

SEED CHANGE



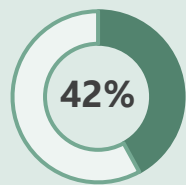
June 2026 Study Update

What's new?

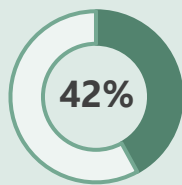
In February-March of this year, we recruited and enrolled the first cohort of SEED CHANGE, reaching our initial goal of 12 participants – six from St. Catharines/Niagara Region and six from Toronto/Greater Toronto Area.

What are we learning?

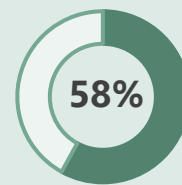
Initial data from baseline surveys for Cohort 1 indicate that our participants represent **typical demographics** for young people who have experienced homelessness.



identify as
2SLGBQ+

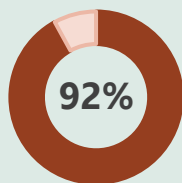


identify as
racialized

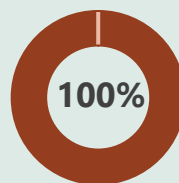


history of child
welfare involvement

Baseline data also highlight that young people are facing **significant economic challenges** while attempting to exit homelessness.

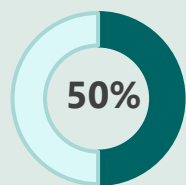


receiving social
assistance

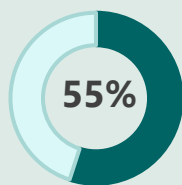


experiencing food
insecurity

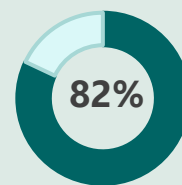
There are **promising opportunities** for this intervention to bolster community-based supports.



in school



informal adult
mentor



regular contact with
adult relative

What's next?

- 🌱 Cohort 1 will participate in follow-up surveys and focus groups in August/September.
- 🌱 We will begin recruiting for Cohort 2 in late summer.

SEED CHANGE



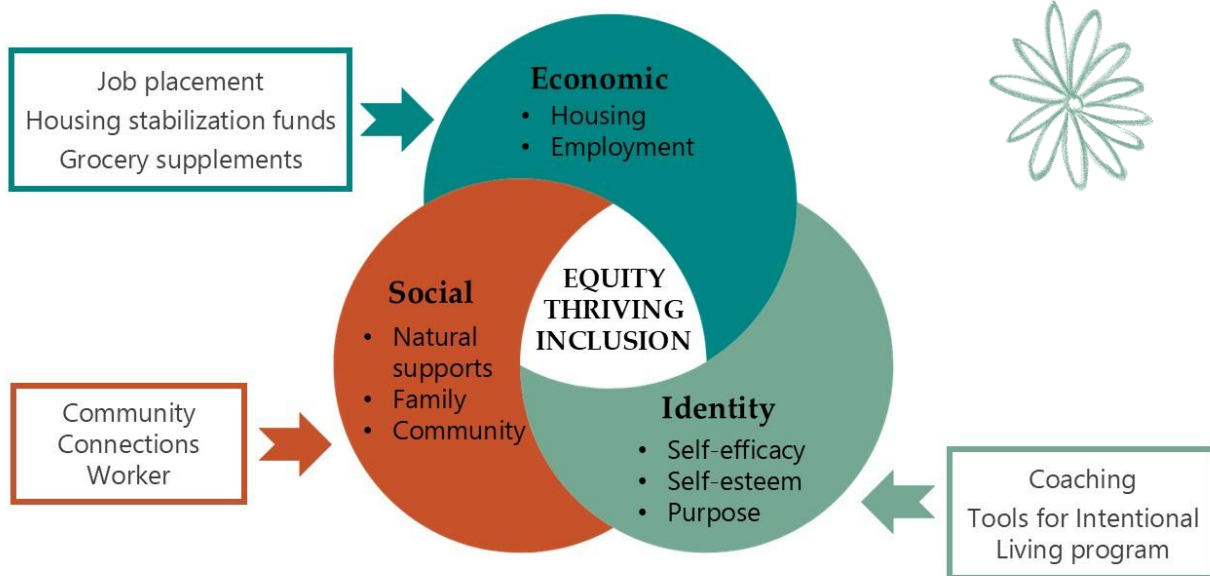
Supporting Social & Economic Equity,
Disrupting Cycles of Homelessness, And
Nurturing Growth & Empowerment

MAP Centre for
Urban Health
Solutions

 **ST. MICHAEL'S**
UNITY HEALTH TORONTO

Project Overview

SEED CHANGE is a research study seeking to understand how to best support young people transitioning out of homelessness. The SEED CHANGE study offers youth (aged 18-24) who have recently transitioned out of homelessness access to multiple forms of support over an 18-month timeframe.



Research Objectives

Because this is a pilot study, we are focused on whether these supports are feasible (i.e., Will young people engage in the study and supports?) and acceptable (i.e., Do young people find the supports satisfactory and/or beneficial?). We are conducting online surveys and in-person focus groups with participants every six months for 24 months.