
             services
                     wellness accessing meetings
organizations culture
           phone doctor food status
                                     visits
                       crisis
                              nutrition beach
        setting banking
                           documentation
                                            meal
                                                   change
         talks communication boundary grocery skills
              connecting calls texting cards coffee
              errands
                      connection
                       planning
                 library
                           relationship
                            bank holistic
                         building
```





Key Terms

Empowerment Disruption Per Connection Relationship Support





Program Strengths

Creating alliances
Building synergy
Interrupting isolation







Benefits





Unexpected





Support in the Housing First Context







Creating through Disruption

Challenging the status quo
Disrupting power imbalances
Flattening roles
Demonstrating the value of
lived experience









Learn more at victoriahomelessness.ca

