

# Future Hope Value Case

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## Future Hope Demonstrating Value: Myles' Case

Future Hope was incorporated in 2011.<sup>1</sup> It builds on the work of its founders and supports men, who demonstrate commitment in their own rehabilitation, during their time of incarceration and once they return to the community. They are still at risk upon release, in need of social support, as well as safe and affordable housing.

Most of those referred to Future Hope begin their journey with the **Next Step** program where they are provided with encouragement, hope and peer support during incarceration and upon release. Individuals transitioning to living in community can access **Quixote House**, a safe, affordable, and substance-free housing environment providing accompaniment, structure, guidance, encouragement, and community-living peer support through an Intentional Community Residential Program. At **Massie House**, residents can continue to live the values of intentional community while receiving affordable and independent transitional housing.

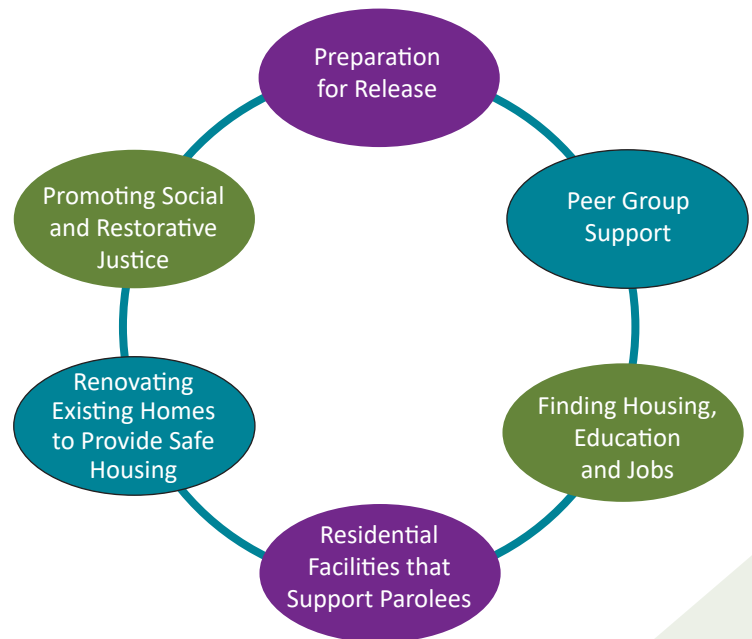


Figure 1: Programs Addressing Re-entry Needs

### A. VALUE CASE

This case demonstrates the value Future Hope provides to individuals leaving incarceration and reintegrating into community living. It clarifies and monetizes selected aspects of a Future Hope participant's journey toward rehabilitation. Not only does this 'story' clarify the impact on the individual, but demonstrates the broader social value of Future Hope. However, this value case does not follow a strict 'value for money' methodology but uses an approach to illustrate some aspects of social value creation that include some monetized elements. It is important to note that this value case, like all case studies cannot be generalized to a larger population.

This case begins by telling Myles' 'story' in his words, and continues a discussion of the financial/economic impact and social value of program participation.

<sup>1</sup> Next Step program was created in 2001; Quixote House opened in 2008; Massie House opened in 2014.

## B. ADDRESSING FUTURE HOPE OUTCOMES

Future Hope has articulated basic outcomes for clients.

These include:

- Individuals develop a motivation for change and continue the journey of personal growth and self awareness. (Self-efficacy)
- Individuals develop different responses to situations, practices positive coping strategies, assumes his response-ability. (Skills and Pathways)
- Individuals experience improved mental and physical health. (Goals)
- Individuals continue to dream and make plans to contribute positively to community. (Hope)

### Theory of Change

“Through their journey with Future Hope, participants build the self-efficacy, skills and pathways needed to live independently in the community. They achieve improved mental and physical health and wellbeing, and have hope for the future.”

This Theory of Change statement outlines the value proposition of Future Hope as an organization. Figure 2 (below) illustrates how Myles’ story personifies this Theory of Change and value proposition.

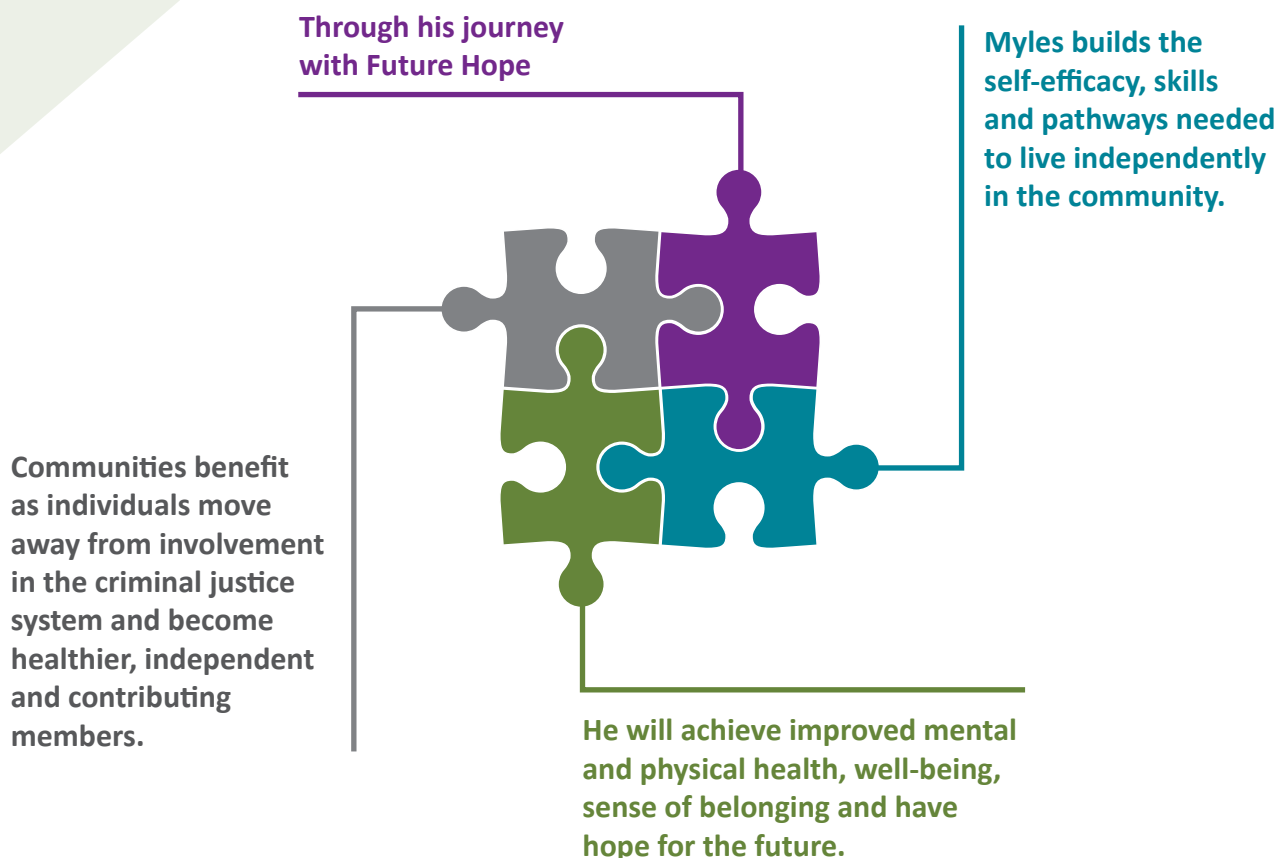


Figure 2: Myles’ Theory of Change

## C. MYLES' STORY<sup>2</sup>

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Growing up my dad was abusive. You figure, “How can someone love you if your parents didn’t love you?” ... When you grow up and your dad says you will never be anything and that you are not worth anything. That’s the only way my dad ever talked to me...He never talked nicely to me...When I was in a foster home, we would go to the movies on a Friday or Saturday night. The foster home was great because my dad wasn’t beating me up.

My wife was a really good woman but I had a girlfriend. I had two boys. One day, we [girlfriend and Myles] got into an argument, and I said to myself ‘what are you doing?’ I tried to call it off, and she got mad. We got into an argument. Still to this day, I don’t remember [the incident or what happened]. The psychiatrist and the psychologist believe that she likely said something about me being like my dad.

“When I first went to jail, I had an older guy tell me, ‘You can either serve your time or have your time serve you.’ It took me years to figure out what he meant. You are doing time anyway, so learn something from it.”

I did 15 years [in federal incarceration]. I got involved with Jehovah’s Witnesses [when I was inside]...When you are inside, they [Jehovah’s Witnesses] pick you up and take you out on a pass and take you to church... When I got out...it’s a different story.

I got baptized, but then I got kicked out because I started smoking again and living with a woman. After 10 years she took off with another guy. My house burnt down and everything was crumbling. I asked the parole

officer if I could go to the halfway house because I needed a place to stay. He [parole officer] said ‘nope.’ He told me to go and live with my ex or my daughter, but they lived together. My daughter was doing drugs and my ex was drinking. The guy she [ex-wife] was with had died.

At that time, a friend called and needed a ride...and this friend had someone with him who was [a sex worker]. While I was giving her a ride, the police stop me.

So, they charged me and I was sent back. The charge was thrown out. If you are a lifer, even if you didn’t do it, you are guilty. Even if you beat the charge, no matter what, you are guilty.... They said ‘deteriorating factors.’

“That’s how society looks at ex-cons. They think that you will steal from them. But people change.”

The good thing that happened when I was sent back was someone suggested that I talk to [Future Hope]. S/he did the Enneagram with me, and I had never done any of this type of stuff before. It was like a test, but I said ‘ok’. [When we finished it], s/he was saying the same thing as my psychologist said. The first thing I thought was ‘this is a conspiracy’. They are in cahoots together. Well, I found out by asking questions that they didn’t know each other! I am thinking they are way out in left field, but when they are both saying something [that it was true]. The psychologist also helped by asking me to write letters to my young self and to my dad, who was dead. What they [psychologist and Future Hope] made me realize was that I was hanging on to my past, about what my dad did. You have to let it go. If you don’t let your past go, it is going to keep haunting you.

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<sup>2</sup> Names are fictitious in order to protect the anonymity of participants. For the same reason, there are times when references and or details are omitted or left vague, as in the identification of Future Hope staff and volunteers.

With Future Hope, I would come out every Thursday to meetings. I was beginning to learn a lot. One time I was standing outside and having a cigarette, and one of the staff [Future Hope] comes outside. S/he was saying the same thing about letting things go. I was smoking at the time, and still to this day, I don't know how to say it. It was like a rippling effect. My whole body felt it from the top to the bottom. Wow! And I quit smoking right there at that moment. S/he didn't know about what the psychologist... I always believed in God, but it seemed like He was using him/her to get to me.

Then I was up for parole and I didn't get it. They take your passes away. I was still seeing [Future Hope]. They would call me up once a week and see how I was doing. When I came up for parole again, they were there at that hearing. It was completely different from the earlier one [previous parole hearing was denied]. One of the questions they [parole board] asked was 'What would you do if your dad was here?' I said that I would still charge him. I got my parole, but you don't get out right away. They said they had a bed for me [at Quixote House] and I knew some of the routine [from having attended Next Step meetings].

“When you get out, you need support. You need people... My family is in [another province] and you come out of jail and you have no one. This is the support. Someone came. If they see that you are struggling, they will sit down with you and ask what's wrong.”



### Myles is released

He spends ~ 3 years in a federal halfway house. He is not supported to attend meetings/gatherings through Jehovah's Witness congregation. His situation deteriorates and life shocks (house fire) cause him to lose everything. He reaches out to federal halfway house, but is refused.

### Myles is incarcerated

Myles is convicted and given a life sentence. He serves 17 years in federal incarceration where he connects with a Jehovah's Witness congregation.



### Myles is reincarcerated

Charges and 'deteriorating factors' cause reincarceration in a federal facility. Myles was incarcerated for another 5 years. He meets Next Step for the first time, and begins his support journey with Future Hope. He is supported through second parole application and is successful.



### Myles is independent and positively connected

Myles leaves federal incarceration a second time and spends ~ 1 year in a federal halfway house. He is supported through Next Step, spends ~ 1 year at Quixote House and ~ 4 years at Massie House. Myles now lives independently, is employed, pays taxes and rent. He says "I am not going back to the way I was before."

## 1. What Future Hope Provided to Myles?

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“If you need someone, they will do something to help. Not just mental and spiritual health, but physical too. Like if you need a new couch or if you need food, which I never have, but I know that they will help with this.”

The Enneagram is a great thing. You get to know about yourself and why you do things. Why you pursue certain things and how your thinking is. I learned about myself. It made me understand why you do things and the way you think. When you do something, it is an escape, a way of getting out of your head. You don't want to be in your body [who you are]. If you are going through something, going through a bad time or had a bad day at work, there is always someone to talk to [with Future Hope].

One of them [Future Hope] would say ‘come on guys, let's go’ and s/he would take us to the movies. When IKEA opened up, we went there and they bought us supper. I had never been there. It's the support of having someone there who doesn't care about your background. They don't care if you are a criminal. It is the thing that someone is there for you.

There are guys from all different walks of life or from a different province. There are a few guys here that are lifers and that makes a difference if you are a lifer...We would take turns cooking and it almost became like a competition! Men are bad for that! But we had fun. We would go out to a ballgame and do things together. It's a family atmosphere.

Each person [Future Hope staff and volunteers] is different. Their arms are always open and they are always inviting. They are each there in a different way... They get to know you. If something is bothering you, they know. They will ask what's wrong or they will take you for coffee.

## 2. What Changed for Myles?

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I got out and lived at the halfway house. I started going to meetings again [Next Step program].

*What changed?* Well, I stopped smoking. You are eating right...every meal you have a salad. I live by myself, and the chance that I would do this for myself is not good. When I came out, I used to have a stack of pills this high...14 or 15 different kind of pills. [Future Hope] took me to someone about my health, and they monitored my blood and told me I was ok. I was taking lots of that stuff because of the stress of being inside.

In a way, getting out can be really stressful too. When I first got out [following his first incarceration and before connecting with Future Hope], I really got upset because I was on my own. There was no one who took me to meetings or to church. That was my fault too because I would keep everything bottled up and wouldn't say anything.

When I came to Quixote House, and I think you are only supposed to stay a short time, like 6 months and then they have a graduation for you. I still joke with them about ‘you kicked me out and put me out on the street!’<sup>3</sup>. But I still come here [to Future Hope] and you have somebody [to talk to].

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<sup>3</sup> Myles participated in Next Step program for 2 years, lived at Quixote House for 1 year and at Massie House for 4 years.

When my house burnt down, I lost everything. Phone numbers and everything. My nephew was working in the city. [Sometime later] I get this thing on Facebook from a person whose name is familiar, but I wasn't putting two and two together. I looked at his profile and I see pictures of exotic places. I thought I didn't know anyone who went there. I didn't know he had joined the military. But when you have been out of touch for almost 20 years...I accept the request and the phone rings and my family says 'where have you been? We've been looking for you.' My nephew took me out for supper with his daughter. It was like a great family. I met his friends, and I don't think that they know that I was in jail, but he does... I got lots of fruits and veggies from the farmers' market and gave them to my nieces and nephew and they loved them.



**1 MYLES GAINED SKILLS**

“You get to know about yourself and why you do things. Why you pursue certain things and how your thinking is. I learned about my self. It made me understand why you do things and the way you think. When you do something, it is an escape, a way of getting out of your head.”

**2 MYLES CHANGED LIFE PATTERNS**

“They [Future hope staff] get to know you. If something is bothering you, they know. They will ask what's wrong or they will take you for coffee.”

**3 MYLES HAS PRO-SOCIAL CONNECTIONS**

“My nephew took me out for supper with his daughter. It was like a great family. I met his friends... Just recently my son got a hold of me.”

*Figure 4: What Changed for Myles*

Just recently my son got ahold of me. He said he was looking for a guy and didn't know if he had the right guy...We started communicating and on his fortieth birthday, he came with his girlfriend to visit. And my nephew came too and we had a cake and everything. Everyone just spoiled him! The eldest I haven't talked to yet, but I had heard that he wanted to come to visit, but that didn't happen. They said, next time we come can we bring the kids? And I said 'sure!'.

**3. Myles' Future**

[Future Hope] and I were talking about Future Hope becoming self-sufficient. One of the ideas was to help guys coming out by teaching them a profession. His idea was really good. We would teach a guy and we would have a butcher shop and maybe we could ship quality meat to First Nations up North. I don't know if it is going to fly, but I would be willing to do something like that. My goals is just to live comfortable and relax and help people if you can. I'm too old to buy a house or stuff like that, in some ways it is more of a hindrance in upkeep.

“[Future Hope] is a good support. We talk all the time.”



## 4. Myles Without Future Hope

I would likely be back inside [without Future Hope]. Now I am re-uniting with family. But I wouldn't have learned things I learnt. I would look at it as if there were no sense in going on, and I would just end up going to a party. That's a 'NO-NO' for me.

**"I have hope. I know I am not going to go back to the way I was before. I have the tools and the knowledge.** They diagnosed me as with anxiety and depression. With Future Hope, you get to know. If you are going into a depression, they take you out of it. They say 'let's go and do something'. If you get into your head, you become your worst enemy. You degrade yourself, and you tell yourself that. I visit with [Future Hope]...It's a family."

## D. MYLES' OUTCOMES

Myles' story illustrates how Future Hope participants achieve the six (6) outcomes articulated by the organization. Myles repeatedly stated that it was the acceptance and non-judgmental support he found at Future Hope that made a difference in his achieving and maintaining the changes (outcomes).



Figure 5: Myles' Outcome Statements

Importantly, the opportunity for healing, hope and pro-social connections and supported Myles' achieving positive outcomes.

## E. VALUING MYLES' FUTURE HOPE SUPPORT

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The social value of what Future Hope provided for Myles enables his transition from a lengthy period of federal incarceration to living independently in the community. Closer examination of the social value of Future Hope's support of Myles reveals that his successful transition to an independent life is dependent on support in three major areas:

- Healing and overcoming the trauma of his early life and gaining a better understanding of how his childhood relationships influenced his adult life
- Providing affordable, safe and substance-free housing. First in a residential setting (Quixote House) and later in a tenancy (Massie House), where Myles is able to overcome the institutionalized self-concept and behaviours. He learns to cope with community life after 23 years of incarceration
- Social support and a sense of belonging and 'family'

The three cornerstones of Future Hope's support of Myles are further explored and monetized.

### 1. Supporting Myles to Overcome Trauma

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Myles is open about the trauma of his early life:

I came from an emotionally and physically abusive home. We [Myles and his sibling] were scared to go home and so ran away frequently...In grade 4, [we] were sent to separate foster homes. It may sound bad but it was the best 6 months of my life. The family was church going and I experienced kindness. It was then that I received my first Christmas present.

After we were reunited with our parents, we were expected to work after school where my parents worked. Nightly we would fall asleep in the car waiting for my parents to get off work...I ran away and was put into a group home and then at 17 moved to [another province]. I got married at 19 years old and I remember feeling the need to protect my kids from their granddad when we visited. Eventually my past caught up with me and I coped by keeping tight control of my environment with violence.

By sharing his experiences and building coping skills through Future Hope, Myles speaks of understanding how his early life trauma affected his adulthood. Support through Future Hope has helped him better understand about healthy relationships.

Aulneau Renewal Centre in Winnipeg specializes in attachment informed counselling. This practice focuses on healing relationships and clients gaining the self-efficacy and skills to understand how their past relationships affect their current lives. In addition, Aulneau provides Eye Movement Desensitization Processing Therapy (EMDR) as a treatment modality specific to overcoming trauma. A course of EMDR treatment usually involves counselling sessions every two weeks for approximately one year (or 24 sessions).

Although Aulneau provides services on a sliding scale based on income. Myles' income is too high for any subsidy. Therefore, if the supports provided by Future Hope to overcome trauma were to be monetized using a similar model to that of Aulneau Renewal Centre, the proxy would be approximately \$2,640 per year.



Aulneau Renewal Centre is a not-for-profit community-based organization. If Myles were to seek trauma counselling in the private sector, the cost would be even higher.



While this case study focuses on Myles' life journey, his adverse early childhood experiences are not uncommon among Canadians who are incarcerated: "Most persons in custody have experienced substantial adverse events in childhood, such as witnessing family violence, having 1 or more parents absent, or being involved with the child welfare system. At least half report a history of childhood physical, sexual, or emotional abuse."<sup>4</sup>

<sup>4</sup> Kouyoumdjian, F., Schuler, Matheson, F., & Hwang, S. (2016) Health Status of Prisoners in Canada, Canadian Family Physician. Vol 62, p. 216

## 2. Supporting Myles to Overcome Institutionalization

Myles has spent 23 of his 43 years of adulthood in federal incarceration. The self-concept, life skills and behaviours needed to survive in this type of environment are very different from those required to live independently, and are often referred to as ‘institutionalization.’ For those spending considerable time incarcerated, overcoming institutionalization is a critical step in their journey toward independence.

The impact of institutionalization of those leaving incarceration is an area requiring further research, particularly in the Canadian context. However, the risk of negative consequences for those released from institutions is considerable. A review published in 2014 states: “People who have been in prison run a higher risk of committing suicide; 18 times that of the general population. By far the highest risk of suicide comes in the first months after release and among individuals with a history of substance abuse and previous suicide attempts.”<sup>5</sup>

Future Hope provided a ‘stepped care’ approach to overcoming institutionalization, which begins prior to release and Myles’ participation in Next Step. Following his time in a Community Correctional Centre (CCC), Myles was supported by living at Quixote House, a communal residential program. Living communally at Quixote House provides those leaving incarceration ‘a soft place to land,’ where they gain a sense of belonging and reconnect with the self-efficacy and skills needed for life in community. Myles often spoke about the sense of belonging and ‘family’ that he experienced through Future Hope. Among peers at Quixote and Massie House, Myles experienced the support needed to overcome institutionalization.

In terms of finding a monetizable proxy for safe, affordable housing in Manitoba, the 2019 rate for affordable rental housing rates in Manitoba is used as a financial proxy for having a safe place where Myles can live while overcoming institutionalization. The cost for a bachelor accommodation is \$669 per month within the city of Winnipeg.<sup>6</sup>



<sup>5</sup> Higher Suicide Risk After Served Prison Sentence, Science Daily (2014).

Available at <https://www.sciencedaily.com/releases/2014/10/141028145548.htm>.

<sup>6</sup> Available at: <https://www.gov.mb.ca/housing/progs/pil.html>.

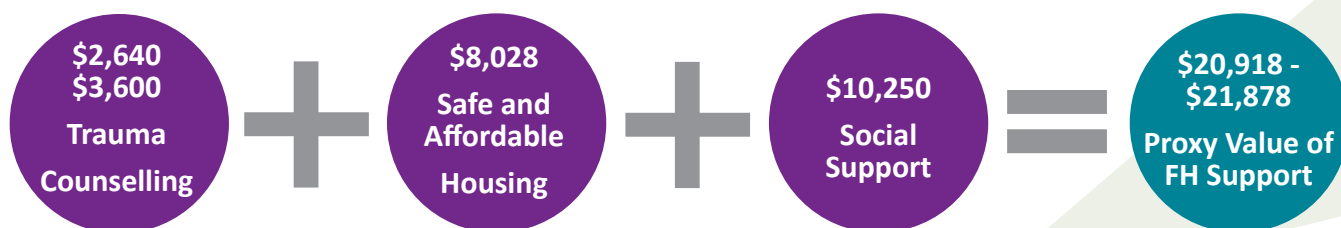
### 3. Providing Social Support

Providing social support and an understanding group of individuals who share similar experiences and values was what Myles identified most frequently as the most important aspect of the healing Future Hope provided. Positive, pro-social support and friendship is known to reduce social isolation and improve health outcomes, both mental and physical. Like many others, Myles' parole conditions limit his associations and travel, thus restricting his choices in making pro-social connections. The peer and social support provided by Future Hope become that much more important.

Social Return on Investment (SROI) studies have identified monetary proxies for social support, although this work was undertaken some years ago in the United Kingdom.<sup>7</sup> Nevertheless, this evaluative work does allow for the monetization of the social support provided to Myles by Future Hope. A 2012 study done in the UK indicates a financial proxy for providing social support. The cost is £5,280,<sup>8</sup> equivalent to \$9,028.80 in Canadian dollars. Using an online inflation calculator,<sup>9</sup> the cost of providing similar social support in 2020 would be \$10,250.51.

### 4. Total Value of Future Hope Support

Future Hope's support of Myles' journey toward an independent life is comprised of the three cornerstones of overcoming trauma, have safe and affordable housing where he can overcome institutionalization, as well as social and peer support.



**The monetizable proxy value for the support provided to Myles through Future Hope is approximately \$21,000 to \$22,000.**

<sup>7</sup> McCorriston, E. (N.D.) SROI Evaluative Analysis: *Realise Futures Social Businesses*, Anglia Ruskin University. Available at: <https://www.socialvalueuk.org/app/uploads/2016/03/Realise%20Futures%20SROI%20Analysis%20Final%20June%202015%20Social%20Value%20UK.pdf>.

<sup>8</sup> Cox J., Bowen M. and Kempton O. (2012) *Social Value: Understanding the wider value of public policy interventions*. New Economy Working Paper. In McCorriston, p. 60.

<sup>9</sup> See <https://www.inflationtool.com/canadian-dollar/2012-to-present-value?amount=9028>.

## F. MYLES' JOURNEY FROM SOCIAL COST TO SOCIAL VALUE

While financial proxies can help monetize the social value of the support that Future Hope has provided to Myles, this does not tell the complete social value that Myles provides. Importantly, Myles has moved away from a life of incarceration to a pro-social life where he works full-time and supports himself independently.

- **Myles has spent over half of his adult life in federal incarceration, 23 of his 43 years of adult life.**
- **Myles is very clear when he states that he would be incarcerated if it was not for the support he received and continues to receive through Future Hope.**
- In 2017/2018, it cost \$330 per day or \$120,571 per year, to keep a federally sentenced individual behind bars, according to Statistics Canada.<sup>10</sup>
- Myles income comes entirely from his employment and is approximately \$50,000 per year or \$37,542 after taxes.
- Myles pays approximately \$12,458 in federal and provincial income taxes.<sup>11</sup>
- Myles pays rent of approximately \$650 per month or \$7,800 per year.
- Myles makes payments on his vehicle of approximately \$720 per month or \$8,640 per year.
- According to the Market Basket Measure (official poverty line), the cost of nutritious foods for a family of four (2 adults and 2 children) is approximately \$11,440.<sup>12</sup> Therefore, we could estimate that if Myles were to shop for food in a similar way to a low-income family, his yearly food cost would be approximately \$2,860.



These are the social values provided by Myles' living independently in the community. The total social value of Myles' independent life is \$69,300. This is a conservative estimate as it only takes into consideration shelter, food, and transportation, while the Market Basket Measure also includes other basic life expenses such as clothing and footwear, as well as other expenses such as basic telephone service, personal care items and recreation.

<sup>10</sup> Zinger, I. (2019). 2018-2019 Office of the Correctional Investigator Annual Report, reference to Statistics Canada, page 4.

<sup>11</sup> See <https://simpletax.ca/calculator>.

<sup>12</sup> Kalagnanam, S., BertheE, A. and Findlay, I. (2019). Social Return On Investment Financial Proxies and the Saskatoon Poverty Elimination Strategy. P. 8. Available at: <https://cuivr.usask.ca/documents/publications/2015-2019/CUIVR%20SROI%20SPRP%20Final%20Report%20%20June%202019.pdf>.

Myles has moved from social cost to social value:

- **A year in federal incarceration represents a direct social cost of \$120,571 per year. This represents a social cost saving of that amount for every year that Myles remains outside.**
- Myles also creates social value through his employment income and the basic economic participation in which he engages. The approximate monetization of the social value Myles provides is \$69,300 per year.
- Myles has moved from a social cost of \$120,571 to creating a social value of \$69,300, a change of \$189,871 per year.



## G. WHAT DOES MYLES' STORY TELL US?

Through his journey with Future Hope, Myles built the self-efficacy, skills and pathways needed to live independently in the community. He achieved improved mental and physical health, wellbeing and has hope for the future.

The monetizable proxy value for the support provided to Myles through Future Hope is approximately \$21,000 to \$22,000.

Myles moves from a situation of social cost (\$120,571) to one of social value creation of \$69,300. Therefore, the total social value of Myles' independent life away from federal incarceration is \$189,871.



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