

Seminar 3: (ROOM TBC) Housing First (2)

Chair: **Freek Spinnewijn, BE**

Leo Bothén, Håkan Källmén, Ulla Beijer, Mats Blid, SE: The Effect of Housing First Program in Stockholm Regarding Recovery



Leo Bothén is a medical student, soon to be physician. His background is in care assistance and mathematics. He wrote his master thesis on homelessness for Håkan Källmén, comparing Housing First against treatment as usual in Stockholm.

Ulla Beijer has been an author to a large number of scientific articles and reports about homeless men and women during the last 20 years, including an article in the *Lancet Infect Dis* (2012) together with colleagues at Oxford University, UK. She defended her thesis "Homelessness and health: analysis of mortality and morbidity from a gender perspective" in 2009. Together with colleagues at Karolinska Institutet she is involved in a three-year EU-project, HOME_EU, about Housing First.

Homelessness is a global, common and complex problem without a clear solution. In Sweden there are more than 33 000 homeless people and there are no clear solution to the problem. The traditional Swedish way to help people out of homelessness has been the Staircase Model (SM). In this model, participants have the opportunity to eventually get an own apartment, after a long period of sobriety, and after staying in a drug-free accommodation, and in a training apartment. An alternative treatment for homelessness is Housing First (HF). In HF, apartments are first given to the participants without prerequisites, followed by intensive housing support. We aimed to test if HF had a superior effect on recovery, compared to SM. This was a pretest-posttest study spanning 18 months with 18 participants. Recovery, measured with Recovery Assessment Scale (RAS) was the primary outcome and Social Support for Recovery (SSR), Alcohol Use Disorder Identification Test (AUDIT) and Drug Use Disorder Identification Test (DUDIT) were the secondary. Statistical significant differences were found in both the positive change of recovery for HF (+10.28, $p=0.041$) and the negative change for SM (-3.00, $p=0.042$). There was no difference found in the secondary outcomes. In conclusion, Housing First was superior to SM in terms of recovery for the study population.

Joan Uribe and colleagues, ES: Difficulties and Limits in the Implementation of a Housing First Program in a Context With a Lack of Public (social) Housing and its Effects



Joan Uribe Vilarrodona holds a PhD in social anthropology and is an Associated Professor in Universitat de Barcelona. His professional activity is leading projects and facilities on homelessness, at the same time he is a manager in Consorci de Serveis Socials (public body). Beyond his other commitments he is a member of the research team on Primer la Llar (housing first) project, in Barcelona.

Barcelona City Council is the first public administration in Spain to implement a Housing First program known as Primer la Llar. Is a three-year pilot project accompanied by a qualitative research from two different perspectives. On the one hand, it studies the effects that the program has on people in their recovery process and on the other, the professional practice in the process of change and adaptation. The program has 50 homes, all of them from the private market. This fact, together with the collapse of access to the



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public social housing park, produces uncertainties and difficulties for the program due to the lack of housing if the city. After the outcome of the first and second phases, we can see how the Primer la Llar program has been an opportunity to implement social innovation, which is based on providing housing for the most vulnerable people in a situation of strong social exclusion, which would otherwise have been very difficult. However, the viability and sustainability of this type of programs goes beyond the pilot nature, and requires commitments in terms of public housing policy and alliances between sectors and actors, which should be considered in the design of the program. These structural, political and organizational issues directly affect the managers of the program in the city council, the organizations that directly manage the program, in the support and accompaniment of the teams, and in the recovery processes of the participants, creating new uncertainties in them that make it difficult to exit to the program. The dialogue between both researches characterizes the peculiarity of the program. With this, we intend to provide a reflection and enrich the Housing First debate: "What is second?" in the programs implemented from the first European pilot experience.