

Encouraging the development and mobilization of quality housing research

Safe and Affordable Housing – The Well-Being of Women

Safe and affordable housing is central to the well-being of women and their families. Although there is a small body of literature addressing the housing needs of women affected by factors such as single parenting, low income and intimate partner violence, there is a specific gap in knowledge addressing housing as it relates to pregnancy, early parenting and substance use.

Lenora Marcellus, an associate professor in the School of Nursing at the University of Victoria, has partnered with community-based programs that provide services and supports to pregnant and newly parenting women with substance use challenges and their families to study this issue. In BC, these programs are located in the Downtown Eastside (Sheway), Surrey (Maxxine Wright) and Victoria (HerWay Home).

A longitudinal mixed methods study was recently completed in partnership with the Sheway program. 18 women who were current or former clients were interviewed at 6 to 12 month intervals over three years. Three key themes were identified: (1) restoring their sense of self during recovery, (2) becoming a strong center for their family, and (3) creating a sense of home no matter the circumstances. Women in this study were able to maintain fairly consistent housing over this period of the early years after the birth of their most recent child. However, they were frustrated with how it was hard to see a way out of their current set of circumstances to improve living conditions for themselves and their children. Three concepts related to housing were included in the third theme:

Chasing space: Finding an initial affordable residence was seen as one of the biggest barriers, particularly during the pregnancy and post-partum periods of time when they were dealing with treatment and recovery issues. This search was hindered by stigma, lack of transportation and low housing stock. In their search, they also needed to find out the details of what was available in the neighborhood to support their family (like daycares, schools, food banks and parenting support programs).

Seeing any housing as good enough. Many issues were identified related to the quality of the living environment, including limited landlord response to maintain the apartment, living in unsafe neighborhoods for walking or playing, and being in a space that was too small for the size of the family. It was also a struggle to maintain housing when children were moving in and out of foster care. Overall there were low expectations for any improvements and a sense of resignation to the state of their housing.

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The Pacific Housing Research Network facilitates multi-sectoral research focused on housing affordability and sustainability, and fosters dialogue and collaboration among housing stakeholders across B.C. to encourage the effective application of research results to housing solutions.

Message from Our Co-Chair

As a vibrant provincial research network The Pacific Housing Research Network (PHRN) is aware of this important moment for housing researchers, service providers and policy makers. PHRN is accepting abstracts for the housing symposium 2018. The symposium is embedded in the Housing Central conference taking place in Vancouver, November 18 to 20, 2018.

We are seeking housing research and examples of promising practices from community-based practitioners, academics and government researchers from across housing sectors (i.e., policy, technical, cultural, health, social services, political, economic) who will help draw the connections between research and practice. We also encourage graduate and senior undergraduate students at post-secondary institutions across BC to submit their research. Research may be in (but is not limited to) any housing research area related to: affordable housing, social inclusion, Indigenous housing, technical/green practices, data and measures and housing policy.

Abstract submission deadline: May 1, 2018

Details are available on our website: www.phrnbc.com
or by email: phrn@uvic.ca

Looking forward to the opportunity for researchers, housing providers and policy makers to dialogue at Housing Central,

PHRN Co-Chair Dr. Bruce Wallace (UVic)

Want to receive E-News updates from PHRN?

For up-to-date news on housing research, student opportunities, upcoming events, and other resources, subscribe online at

<https://phrnbc.com/subscribe-to-our-e-news/>



Who is PHRN?

Our Steering Committee:

Penny Gurstein (UBC), Co-Chair
Bruce Wallace (UVic), Co-Chair
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Elizabeth Tang (CMHC)
Brian Clifford (BCNPHA)
Nolan Beise (MITACS)
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Carlos Teixeira (UBC Okanagan)
Nathan Lauster (UBC)
Virginia Holden (Housing Policy Branch)
Tricia Roche (Network Coordinator)

Partner News

BCNPHA



BCNPHA, together with its partners, the Co-op Housing Federation of BC and the Aboriginal Housing Management Association, are welcoming participants to the 2018 Housing Central Conference. The conference is scheduled from Sunday, November 18 to Tuesday, November 20 at

the Sheraton Vancouver Wall Centre in downtown Vancouver. The Housing Central Conference is the largest affordable housing conference in Canada and offers three days of learning, networking and celebrating the successes of the housing sector. As the must-attend forum on affordable housing, the Housing Central Conference is an unmatched opportunity to discuss the latest developments in the housing sector, from unique municipal initiatives to new provincial funding and the National Housing Strategy. For more information: bcnpha.ca/events/

PHRN Objectives:

1. To encourage networking, partnerships and the **sharing of findings** across researchers, knowledge users, and stakeholders.
2. To **support each other** in developing and conducting research.
3. To **leverage capacity** to find funding solutions for housing research and dissemination.
4. To **encourage students** to consider housing as an area of choice for their career.



National Housing Strategy – A Vision for Inclusive Housing

Canada's first National Housing Strategy (NHS) is a 10-year, \$40-billion plan that will give more Canadians a place to call home. The strategy is a national initiative, built through extensive consultations over a period of close to two years with Canadians from all walks of life: experts, stakeholders, think tanks, and people with lived experiences to provide a diversity of housing perspectives. It re-establishes a federal leadership role in housing, with a long-term vision for housing, clear goals and ambitious targets, significant new investments and a focus on partnership to achieve more.

The NHS offers a vision for the Canada of tomorrow as a place where families thrive, where children learn and grow, where parents find the stability to succeed in the job market, and where the elderly live in dignity — it is community renewal on a national scale.

To help realize this vision, the primary focus of the NHS will be meeting the needs of vulnerable populations, including seniors, Indigenous peoples, survivors of family violence, people with disabilities, refugees, veterans, young adults, people with mental health and addictions issues, and those experiencing homelessness.

The NHS also emphasizes enhanced research and data collection to help us better understand Canada's housing markets, fill data gaps and promote economic stability. Better research will assist in improving homeownership options for Canadians by informing policy on homeownership, urban planning, and infrastructure investments. Over the next 10 years, \$241 million will be invested in new data collection tools, demonstration projects and solution labs, and encouraging more housing-related research outside government to diversify information sources and perspectives.

Visit the National Housing Strategy website: placetocallhome.ca



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Holding together a house of cards. Being able to sustain a physical residence and a sense of home for a family required significant effort. Women reported a tenuous hold on household planning, with one small unexpected change (such as a five-week month, a child's birthday, or being sick) being significantly disruptive. Some women were in precarious relationships and made the choice to stay with a violent partner rather than lose housing and create uncertainty for their children.

In summary, insight was gained in this study into how women managed to live within highly complex and precarious social circumstances through the early years. Both the physical aspects of housing (such as cost, location, safety, maintenance and adequate space) and the qualities that provide a sense of home for families (stability, routine, familiarity) are important considerations when developing housing resources and policies.

Marcellus, L. (2017). A grounded theory of mothering in the early years for women recovering from substance use. *Journal of Family Nursing*, 23(3), 341-365.

BC Housing



Scenarios for Managing the End of Operating Agreements

As a companion to the Expiring Operating Agreements - Planning Guide, BC Housing, in partnership with BCNPHA, published several scenarios that outline possible options non-profit housing providers can implement both in advance of expiry and post expiry of an operating agreement. Scenarios feature societies operating housing in different parts of the province, including both small portfolio housing providers and single project providers.

<https://www.bchousing.org/research-centre/library/expiry-of-operating-agreements/scenarios-for-managing-EOAs> and <http://bcnpha.ca/resources/expiry-operating-agreements/>

Building High Performance Homes through Local Energy Efficiency Partnerships (LEEP)

These videos showcase how the LEEP initiative is helping to drive innovation in the industry and accelerate the construction of affordable energy-efficient homes. LEEP enables builders to reduce their time and risk by using innovations that can help them build higher performance homes better, faster and more affordably. <https://www.bchousing.org/research-centre/library/local-energy-efficiency-partnership-leep/building-high-performance-homes>

Illustrated Guide For Building Safe and Durable Wood Decks and Balconies

While wood decks and balconies can be robust and long-lasting structures, they can be challenging to design and construct, primarily because of their exposure to the elements. This guide provides an overview of commonly occurring durability issues and is a resource for designing, constructing, and maintaining wood-deck and balcony structures for single and multi-family wood-frame homes in British Columbia.

<https://www.bchousing.org/research-centre/library/residential-design-construction/ig-building-safe-durable-decks-balconies>

Illustrated Guide - R22+ Effective Walls in Residential Construction in B.C.

This guide was developed to assist builders and designers to construct walls that achieve R22 or higher thermal performance. It applies to low-rise detached and semi-detached homes, row-houses/townhomes, and multi-unit residential buildings up to six storeys. <https://www.bchousing.org/research-centre/library/residential-design-construction/ig-R22-effective-walls-residential-construction>

Energy Consumption in Low-Rise Multi-Unit Residential Buildings

Many multi-unit residential buildings (MURBs) in BC and other parts of North America have undergone or are undergoing comprehensive building enclosure retrofits to remedy moisture-related problems or to renew aging components. This study assesses the actual energy consumption of low-rise residential buildings as well as the impacts of building enclosure retrofit- or rehabilitation-related improvements on the overall energy consumption of these buildings. <https://www.bchousing.org/research-centre/library/building-science-reports/low-rise-energy-study>



BC HOUSING



BCNPHA
BC Non-Profit Housing Association



University
of Victoria