

ABSTRACT

BACKGROUND: Migrants have begun to fill emergency shelters in several Canadian cities, but little is known about their health and homeless experiences. The objective of this review of qualitative studies is to examine these experiences among homeless migrant populations and the enablers and barriers to finding adequate housing.

METHODS: We conducted a systematic review of qualitative studies. We searched MEDLINE, PsycINFO, CINAHL, SCOPUS, Web of Science, and ProQuest Social Sciences for articles published between January 1st 2007 and February 9th 2020. We selected studies and extracted data in duplicate, and then used the Bierman Model for migration to guide our analysis of the experiences of homeless and/or vulnerably housed migrant populations in high income countries. We assessed key findings using the GRADE CERQual approach.

RESULTS: The search identified 1793 articles, and eighteen met our inclusion criteria. The studies focused on migrants coming from Asia and Africa. Resettlement countries included Canada, Australia, USA, UK, and other countries in Europe. Poor access to housing services was related to unsafe housing, facing a family separation, insufficient income assistance, impact of immigration status, limited employment opportunities and lack of language skills. Enablers to accessing appropriate housing services included finding an advocate and adopting survival and coping strategies.

INTERPRETATION: Precarious housing and homelessness is often linked to family separation, poor access to services, and limited income and employment. Migrants also face language, cultural and immigration status barriers and they benefit from advocates and their own survival strategies.

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TITLE

Understanding the health and homeless experiences of vulnerably housed refugees and other migrant populations: a systematic review using GRADE CERQual

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INTRODUCTION

The revised 2017 US immigration policies initiated a significant movement of undocumented migrants from the US into Canada (1). Migrant populations include refugees, asylum seekers, displaced persons, transient workers, international students, newcomers and immigrants who move from their country of residence to another (2,3). In a short period of time, homeless shelters in several Canadian cities (e.g. Toronto, Montreal, Ottawa, Winnipeg) began to fill up with migrants. These migrants included undocumented migrants from US and abroad, immigrants and refugee families, including women and youth.

Refugees and other migrants who experience precarious housing may couch surf, live in motels and other short-term rentals. When these options fail, families head to temporary homeless shelters (4,5). In contrast to government assisted refugee shelters, homeless shelters lack language and cultural food resources, and other health, education, and employment resettlement infrastructure (4). Forced displacement and marginalization can create additional challenges in securing safe and stable housing for migrants (6), with many experiencing homelessness at one point in their resettlement process. The evidence on the magnitude of visible or hidden migrant homelessness is largely

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3 unknown and of low quality in Canada and this limits the development of policies,
4 programs and services for homelessness among migrants.
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8 Field research suggests that the risk of migrant homelessness increases with cuts to social
9 programs, persistent health issues, poverty, lack of affordable, unrecognized education credentials,
10 unemployment, delays in obtaining work permits, deinstitutionalization, and lack of discharge
11 planning (7). Mobile migrants are also at risk for frostbite, infectious diseases, soft tissue
12 infections, traumatic injuries, and chronic illnesses (e.g. diabetes, cardiovascular disease) (8,9).
13 Furthermore, all migrants may suffer from common mental illnesses including PTSD and
14 depression (10).
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17 At times, temporary foreign workers, international students and migrant populations struggle with
18 food insecurity and impaired access to health and social services (11–13). The objective of this
19 systematic review is to understand the health and housing experiences of vulnerably
20 housed migrant populations and the enablers and barriers to finding adequate housing.
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23 **METHODS**

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25 We conducted a systematic review according to a registered protocol (PROSPERO
26 CRD42018071568) (14). This protocol is also available in Appendix I. We reported our findings
27 according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses
28 (PRISMA) reporting guidelines (15).
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31 *Eligibility criteria*

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33 Studies were eligible for inclusion in our systematic review if they utilized a qualitative or mixed
34 method design and were published between 2007 and 2020. These studies could be published in
35 any language. We focused on studies whose participants were refugees, asylum seekers or
36 undocumented migrants presently residing in high-income countries. We included studies that
37 reported on the barriers that migrants face when accessing housing/shelter, as well as strategies
38 and facilitators to overcome barriers. We also included studies that reported on experiences of
39 health and well-being, chronic illness, functional ability, and mental health outcomes. See
40 Appendix II for full inclusion and exclusion criteria.
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44 *Search strategy*

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46 With the assistance of an information scientist librarian, we systematically searched MEDLINE,
47 PsycINFO, CINAHL, SCOPUS, Web of Science, and ProQuest Social Sciences for relevant
48 studies from database inception up to February 9th, 2020. We did not apply any language
49 restrictions. We also searched for grey literature from the United Nations High Commissioner for
50 Refugees to identify relevant articles for inclusion. We did not hand-search for additional studies.
51 Search terms included refugee*, migrant*, asylum seeker*, hous*, homeless*, unsheltered,
52 squatter*, and street*. The complete search strategy may be found in Appendix III.
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55 *Study selection and data collection*

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4 Title, abstract, and full-text screening was done independently by two reviewers, in duplicate. At
5 the full-text screening stage, we limited articles to those published between January 1st, 2007 and
6 February 9th, 2020. All conflicts were resolved through discussion or by consulting a third
7 reviewer. Following study selection, we developed a standardized data extraction sheet that
8 included study methodology, participant characteristics, and contextual findings: labor market
9 conditions, immigration policies, social networks, neighbourhood characteristics, discrimination,
10 income, education, and language. We piloted the data extraction form to ensure relevancy. We
11 extracted data in duplicate, and conflicts were resolved with a third reviewer.
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14 *Data Analysis*

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17 We assessed the methodological quality of included articles using the Critical Appraisal Skills
18 Programme (CASP) checklist for qualitative studies (16). We did not exclude any articles based
19 on quality assessment, rather, the methodological rigor of each contributing study contributed to
20 the confidence assessments of each review finding.
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22
23 We used the best-fit framework method as a systematic and flexible approach to analyzing the
24 qualitative data (17–19). Framework analysis is a five-stage process that includes familiarization
25 with the data, identifying a thematic framework, indexing (applying the framework), charting and
26 mapping, and interpretation (20). We selected the Bierman model for migrant health (21). The
27 Bierman model is a conceptual framework that considers the intersection of social determinants of
28 health, gender equity, racial and ethnic disparities in health, and the migration experience (22). A
29 reviewer coded the data into the domains of the Bierman model, using a matrix spreadsheet to
30 facilitate analysis; this was verified by a second reviewer. Identification and interpretation of key
31 findings was done through discussion with the review team.
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34 We used the Confidence in the Evidence from Reviews of Qualitative research (CERQual)
35 approach (23) to refine and rate the confidence in the findings. CERQual is a new method for
36 assessing the strength of qualitative review evidence, and is similar to how the Grading of
37 Recommendations Assessment, Development and Evaluation (GRADE) approach assesses the
38 strength of quantitative evidence (24). CERQual bases the evaluation on four criteria:
39 methodological limitations of included studies supporting a review finding; the relevance of
40 included studies to the review question; the coherence of the review finding; and the adequacy of
41 the data contributing to a review finding. (See Figure 1 below).
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44 *Ethics Approval*

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47 Ethics approval was not required for this study.
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49 ***[Insert: Figure 1 – GRADE CERQual]***

50 **RESULTS**

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54 Our search identified 1793 unique articles after removal of duplicates. 18 studies met the complete
55 inclusion criteria. Please see our PRISMA Flow diagram, Figure 2, for detailed reporting.
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4 ***[Insert: Figure 2 - PRISMA flow diagram]***
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6 *Study characteristics*

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9 Eight studies focused specifically on refugees (25–32), and the remaining examined the broader
10 migrant populations including immigrants, newcomers, and/or refugees (33–42). Resettlement
11 countries were mainly Canada (n=9), followed by Australia (n=4), UK (n=1), USA (n=1), Belgium
12 (n=1), Norway (n=1), and Denmark (n=1). All included studies followed a natural history
13 methodology except for three that had a comparison group (36,39,40). The characteristics of
14 included studies and the methodological quality of studies are found in Table 1.
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17 ***[Insert: Table 1 - Characteristics of included studies]***
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19 The Bierman Model (see Appendix IV) provided macro, meso, and micro level conceptual
20 categories and we used related themes to map and characterize our qualitative findings. In doing
21 so, this systematic review identified eight distinct findings from the included studies. Table 2
22 provides a summary of these findings. The confidence in the findings ranged from very low to
23 moderate with four of the findings being of moderate confidence. Please refer to Appendix V for
24 a detailed description of the findings.
25

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27 ***[Insert: Table 2 - CERQual summary of findings]***
28

29 Barriers to accessing housing services

30 *Systemic racism:*

31 Two common barriers to accessing stable and secure housing for migrants are discrimination and
32 stigmatization, often based on race, gender, socioeconomic status, language of origin, housing
33 situation, trauma history, and number of children (26,37,38,43). For example, one migrant stated,
34 “Every time I would call an advert[isement], I would call asking for a house and they would ask,
35 “Oh, you have an accent. Where do you come from?” When I told them I am from Africa, well,
36 the apartment was taken” (38).
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39 *Mental health concerns:*

40 The combined impact of past trauma experienced by migrants and vulnerable housing situations
41 contributed to mental health concerns (26,27,31,41,43), often resulting in sleep problems, loss of
42 appetite, and anxiety (28). For example, one study reported a migrant feeling ‘seriously stressed’
43 about his homeless status, impacting his mental health (26).
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46 *Poor access to services:*

47 Refugees and other migrants are often unaware of support services and find them difficult to access
48 and navigate (39,44). For example, one migrant states, “We are going every time to social services.
49 [Asking] Where is [private housing provider]? Where is Refugee Council? We didn’t know
50 nothing” (29). Another states, “It was just presumed that I knew where to go, that I understood the
51 system” (31). Furthermore, migrants that were unfamiliar with services would not access
52 emergency or transitional accommodation. Some migrants did not identify as ‘homeless,’ and
53 would not seek out services (31).
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Unsafe housing:

Refugees and other migrants perceived the housing options available to them as unsafe, poorly managed, and unaffordable. Furthermore, housing programs were often described as being strict, controlling, substandard, and in some cases, dangerous, especially by younger populations (25,29,31,39,43). In one study, half the respondents described the weaknesses in the National Asylum Support Services housing system as being of poor quality, overcrowded, and lacking effective orientation and services (29).

Facing a family separation:

Several vulnerably housed refugees expressed difficulties learning a new culture, while parents also struggled with the ability of their children to balance a new culture and the culture of their country of origin (31). At times, parents considered their child's acquisition of the English language, Western fashion or new social life as abandonment of traditional cultural beliefs and values (43). The tension between two different cultures often resulted in conflicts and tensions in family support systems (43).

Insufficient income assistance:

Refugees and other migrants reported strained finances and inadequate financial support which led to difficulty meeting basic needs, housing insecurity, and food instability (31,36–39). In one study, nearly all of the respondents indicated they had had trouble finding a new place to live because accommodation was too expensive (38).

Impact of immigration status:

Compared to status migrants, non-status migrants face significant barriers such as limited rights to welfare, prohibition from taking up paid employment, and rejection from shelter access. Ravnbol et al. (42) discussed how Danish law prevented migrants from registering as EU workers, and since they were not registered with a Danish social security number, no one would hire them or rent them a place to live.

Lack of language skills impeding access:

Limited language skills negatively affected accessibility to health and social services for migrants, (e.g. housing programs) (42). Couch et al. (43) demonstrated the challenge a young migrant in a rooming house faces regarding rent, with limited English capacities, "my English is a problem because I do not always understand the rules of renting a place and may get evicted because I do not understand the rules. Or sometimes notices are placed in the building for people to come together and I can't be involved because I can't read the sign." Language is considered the most important resource for migrants to create and expand social networks beyond their cultural community (34), and can worsen the feeling of being isolated from others (45).

Limited employment opportunities:

Difficulty obtaining employment was frequently reported among migrants as a barrier to stable and secure housing. Being denied work or meaningful opportunities can inhibit and affect migrants' pride in being active citizens in their resettlement country, as well as impact their personal sense of accomplishment and meaning (28,38,43). Dreams of owning a house, studying, or working as citizens of a new country were difficult to achieve: "I am so many steps away, miles

away from having anything like the Australians have” (31). Some migrants noted limited personal, family, and cultural resources further exacerbated the ability to find stable and meaningful employment.

Enablers to accessing housing services

Finding an advocate:

Refugees who sought a culturally familiar community advocate were able to increase their social capital. Advocates included settlement counsellors and cultural brokers. These advocates were able to help refugees transition out of homelessness by providing social support, a place to stay, and other resources (32,39). One study reported that when a pregnant woman was faced with impending homelessness, she scanned the public phone directory, looking for Sudanese names from her community (43). Similarly, another woman found assistance in housing after approaching a stranger on the street who spoke her mother tongue (38).

Adopting survival and coping strategies:

Refugees and other migrants who face insecure housing instability adopt survival and coping strategies that may allow them to advocate for resources and develop a sense of belonging in their new community. The survival and coping strategies included healthy coping strategies such as faith based coping to maladaptive coping strategies such as substance abuse (32,37,41,43,46).

INTERPRETATION

Acquiring a comprehensive understanding of the background characteristics that influence the health and wellbeing of patients is a prerequisite to delivering equitable healthcare. Two such characteristics that are hypothesized to synergistically increase vulnerability and decrease access to health and social services are homelessness and migration status (47,48). This systematic review explored the best available qualitative evidence on the enablers and barriers of accessing fundamental health and social services for migrants who found themselves in precarious housing situations. Our findings suggest that homeless migrants often struggle to meet their needs and access life essential services due to systemic racism, limited proficiency of the local language, lack of financial stability, severed family ties, and as a result suffer from worsened mental health conditions. To overcome such barriers, homeless migrants often resort to positive or negative coping strategies and rely on community advocates to increase their social capital.

Falling victim to systemic racism when attempting to access much needed health and social services was highlighted in our review. Structural violence continues to serve as a challenge to providing healthcare for marginalized populations (49,50), depriving patients from their right to receive equitable services, and increasing the social gradient of how beneficial such services tend to be (51). Even though this barrier was found to sever trustworthy connections between the general homeless population and their healthcare providers (52), our findings suggest that discrimination is further aggravated when homeless patients have a migration history. This phenomenon requires an adequate response from primary healthcare providers, one that employs trauma-informed care in its core values and principles (53).

Past trauma was found to worsen refugees and other migrants' mental health conditions. Literature is abundant with evidence linking pre-migration and migration exposures of trauma and violence

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3 to the initiation or exacerbation of common mental health conditions, such as major depressive
4 disorders, generalized anxiety, and post-traumatic stress disorders (10,54). With the scarcity of
5 mental health screening initiatives (55), and the discontinuity of mental health care post-
6 resettlement (56), migrants find themselves in need of scaled-up mental health services that could
7 be delivered in their communities (57). Moreover, homelessness after resettlement was a
8 fundamental component that worsened many mental health conditions of migrants. This finding
9 suggests that homelessness is not only the consequence of poor mental health, but also a reason
10 behind housing vulnerability. Primary healthcare providers are well equipped to address
11 homelessness as the root for many morbidities using upstream and longitudinal interventions (58).
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15 To the best of our knowledge, this review was the first to examine the enablers and barriers of
16 accessing health and social services among a population suffering from housing vulnerability and
17 is further victimized by their migration background and history. We followed systematic and
18 transparent review methodology that allowed us to ensure the proper catchment of best available
19 evidence on this phenomenon. As a result, we included vulnerable migrant studies from diverse
20 geographic regions around the world, which have allowed for a rich and comprehensive analysis.
21 Furthermore, we used the GRADE CERQual methodology to rate the confidence in our findings.
22 Overall, our findings were rated to have very low to high confidence scores.
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25 *Limitations*

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27 This review is not without limitations, our findings are constrained to the data provided by the
28 interviews and participants within the published primary studies. For example, the vast majority
29 of participants spoke English and we recognize language as an important additional barrier to
30 resources. As well, only a small amount of participants were men or undocumented migrants, both
31 important subsets of our vulnerable population. More subgroup analyses, from youth and women,
32 as well as the recent Syrian refugees within Canada, would be important to better understand these
33 specific populations in the future. Furthermore, selection bias may have been introduced in the
34 qualitative studies that used interviewing as a method to gather data. Most included articles also
35 did not describe in detail the relationship between the researcher and the homeless migrant. Lastly,
36 the inclusion of studies on migrants to countries other than Canada required contextualization,
37 judgments on indirectness and applicability considerations which was not always feasible with
38 what the publications reported.
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42 *Conclusion*

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44 In conclusion, this review highlighted the challenges refugees and other migrants face after
45 resettlement and while suffering from homelessness. Discrimination was a recurrent theme
46 described as both a cause and a consequence of unsafe and insecure housing. Precarious housing
47 was often linked to family separation, poor access to services, and limited income and
48 employment. Migrants may also face language and cultural and immigration status barriers and
49 they may benefit from field advocates and personal survival strategies. These findings warrant
50 physician vigilance and public health responses.
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54 **DATA-SHARING STATEMENT**

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56 No data or portion of data are available to other researchers.
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Table 1: Characteristics of Included Studies

Reference	Country	Study Design	Population	Intervention	Focus of the Study	CASP Quality Assessment
Couch 2017	Australia	Semi-structured interviews	n=24 aged 15 to 24, 10 females and 14 males	Natural history study, no intervention	To open up new areas of social enquiry and address the limited research focusing on refugee young people and homelessness.	10/10
Couch 2011	Australia	Face-to-Face dialogic interviews	n=9 aged 19 to 25, 5 females and 4 males	Natural history study, no intervention	To focus on the voices of refugee young people experiencing homelessness.	10/10
Couch 2012	Australia	Interviews	n=9 aged 19 to 25, 5 females and 4 males	Natural history study, no intervention	To examine the perception of young homeless people of refugee background regarding service delivery and provision.	8.5/10
D'Addario 2007	Canada	Twelve semi-structured interviews and surveys	12 semi structured interviews, 36 individual interviews, and 554 surveys	Natural history study, no intervention	To examine the role that social capital plays in housing trajectories of immigrants with particular attention to the experiences of refugee claimants.	8/10
Dwyer 2008	UK	Two sets of qualitative interviews and mini focus group	n=23, aged between 27 and 54 years old, 13 males and 10 females	Natural history study, no intervention	To outline the tiering of housing entitlement that exists within the generic population of dispersed forced migrants (a consequence of the particular socio-legal status assigned to individuals), and its role in rendering migrants susceptible to homelessness.	8/10
Flateau 2015	Australia	A cross-sectional survey, focus group discussions and transcendent walks	n=20, 19 of whom aged between 22 and 51 years, 15 males, 4 females and 1 unknown	Natural history study, no intervention	To report on the findings of the Refugees and Homelessness Survey which was completed with refugees experiencing homelessness or who were at risk of homelessness.	8/10

1	Hyojin 2011	USA	In-depth individual interviews	n=26 families, mean age 36.6, 4 males and 22 females.	Natural history study, no intervention	To explore refugee families' mental health in the social ecological contexts of displacement and homelessness and to investigate stressors and coping in relation to transition of resources including social capital of refugee families.	10/10
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6	Kissoon 2010	Canada	Interviews	n= 34 migrants, 27 key informants from the NGO, legal, and health sectors. 18 women, 16 men	Natural history study, no intervention	To focus on the refugee determination system to draw attention to the intersection of illegality and vulnerability to persecution and to identify the characteristics and homelessness experiences of non-status or undocumented migrant participants in Vancouver and Toronto.	7/10
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14	Mostowska 2013	Norway	Narrative interviews and informal conversations	n= 40 ages from 23-62, most between 35-55	Natural history study, no intervention	To discuss the results of fieldwork conducted among physically homeless Polish migrants in Oslo, Norway with focus on the social networks that are a part of the migrants' social capital.	7/10
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18	Mostowska 2012	Belgium	Field notes, informal conversations and individual interviews	n=45 polish persons who had been sleeping rough or reported an episode of rough sleeping in the recent past. 6 women, 39 men Thirteen of the men were older than 55 years, and 16 persons were younger than 35 years of age	Natural history study, no intervention	To acknowledge the homelessness phenomena among Polish migrants in Brussels and analyse their narratives using Julian Wolpert's concept of "place utility" to confront the way they talk about their adaptation to the environment with the risks and opportunities they attach to staying in Brussels and their possible return migration to Poland.	5/10
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33	Paradis 2008	Canada	Interviews	n=91 women-led homeless families	Comparison group - The study followed 91 women-led homeless families in two groups: (1) homeless immigrant and refugee families, and (2) Canadian-born homeless families. Each woman was interviewed three times over the course of a year.	To better understand homelessness among immigrant and refugee families in order to improve public policy and programs for these families.	6.5/10
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1	Sjollema 2012	Canada	Semi-structured interviews	n=26 women majority between 20-40	Natural history study, no intervention	To provide a context for understanding female, newcomer homelessness and to summarize the history of the found poem in a variety of disciplines with an emphasis on “social work and the arts” context.	7.5/10
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4	Walsh 2015	Canada	Semi-structured, open-ended interviews	n=26 women aged from 22-64	Natural history study, no intervention	To explore housing insecurity among women newcomers to Montreal, Canada.	9/10
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9	Polillo 2019	Canada	In-depth qualitative interviews	n=36, foreign born families n=23, Canadian born families n=13; Mean age for the foreign born sample is 38.27 years (SD 9.57); 73.9% of the foreign born sample are females compared to 26.1% who are males	Foreign-born vs. Canadian-born families	To investigate the experiences of foreign-born families in the four years prior to becoming homeless.	8.5/10
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25	Polillo 2017	Canada	Interviews conducted with adult heads of families	n=75; age: Mean 33.8 for Canadian-born and 36.8 for foreign born; Gender: Canadian-born : 6 men, 20 women Foreign-born : 14 men, 34 women	Foreign-born vs. Canadian-born individuals	The health of foreign- born families staying in the emergency shelter system in Ottawa, Ontario, Canada, and compare their experiences to Canadian-born homeless families who are also living in shelters.	8/10
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37	St-Arnault 2018	Canada	Interviews	n=19; gender: 11 women, 8 men; age range 29-73 with avg. age 39	Natural history study, no intervention	Purpose of this constructivist grounded theory study was to investigate pathways out of homelessness among a mixed sample of adult refugees who had experienced absolute or relative homelessness after their arrival in Canada, but who eventually became adequately settled in one of Canada’s large urban centres in the Province of Alberta.	9/10
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Ravnbol 2017	Denmark	Semi-structured interviews	n=40	Natural history study, no intervention	Addresses Roma migrants' health concerns and access to health services within the European Union (EU) from a perspective on Romanian Roma who live in homelessness in Copenhagen.	7.5/10
Hanley 2018	Canada	Semi-structured, open-ended interviews	n=26 women; age range 20-65	Natural history study, no intervention	How health intersects with the experience of housing insecurity and homelessness, specifically for migrant women.	10/10

Confidential

Table 2: CERQual Summary of Findings

Framework level	Key Findings	CERQual Assessment of Confidence in the Evidence	Explanation of CERQual Assessment
Discrimination	Systemic racism: Refugees experienced individual and systemic racism, which exacerbated housing instability. Many refugees felt they were turned away from housing and emergency shelters for reasons such as their ethnicity, use of welfare cheques, a history of trauma, language of origin, temporary resident status, and the presence of children.	Low confidence	Due to moderate concerns for methodological limitations and adequacy, and no to minor concerns for coherence and relevance.
Mental Health	Mental health concerns: Lived experience of trauma, combined with housing insecurity, resulted in persistent psychological distress and mental health concerns.	Moderate confidence	Due to very minor concerns for methodological limitations, no to very minor concerns for coherence, relevance and adequacy.
Social networks and support	Finding an advocate: Refugees who sought a culturally familiar community advocate were able to increase their social capital. Advocates included settlement counsellors and cultural brokers. These advocates were able to help refugees transition out of homelessness by providing social support, a place to stay, and other resources.	High confidence	Due to minor concerns for methodological limitations, no to very minor concerns for coherence, relevance and adequacy.
Services: Health and Housing	Poor access to services: Refugees and other migrants are often unaware of support services and find them difficult to access and navigate; this is especially true for undocumented migrants, failed asylum seekers, and those with humanitarian protection.	Moderate confidence	Due to minor concerns for methodological limitations, no to very minor concerns for coherence, relevance and adequacy.
Services: Health and Housing	Unsafe housing: Refugees and other migrants perceived the housing options available to them as unsafe, poorly managed, and unaffordable.	High confidence	Due to minor concerns for methodological limitations, very minor concerns to minor concerns for relevance and no to very minor concerns for coherence and adequacy.
Family Structure	Facing a family separation: Several vulnerably housed refugees expressed difficulties learning a new culture, while parents also	Low confidence	Due to moderate concerns for methodological limitations and

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	struggled with the ability of their children to balance a new culture and the culture of their country of origin. This increased conflict in families led to a loss of family support, which is a protective factor against homelessness.		relevance, no to very minor concerns for coherence and adequacy.
Income	Insufficient income assistance: Refugees and other migrants reported strained finances and inadequate financial support which led to difficulty meeting basic needs, housing insecurity, and food instability.	Low confidence	Due to moderate concerns for methodological limitations and relevance, no to very minor concerns for coherence and adequacy.
Immigration Status	Impact of immigration status: Compared to status migrants, non-status migrants face significant barriers such as limited rights to welfare, prohibition from taking up paid employment, and rejection from shelter access	Low confidence	Due to serious concerns for methodological limitations, moderate concerns for relevance, and no to very minor concerns for coherence and adequacy.
Employment Opportunity	Limited employment opportunities: Many refugees and other migrants reported difficulty obtaining employment, especially with limited personal, family, and cultural resources that could assist in finding opportunities. For example, some refugees expressed barriers due to a lack of language skills and work experience in the resettlement country. Limited employment opportunities sometimes led to restrained access to accommodation, food, and other necessities.	Moderate confidence	Due to moderate concerns for methodological limitations, no to minor concerns for coherence, relevance, and adequacy.
Language	Lack of language skills impeding access: Limited language skills among refugees impedes their ability to access most services including housing services, and limits social capital and connections beyond their original community.	Moderate confidence	Due to moderate concerns for methodological limitations, no to minor concerns for coherence, adequacy, and relevance.
Outlier	Adopting survival and coping strategies: Refugees and other migrants who face insecure housing instability adopt survival and coping strategies that may allow them to advocate for resources and develop a sense of belonging in their new community. The survival and coping strategies included healthy coping	Moderate confidence	Due to moderate concerns for relevance, no to minor concerns for coherence, relevance, and adequacy.

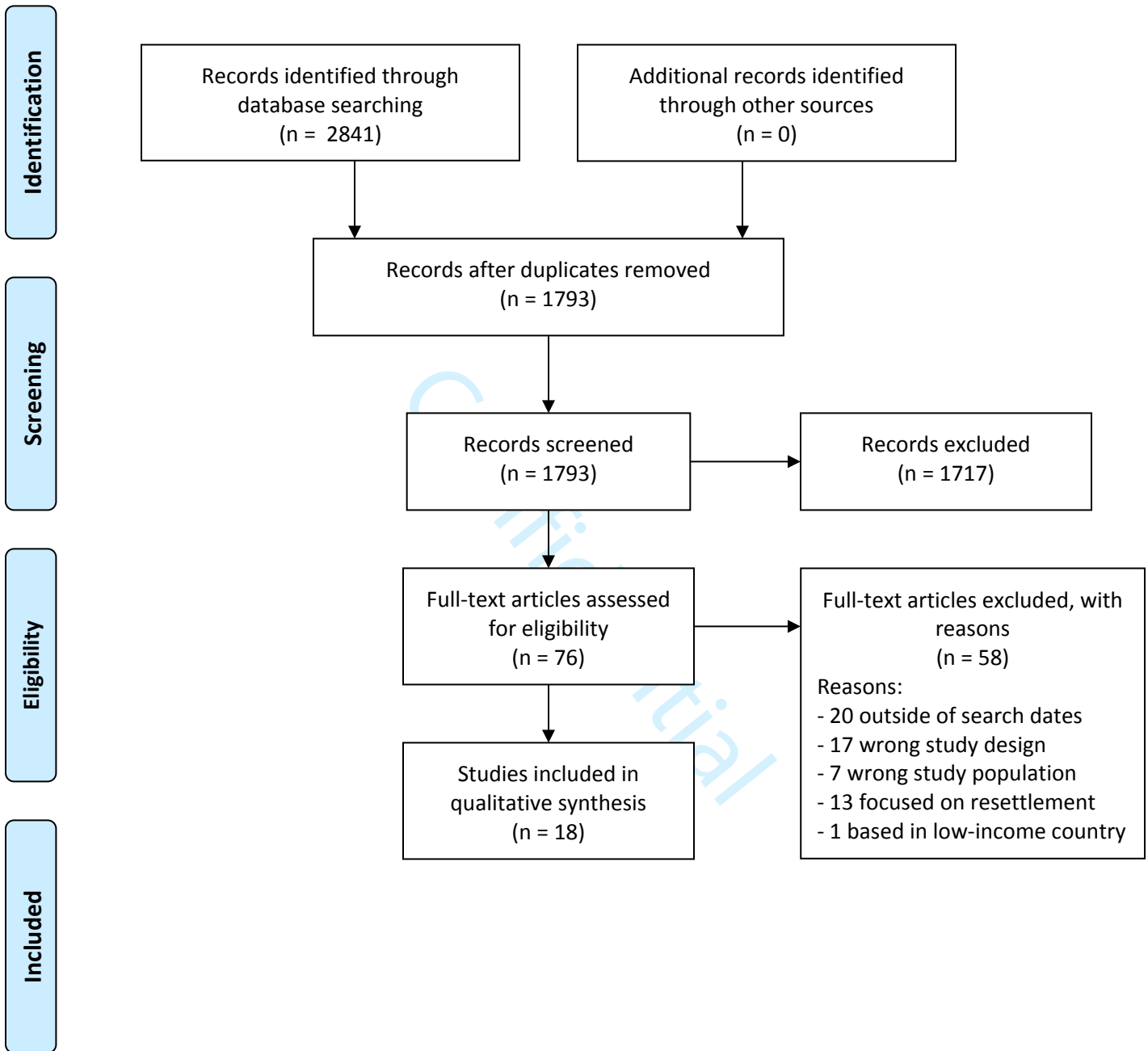
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	strategies such as faith based coping to maladaptive coping strategies such as substance abuse.		
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Confidential

Figure 1: CERQual Assessment Component (Lewin et al. 2018)

COMPONENT	Definition
Methodological limitations	The extent to which problems were identified in the way in which the primary studies which contributed to the evidence for a review finding were conducted
Relevance	The extent to which the primary studies supporting a review findings are applicable to the context specified in the review question
Coherence	The extent to which the pattern that constitutes a review finding is based on data that is similar across multiple individual studies and/or incorporates (compelling) explanations for any variations across individual studies
Adequacy of data	An overall determination of the degree of richness and/or scope of the evidence and quantity of data supporting a review finding

Figure 2: PRISMA flow diagram

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Appendix II: Inclusion/Exclusion Criteria

Population	We will consider studies of homeless and vulnerably housed refugees/asylum seekers/irregular (undocumented) migrants of high income countries.
Setting	Primary care setting in high-income countries. Studies conducted in low- and middle-income countries will be excluded. No restriction on rural or urban settings.
Interventions	Enablers and barriers to accessing housing services for migrants
Comparison	No comparison.
Outcomes	Perceptions about barriers and facilitators that refugees face when accessing housing/shelter; strategies and enablers to overcome barriers; health outcomes including overall health and well-being, chronic illness, functional status, and mental health.
Study Design	Qualitative research studies will be included in the review. For inclusion, studies must use qualitative analysis methods (such as thematic analysis, grounded theory, phenomenological analysis). Studies that only provide numerical data and statistical analysis will be excluded. Single case studies will be excluded. Mixed method studies will only be included if qualitative findings can be extracted.
Restrictions	Date of publication limited from January 1st 2007 and February 9 th , 2020. No language restrictions.

Appendix III: Sample Search Strategies

Medline and PsychInfo

1. (refugee* or asylum seeker* or migrant*).ti,ab.
2. Refugees/
3. Undocumented Immigrants/
4. "Transients and Migrants"/
5. "Emigrants and Immigrants"/
6. 1 or 2 or 3 or 4 or 5
7. (hous* or homeless* or unsheltered or squatter* or street*).ti,ab.
8. 6 and 7
9. household*.ti,ab.
10. 8 not 9

CINAHL

1. (MH "Refugees")
2. (MH "Immigrants, Illegal") OR (MH "Immigrants+") OR (MH "Emigration and Immigration+")
3. (MM "Transients and Migrants")
4. TI"refugee*" OR TI"asylum seeker*" OR TI"migrant**"
5. AB"refugee*" OR AB"asylum seeker*" OR AB"migrant**"
6. TI"hous*" OR TI"homeless*" OR TI"unsheltered" OR TI "squatter*" or TI"street**"
7. AB"hous*" OR AB"homeless*" OR AB"unsheltered" OR AB"squatter*" or AB"street**"
8. S1 OR S2 OR S3 OR S4 OR S5
9. S6 OR S7
10. S8 AND S9
11. TI "household*" OR AB"household**"
12. S10 NOT S11

Web of Science

((TS=("refugee*" OR "asylum seeker*" OR "migrant**") AND TS= ("vulnerably housed" OR "vulnerable housing" OR "housing instability" OR "housing insecurity" OR "homeless*" OR "unsheltered" OR "squatter*" OR "street person**") NOT TS=("household*"))) AND DOCUMENT TYPES: (Article OR Proceedings Paper OR Review)

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((((("refugee*" OR "asylum seeker*" OR "migrant*") OR ab("refugee*" OR "asylum seeker*" OR "migrant*")) AND
stype.exact("Conference Papers & Proceedings" OR "Scholarly Journals" OR "Dissertations & Theses")) AND stype.exact("Conference
Papers & Proceedings" OR "Scholarly Journals" OR "Dissertations & Theses")) AND (((("vulnerably housed" OR "vulnerable housing"
OR "housing instability" OR "housing insecurity" OR "homeless*" OR "unsheltered" OR "squatter*" OR "street person*") OR
ab("vulnerably housed" OR "vulnerable housing" OR "housing instability" OR "housing insecurity" OR "homeless*" OR "unsheltered" OR
"squatter*" OR "street person*")) AND stype.exact("Conference Papers & Proceedings" OR "Scholarly Journals" OR "Dissertations &
Theses")) AND stype.exact("Conference Papers & Proceedings" OR "Scholarly Journals" OR "Dissertations & Theses")) NOT
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( ( ( TITLE-ABS-KEY ( ( "refugee*" OR "asylum seeker*" OR "migrant*" ) ) ) AND ( TITLE-ABS-KEY ( ( "vulnerably housed" OR
"vulnerable housing" OR "housing instability" OR "housing insecurity" OR "homeless*" OR "unsheltered" OR "squatter*" OR
"street person*" ) ) ) ) AND NOT ( TITLE-ABS-KEY ( ( "household*" ) ) ) AND ( DOCTYPE ( ar ) OR DOCTYPE ( re ) OR DOCTYPE
( cp ) OR PUBSTAGE ( aip ) ) )

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Appendix IV: Framework Analysis

		Main theme (finding)	Studies Cited	Evidence	Supporting quotations
Macro	Immigration policies (~4)	Undocumented migrants are afraid of deportation, and fear authorities at shelters. If they are in hiding, they have no claim to welfare and cannot find employment. Moreover, resettlement agencies do not focus enough on cultural orientation and time to adjust from significant personal and family loss	Dwyer 2008, Hyojin 2011, Polillo 2019, Ravnbol	<ul style="list-style-type: none"> - Those with claims turned down who remain in hiding or are not enforced to leave for human rights reasons, have no claim to welfare and cannot take up paid employment. This led to homelessness. Those with illegal paid work often rented from fellow nationals that became friends (Dwyer 2008) - FM12 was paying £40 per week plus utility bills while taking a room with a refugee who had secured a social housing flat for £45 a week rent. They are easily vulnerable to exploitation from bad landlords (Dwyer 2008) - Office of Refugee Resettlement aims to assist refugees with economic self-sufficiency as quickly as possible, however this is unfeasible for refugees that need more attention to cultural orientation and time to adjust from significant personal and family loss (Hyojin 2011) - Participants who were asylum seekers or in the unsettled migrants group could not work in Canada because they did not have work permits (Polillo 2019) - Danish law prevented them from registering as EU workers. since they are not registered with a Danish social security number, no one will hire them or rent them a place to live (Ravnbol) 	
	Political environment (~0)				
	Global position (~0)				
	Economy (~0_)	N/A			
	Labor market conditions (~1)	<p>Many refugees and other migrants reported difficulty obtaining employment, especially with limited personal, family, and cultural resources that could assist in finding opportunities.</p> <p>Limited employment opportunities sometimes led to restrained access to accommodation, food, and other necessities.</p>	Hyojin 2011,	<ul style="list-style-type: none"> - U.S. resettlement policy assumes that there are enough environmental resources such as jobs, education, and social systems for refugee families, however these are not accessible for many families lacking personal, family and cultural resources (Hyojin 2011) 	
Meso	Neighborhood characteristics (~4)	Overcrowding hindered personal development. Constant moving led to isolation and homelessness. Youth	Couch 2017, Couch 2011, Mostowska 2012, St Arnault	<ul style="list-style-type: none"> - Personal development hindered by overcrowding with houses accommodating up to 20 people (Couch 2017) -Young people that were constantly moving lacked attachment to their neighbourhood, and when they found little to identify with, it reinforced a sense of marginality. They lacked trust in institutions, and the increased isolation often led to 	<i>"I was failing everything and my parents were angry. That's when I started moving. I slept in all kinds of places. Like I never thought I would. My school expelled me for</i>

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		<p>experiencing school and community conflicts led to further isolation.</p>		<p>homelessness (Couch 2017) -Many refugee youth reported becoming homeless after experiencing school and community conflicts that led to strained relations with family members (Couch 2011) - Many refugees claimed that their home country (Poland) was in fact a better place to live and raise children whereas Brussels streets were dangerous with low levels of education (Mostowska, 2012) - The refugee participants in the study shared that when they directly expressed the difficult emotions they were experiencing due to being homeless, they unexpectedly elicited a caregiving and advocacy response from people around them. Other participants in the study talked about how their settlement counsellors or cultural brokers became their advocates after becoming aware of their life situation and the overwhelming emotions it was eliciting in them. (St Arnault)</p>	<p><i>not attending and didn't even look to see that I was sleeping all over Melbourne. And after that, now, I just move around and around. You know, they keep talking about African teenagers and crime, but tell me what else can we do. No school. No Work. No family. No home."</i> Couch 2017</p> <p><i>"It's too hard – the lucky thing we have good teachers at school. They always advise us. Any paper you bring to school you bring them to read it. Anything you have to tell them they say come and they prepare us ... We had learned where I learned English all about how to get housing and how to fill the forms for housing subsidy. Teachers helped us to fill form."</i> (St Arnault)</p>
<p>Social networks and support (~10)</p>		<p>Many refugees had difficulty adapting to a new country, and felt a subsequent yearning for 'home', stemming from a recurrent feeling of being uprooted. Furthermore, several reported feeling as though they did not belong, which was worsened by negative portrayals of refugees in the host country.</p> <p>Poor social networks made finding housing difficult for newcomers who required the assistance of another person to transition out of homelessness, and in most cases the helper was a member of their own community. Relying on limited contacts, who may</p>	<p>Couch 2017, Couch 2011, Couch 2012 Dwyer 2008, Flatau 2015, Hyojin 2011, Mostowska 2013, Sjollem 2012, Walsh 2015, Polillo 2019, Hanley</p>	<p>- On average, refugee families will move 3 times in their first year of arrival (Beer and Foley, 2003). This was confirmed by participants who all noted that they had moved many times in their first 3 years in Australia (Couch 2017) - Antonisch (2010) calls these memories and yearning 'place-belongingness'- a personal, intimate feeling of being at home in a place. Home in this instance is not just the house but also a symbolic space of familiarity, comfort and security, and emotional attachment, a place of belonging (Couch 2017). - For nearly two thirds of the young people in this study, connection with a member of their own community was the principal way assistance was received (Couch 2017) - White and Wyn (2004 p.37) note that exclusion of refugee young people is exacerbated by the fact that refugee young people are considered to be outsiders in their new societies. They state that this is due to the manner in which ethnicity and race are socially constricted with contemporary media images and treatments of refugee young people generally being very negative. (Couch 2012) - Most of my respondents came to Norway several years ago and secured jobs there via relatives and friends (Mostowska 2013) - As families continued to move, the initial relationships young people had with community organizations, schools, family and friends were weakened (Tually et al.2012) with this clearly having an impact on young people's ability to settle and re-establish a sense of stability, connection and home. (Couch 2017) - Their isolation from social networks was a consequence of continuous mobility. They travel through Europe searching for job opportunities. Their social networks appear to be dispersed and their relationships coincidental and temporal. (Mostowska 2013)</p>	

		<p>also be in precarious housing situations, rendered newcomers more vulnerable as it fostered dependency.</p>	<ul style="list-style-type: none"> - In this environment, young people formed social groups and bonds that provide a sense of social belonging. Several of the young men in this study had been locked into a trajectory of unemployment and used drugs and alcohol to mask the pain of rejection and failure (Couch 2017) - All participants would talk about 'back home', 'when I was home' 'my country' often with significant emotion. These 're-memories' had a deep level of sadness embedded and when young people were remembering, displayed grief, loss and a 'sense of absence' (Couch 2017) - In the process of being assisted by community members, social capital was also gained enabling young people not only to access housing but also to cope with the lack of belonging caused by the resettlement liminality and be at 'home'. (Couch 2017) - When faced with impending homelessness, a pregnant woman spoke about going through the phone book looking for Sudanese names (Couch 2011) - Woven into the stories of most women were positive accounts of individuals or families that they had encountered due to cultural, familial or community connections. Oftentimes, they had been complete strangers just months before: one had been invited to live with the family of a college friend when she found she was pregnant, another received help finding an apartment after approaching a stranger whom she heard speaking her native tongue. (Walsh 2015) - Many young people felt this lack of belonging acutely when they attempted to access services, some feeling that they had no right to go to agencies and the feeling that they would not be welcomed. (Couch 2011) - Beyond overcrowding issues, when asylum seekers provide shelter for others they're in breach of NASS regulations and run the risk of losing their accommodation. (Dwyer 2008) - A house that should accommodate 2 people has actually got 20 people staying in it because they will not let their friends sleep on the streets. (Dwyer 2008) - Staying with friends or family, if possible, was usually a better option, but houses were often overcrowded which led to stressful circumstances (Flatau 2015) - 7 Hmong families had either an issue of domestic violence, polygamous relationship or conflicts with extended family members. This resulted in homelessness since a lack of social capital within the family resulted in limited housing options, while some family conflicts began due to housing issues, which eventually led them to separate. (Hyojin 2011) - The fact that she had trusted acquaintances from her country of origin to help her and that these people at the outset seemed friendly and welcoming led to Navika's feeling of deception. In the end, it is obvious that she has been taken advantage of. (Sjollema 2012) - These migrant women may end up living with these relatives or friends but, in many cases, the relationships are only acquaintances from their country or people they met upon arrival. In either case, the women are in a state of utter dependency on these people. Unfortunately, these situations often do not turn out for the best: people are often living in very cramped conditions, there can be personality conflicts and sometimes women find themselves subjected to abuse and betrayal. (Sjollema 2012) - Fourteen foreign-born participants in the new arrivals and unsettled migrants 	
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				<p>groups did not have any family or friends when they moved to Canada in the four years prior to homelessness, and for the few families that did know people in Canada, they found these relationships unreliable. As time went on, some participants reported making friends with people who were from the same cultural community as them and they provided them with social support. Stable migrants group reported having a supportive network of friends, family, and neighbors in Canada. Two participants spoke about how their relationships with family members deteriorated and the negative affect it had on their housing stability. (Polillo 2019)</p> <p>- Women who did have a social network drew on this resource to seek advice concerning survival strategies as well as to share personal stress (Hanley)</p>	
	<p>Services: health, housing (~14)</p>	<p>Refugees reported hardships understanding and accessing services, namely housing services which were perceived to be complex, strictly controlled, understaffed, and precarious, especially by younger populations.</p> <p>Furthermore, several refugees did not attempt to access services due to cultural reasons and personal perceptions of their housing status.</p>	<p>Couch, 2017, Couch, 2011, Couch, 2012, Dwyer, 2008, Flatau, 2015, Hyojin, 2011, Mostowska, 2012, Paradis, 2008, Siollema, 2012, Walsh, 2015, Mostowska 2013, Kisson, 2010, St Arnault, Polillo 2019, Ravnbol</p>	<p>- Refugees reported the constant feeling of being uprooted due to multiple movements in Australia. (Couch 2017)</p> <p>- Young people’s information of housing services (Emergency or transitional) was limited resulting in lack of provision of these services. (Couch 2017)</p> <p>- Private rentals were unattainable for almost all due to cost, discrimination, lack of rental history, limited finances for start up and moving. (Couch 2017)</p> <p>- Couch surfing was a popular housing option for most young people, but adult refugees were unfamiliar with that concept. most reported couch surfing for months or even years at friends’ or extended family members. (Couch 2017)</p> <p>- The majority did not identify as homeless initially, so going to housing agencies was not considered (Couch 2017)</p> <p>- Young refugees or migrants were unfamiliar with the complex housing system, they were unable to navigate through the services. Housing and support agencies didn’t know this problem, so many refugees reported being caught in a cycle of referrals. The Humanitarian program which brings most of refugee families to Australia offers free services and accommodation for a month, then assistance in finding long-term housing. (Couch 2017)</p> <p>- Some young refugees tried accessing youth refuge but didn’t feel comfortable. Several hadn’t thought of that because they felt it was either a dangerous environment, or that their activities and daily lives would be controlled. they wanted to live independently and maintain their autonomy. some preferred homelessness to living in a youth refuge. All wanted to transition out of homelessness on their own terms. (Couch 2011)</p> <p>- Young refugees either didn’t know of housing services, or they encountered barriers to accessing a service suitable to their culture, needs, and age. Generally, they didn’t feel liked or supported. (Couch 2011)</p> <p>- They mentioned the lack of workers from their communities at agencies. they wanted workers to learn more about them and their background, to understand, and to support them. (Couch 2011)</p> <p>- Young refugees described hardships accessing services to the point of giving up on using them. some reported having to choose between school or work and finding these agencies. (Couch 2012)</p> <p>- Participants described providers of being disrespectful, condescending, and rude. they also described the environment of youth refuges as intense and “soap opera” like. they described dirty facilities and poor quality food. some refuges were full and the option of going to adult shelters was dangerous. (Couch 2012)</p> <p>- There was lack of trust between young refugees and service providers (rude,</p>	<p><i>“It was just presumed that I knew where to go, that I understood the system”</i></p> <p><i>“I felt the most homeless in the refuge because I was with people who would use drugs and it felt dangerous.”</i></p> <p><i>“I didn’t want to see a worker. I’m not crazy! But everyone needs a friend and that’s what she was to me”</i></p> <p><i>“Not really enjoying living there—it’s a roof over your head but it’s like living in jail”</i></p> <p><i>“I wasn’t happy. I came to Australia in that time I was thinking I have a house and nice car in Afghanistan but I came to Australia for a better life and a safer life.”</i></p> <p><i>“She was amazing doctor – she helped me a lot when I was upset and she write note for me and I show to them and in three days they give this apartment because doctor show I qualify”.</i></p>

			<p>disrespectful, not respecting their autonomy) (Couch 2012)</p> <ul style="list-style-type: none"> - They mentioned positively the friendly, supportive and respectful workers who empowered them to help themselves, giving them information about services, and help them plan and achieve their goals. (Couch 2012) - Caring from young refugees perspective does not mean solving their problems, but accepting them , not judging them and listening to them. they emphasized on the need for staff to understand refugees background, environment, and difficulties they face. they appreciated confidentiality and mutual trust, and detested lecturing and pitty looks. (Couch 2012) - One asylum seeker related some barriers to the housing system, such as complexity, length of time dealing with complaints, inadequate provision of service. the NASS housing system had mixed opinions from previous migrant users. half declared it to be adequate, the other half mentioned several shortcomings, like poor quality, overcrowding, and lack of orientation and services. (Dwyer 2008) - Studies suggest that private companies are more focused on making a profit than providing adequate accommodation. whereas local authority's provision of this service is better. complaints were more prevalent among those migrants who were housed by private companies rather than the local authority. several key informants indicated the lack of experience and coordination. (Dwyer 2008) housing options for asylum seekers are limited, leading most to search for alternatives like hostels or staying at a friend's floor. (Dwyer, 2008) Intensive casework support (20 hours) will help asylum seekers manage their move from asylum support program to mainstream welfare and housing provision. an interest free refugee integration loan will help refugees pay set-up costs. (Dwyer 2008) - One respondent felt that alternating between sleeping rough and work with accommodation was extremely distressing. (Flatau 2015) - One respondent moved from private rental to jail to post-correctional facility to community housing which he described as jail. (Flatau 2015) - One respondent spent his entire years in Australia alternating between public and private housing, he moved several times and the quality of his housing and treatment from his landlords were substandard. (Flatau 2015) - Three of these respondents lived in shared housing which became unavailable so they ended up rough sleeping. Language limitation made it difficult to access support services in Australia. (Flatau 2015) - One participant hadn't been picked up at the airport when he arrived to Australia, he ended up sleeping on the street. he talked about having a good life before migrating, and that he hadn't expected to end up homeless prior to his arrival. Secondary homelessness was experienced by most. This included staying in backpackers' hostels or temporarily with friends or family because they had no other accommodation option. (Flatau 2015) - Many refugee families reported a financial concern, they expressed how important the type of assistance is to meet their needs and cope with the issues that they face. when refugees arrived to the United States there was an imbalance between the financial assistance they were receiving and living economics. (Hyojin 2011) - On housing, refugee families reported living in temporary short-term housing. housing turned out to be not an independent problem but it was a clear indicator of 	
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			<p>unsuccessful resettlement in the first place of resettlement. (Hyojin 2011)</p> <ul style="list-style-type: none"> - Refugee families were aware that resources from the refugee community were insufficient, so they turned to other resources like the government or social service organizations. (Hyojin 2011) - Medical care in the views of the majority of homeless is excellent and free of charge. (Mostowska 2012) - Most refugees perceived life after resettlement to be better than their lives in their original countries, the relevance and availability of food is one reason. (Mostowska 2012) - Women with no status are vulnerable and have limited access to services, housing, Medical care, and social assistance, they rely on under-the-table employment and people’s compassion to secure housing. Pregnancy and childbirth is an ordeal for these women, so they turn to family shelters with their babies. (Paradis 2008) - Many respondents didn’t have access or lost their access to services after being housed, they expected a follow-up service but never received it. (Paradis 2008) - Non-status persons should have access to all health, crisis, and other services without fear of being reported to immigration authorities. this study identified the need for a centralized source for information, employment, and advocacy for non-status people. (Paradis 2008) - Ineligibility for welfare assistance for non-status, recently arrived, or migrants lacking proper documentation has wider implications on an individual’s ability to access emergency shelters and other services as well as the perceived fear of deportation. (Sherrell 2007) - One refugee mentioned the difficulties she encountered, she has been on a waiting list for housing for over a year and living only on her child’s benefits. (Sherrell 2007) - One case worker talked about service agencies not having enough resources to help all clients. (Sherrell 2007) - One client spoke of the substandard conditions of a hostel in Chinatown designated to host Chinese newcomers. (Sherrell 2007) - Anna’s highlighted the gravity of not having enough space or one’s own personal room, she spoke of the instability that comes with having one employer make accommodation decisions for you. (Sjollema 2012) - Refugee women spoke positively of government and community organizations helping them with different services. However, some noted lack of knowledge of how to reach these organizations. (Walsh 2015) - Refugees felt they were unwelcomed in Norway due to lack of free-of-charge shelters as in Denmark. (Mostowska 2013) - Most Polish men worked in Construction field which hasn’t changed a lot, while most Polish women(generally younger/undocumented job) worked in cleaning which is changing into a contract and tax based system. (Mostowska 2013) - Toronto’s emergency shelter system tried to manage the long waiting lists for the shelter in many ways, one of which is to mix newcomers with other residents of the shelter; a way that is not idle for this vulnerable population. (Kisson, 2010 Uncertain) - Participants identified their family doctors as their advocates for eventually getting access to housing (St Arnault) - Participants who were sponsored refugees who upon their arrival in Canada, had help finding housing and resettlement support from the government or private 	
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				<p>sponsors. Nonetheless, this support was not enough to prevent them from becoming homeless. Unsettled migrants had the highest number of housing transitions. Similar to families in the new arrivals group, they did not have resettlement support. For families in subsidized housing, their rent increased if their income increased, indicating a structural barrier to stability. For six foreign-born families, lack of affordable housing contributed to their homelessness "because you've got to come up with your first and your last month's rent." 20 foreign-born participants described helpful services in the community. Participants found out about the shelter through governmental services and an immigration referral center. They relied on drop-in programs, food and furniture banks, housing providers, in addition to immigration and resettlement support, including refugee assistance programs, legal aid, counseling, family doctors and walk-in clinics, daycare, housing providers, education and employment programs, and language classes. Few participants also mentioned the need for more counseling, and help navigating the social service and community mental health system. (Polillo 2019)</p> <p>- Many badocari struggle with illnesses and experience difficulties in treating them on similar terms as many other homeless, since they cannot change bed sheets or shower daily. since they are unregistered EU citizens and do not have access to a range of health care services. The cases illustrate that one major barrier for the badocari accessing health in Denmark is the limited access to non-acute medical treatment as well as follow-up. (Ravnbo)</p>	
	Discrimination (~4)	Several refugees felt they were turned away from housing for reasons such as their ethnicity, use of welfare cheques, a history of trauma, language of origin, temporary resident status, and the presence of children.	Couch 2011, Flatau 2015, Sjollema 2012, Walsh 2015	<p>- Several refugees expressed that they felt they were turned away from private rental because they were black. One woman describes being told by landlord that rental was taken despite a youth worker ringing on her behalf claiming otherwise (Couch 2011)</p> <p>- One refugee worried that he was 'mentally sick' and was just imagining a stalker, but then another individual confirmed it (Flatau 2015)</p> <p>-Women cited presence of children, or ethnicity, a history of trauma, and language barriers as factors in their inability to find stable housing (Sjollema 2012, Walsh 2015)</p> <p>- One woman described feeling frustrated from multiple rejections from landlords based on her country of origin, and that she was not granted an apartment until she told the landlord that she belonged there as was a citizen (Sjollema 2012)</p> <p>-One woman was asked to strip by her landlord and get into the bathtub. She refused and later moved out, but she expressed her fears of not knowing what to do with behavior that she did not recognize. (Walsh 2015)</p>	"People call me things and I just walk on past because in my heart I know I'm not terrorist. Because if I stand up for myself I might end up in fight, in prison or hospital, so sometimes it is good to walk away. In this country I get bashed a lot because people see I'm Muslim." Flatau 2015
	Employment opportunity (~6)	Many refugees and other migrants reported difficulty obtaining employment, especially with limited personal, family, and cultural resources that could assist in finding opportunities. For example, some refugees expressed	Couch, 2017, Couch, 2011, Mostowska, 2013, Mostowska, 2012, Walsh, 2015, Flatau, 2015	<p>- Participants felt being denied access to the work force and to meaningful opportunities so they could contribute to the society and feel pride in being active citizens. They felt their dreams of owning a house, studying, and working were very hard to achieve. (Couch 2017)</p> <p>- Young participants couldn't find or maintain employment due to homelessness, lack of education, and language barriers. (Couch 2011)</p> <p>- Jobs were short term and undocumented; which they found through connections. or they were unemployed and receiving benefits, their social networks didn't help them find legal job opportunities. they were afraid their benefits would stop if they did. (Mostowska 2013)</p>	"I am so many steps away, miles away from having anything like the Australians have"

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		<p>barriers due to a lack of language skills and work experience in the resettlement country.</p> <p>Limited employment opportunities sometimes led to restrained access to accommodation, food, and other necessities.</p>		<ul style="list-style-type: none"> - A transient worker found it difficult to land sustainable jobs. he mentioned that employers mostly didn't pay him or cheated on him. he suffered several episodes of homelessness but keeps fighting to find a good job with good pay to send money to family and save his honour. (Mostowska 2012) - Polish rough sleepers only stay in one place for short periods of time for some extra cash and move on. they don't have an intention to settle, moving across Europe, using homeless facilities. (Mostowska 2012) - Women were unemployed or underemployed due to difficulty recognising their prior education and qualifications. they used social assistance, food banks, and study loans which weren't sufficient to meet their basic needs. (Walsh 2015) - Employment rate at the time of the survey was 20%. (Flatau 2015) 	
<p>Micro</p>	<p>Income (~10)</p>	<p>Refugees' low income is a major cause of their homelessness. Many are obliged to make refugee claims to access services, but end up overwhelmed by immigration fees. Basic financial aid offered is often insufficient and doesn't take into account different circumstances. Different sources of income have to be found, mainly depending on immigration status</p> <p>Many migrants send money to their relatives, even when they have very little.</p>	<p>Couch 2011, Kisson 2010 (uncertain), Mostowska 2013, Mostowska 2012, Paradis 2008, Sjollega 2012, Walsh 2015, St Arnault, Polillo 2019, Ravnbol</p>	<ul style="list-style-type: none"> - Statements from the women consistently demonstrated that the primary cause of housing insecurity for newcomer women is that of inadequate income in the face of rising housing costs (Sjollega 2012) - Poverty was cited by our respondents as the primary reason for housing insecurity (Walsh 2015) - A number of participants mentioned feeling forced by the severity of their poverty or poor health to make a refugee claim to access services having been advised by centres and agencies that there was no other way to remain in the country or to receive assistance (...) Making a refugee claim to alleviate hunger, homelessness or sickness is an expensive use of the system, and indicative of the need for alternatives, as is the fact that people starve themselves to pay immigration fees because there is no waiver for the destitute (Kisson 2010 (uncertain)) - Many refugee young people are expected to send money to relatives in refugee camps or to support family members unable to receive social benefits in Australia, while struggling to pay their own rent, bills and other expenses on a Centrelink allowance (Couch 2011) - In some cases a migrant might have wanted to keep up the image of her or his successful migration and never informed the family of the situation. In the case below it led to a point where the man had sent home the money he needed himself for rent. (Mostowska 2012) - Most women in the study received no child support; those who did sometimes didn't receive the full amount on a regular basis. Most families had multiple income sources. There is a need for a guaranteed income benefit that tops up all other income sources to a level adequate for sustaining stable housing, food security, childcare and other necessities. Also, some mothers in the study became homeless because their student loan entitlements were insufficient but rendered them ineligible for welfare (Paradis 2008) - For women whose prior education and qualifications had not helped them to find employment in Canada, the amount of social assistance they received was not adequate to cover living expenses. Many depended on food banks and non-profit organizations to assist them in meeting their basic needs Others were relying on student loans or the meagre funding provided by the educational institutions that they attended (Walsh 2015) - The strategies that most transient workers engage in include loading and unloading goods at the flea market, collecting empties and small scale illicit activities. 	<p><i>"When I was coming from Sudan my mom give me gold. She said when you are in need or when you guys – something happen – you are sick or the kids are sick – you can sell it and then buy medication or food. So, I went and sold those to some ladies who were working at the child care. So, they bought it from me and we paid down payment and we bought that place. And then the mortgage was like 900 something. Less than the rent."</i></p>

				<p>Panhandling is common among clochards and veterans. The activities are strictly hierarchical. Begging is considered the most degrading, odd jobs at the market the best. (Mostowska 2012)</p> <ul style="list-style-type: none"> - My informants engage in undocumented work as various actors. The second sector of the economy they engaged in is illicit activities, especially in the smuggling business and organized shoplifting. (Mostowska 2013) - The refugees in the study expressed that increasing personal or family income was one of the most crucial factors facilitating their exit from homelessness. Most often, the income and extra funds were obtained by: (a) selling off family gold, jewellery, or other assets to liquidate them into cash; (b) eventually sponsoring another family member to come to Canada, so that person could start working and help out financially; (c) having children work to help out financially, or (d) obtaining government rent supplements. (St Arnault) - Both stable migrants and resettled refugees reported having periods of stable employment and housing in the four years prior to homelessness, but still had difficulty paying rent. Private market rent was not affordable for families with minimum wage jobs (Polillo 2019) - The badocari are not registered as EU workers, thus unable to find employment (Ravnbol) 	
	Education (~3)	The challenges related to immigration made schooling difficult for young refugees. Lack of education contributed to homelessness, however, high level of education didn't guarantee employment	Couch 2011, Hyojin 2011, Walsh 2015	<ul style="list-style-type: none"> - Many struggled in school because of language difficulties, interrupted schooling and difficulties concentrating. Several identified as having learning difficulties, being alienated by peer and experiencing racism. They repeatedly described feeling of being different, of not belonging, of being outside and on the fringes. (Couch 2011) - Female Hmong parents, regardless of what the direct reason for losing the previous housing, mentioned their lack of adequate education and job skills as a major issue that eventually led them to the current situation: homelessness. (Hyojin 2011) - Respondents with higher education often had no more success in finding secure employment than others. (Walsh 2015) 	
	Family structure (~9)	<p>Refugees face challenges that cause family conflict and thus increase the risk of homelessness of certain members (particularly youth).</p> <p>Refugees' usual larger family size is a barrier to finding housing. The need for childcare renders integration difficult for single mothers.</p> <p>Homelessness is connected with family separation in complex</p>	Couch 2017, Couch 2011, Hyojin 2011, Mostowska 2013, Mostowska 2012, Paradis 2008, Sjollem 2012, St-Arnault, Polillo 2019	<ul style="list-style-type: none"> - Family conflict is a well-documented pathway into homelessness for all young people. However, there are circumstances specific to refugee young people that complicate family relationships and cause tension (Couch 2017) - The common reasons why young people left home were family conflict over parental rules or values, reconfigured families, and overcrowding. Based on participants' descriptions of leaving home, three could be classified as leaving voluntarily and six were asked to leave by their families (Couch 2011) - When asked about their opinion on the factors contributing the most to their homelessness, people often point to relationship problems with their families (Mostowska 2013) - Parents were stressed about both adjustment to the new culture and adherence to cultural and religious tradition. (...) Cultural differences in the US are not only the barriers and challenges for living to parents but also a source of stress and worries for children. (Hyojin 2011) - Embedded in this narrative is not only stress related to the Americanization of the children, but also the stress associated with loss of family structure, which may have been a buffer against stress prior to migration. (Hyojin 2011) 	<i>"What helped was My husband coming. So family, family reunification because then there would be both of us to work".</i>

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		<p>ways (migration causes family conflict, which can cause homelessness; homelessness causes family conflict; some become homeless to avoid separation, some separate to avoid homelessness).</p>	<ul style="list-style-type: none"> - Cultural resources at the family level are also related to changes in family dynamics. Some parents were told that they could be sent to jail if they discipline children and thus worries and helplessness as well as well as hope and expectation for children were coexistent. (Hyojin 2011) - The size of both Hmong and Somali families in this study was 8 people on average. This impacted their search for affordable housing, and it often ended up living in overcrowded conditions (Hyojin 2011) - Participants talked about on the one hand being expected to assist other family members to negotiate a new language, culture and systems and requiring them to step up into adult roles. (Couch 2017) - Refugee young people often have additional family responsibilities. Many support their families by interpreting information relating to housing, income and employment issues and often need to accompany parents to appointments, which impinges on the young person’s time, social life and studies. (Couch 2011) - Refugee parents with limited personal resources to develop cultural resources in the host society may have to rely on children who learn a new culture much faster than adults.(...) Children are regarded as a cultural asset to the family and this is a valued resource for the entire family to survive and thrive in the host society. (Hyojin 2011) - The longer the men were in Oslo, the more their marriages were put under substantial strain. (...) Subsequently the men were less likely to visit Poland and had more episodes of unemployment and homelessness, which made going back to the home country even more problematic. (Mostowska 2013) - Some respondents had completely cut off contact with their relatives years ago. The sense of guilt, shame, letting down the family, but also hurt, being unjustly harmed by their loved-ones intertwine. (Mostowska 2012) - The sacrifice of being away and longing for her children was the overarching sentiment she expressed (Sjollema 2012) - Although the single mothers interviewed all wanted to work, most of them still had no resources or social support for childcare. Without family resources or additional social support from extended family members, employment of single mothers did not seem to be a feasible option for the refugee families. The burden of childcare is also likely to impede the development of new livelihood skills, by attending employment education or English classes, for instance. (Hyojin 2011) - 7 Hmong families had either an issue of domestic violence, polygamous relationship or conflicts with extended family members. This resulted in homelessness since a lack of social capital within the family resulted in limited housing options, while some family conflicts began due to housing issues, which eventually led them to separate. (Hyojin 2011) - While homelessness and housing problems sometimes cause family separation, some women became homeless in order to regain custody of their children. Some women with older children did not have their children with them at the shelter- in some cases because shelter rules restricted the entry of older children, or because their children had found life in the shelter difficult and had left (Paradis 2008) - Many refugees in the study recognized that other family members are also important assets in moving out of poverty and homelessness. (St Arnault) 	
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				- Most of stable migrants were Canadian citizens and attributed their homelessness to a significant event, such as divorce, job loss, and a fire. A foreign-born participant with permanent resident status in the new arrivals group described the financial strains when they had children. Eight participants in the unsettled and stable migrants groups experienced traumatic and stressful life events in Canada. These included the death of a loved one, divorce, a fire, a disability that occurred unexpectedly, intimate partner violence, and forced marriage. "I was pregnant with my daughter when he stabbed me...six places...Yeah, so I told him, 'divorce me' and he's like, 'No I'm not going to divorce you, I'm going to kill you'" (Polillo 2019)	
	Occupation (~1)	Dissatisfaction with job type, responsibilities, income, and working environment.	Flateau, 2015,	- Lower employment rates after resettlement, dissatisfaction with income and responsibilities of the new job. Evidence of relief when employed. (Flateau 2015)	
	Ethnicity (1)		St Arnault	The refugees in this study drew on their spirituality and religiosity to help them cope and to persist when facing obstacles to finding and securing suitable and affordable housing (St Arnault)	<i>"... my religion is Islam and for example when I cry, I always pray to God and I believe God help me find a way out of this problem and a place to live".</i>
	Language (~4)	Limited language skills among refugees impedes their ability to access most services including housing services, and limits social capital and connections beyond their original community.	Couch, 2011, Hyojin, 2011, Mostowska 2013, Ravnbol	- Language was a barrier to accessing housing, and function well in society especially among young populations. (Couch 2011) - Language and cultural barriers limited Refugee families from accessing and obtaining real resources that they needed. (Hyojin 2011) - Language skills were generally poor even after years of settling. younger refugees know English, but their knowledge of official paperwork and public agencies is limited. (Mostowska 2013) - Language is the most important resource to extend migrants' relationship and connections beyond their original community. The Bridging Capital (Learning Language, certified training, or starting own business) may be built up in the course of migration. (Mostowska 2013) - Many tried unsuccessfully to find work and accommodation but failed because they did not speak English or Danish and had no education and previous work recommendations (Ravnbol)	<i>"My English is a problem because I do not always understand the rules of renting a place and may get evicted because I do not understand the rules."</i>
	Age (0)				
	Immigration status (0)				
	Acculturation (~3)	Several vulnerably housed refugees expressed difficulties learning a new culture, while parents also struggled with the ability of their children to balance a new culture and the culture of their country of origin. This increased conflict in families led to a loss of family support,	Couch 2017, Couch 2011, Hyojin 2011	- Cultural juggling between parental expectations and culture of host country. Conflict between youth and parents about becoming 'too Australian', 'having Australian friends', and 'a lack of freedom' (Couch 2017) - Families expressed difficulties in learning to access transportation and information about the places to access specific resources (Hyojin 2011) - One individual talked about the stress involved in completing simple tasks such as turning on a stove (Hyojin 2011) - One individual explained how the language barrier resulted in difficulties obtaining food (Hyojin 2011) - Parents sometimes see their child's acquisition of English language, western fashion or a new social life as an abandonment of traditional cultural beliefs and	<i>"I just wanted to fit in. That was really all that was on my mind... and what I needed to do to make all my parents demands come true. They wanted me to go to school, to do well. But I would go to school and it was so hard, I didn't understand anything. And I was so tired. Then I had to have so much time off school to take them to appointments, and I</i>

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		<p>which is a protective factor against homelessness.</p>		<p>values, and this leads to stress and conflict. (Couch 2011)</p>	<p>hated them they seemed to make no effort to learn English. Then they would bark at my like a dog about how I dressed who I was friends with and it just went on and on. I was tired and my head felt sore all the time. Many days I thought of just jumping in front of a train." (Couch 2017) -"The international Institute helped us move to an apartment. When they paid for the first two months they told us to pay from then on. We were getting \$500 cash from the government and the rent was \$800. There was nobody to help buy groceries, we had food stamps but my kids were hungry because we did not know where to find a grocery store and how to get there (SO)." (Hyojin 2011) -"I felt sorry for myself because I was illiterate, couldn't drive, and do simple stuff such as going to the grocery store. In America, you're handicap if you don't know how to drive. Then even if I knew how to drive; I couldn't read directions or signs to get me where I needed to go. When I am at the cashier I am nervous because I don't know how to count money." (Hyojin 2011) -"We are stuck in our apartments. I did not even know how to turn on the stove, I attempted one time and it made a loud noise I thought it was going to explode, so I shut it off. We slept hungry for three days (SO)." -"I went to a market and stood in front of the butcher for a long time, because I can't ask him what kind of meat it is and how</p>
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					much I can afford. He would write and write things on a piece of paper and I can't read or understand what he is telling me and I finally left with nothing (SO)." (Hyojin 2011)
	Health beliefs and practices (~2)		Polillo 2019, Ravnbol	<ul style="list-style-type: none"> - Foreign-born participants reported being in good mental and physical health and did not report any diagnoses of mental disorders. However, some participants described the difficult emotions they experienced in the four years prior to homelessness, including feeling stressed, depressed, emotional, angry, frustrated, and crying at night to hide their emotions from their children. (Polillo 2019) - As a result the badocari access to health care and medical treatment while in Denmark is therefore limited. The badocari experience legal barriers to accessing health care in a variety of ways. Health problems are not only incentives for migration but also consequences of processes of migration They come from an impoverished community where mental health treatment is expensive and traditionally surrounded by stigma, most go untreated the badocari may neglect or misinterpret their health situation and health needs in Denmark as they tend to do back home, due to experiences with inaccessible and unaffordable health care in Romania. (Ravnbol) 	
Health outcomes (~7)	Health and well-being	The cycle of homelessness, alcohol abuse, and lack of hygiene all worsening health problems	Flatau 2015, Mostowska, 2013, Mostowska, 2012, Hanley	<ul style="list-style-type: none"> - Hygiene was an issue as some individuals were not able to bathe for 3 weeks at a time unless they were sprayed by sprinklers (Flatau 2015) - Some migrants expressed their regrets over their loss of family, jobs, and their home country. This transition exacerbated their alcohol problem, and ultimately led to loss of accommodations (Mostowska 2013) - Many years of homelessness led to health problems and exacerbation of alcohol abuse (Mostowska 2012) - Health problems perpetuated, indirectly and directly, housing insecurity and homelessness: Most participants reported health problems including migraine headaches, abdominal pain, anemia, high blood pressure, persistent coughs and colds, fevers and fatigue. Reproductive health issues also featured prominently with one woman reporting fibroids and three others reporting recent pregnancies, one of which involved premature labor and delivery and another which included gestational diabetes. Most women were unaware of the potential relationship between housing insecurity and health, although three participants explicitly referred to poor health as a direct cause of their precarious housing situations. Disability, vision problems from injury, and difficulty obtaining income were also impacting housing insecurity (Hanley) 	- A man here [on the streets] has no respon- sibilities, no work, no home, no one to take care of. You know what I mean? And then... what is there to do? Drink. Out of boredom. (32-year old woman)" (Mostowska, 2012)
	Chronic illness				
	Functional status				
	Mental health	Psychological impact of past trauma experienced and current housing	Couch 2017, Couch 2011, Flatau 2015,	<ul style="list-style-type: none"> -One individual describes how his mental health impacted his homelessness status. By the end of the study, this individual had committed suicide (Couch 2017) -Three young men were 'chronically homeless' and having been survivors of 	- <i>"I was put into hospital for my mental health and when I came out I couldn't go back to where I</i>

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		<p>insecurity contributed to mental health concerns, which were further worsened by inadequate support.</p>	<p>Hyojin 2011, Kisson 2010, Ravnbol, Hanley</p>	<p>persecution, were dealing with a lot of unresolved emotions, with one individual illustrating obvious paranoia (Couch 2011)</p> <ul style="list-style-type: none"> -One individual explained how he felt 'seriously stressed' upon thinking about his homeless status, thus impacting his mental health (Flatau 2015) -Stories of trauma were very intense and distressing, thus opening further discussion regarding the psychological impact of trauma experienced (Hyojin 2011) -Some families reported sleep problems and loss of appetite as well as worries and anxiety. Four families reported seeing a doctor or therapist due to their mental health concerns, and many that reported coping through their faith (Hyojin 2011) - The badocari who experience depression and psychiatric disorders also share experiences of limited access to treatment in Romania particularly due to unaffordable treatment but also due to stigma concerning mental health disorders within many families Substance dependencies prevalent among the homeless have also become common for the badocari. Many badocari, particularly the men, started drinking more heavily after traveling to Denmark and some have started using drugs (Ravnbol) - Challenges related specifically to their immigration status contributed to women's health problems and housing insecurity: The first order of difficulty is systemic. Immigration status is a key determinant of eligibility for health insurance. The second order of difficulty is more individual, with some women suffering physical or mental health challenges related to their migration experiences. They may be far from their families and socially isolated and they are often unfamiliar with the Canadian healthcare system (Hanley) 	<p><i>was living. The hospital said they would sort something out for me, but nothing got done. They gave me medication and put me on a train to the country where they said someone from the Sudanese community would be there to meet me. No one was. I just sat at the station with my bag of medication. That was when it fell apart and all went zig zag."</i> (Couch 2017)</p> <p><i>"I was prescribed sleeping pills and depressions pills. I know these are only temporary help. I need long-term help for solution (HM)." (Hyojin 2011)</i></p> <p><i>"I feel angry at myself for being unable to support my family. I am anxious and irritable. I forget to eat at times and avoid telling others about my situation so no one would talk negatively about me and my family. I think so much I have headaches (HM)." (Hyojin 2011)</i></p> <p><i>"I hadn't any identity, and place for self or home, and so many difficulties living with relatives and lacked security and because I was depressed in Iran my depression was getting worse."</i> (Kisson 2010 Persecution)</p>
<p>Gender roles (~4)</p>	<p>--</p>	<p>Female refugees were under-represented and detached from mainstream services due to their language skills and backgrounds.</p> <p>Women used sex and unromantic relationships in exchange of accommodation and resources.</p>	<p>Couch, 2017, Couch, 2011, Flatau, 2015, Ravnbol</p>	<ul style="list-style-type: none"> - Women were using alternative solutions for accommodation like Couch surfing, overstayng with friends, staying with strangers, entering unromantic mostly abusive relationships with older partners, returning to previous relationships. this is due to fear of sleeping rough or using mixed gender accommodation. (Couch 2017) - Young women did not always see the lack of romance in a relationship as something bad. (Couch 2017) - Young women were less likely to use mainstream services without advocacy. The increasing under-representation and isolation of these women is causing mental health problems. (Couch 2011) - Women had more family support than men, especially in accommodation provision. (Flatau 2015) - Men had better Language skills than women whom the majority of were from African origins. refugees from african origins had more difficulties learning English. 	

				(Flatau 2015) - The badocari women express health concerns relating to pregnancies and gynecological problems that are worsened by their living conditions in Copenhagen. Sleeping rough and not having easy access to showering is particularly problematic for the expectant mothers, but women who are not pregnant talk about abdominal pains that have worsened during the stay in Denmark. Many of the women explain that they experience stress- related symptoms and some struggle with depression Half the sample are women aged 17-50. They all have three or more children, and most had their first child when they were 15-19 years old. Most continued migrating to Denmark or other EU countries during their pregnancies. (Ravnbol)	
Housing situation (~12)	--	The Majority of refugees were homeless, vulnerably housed, or have experienced episodes of homelessness after resettlement. Refugees' employment status, previous traumatic experiences, and perspectives of their housing situation were challenges for using housing services.	Couch, 2017, Silvia, 2007, Flatau, 2015, Hulin, 2013, Hyojin, 2011, Kisson, 2010, Kisson, 2010 (B), Mostowska, 2013, Paradis, 2008, Sherrell, 2007, Sjollem, 2012, Mostowska 2012, Dwyer 2008, Idemudia 2013, Walsh 2015, Ravnbol	- All the participants were either homeless, or previously homeless. They were living in public housing, community run boarding houses, or with family and friends. (Couch, 2017) - Several years after resettlement, many young people housing situation has improved, as they experienced a decline in overcrowding and struggle. (Couch, 2017) - Many young migrants didn't identify themselves as homeless despite their unstable housing condition, which resulted in a decline of the usage of housing agencies. (Couch 2017) - There was no linkage between the migrants' low economic status and their usage of shelter services. In fact, their ethnocultural-based social network served as a factor to avoid using shelter services and helped facing complete homelessness. (Silvia 2007) - Most of the participants were vulnerably housed (Secondary homelessness was common), with no long-term fixed place to live. They had either lived in a private rental, with family and friends, backpackers' hostels, or in housing services provided by the government. Many of them indicated that there low economic status and unemployment was a barrier to get a stable resident. (Flatau 2015) - There is a lack of a complete government-lead integration program, which lays all the load on NGOs to handle, thus jeopardizing their ability to provide services for refugees in case of insufficient funds. (Hulin 2013) - Being homeless was a major reason for anxiety among refugee families. Such anxiety had a great impact on the families' mental health and prevented them from integrating with the society and building social relationships. (Hyojin 2011) - In Toronto, refugees make up a large population among shelter residents. (Kisson 2010) - Many migrants were either homeless or have experienced a homeless life episode. Research should focus on these experiences' effect on the children's well-being as many children have a single mother or status-less parents, and this can increase the family's susceptibility to homelessness. (Kisson 2010 B) - Many participants experienced homelessness by either living on the street , or at a friend's home. (Mostowska 2013) - Documented immigrant women have stayed at the shelter for a longer period and usually were unable to find housing by their own efforts compared to Canadian-born women, but they were very satisfied with the services provided. (Paradis 2008) -On the other hand, undocumented immigrant women have experienced homelessness more often than their documented counterparts, many were a single household and were dissatisfied with their housing status.	"We were happy for a little bit, then we realized the housing problem and then we were really stressed." "I don't have any close relatives that might have been a doorway to the community. Until I settle my housing crisis, I will not be able to focus on anything else"

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				<p>abuse was the most common reason for immigrant women to leave their former housing. (Paradis 2008)</p> <ul style="list-style-type: none"> - Refugees who were living in shelters arrived to Canada in different times, some have arrived several months ago and the rest have lived in Canada for many years. However, many migrants who were not in shelters for cultural issues, were vulnerably housed. (Sherrell 2007) - Housing space was also a big concern for refugee families usually larger than their Canadian counterparts. they were usually living in smaller space than what they should have, resulted in overcrowded accommodation and an eviction fear for having smuggled family members stay there. Most respondents felt a housing stress at one part of their stay in Canada. The lack of language skills and social networks were some of the reason for not finding appropriate housing. (Sherrell 2007) - A refugee women was emotionally-traumatized after living in a refugee camp, yet her emotional trauma progressed to the worse after she became homeless in Canada. (Sjollema 2012) - Many refugee women were traumatized after being exposed to violence in their countries of origin. Such trauma had a major impact on their ability to find a stable accommodation in Canada. One woman have lived with families or friends for some time and was able to have her independent accommodation when she and her husband found a job. However, she became vulnerably housed again after her husband's death and the loss of financial support. (Walsh 2015) - Family crises, conflicts with landlords or roommates were the most common reason to force women into less secure housing. (Walsh 2015) - The majority of the polish workers were precariously housed (sublet without a contract, quarters by employers, friends), a few were in a relatively stable housing. finding accommodation through the night was one of greatest challenges, (railways, metros, parks and abandoned buildings during Summer, crowded night shelters and hostels during winter) (Mostowska 2012) - The private sector used the lack of government control to provide substandard housing services to refugees. (Dwyer 2008) - Housing costs were expensive for refugees, and some services like water were not provided. (Idemudia 2013) - Everyday life for the badocari in Copenhagen takes place in the street and is contingent on the weather. They sleep rough (unsheltered) for various reasons related to an expensive and inaccessible housing market and limited availability of shelters that allow entry to unregistered EU citizens and undocumented migrants. (Ravnbol) 	
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Appendix V: CERQual Evidence Profile

<p>Finding: <i>Discrimination</i></p> <p>Systemic racism: Refugees experienced individual and systemic racism, which exacerbated housing instability. Many refugees felt they were turned away from housing and emergency shelters for reasons such as their ethnicity, use of welfare cheques, a history of trauma, language of origin, temporary resident status, and the presence of children.</p>	
<p>Assessment for each CERQual component</p>	
<p><i>Methodological limitations</i></p>	<p>Moderate concerns; 1 study with sampling concerns, ethical considerations were not clearly reported in 2 studies, 2 studies did not adequately consider the relationship between researcher and participants, sufficiently rigorous data analysis was not clear in 1 study.</p>
<p><i>Coherence</i></p>	<p>No to very minor concerns</p>
<p><i>Relevance</i></p>	<p>Minor concerns because 1 focused on youth, 1 focused on overall challenges faced by refugees, 2 examined homeless and vulnerably housed migrant women.</p>
<p><i>Adequacy</i></p>	<p>Moderate concerns; small number of studies - do not focus on all migrant age groups, other cultural characteristics (Heterogenous), some studies with small sample size (ex: Couch 2011 with no mention of data saturation), Couch 2011 & Walsh 2015 - v. thin data re: discrimination</p>
<p>Overall CERQual assessment</p>	
<p>Confidence level: Low confidence</p>	<p>Explanation of judgement: Due to moderate concerns for methodological limitations and adequacy, and no to minor concerns for coherence and relevance.</p>
<p>Contributing studies</p>	

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Study	Context
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Flatau 2015	Australia; Discusses findings for policy change in Australia
Sjollema 2012	Montreal; Invites the perspectives of migrant women experiencing precarious housing
Walsh 2015	Montreal; Explores the experiences of newcomer women with insecure housing

<p>Finding: <i>Health outcomes – Mental health</i> Mental health concerns: Lived experience of trauma, combined with housing insecurity, resulted in persistent psychological distress and mental health concerns.</p>	
<p>Assessment for each CERQual component</p>	
<p><i>Methodological limitations</i></p>	<p>Minor concerns: 2 studies with sampling concerns, ethical considerations were not clearly reported in 1 study, and 1 study did not adequately consider the relationship between researcher and participants.</p>
<p><i>Coherence</i></p>	<p>No to very minor concerns</p>
<p><i>Relevance</i></p>	<p>Very minor concerns</p>
<p><i>Adequacy</i></p>	<p>Moderate concerns</p>

Overall CERQual assessment	
Confidence level: Moderate confidence	Explanation of judgement: Due to very minor concerns for methodological limitations, no to very minor concerns for coherence, relevance and adequacy.
Contributing studies	
Study	Context
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Flatau 2015	Australia; Discusses findings for policy change in Australia
Hyojin 2011	Minneapolis; Explores refugee families' mental health in the social ecological contexts of displacement and homelessness and investigates stressors and coping in relation to transition of resources including social capital of refugee families
Kissoon 2010	Vancouver and Toronto; Explore the effects and decision-making involved in shifting between legal and illegal immigration status
Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country

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Hanley 2018	Montreal; Analyzes how health intersects with the experience of housing insecurity and homelessness, specifically for migrant women
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<p>Finding: <i>Social networks and support</i> Finding an advocate: Refugees who sought a culturally familiar community advocate were able to increase their social capital. Advocates included settlement counsellors and cultural brokers. These advocates were able to help refugees transition out of homelessness by providing social support, a place to stay, and other resources.</p>	
Assessment for each CERQual component	
<i>Methodological limitations</i>	Minor concerns: Ethical considerations were not clearly reported in 1 study, 3 studies did not adequately consider the relationship between researcher and participants, recruitment strategy was not clearly appropriate to aims of research in 1 study.
<i>Coherence</i>	No to very minor concerns
<i>Relevance</i>	Very minor concerns
<i>Adequacy</i>	Very minor concerns
Overall CERQual assessment	
Confidence level: High confidence	Explanation of judgement: Due to minor concerns for methodological limitations, no to very minor concerns for coherence, relevance and adequacy.

Contributing studies	
Study	Context
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Walsh 2015	Montreal; Explores the experiences of newcomer women with insecure housing
St-Arnault 2018	Alberta; Investigates pathways out of homelessness among a mixed sample of adult refugees who had experienced absolute or relative homelessness after their arrival in Canada, but who eventually became adequately settled in one of Canada's large urban centres in the Province of Alberta
Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country
Polillo 2019	Ottawa; Investigates the experiences of foreign-born families in the four years prior to becoming homeless and how do the homeless pathways for foreign-born families compare to those of Canadian-born families

Finding: *Services - Health and Housing*

Poor access to services: Refugees and other migrants are often unaware of support services and find them difficult to access and navigate; this is especially true for undocumented migrants, failed asylum seekers, and those with humanitarian protection.

Assessment for each CERQual component

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<i>Methodological limitations</i>	Minor concerns: 1 study with sampling concerns, ethical considerations was not clearly reported in 2 studies, 2 studies did not adequately consider the relationship between researcher and participants, recruitment strategy was not clearly appropriate to aims of research in 1 study, and methods were briefly described in 1 study.
<i>Coherence</i>	No to very minor concerns
<i>Relevance</i>	Minor concerns; 1 study with contextual concerns
<i>Adequacy</i>	Very minor concerns
Overall CERQual assessment	
Confidence level: Moderate confidence	Explanation of judgement: Due to minor concerns for methodological limitations, no to very minor concerns for coherence, relevance and adequacy.
Contributing studies	
Study	Context
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Walsh 2015	Montreal; Explores the experiences of newcomer women with insecure housing
Dwyer 2008	United Kingdom; Examines the impact of both positive and negative changes in socio-legal status and forced migrants' susceptibility to homelessness

Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country
Polillo 2019	Ottawa; Investigates the experiences of foreign-born families in the four years prior to becoming homeless and how do the homeless pathways for foreign-born families compare to those of Canadian-born families
Ravnbol 2017	Copenhagen; Addresses Roma migrants' health concerns and access to health services within the European Union (EU) from a perspective on Romanian Roma who live in homelessness in Copenhagen.

Finding: <i>Services - Health and Housing</i> Unsafe housing: Refugees and other migrants perceived the housing options available to them as unsafe, poorly managed, and unaffordable	
Assessment for each CERQual component	
<i>Methodological limitations</i>	Minor concerns: 1 study with sampling concerns, 2 studies did not adequately consider the relationship between researcher and participants, recruitment strategy was not clearly appropriate to aims of research in 2 studies.
<i>Coherence</i>	No to very minor concerns
<i>Relevance</i>	Very minor concerns to minor concerns; 1 study with contextual concerns
<i>Adequacy</i>	Very minor concerns
Overall CERQual assessment	

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Confidence level: High confidence	Explanation of judgement: Due to minor concerns for methodological limitations, very minor concerns to minor concerns for relevance and no to very minor concerns for coherence and adequacy.
Contributing studies	
Study	Context
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Polillo 2019	Ottawa; Investigates the experiences of foreign-born families in the four years prior to becoming homeless and how do the homeless pathways for foreign-born families compare to those of Canadian-born families
Dwyer 2008	United Kingdom; Examines the impact of both positive and negative changes in socio-legal status and forced migrants' susceptibility to homelessness
Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country
Paradis 2008	Toronto; Examines experiences of women and their families in Toronto shelters, to compare the experiences of Canadian-born women, and women who had come to Canada as immigrants, refugees, or other migrants.

Finding: *Family Structure*
Facing a family separation: Several vulnerably housed refugees expressed difficulties learning a new culture, while parents also struggled with the ability of their children to balance a new culture and the culture of their country of origin. This increased conflict in families led to a loss of family support, which is a protective factor against homelessness.

Assessment for each CERQual component	
<i>Methodological limitations</i>	Moderate concerns: 1 study with sampling concerns, ethical considerations were not reported in 2 studies, 3 studies did not adequately consider the relationship between researcher and participants, appropriateness of the research design was difficult to assess in 1 study, sufficiently rigorous data analysis was difficult to assess in 1 study, and recruitment strategy was not clearly appropriate to aims of research in 1 study.
<i>Coherence</i>	No to very minor concerns
<i>Relevance</i>	Moderate concerns; 1 study with temporal concerns, 1 study which only interviewed 1 family member while aiming to report full family concerns
<i>Adequacy</i>	Very minor concerns
Overall CERQual assessment	
Confidence level: Low confidence	Explanation of judgement: Due to moderate concerns for methodological limitations and relevance, no to very minor concerns for coherence and adequacy.
Contributing studies	
Study	Context
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Polillo 2019	Ottawa; Investigates the experiences of foreign-born families in the four years prior to becoming homeless and how do the homeless pathways for foreign-born families compare to those of Canadian-born families

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Hyojin 2011	Minneapolis; Explores Hmong and Somali refugee families' mental health in the social ecological contexts of displacement and homelessness and investigates stressors and coping in relation to transition of resources including social capital of refugee families
Walsh 2015	Montreal; Explores the experiences of newcomer women with insecure housing
Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country
Hanley 2018	Montreal; Analyzes how health intersects with the experience of housing insecurity and homelessness, specifically for migrant women
Paradis 2008	Toronto; Examines experiences of women and their families in Toronto shelters, to compare the experiences of Canadian-born women, and women who had come to Canada as immigrants, refugees, or other migrants.

<p>Finding: <i>Income</i> Insufficient income assistance: Refugees and other migrants reported strained finances and inadequate financial support which led to difficulty meeting basic needs, housing insecurity, and food instability</p>	
<p>Assessment for each CERQual component</p>	
<p><i>Methodological limitations</i></p>	<p>Moderate concerns: Ethical considerations were not reported in 2 studies, 3 studies did not adequately consider the relationship between researcher and participants, appropriateness of the research design was difficult to assess in 1 study, sufficiently rigorous data analysis was difficult to assess in 2 studies, and recruitment strategy was not clearly appropriate to aims of research in 1 study.</p>
<p><i>Coherence</i></p>	<p>No to very minor concerns</p>

<i>Relevance</i>	Moderate concerns because 1 focused on youth, 3 focused on women; contextual concerns. Limited studies discussing income for men.
<i>Adequacy</i>	Very minor concerns
Overall CERQual assessment	
Confidence level: Low confidence	Explanation of judgement: Due to moderate concerns for methodological limitations and relevance, no to very minor concerns for coherence and adequacy.
Contributing studies	
Study	Context
Polillo 2019	Ottawa; Investigates the experiences of foreign-born families in the four years prior to becoming homeless and how do the homeless pathways for foreign-born families compare to those of Canadian-born families
Walsh 2015	Montreal; Explores the experiences of newcomer women with insecure housing
Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country
Sjollema 2012	Montreal; Examines the experiences of precarious housing and homelessness among immigrant women with the use of found poetry as a tool
Paradis 2008	Toronto; Examines experiences of women and their families in Toronto shelters, to compare the experiences of Canadian-born women, and women who had come to Canada as immigrants, refugees, or other migrants.

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<p>Finding: <i>Immigration Status</i> Impact of immigration status: Compared to status migrants, non-status migrants face significant barriers such as limited rights to welfare, prohibition from taking up paid employment, and rejection from shelter access</p>	
<p>Assessment for each CERQual component</p>	
<p><i>Methodological limitations</i></p>	<p>Serious concerns: Ethical considerations were not reported in 3 studies, all studies did not adequately consider the relationship between researcher and participants, appropriateness of the research design was difficult to assess in 1 study, sufficiently rigorous data analysis was difficult to assess in 3 studies, and recruitment strategy was not clearly appropriate to aims of research in 2 studies.</p>
<p><i>Coherence</i></p>	<p>No to very minor concerns</p>
<p><i>Relevance</i></p>	<p>Moderate concerns, contextual concerns for 2 studies</p>
<p><i>Adequacy</i></p>	<p>Very minor concerns</p>
<p>Overall CERQual assessment</p>	
<p>Confidence level: Low confidence</p>	<p>Explanation of judgement: Due to serious concerns for methodological limitations, moderate concerns for relevance, and no to very minor concerns for coherence and adequacy.</p>
<p>Contributing studies</p>	
<p>Study</p>	<p>Context</p>

Kissoon 2010	Vancouver and Toronto; Explore the effects and decision-making involved in shifting between legal and illegal immigration status
Dwyer 2008	United Kingdom; Examines the impact of both positive and negative changes in socio-legal status and forced migrants' susceptibility to homelessness
Ravnbol 2017	Copenhagen; Addresses Roma migrants' health concerns and access to health services within the European Union (EU) from a perspective on Romanian Roma who live in homelessness in Copenhagen.
Paradis 2008	Toronto; Examines experiences of women and their families in Toronto shelters, to compare the experiences of Canadian-born women, and women who had come to Canada as immigrants, refugees, or other migrants.

<p>Finding: <i>Employment Opportunity</i></p> <p>Limited employment opportunities: Many refugees and other migrants reported difficulty obtaining employment, especially with limited personal, family, and cultural resources that could assist in finding opportunities. For example, some refugees expressed barriers due to a lack of language skills and work experience in the resettlement country.</p> <p>Limited employment opportunities sometimes led to restrained access to accommodation, food, and other necessities.</p>	
Assessment for each CERQual component	
<i>Methodological limitations</i>	Moderate concerns: Sampling concerns in 1 study, ethical considerations were not reported in 2 studies, 2 studies did not adequately consider the relationship between researcher and participants, appropriateness of the research design was difficult to assess in 2 studies, sufficiently rigorous data analysis was difficult to assess in 2 studies, and recruitment strategy was not clearly appropriate to aims of research in 1 study.
<i>Coherence</i>	No to very minor concerns
<i>Relevance</i>	Minor concerns: 1 focused on youth, 1 focused on women, contextual concerns for 1 study

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<i>Adequacy</i>	Minor concerns
Overall CERQual assessment	
Confidence level: Moderate confidence	Explanation of judgement: Due to moderate concerns for methodological limitations, no to minor concerns for coherence, relevance, and adequacy.
Contributing studies	
Study	Context
Walsh 2015	Montreal; Explores the experiences of newcomer women with insecure housing
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Hyojin 2011	Minneapolis; Explores refugee families' mental health in the social ecological contexts of displacement and homelessness and investigates stressors and coping in relation to transition of resources including social capital of refugee families
Mostowska 2012	Brussels; Examines the migration phenomena and migrant adaptation to the environment with the risks and opportunities they attach to staying in Brussels and their possible return migration to Poland.
Mostowska 2013	Oslo; Examines migrants' daily survival strategies, ways of obtaining information about work and accommodation and economical exchanges as indicators of their network links. Distinguishes the limitations of migrants' social networks in extricating them from a situation of homelessness.

Finding: Language Lack of language skills impeding access: Limited language skills among refugees impedes their ability to access most services including housing services, and limits social capital and connections beyond their original community.	
Assessment for each CERQual component	
<i>Methodological limitations</i>	Moderate concerns: Sampling concerns in 1 study, ethical considerations were not adequately addressed in 2 studies, sufficiently rigorous data analysis was not clearly addressed in 2 studies, appropriateness of research design was not clearly addressed in 1 study, recruitment strategy was not clearly appropriate to aims of research in 1 study, and 1 study failed to clearly address the relationship between researcher and participants.
<i>Coherence</i>	No to very minor concerns
<i>Relevance</i>	Minor concerns. Majority of participants in all studies were interviewed in English.
<i>Adequacy</i>	Minor concerns
Overall CERQual assessment	
Confidence level: Moderate confidence	Explanation of judgement: Due to moderate concerns for methodological limitations, no to minor concerns for coherence, adequacy, and relevance.
Contributing studies	
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Mostowska 2013	Oslo; Examines migrants’ daily survival strategies, ways of obtaining information about work and accommodation and economical exchanges as indicators of their network links. Distinguishes the limitations of migrants’ social networks in extricating them from a situation of homelessness.
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Hyojin 2011	Minneapolis; Explores refugee families’ mental health in the social ecological contexts of displacement and homelessness and investigates stressors and coping in relation to transition of resources including social capital of refugee families
Ravnbol 2017	Copenhagen; Addresses Roma migrants’ health concerns and access to health services within the European Union (EU) from a perspective on Romanian Roma who live in homelessness in Copenhagen.

<p>Finding: Outlier (Not a heading in Bierman model)</p> <p>Adopting survival and coping strategies: Refugees and other migrants who face insecure housing instability adopt survival and coping strategies that may allow them to advocate for resources and develop a sense of belonging in their new community.</p> <p>The survival and coping strategies included healthy coping strategies such as faith based coping to maladaptive coping strategies such as substance abuse.</p>	
Assessment for each CERQual component	
<i>Methodological limitations</i>	Minor concerns: Sampling concerns for 1 study, ethical considerations were not adequately addressed in 1 study, sufficiently rigorous data analysis was not clearly addressed in 1 study, and 1 study failed to clearly address the relationship between researcher and participants.
<i>Coherence</i>	No to very minor concerns

<i>Relevance</i>	Moderate concerns: 2 youth, 2 women studies. Only 1 study reports data on men.
<i>Adequacy</i>	Minor concerns
Overall CERQual assessment	
Confidence level: Moderate confidence	Explanation of judgement: Due to moderate concerns for relevance, no to minor concerns for coherence, relevance, and adequacy.
Contributing studies	
Study	Context
Hanley 2018	Montreal; Analyzes how health intersects with the experience of housing insecurity and homelessness, specifically for migrant women
St-Arnault 2018	Alberta; Investigates pathways out of homelessness among a mixed sample of adult refugees who had experienced absolute or relative homelessness after their arrival in Canada, but who eventually became adequately settled in one of Canada's large urban centres in the Province of Alberta
Couch 2011	Australia; Comments on issues to be addressed to ensure equity can be established for refugee young people
Couch 2017	Australia; Examines young people's personal narratives of homelessness in their new country
Sjollema 2012	Montreal; Examines the experiences of precarious housing and homelessness among immigrant women with the use of found poetry as a tool