

Calm HOMES (Healthy, Organized, Manageable, Educated, Spaces) PROGRAM OVERVIEW

Holistic support for low-income families to declutter their homes for lasting change.

This program aims to support low-income families across Simcoe County to access physical, behavioural, and mental health supports to declutter their homes, get the tools needed to increase home safety and housing stability, as well as sustain lifelong change.

Participating families will be provided with practical supports including:

- Education and skill development - e.g., *virtual workshops*
- Cleaning and organizational supplies - e.g., *garbage bags, recycling bags, cleaner, paper towels*
- Professional disposal service - e.g., *waste bin services*
- In-home volunteers
- In-home behaviour consultation
- One-on-one and family mental health counselling
- Additional supports unique to the needs of the family

GETTING STARTED

Discovery Session & Home Scan: To better understand your family's unique needs and how our program can support you, participants will participate in a brief 30-minute virtual Discovery Session with program staff to identify family program goals and review the program agreement. Participants will then participate in a Home Scan session which will include a brief in-home visit by program staff to review your home prior to the first volunteer session. This will include flagging any safety concerns, as well as any additional supports you may require to ensure a safe and productive experience for participants and volunteers.

Program Agreement: Participants will be required to complete a program agreement outlining participant responsibilities throughout the program including attendance, cancellation policies, communication, and overall commitment to program engagement.

Orientation: All successful applicants will be required to attend a mandatory virtual program orientation session that will provide essential program information as well as an opportunity for participants to ask questions, become comfortable with the program process, and connect with their designated volunteers. Participants will also be asked to complete a survey at the beginning and end of the program to support future learning for the program.

THE PROGRAM

Workshops: Participants will engage in five virtual workshops to support the development of their skills toward creating and maintaining a clean, organized, and comfortable home. All participants are expected to attend all sessions. If you require technology or other supports to attend, please feel free to contact our team at the e-mail below. Please see the participant pathway for more details.

Group Connection: Following each workshop, participants will join together in a group engagement session led by an Occupational Therapist to explore themes related to their mental health throughout their program journey. These discussions will be facilitated in a safe and confidential space and will provide meaningful education as well as peer support. All participants are expected to attend all sessions and are required to attend a minimum of four sessions.

Home Sessions: Participants will engage in at least five home sessions with a trained program volunteer to guide families through decluttering, cleaning, and organization of their homes. This will include learning about each family's circumstances, assessing their unique needs, and making a plan with goals that are meaningful and sustainable. A behaviour support professional will be available to participate as needed. Additional in-home volunteer sessions will be available beyond the 10-week core program, as needed.

Volunteer Role: Program volunteers will work alongside participants through collaborative planning and guidance using a respectful, non-judgmental, and solution-focused approach. They will provide "body doubling", where someone works alongside you as you tackle tasks to declutter your home. While their role is "hands-off", their presence helps you stay focused, motivated, and accountable.

Individual & Family Counselling Sessions: Mental health counselling sessions will be available for all participants throughout and beyond the 10-week core program in person or online through the Reflection Centre to help address the underlying thoughts and feelings raised through the process and to address anything else that may prevent positive changes; dealing with the anxiety, stress, or guilt that can come about when getting rid of things; why/how things have come to get this way; help clients think about their belongings differently; developing coping, organization, and problem-solving strategies. While engagement in these sessions are not a requirement for participation in the program, it is strongly encouraged to support meaningful, long-term, positive change.

Cleaning Supplies & Disposal Bin: Cleaning supplies will be provided to participants throughout the program and delivered during home sessions. Once participants have completed at least two in-home volunteer sessions, participants will also be able to access to a disposal bin service once they are ready, that will be coordinated and arranged by the program. Volunteers will guide participants in preparation for this service.

Organizational Professional & Supplies: As spaces are decluttered and organizational skills are developed, families will be involved in the process of identifying what will work best for storage or furniture, etc. in partnership with an organizational professional, to make it easiest to maintain. Our program will then make arrangements to purchase or receive donations of items needed.

Follow-Up: Once families have completed the 10-week core program, volunteers will stay connected with their families for monthly check-ins, gradually increasing the time between visits to ensure maintenance and sustainability, and to help bring forward need for further professional support, should the need arise. Facilitated alumni peer support sessions will be available monthly.

Contact: If you have any questions regarding the program or require support with the application please contact sarah@glowingheartscharity.org.

Calm HOMES Participant Pathway

