



Y-SÄÄTIÖ

**“YOUNG PEOPLE IN HOUSING FIRST: COST OFFSET
AND IMPACT EVALUATION”**

Elisabetta Leni & Saija Turunen
16th European Research Conference, Bergamo

WHAT IS HOUSING FIRST?

HOUSING IS
A HUMAN RIGHT

FIRST HOUSING,
SOLVING OTHER PROBLEMS
SECOND



PROVIDING
SUPPORT
IF NEEDED

LIVING WHERE THE
OTHERS ARE LIVING
TOO

HOUSING FIRST OUTCOMES

- Housing stability (Baxter et al., 2019; Woodhall-Melnik & Dunn, 2016)
 - Improvements of general health and well-being (Aubry, Nelson, et al., 2015; Sillanpää, 2011)
 - Reduction of illegal behavior (Srebnik et al., 2013)
 - Improved community integration (Aubry et al., 2015)
- Housing First outcomes generate savings for the society (Ly, Latimer, 2015)

OUR STUDY

- What are the cost offsets of a new Housing First program targeting youth with low support needs?
- How are cost-offsets related to other measures of well-being and social integration?
- What happens in the long-term?

THE HOUSING FIRST PROGRAM

- Supported-housing unit in the Helsinki metropolitan area
- Support workers available on site from 8 a.m. to 8 p.m.
- Accommodates 31 young tenants (max. age 30) with low support needs
- Residents are selected by the Social Services; the support is provided by an NGO
- Regular tenancy contract. Only limit to tenancy is age (at 35 they must leave)
- Opened in January 2022

DATA: ADMINISTRATIVE RECORDS

- Finnish Institute for Health and Welfare (THL): social, healthcare and housing
- Hospital District (HUS): ambulance rides and onsite first aid assistance
- Social Insurance Institution (KELA): welfare benefits
- Municipalities: supplementary welfare benefits; other social, healthcare and housing; service guidance and support
- National Enforcement Authority: debt collection and evictions
- Rescue Department: fire brigade and other rescue interventions

DATA: SURVEY

1. Use of other services, police, and employment
2. Housing First outcomes:
 - Satisfaction with life and quality of life: Eurostat
 - General health and wellbeing: Quality of Life (Lehman et al., 1995), Warwick-Edinburgh Mental Well-being Scale (Stewart-Brown & Janmohamed, 2008)
 - Risky, impulsive, and self-destructive behavior (Sadeh & Baskin-Sommers, 2017)
 - Independence in daily living: Multnomah Community Ability Scale (Barker et al., 1994)
 - Social life and support: Eurostat

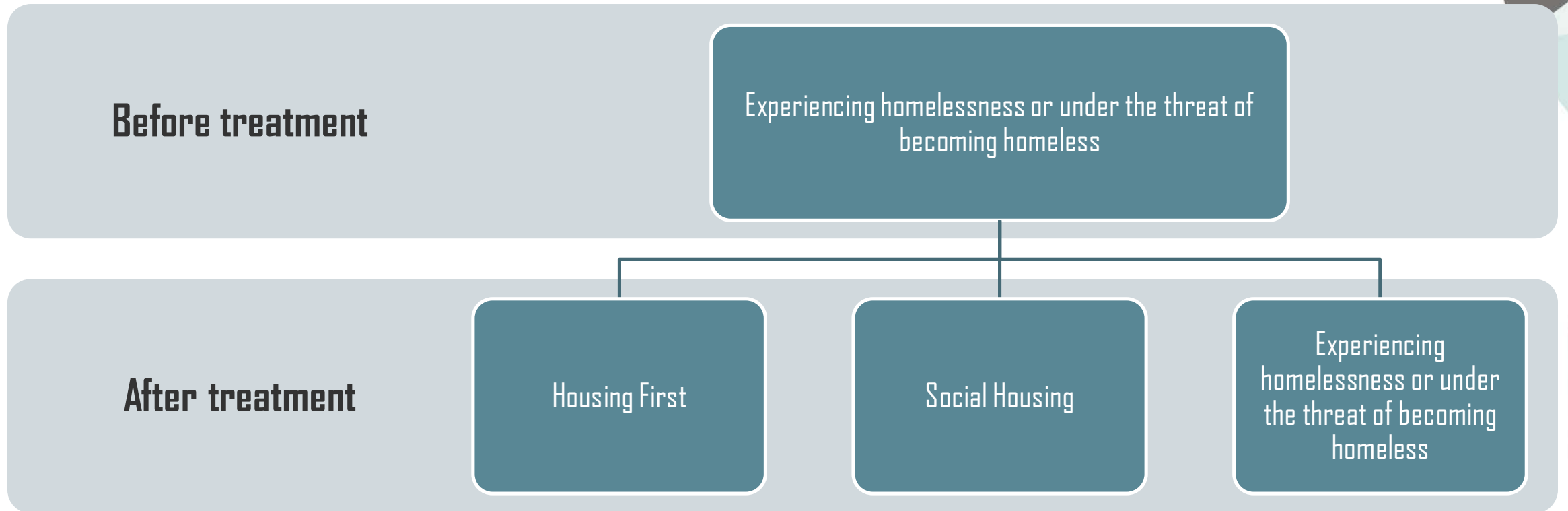
FINDATA

Finnish Social and Health Data Permit Authority:

- Central evaluation procedure
- Combine datasets from different controllers (3 times in the period 2022-2024)
- Oversee data protection during the extraction of the results

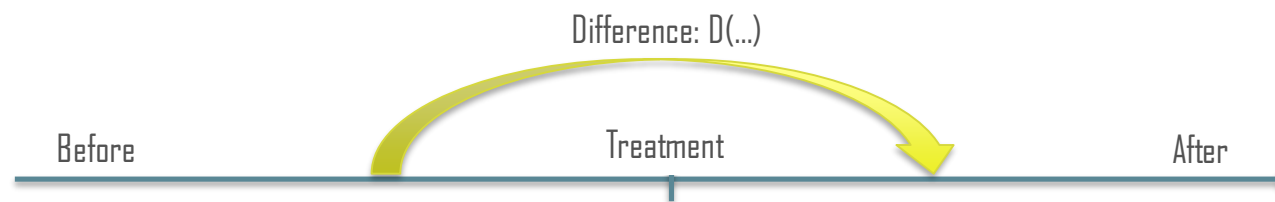
Application: December 2021, evaluation in progress

METHODOLOGY: QUASI-EXPERIMENTAL



DATA ANALYSIS

- Difference-in-difference:
 - Overall impact of Housing First program: $D(\text{Housing First}) - D(\text{Homeless})$
 - Impact of housing: $D(\text{Social Housing}) - D(\text{Homeless})$
 - Impact of tailored support: $D(\text{Housing First}) - D(\text{Social Housing})$



BASELINE SURVEY

Data collection May-July 2022

Respondents: 12 (mix of Social Housing and Housing First)

Tenancy started: Nov 2021- Feb 2022

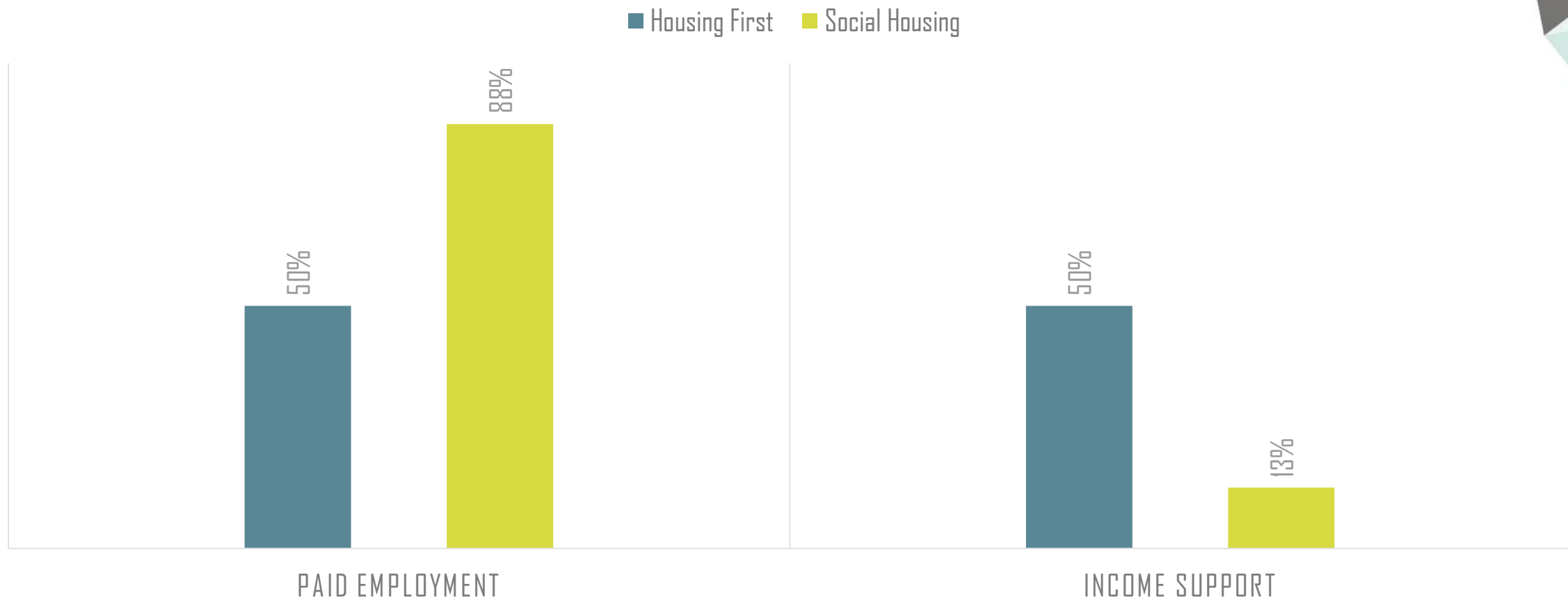
All respondents experienced homelessness or were under the threat of becoming homeless in 2021:

- 50% lived with family and friends because they had nowhere else to go
- 33% lived under the threat of violence
- 25% evicted or threatened with eviction
- 17% other (temporary or emergency accommodation)

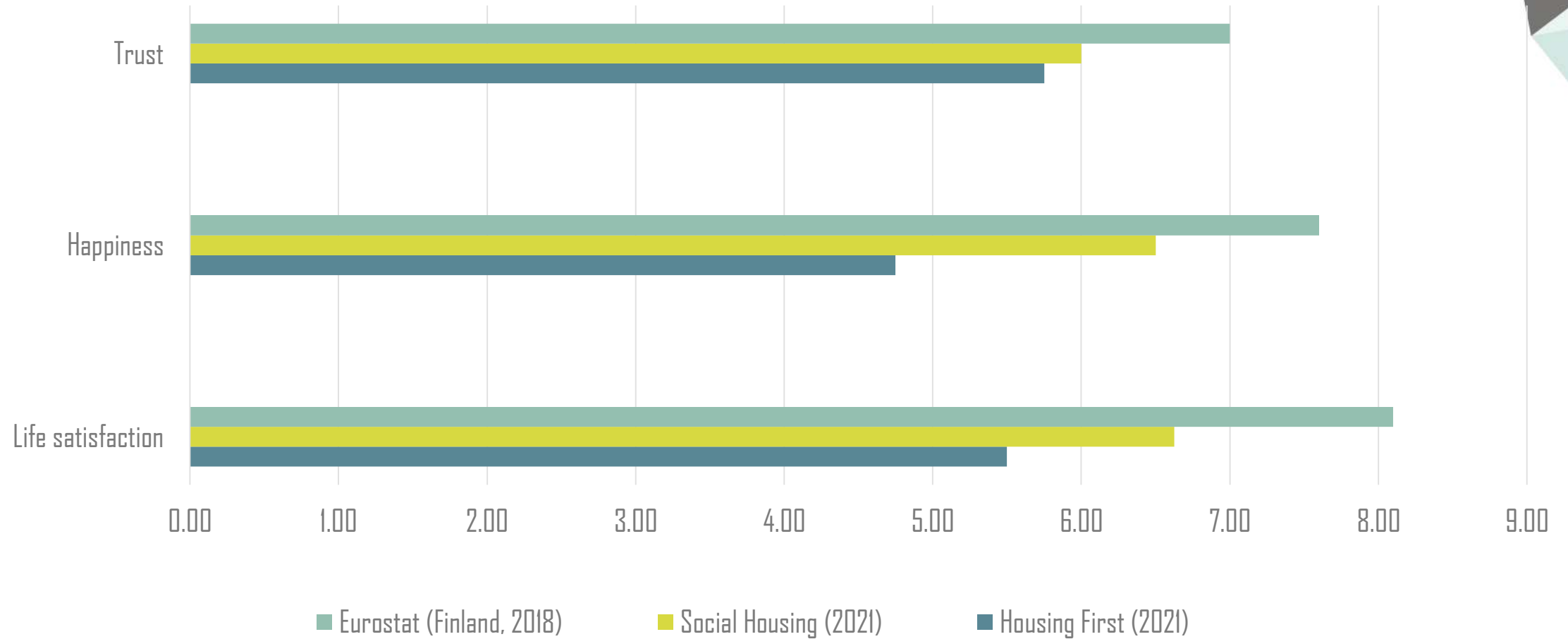
USE OF SERVICES IN 2021

	Housing First	Social Housing
Housing instability		
Respondents that faced eviction	25 %	13 %
Total # nights spent homeless	230	144
Respondents using mental health services	75 %	50 %
Respondents using domestic violence services	25 %	13 %
Respondents using services for youths and families	25 %	0 %
Respondents using food banks/free meals or supplies	25 %	13 %
Respondents incurring in late payments/reminders from NEA	75 %	25 %
Respondents that had justice-related issues	50 %	38 %

MAIN SOURCE OF INCOME IN 2021

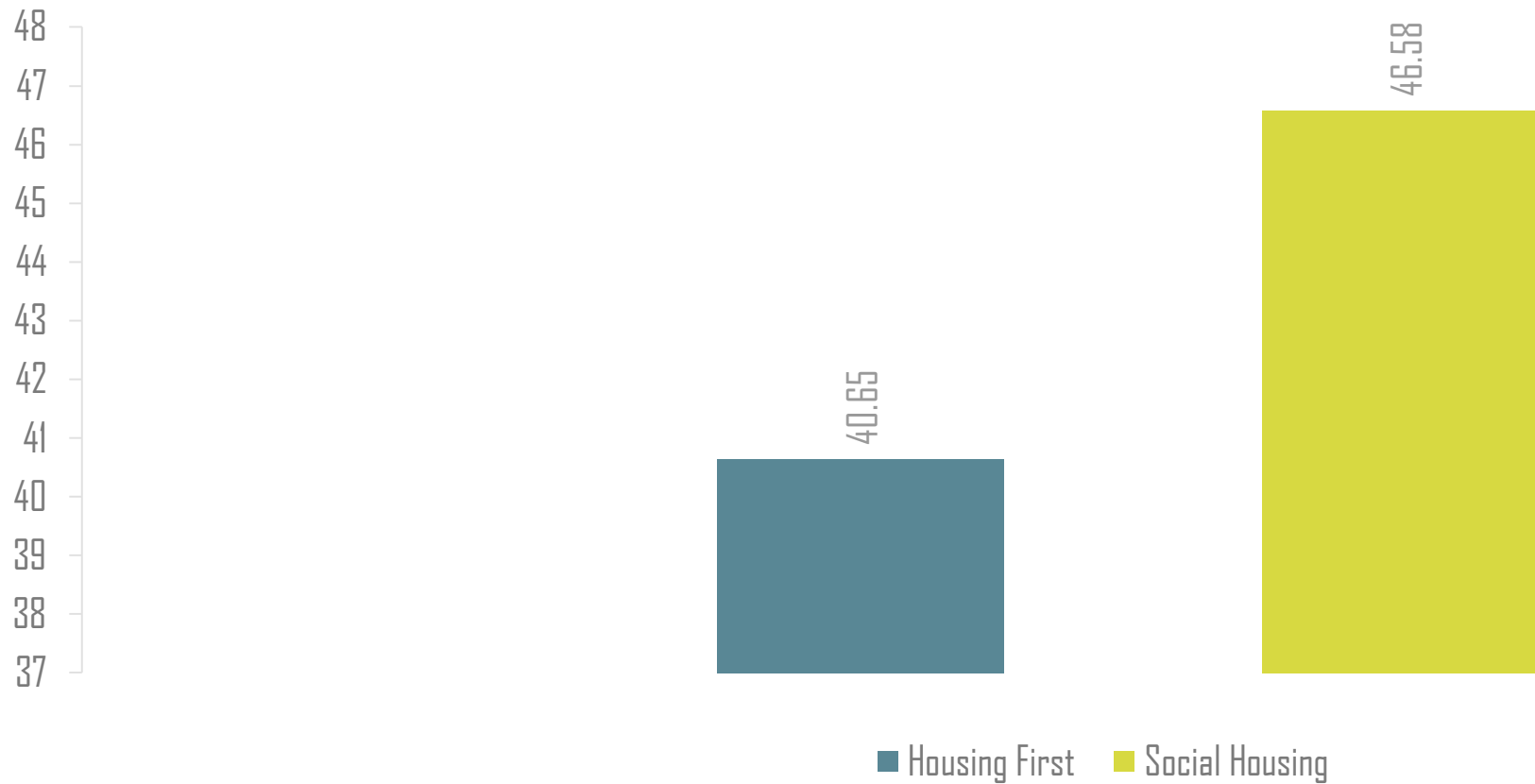


TRUST, LIFE SATISFACTION & HAPPINESS

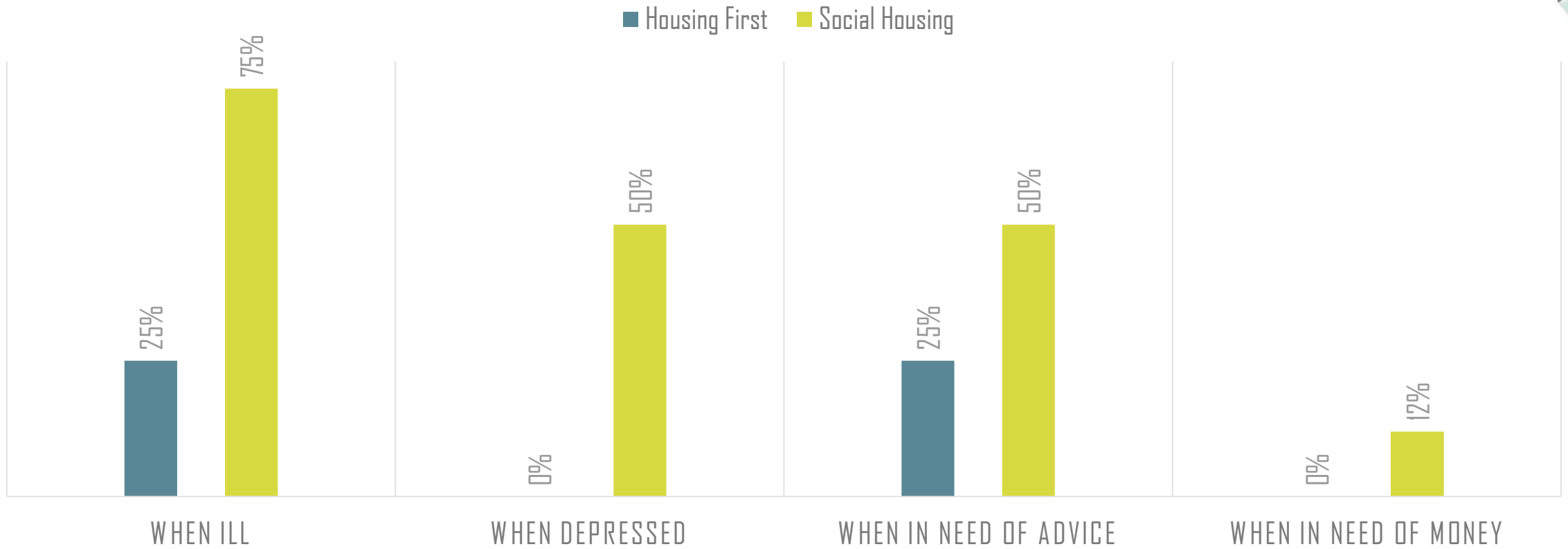


MENTAL WELL-BEING

WARWICK-EDINBURGH MENTAL WELL-BEING SCALE



FAMILY SUPPORT



CONCLUSIONS

- In 2021, the Housing First group used more public/third sector support than the Social Housing group
- Potential for improving Housing First group life prospects with early intervention
- More results soon...

REFERENCES

- Aubry, Tim, Geoffrey Nelson, and Sam Tsemberis. 2015. "Housing First for People With Severe Mental Illness Who Are Homeless: A Review of the Research and Findings From the At Home-Chez Soi Demonstration Project." *The Canadian Journal of Psychiatry* 60(11):467–74.
- Aubry, Tim, Sam Tsemberis, Carol E. Adair, Scott Veldhuizen, David Streiner, Eric Latimer, Jitender Sareen, Michelle Patterson, Kathleen McGarvey, Brianna Kopp, Catharine Hume, and Paula Goering. 2015. "One-Year Outcomes of a Randomized Controlled Trial of Housing First with Act in Five Canadian Cities." *Psychiatric Services* 66(5):463–69.
- Barker, S, N. Barron, B. H. McFarland, D. a Bigelow, and T. Carnahan. 1994. "A Community Ability Scale for Chronically Mentally Ill Consumers: Part II. Applications." *Community Mental Health Journal* 30(5):459–72.
- Barker, Sela, Nancy Barron, Bentson H. McFarland, Douglas A. Bigelow, and Terry Carnahan. 1994. "A Community Ability Scale for Chronically Mentally Ill Consumers: Part II. Applications." *Community Mental Health Journal* 30(5):459–72.
- Baxter, Andrew J., Emily J. Tweed, Srinivasa Vittal Katikireddi, and Hilary Thomson. 2019. "Effects of Housing First Approaches on Health and Well-Being of Adults Who Are Homeless or at Risk of Homelessness: Systematic Review and Meta-Analysis of Randomised Controlled Trials." *Journal of Epidemiology and Community Health* 73(5):379–87.
- Edgar, B. (2009) 2009 European Review of Statistics on Homelessness (Brussels: FEANTSA).

REFERENCES

- Lehman, Anthony. 1988. "A Quality-of-Life Interview for the Chronically Mentally Ill." *Evaluation and Program Planning* 11(1):51–62.
- Ly, Angela, and Eric Latimer. 2015. "Housing First Impact on Costs and Associated Cost Offsets: A Review of the Literature." *Canadian Journal of Psychiatry* 60(11):475–87.
- Sadeh, Naomi, and Arielle Baskin-Sommers. 2017. "Risky, Impulsive, and Self-Destructive Behavior Questionnaire (RISQ): A Validation Study." *Assessment* 24(8):1080–94.
- Sillanpää, Virpi. 2011. *Asunnottomuuden Vähentämisen Taloudelliset Vaikutukset*. Ympäristöministeriö.
- Srebnik, Debra, Tara Connor, and Laurie Sylla. 2013. "A Pilot Study of the Impact of Housing First-Supported Housing for Intensive Users of Medical Hospitalization and Sobering Services." *American Journal of Public Health* 103(2):316–21.
- Tennant, Ruth, Louise Hiller, Ruth Fishwick, Stephen Platt, Stephen Joseph, Scott Weich, Jane Parkinson, Jenny Secker, and Sarah Stewart-Brown. 2007. "The Warwick-Dinburgh Mental Well-Being Scale (WEMWBS): Development and UK Validation." *Health and Quality of Life Outcomes* 5:1–13.
- Woodhall-Melnik, Julia R., and James R. Dunn. 2016. "A Systematic Review of Outcomes Associated with Participation in Housing First Programs." *Housing Studies* 31(3):287–304.



Y-SÄÄTIÖ

Interested? Get in touch!

Elisabetta Leni - elisabetta.leni@ysaatio.fi

Saija Turunen - saija.turunen@ysaatio.fi