# MORE THAN A ROOF... *healing* HOMELESSNESS

## MAJOR FUNDRAISING CAMPAIGN 2020-2024

*objective*

**8**

*millions $*

LA RUE DES FEMMES

The Relational health Institute

« I FELT A DISCONNECTION BETWEEN MY BODY, MY HEART AND MY HEAD. I LITERALLY FELT THE LINK BETWEEN THEM BREAK . I FELL INTO THE COMA OF MY LIFE . LA RUE DES FEMMES HELPED ME PICK MYSELF UP AND GET BACK MY RELATIONAL HEALTH . I SURVIVED, I HEALED. AND TODAY, I'M ALIVE . »

*Francine (fictitious name)*

# *Relational* HEALTH INSTITUTE

# A VISIONARY PROJECT

*More tha a roof... healing homelessness*

## RELATIONAL HEALTH

> ***Relational health is the vital capacity to feel safe and to connect with oneself and others.***

## 25 YEARS OF EXPERTISE

La rue des Femmes has chosen to focus on relational health in developing its model of intervention.

This approach is informed by our daily experience working with women living in a state of homelessness.

The validity of the relational health approach has been confirmed by the latest discoveries and practices in the field of neuroscience and trauma in the United States and independent researchers at UQÀM in a 2016 study.

## LA RUE DES FEMMES RECOGNIZES, UNDERSTAND AND TREATS HOMELESSNESS

> ***From a relational health perspective, homelessness is a state of complete physical,mental and relational unwellness.***

La rue des Femmes welcomes and provides care to women in a state of homelessness or at risk of becoming homeless. As survivors of extreme trauma, these women are in a state of post-traumatic stress.

These women come from all age groups, cultures and walks of life. They are full and equal citizens who have been broken and deprived of their relational health.

Regardless of the severity of their condition, all women are accepted. They want access to care in order to heal, restore their potential and return to a normal life.

# LA RUE DES FEMMES SAVES *lives!*

## OUR MISSION

- Offer therapeutic and preventive care to women in a state of homelessness or at risk of becoming homeless.
- Act as a centre for research and training in relational health for care providers.
- Raise public awareness of the issues and challenges of homelessness.
- Promote relational health as a key aspect of overall health that is as vitally important as physical and mental well-being.

## OUR VISION

- Change people's understanding of homelessness.
- Modify the approach to the care provided to people living in a state of homelessness.
- Become a leader in relational health care, research and training.
- Offer our services to all homeless women, regardless of the severity of their situation.

« YOU HAVE CHANGED THE COURSE OF PEOPLE'S LIVES. YOU HAVE HELPED CHANGE THE WAY PEOPLE PERCEIVE THE HOMELESS. ( ... ) YOU ARE A SOCIAL MAPMAKER AND YOU HAVE MAPPED OUT THE COLLECTIVE PATH THAT WE WILL NOW FOLLOW* »

*Rosannie Filato, Executive Committee, City of Montreal*

# 3 *centres* OFFERING CARE AND SERVICES IN MONTREAL

*A winning structure*

**Jacqueline House**
*Emergency shelter and stabilization*

**Olga House**
*Healing and reconstruction*

**Dahlia Centre**
*Rehabilitation*

**In January 2018, the City of Montreal addressed these remarks to Léonie Couture, C.M., C.Q., Founding President of 4 La rue des Femmes, for her appointment to the Order of Canada in December 2017.*

# URGENT *action* IS NEEDED

DEMAND IS CONSTANTLY GROWING **+14%** *in the past year*

## *La rue des Femmes in 2019**

***Welcomes and provides*** **1 234** women **40%** of them were not sheltered at La rue des Femmes

***Offers emergency, overflow and transitional shelter*** **69** beds **9 905 refusals,** due to a lack of space!

***Offers access to*** **2** day centres **99 193** meals served **+ 44 056** presences

***Offers*** **54 560** hours of relational health care, including **3 441 h** of specialized care

- counselling
- psychotherapy
- art therapy
- choir
- textile art
- writing
- yoga
- massage therapy
- reiki
- training in relational health and trauma

**Numbers are from the 2019-2020 LrdF annual report.*

# APRÈS **60** *years* OF DEINSTITUTIONALIZATION AND HOMELESSNESS IN QUEBEC, RELATIONAL HEALTH IS A *must*

**1960-1996:** Deinstitutionalization of mental health

**1960:** Emergence of the phenomenon of homelessness in Montreal

**1987:** International Year of Shelter for the Homeless

**Starting in 1960**, creation of community organizations offering help to the homeless

**1960:** 6,000 patients at St-Jean-de-Dieu psychiatric hospital (Louis-H. Lafontaine), including 3,000 people with chronic mental illness

**1961:** Publication of the book Les fous crient au secours : témoignage d'un ex patient de Saint-Jean-de-Dieu, by former patient Jean-Charles Pagé

***1960*** ***1961*** ***1987*** ***1994*** ***1996*** ***2002***

**Creation of La rue des Femmes**

**Olga** House

« FIVE YEARS AGO, I FOUND LA RUE DES FEMMES. AND I CAN TELL YOU THAT THEIR COUNSELLORS KNOW A THING OR TWO ABOUT TREATING TRAUMA! NOT ONLY DID THEY HELP ME HEAL MY HOMELESSNESS (...), BUT I GOT MY RELATIONAL HEALTH BACK AND I GOT MY DAUGHTER BACK . »

*Kyla H.*

Sixty years ago, women like Kyla would have been locked up in an asylum. Today, they often end up homeless... and on the doorstep of La rue des Femmes.

**2015:** Housing first and chronic homelessness

**2008:** Parliamentary commission and interdepartmental action plan on homelessness

**2008-2012:** At home/Chez-soi research project

**2014:** National policy to fight homelessness

**2015:** 3,000 chronically homeless people

**2018:** 3,500 chronically homeless people (figures do not include the "hidden homeless," many of whom are women)

**2019:** Publication of the book *Les fous crient toujours au secours* by Sadia Messaili

***2008*** ***2014*** ***2018***

***2006*** ***2008*** ***2015*** ***2017*** ***2019*** ***2024***

**Dahlia** Center

**Presentation of a brief** to the Parliamentary Commission on Homelessness

**Official position:** Homelessness is a problem rooted in trauma and the loss of relational health

**Jacqueline** House

**Study report:** The relational approach of LrdF

**Creation of the** La rue des Femmes **Relational Health Centre**

# MORE THAN A ROOF... *healing* HOMELESSNESS :

## THE RELATIONAL HEALTH INSTITUTE : A TRANSFORMATIVE PROJECT

***Emergency and Transitional Housing Service***

To ensure safety and survival, and to allow for stabilization and rehabilitation.

***Center for Curative and Preventive Care in Relational Health***

Including day centers and offering various therapeutic methods* to ensure the healing of relational wounds and reintegration into normal life

***Community Care Clinic***

To provide emergency health care and physical and mental health follow-up.

***A driver of change, an agent of awareness and relational health promotion***

To the public and governments.

***Integrated Centre for Research and Expertise***

For the development, transfer and expertise of knowledge - internships, training and conferences - in relational health.

***A creator of alliances and partnerships***

With organizations working in the area of homelessness, particularly women's homelessness.

**Psychotherapy, sociotherapy and relational therapy/Counseling in toxicomany*

# OUR OBJECTIVE : 8 million $

## WHY donate

- *To hire specialized therapists and counsellors to provide up to 10,000 hours of care in 2024.*
- *To acquire premises required for therapeutic care including complementary therapies - art workshops, choir, writing, yoga, drama therapy, dance, etc*
- *To open a community care clinic at Jacqueline House.*
- *To create the first research and expertise centre in relational health.*
- *To support emergency and transitional housing services.*

## YOUR impact

- *Accelerate the healing of homelessness by breaking the cycle.*
- *Increase the number of women receiving care and services to 1,500 by 2024.*
- *Increase significantly the number of women maintained in housing from 350 to 700 by 2024.*
- *Change the understanding of homelessness.*
- *Promote the relational health intervention model.*
- *Innovate with a solution to homelessness that is both successful and sustainable.*

« 25 YEARS OF LEARNING HOW TO TREAT HOMELESSNESS, TO PROVIDE CARE AND A SENSE OF SECURITY TO TRAUMATIZED WOMEN, WOMEN JUST LIKE YOU AND ME, TO RETHINK OUR PERCEPTION OF BEHAVIOUR WE FIND SCARY – A CRY OF DISTRESS, A SCREAM FOR HELP, A REFUSAL TO DIE, THE WILL TO LIVE – AND OF HOW TO FIND HOPE IN DESPAIR . »

*Léonie Couture, C.M., C.Q., Founding President of La rue des Femmes*

# LA RUE DES *femmes* RELATIONAL HEALTH INSTITUTE

## INNOVATION AND EXCELLENCE

A leader in relational health care, La rue des Femmes defines itself as a Relational Health Centre based on its integration of research and development with the therapeutic care and long-term rehabilitation services it offers to women in a state of homelessness.

Thanks to its innovative and effective practices, the La rue des Femmes Relational Health Centre will transform the way in which care is provided to people living in a state of homelessness. This will have a significant impact on the homelessness situation in Montreal, Quebec and Canada

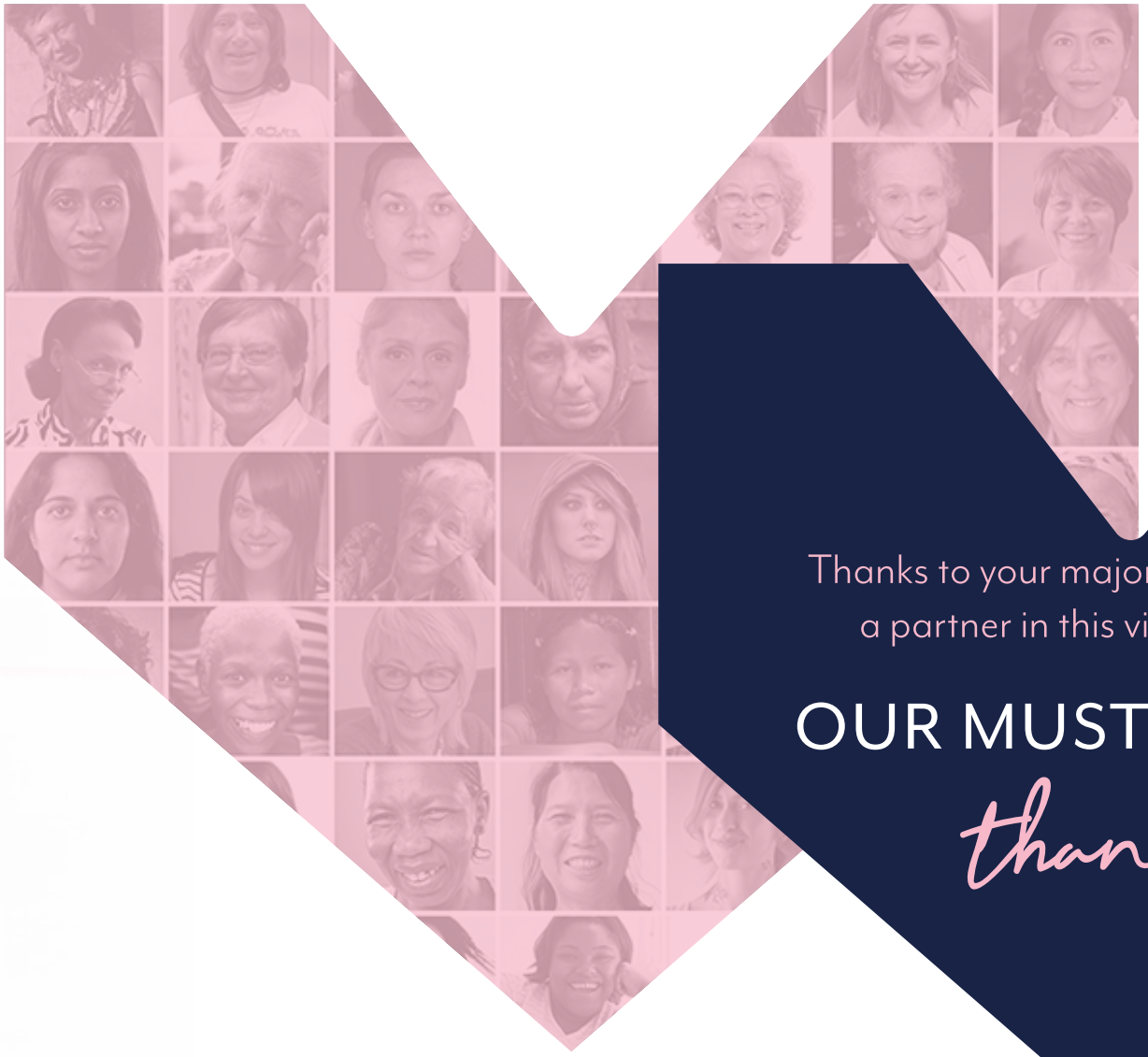
# CURRENT *partners*

On March 31, 2019, with the support of the City of Montreal and the Centre intégré universitaire de santé et de services sociaux, the Department of Women and Gender Equality Canada granted $1M in funding to La rue des Femmes for a five-year project to evaluate and develop a model based on its unique approach to intervention and care. This grant will make it possible to promote the use of La rue des Femmes' model of intervention across Canada.

Femmes et Égalité des genres Canada
Women and Gender Equality Canada

Centre intégré de santé et de services sociaux Québec

Montréal



Thanks to your major donation, you are a partner in this visionary project!

# OUR MUST SINCERE *thanks!*

# RELATIONAL HEALTH *healing* HOMELESSNESS FOR *life*

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