



The name **Switchback** is a metaphorical reference to the sharp, 180-degree turns going up a mountain. It signifies a radical change in direction, a path that looks less than straight but leads eventually to the top of a mountain.

The Switchback is a transitional housing program. It's a 15-unit apartment building with 7 two-bedroom units and 8 one-bedroom units. We believe all youth deserve the opportunity to have a safe roof over their heads without exception. Not only will you find that here – but you will be provided with wrap-around support to help you reach your goals.

What supports will be offered?

The Switchback has Program Support Workers available to assist residents 24/7. When a resident first moves in, they will meet with a Case Manager and a Life Skills Facilitator. This is when they determine their goals and what they want to accomplish during their time at the Switchback. After their initial intake, residents will meet with staff once a week for their routine “check-ins.”

Staff will connect residents to all the resources and supports they request. There is a Drug & Alcohol counsellor, trauma counsellor and nurse practitioner available in the building. Transportation is available for meetings and appointments that happen off site.

Who can live there and for how long?

The Switchback houses youth and young adults between the ages of 16 and 24. They may be facing barriers such as homelessness, addiction and/or mental health issues. The Switchback is not low incoming housing, but rather a program that residents are participating in. Engagement within the program is required. Because of this, an evaluation of their participation will happen every 6 months. If the resident is not participating or engaging in the program, a discharge date may be discussed. At the end of their program agreement, the resident will work with our Case Manager to transition to independent living.

How much is the rent and what does it include?

Rent is \$375.00. If the resident is on Income Assistance, MSDPR will pay Cyrus Centre directly. If the resident is on a Youth Agreement, rent is paid directly by the ministry. For residents who are not on any financial assistance, rent must be paid on the 1st of the month. Your rent covers your utilities (hot water, electricity, and garbage) and Wi-Fi. Your rent does not cover cable television.

Residents must also pay a damage deposit of \$200.00

What are the guest policies?

Residents will be allowed guests after a “settling” period of 1 month. If there are not any issues in that first month, during your second month you can have one guest on your approved “guest list”. All guests must be interviewed by staff. Guests can visit between 8am and 11pm, and they must sign in on arrival and out on departure.

If the second month goes by without issues, in the third month the resident can add multiple guests to their guest list. Residents can have four over nights a month. Guests who stay past 11:00pm are considered an over night guest.

The residents are responsible for their guests. If a guest is disruptive or damages the property, this could potentially set the resident back to start the "settling" period again. Residents must receive special permission to have more than one guest at a time to a maximum of 3 guests.

Guest over the age of 25 will not be permitted to stay the night. Staff must speak to the guardian of any guest under the age of 17.

Is substance use allowed in the building?

All units are NO SMOKING – we have a designated, covered area in the courtyard for residents to use. Smoking must be at least 6 meters away from any door.

The Switchback houses individuals who are seeking abstinence. This means sobriety is not a requirement, however, if substance use becomes problematic, staff will need to address it.

Can I live with my partner?

All applications are reviewed individually. Each resident must have their own room, partners cannot live in a one-bedroom unit. If by chance, there is an empty two-bedroom unit available, partners could be considered.

Can I bring my pet?

No, the Switchback does not allow pets in the building.

Are children allowed to live at the Switchback?

Yes, children are allowed to live at the Switchback. They must remain under the supervision of their parent. Staff cannot watch resident's children. Staff must be made aware of any guardianship or custody arrangements.

Does the Switchback have controlled access?

Yes, all residents and guests must ring the intercom at the front door. A staff member will come open the door. Residents will have keys to their own units.

What can I bring?

All the units at the Switchback come fully furnished. Everything you need will be provided for you to use during your time here. It is expected that everything in the unit will be in the same condition when the resident moves out. Residents are allowed to bring small "wipeable" furniture such as desks and dressers. Residents may not bring couches, or mattresses. Personal items are allowed.

How do I apply?

You will find the Switchback application on the Cyrus Centre website.