



# Caitlan's Place

CoverdaleCourtworkSociety



## AN ALTERNATIVE TO INCARCERATION A SOLUTION TO HOMELESSNESS

Est. February 2021

Coverdale Courtwork Society (Coverdale) is a non-profit charitable organization that supports women, girls and gender diverse individuals who are involved or at risk of involvement in the criminal justice system. Since 1923, Coverdale has provided residential, community, court and justice system services that address the needs of marginalized and criminalized persons in the region. The society's programs are governed by a volunteer board of directors and directly operated by a team of skilled professionals trained in the fields of social work, law, human services, addictions, mental health, and criminal justice.

Coverdale operates Caitlan's Place, a supported housing program in Halifax that offers flexible and voluntary support services for individuals who are experiencing poverty, mental illness, addictions, homelessness, and the criminal justice system. Coverdale understands that without access to supported housing, many are trapped in a homelessness-jail cycle—rotating in and out of jail, detoxification centers, and emergency health care. This revolving door keeps women trapped in a cycle of crime and survival. Homeless individuals are more likely to be denied bail and held in detention because the criteria for assessing the risk of flight (employment status and residential stability) and the imposition of conditions for bail, particularly surety, disproportionately disadvantages certain groups.

Caitlan's Place is permanent and supported housing that provides 15 single-occupancy rooms which are fully furnished. Residents share common spaces including a kitchen (2), living room (2), bathroom (5) and on-site laundry. Prepared meals and groceries are provided to the residents. There are at-least two staff on-site at all times and the facility operates 24/7. Residents must be able to pay rent within 30 days of arriving which is \$535 per room and includes wifi, cable and all utilities. Residents sign a lease and Schedule B (Caitlan's Place Resident Handbook) and have an obligation to adhere to the expectations and responsibilities of tenancy at Caitlan's Place.

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## Admission Criteria

Woman/gender diverse  
age 18+ and involved in  
criminal justice system

Require 24/7 support  
and/or supervision

Able to live in a high-  
density building and  
manage activities of  
daily living with minimal  
support

Have an income source  
to pay rent (IA,  
pension, OAS, wages,  
etc.)

Demonstrated  
willingness to work with  
onsite supports



HOUSING FIRST  
HARM REDUCTION  
RECOVERY ORIENTED  
RESTORATIVE  
TRAUMA INFORMED  
CULTURALLY RESPONSIVE



## SUPPORT SERVICES

Caitlan's Place aims to break harmful cycles of incarceration and homelessness by providing assertive interventions within a high tolerance environment. The goal is not simply to get people out of jail and off the streets but to provide a comprehensive array of supports that assist people in achieving stability which allows them to exit the criminal justice system and homelessness permanently. By providing housing and support in a client-centred and harm reduction focused/recovery oriented environment, Caitlan's Place engages clients to create an atmosphere of trust where opportunities for change can be discovered.

Caitlan's Place supports residents through the lens of the social determinants of health, well-being, and justice. The social determinants such as: employment, housing, and education status; poverty, social exclusion and discrimination; gender-based violence, stigma and trauma are particularly affecting the mental health of women and gender diverse individuals who are involved in the criminal justice system.

Staff are on-site 24 hours a day to offer support, crisis management, make referrals, assist residents with daily living tasks and ensure safety and well-being of residents, along with the following programs and services:

- Individual case management
- Transitional Healthcare services (Physician, RN, Occupational Therapy)
- Addictions programming
- Mental health clinician (including assessments)
- Life skills training
- Recreational programs and activities (community wellness navigation)
- Cooking program
- Court & bail support (and supervision)
- Cultural supports for Indigenous and African Nova Scotian residents
- Peer support
- In-house paid employment opportunities

All residents receive a welcome package that includes:

- A cell phone
- \$25 phone minutes
- \$25 grocery card
- Personal Care Products
- Coverdale and Community Resources and phone numbers

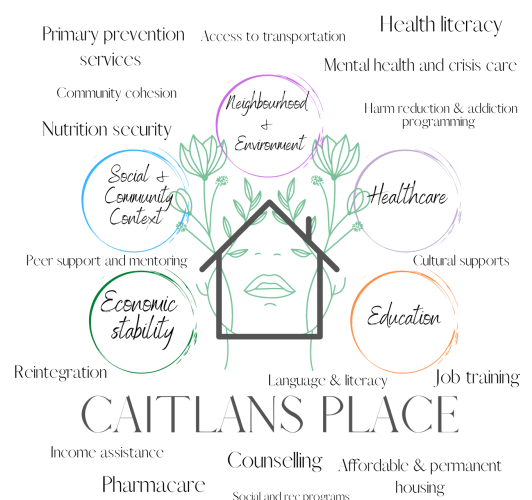


## SUPERVISION SERVICES

Caitlan's Place is designed and equipped to supervise court orders. Individuals are released on their own recognizance under the supervision of Caitlan's Place. The house can accommodate house arrest, curfew and other conditions of release. Residents on house arrest will often have an exception to their conditions to leave in the presence of Caitlan's Place staff.

- There are two awake and alert staff on site 24/7
- Traffic is monitored through a buzzer system
- There are both interior and exterior security systems
- Frequent house checks are completed to identify the presence and wellness of residents
- All residents must sign in and sign out

Caitlan's Place Operational Policies and Procedures direct employees to monitor conditions and report breaches for individuals under supervision. Staff have received extensive training in these processes. **All efforts are made to resolve the breach and include the resident in the reporting process.**



## QUICK FACTS

- Coverdale works closely with the Central Nova Scotia Correctional Facility to engage in collaborative release planning
- Caitlan's Place is operated in collaboration with AHANS and receives core funding from the Department of Community Services
- Coverdale has a partnership with MOSH to provide transitional health services to Caitlan's Place clients
- Caitlan's Place is the only housing first, criminal justice focused house for women in Nova Scotia
- The average age is 30 years old
- Caitlan's Place served 38 women in it's first year of operations
- All staff are trained in NVCI, ASIST, CPRFA, Trauma Informed Care, Restorative Practices and Harm Reduction.