What is Housing First?

Program Housing, Services, Philosophy and Fidelity

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Pathways to Housing

Udbredelse af Hjemlosestrategien
Nyborg, Denmark
Mandag den 16.december 2013
Outline

1. What is Housing First (HF)?
2. HF Variations in Denmark’s Homelessness Strategy
3. What we have learned about housing, services, and fidelity
4. Research outcomes and Conclusions
Housing First in Europe

Overview

- Rapid uptake in EU
- Many programs and variations
- Variation in services and housing
- Variations in populations and program fidelity
- Opportunity to test program effectiveness
- Examine relationship of outcomes to fidelity
- Remarkably positive outcomes
Housing First: Complex Clinical Intervention

- Pathways Housing First Fidelity Scale
- (core elements)
  - Housing Choice & Structure
  - Separation of Housing & Services
  - Service Philosophy
  - Service Array
  - Program Structure
- Housing First Self-Assessment Program Survey
  - Housing & Service Philosophy
  - Service Array
The Nordic Welfare model and Housing First

- The Nordic welfare model is more than just public sector service provision;
- NW is a model based on core values such as equal opportunities, social solidarity, and security for all;
- NW promotes social rights and the principle that everyone is entitled to equal access to social and health services, education and culture;
- NW aims to protect socially excluded and vulnerable groups; active participation in society, tax structure, and more (L. Benjaminsen, 2013).
Housing First ‘Gestalt’
“The whole is greater than the sum of its parts”

Services and provider’s practices and values

• HF program reaches out to engage people with complex needs who are most vulnerable;
• Complexity is the expectation not the exception
• People with complex needs are welcome!
• Program practices and procedures are designed to encourage full participation in decision making by the consumer;
• Procedure facilitate speedy admission and provision of all desired service (especially housing), and more.
Housing First Philosophy, Values and Practices

- Housing First - based on the principle that housing is a basic human right
- People with mental illness and/or addiction do not have to prove they are ready for or deserve housing
- Program practice is complex and requires staff to be well trained:
  + 1. Psychiatric rehabilitation (MI)
  + 2. Harm reduction (IDDT)
  + 3. Consumer voice/power
  + 4. Recovery oriented practice (TIC, WSM)
Denmark’s Homelessness Strategy - Using Housing First

- 17/98 municipalities participating in HF programs
- **Population served:**
  - described both as individual characteristics and structural factors
  - Socially isolated and have problems in addition to being homeless
  - Living in poverty, disconnected or not supportive social networks
  - Psychiatric disability, substance misuse, physical illness, poor economy, poor social and family network etc.
- (Lars Benjaminsen, 2013)
People with complex needs require complex service support

ACT Team
Direct services; Trans-disciplinary practice.

ICM teams
some direct; brokerage model

Participants
-Immediate access—
-Client directed

‘no wrong door’
Denmark’s Services Options

- **ACT** (Assertive Community Treatment Team)
- **ICM** (Intensive case management team)
- **CTI** (Critical time intervention, like ICM but time limited)
- Key is matching service support with client needs
Housing First Program Fidelity for Clinical and Support Services Team:

- Consumer choose type, frequency and intensity of services

- Team operations -

- Visit consumers 1-5 times a week - (ACT 1-5; ICM 1-2)

- All staff engaged and conduct Home Visits

- Team advantages ++ cross coverage: “We have each other’s back”, geographic coverage, client coverage, etc.

- Rural variations include teleconferencing among a number of staff; smaller teams

- Teams Provide 7/24 on-call telephone coverage
Program Fidelity on Recovery Oriented Approach

- Relationships are foundational
- Peer support
- Knowledge and skills to self-manage
- Emphasis on welcoming, hopeful, inspiring culture
Service Array: EXPAND Service Definition and Approach

- Expand definition of services to include clinical as well as non-clinical, and other supports
- Expand service location (*in vivo*) and intensity
- Social, cultural, employment, education, entertainment, exercise, nutrition, and other meaningful activity
- Planning is person centered
Housing First Uses Primarily Independent Flats: Pathways VT: HF In Rural Areas

60 Tenants, 60 Apartments, 2 Counties, 6 Cities, 31 Landlords: Housing Retention Rate 90.5%
Denmark’s Housing Options

- Independent flats -- scatter site (33%)
- Congregate housing, dormitories
- Medium term and long term shelters
- ‘Safe’ houses (shielding victims)
- *Skaeve huse* (alternative housing)
- Transitional flats
- Other options
Operational definitions for Housing First Program Fidelity

- Time of admission to time housed \( \text{avr.} = 2-4 \) weeks
- Independent flat, consumer has lease rights, affordable, secure and in decent condition
- Services provided for tenancy related issues
- Choice of who to live with
- Commitment to re-house
Housing is an adjustable commodity

Son returns from tour in Afghanistan and stays with (formerly homeless) dad in his apartment.
Housing: Is there room for transitional housing in a Housing First program?

- If we know that going directly into permanent housing with supports is the most efficient and effective way to end homelessness what is the role of transitional housing and shelter programs?
Redesigning the System: System Transformation

Least restrictive to more restrictive setting

- Permanent housing (scatter-site, off site services)
- Permanent Single Site (on-site services)
- Community-based, Residential Treatment (on-site clinical staff)
- Longer term Institutional Care

Institutional Care

Least restrictive to more restrictive setting
Program Fidelity Evaluation

- What is being evaluated?
- What Outcomes?
- How to collect outcomes?
- Data Collection

Program Design

Discussion with Stakeholders
Fidelity Assessment is Multi-purpose

- Program Development
- Targeted Technical Assistance
- Research
The case of Housing First…”It’s all about Housing & Choice”

Pathways Housing First Fidelity Scale Results: Program Spectrum

“Participants can choose the housing they want regardless of whether they are actively using.”

“Participants can choose to be clean and sober and they’ll get an apartment. Or they can choose to continue using and we’ll still give them housing in a room in a group home”
Tested across dozens of programs

Canada At Home/Chez Soi (5 cities 13 teams x 2)
• Explicit Chronically Homeless Population and Explicit Housing First Model
• Funding, TA, Research

IN USA, California Full Service Partnerships (Todd Gilmer, UCSD, 120 programs)
• Serve individuals who have mental illness, are homeless or at risk for homelessness
• Called for permanent housing, recovery-oriented services; “do whatever it takes” to end homelessness
Denmark’s Homelessness Strategy

Goals

1. To reduce rough sleeping;
2. To provide solutions other than shelters to homeless youth;
3. To reduce time spent in a shelter;
4. To reduce homelessness due to institutional release from prison and hospitals without a housing solution.
Fidelity Assessment and Fidelity Tools

Site Visits
- Canada: n=10
- California FSP: n=20

Program Self-Assessment
- California (FSP): n=93
Fidelity Scale Scores: Canada (HF by design, TA) - California FSP (not explicitly HF, no TA)

Canadian programs scored higher on:

- Housing Choice & Structure (p<.01)
- Separation of Housing & Services (p<.01)
- Service Philosophy (p<.05)

but not on:

- Service Array
- Program Structure
Qualitative Data from Fidelity Visit: Housing Structure & Housing Choice

**Low Fidelity**
"The team first starts to decide where we think clients might do well [re: housing]... So we kind of made the decision for her to put her in an ILF [Independent Living Facility]."

**High Fidelity**
"... there are so many issues around where somebody feels comfortable to be. What neighborhood, the size of the building. Some people do better when there is a gate out front..."
Qualitative Data from Fidelity Visit: Service Choice & Self-Determination

**Low Fidelity**

"...what we're really saying is, 'How do I see something from their [client’s] perspective to get their buy-in and reframe it?' That's all it is, it’s re-framing it in a way that's digestible and palatable for them. And so, yeah it's manipulation, yes, but we believe that we're doing it with the best intentions."

**High Fidelity**

"I spend a lot of time helping people [staff] look at the perspective of the member [client], and then helping them move that way instead of what we think is the best thing for them..."
Qualitative Data from Fidelity Visit: Framing of Program Goal

**Low Fidelity**
"Our main goal is really to keep them from going to jail and from getting back in the hospital."

**High Fidelity**
“...people are people. We’re here to help them in their quality of life and to be what they want to be.”
Fidelity Self-Assessment Survey & Residential Outcomes

California FSPs:

• 93 programs
• 5577 participants
• Administrative Data
• One year pre-post FSP enrollment
• Residential Outcomes (days spent in living situation)
### Housing First Self-Assessment Survey: Overall Fidelity & Residential Outcomes

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<th>0% Fidelity</th>
<th>50% Fidelity</th>
<th>100% Fidelity</th>
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<tr>
<td><strong>Days Homeless</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>7.4 (4.2)</td>
<td>-46.2 (1.7)</td>
<td>-56.0 (2.3)</td>
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<td><strong>Apartment / SRO</strong></td>
<td>-46.7 (6.7)</td>
<td>33.3 (2.3)</td>
<td>47.6 (3.2)</td>
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<td><strong>Congregate / Residential</strong></td>
<td>76.8 (7.9)</td>
<td>41.1 (2.2)</td>
<td>34.7 (3.0)</td>
<td>.042</td>
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No differences in shelter days & days spent with parents/family
# Fidelity to Service Array/Structure & Residential Outcomes

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<th>50% Fidelity</th>
<th>100% Fidelity</th>
<th>p-value</th>
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<tr>
<td><strong>Days Homeless</strong></td>
<td>-5.0 (6.2)</td>
<td>-44.5 (1.6)</td>
<td>-54.2 (2.6)</td>
<td>.053</td>
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<td><strong>Apartment / SRO</strong></td>
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<td>30.0 (2.3)</td>
<td>43.0 (3.7)</td>
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No differences in shelter, congregate/residential, parents/family
Mixed Methods Study

- **Quantitative data**
  - Administrative data (N=10,231, 62% schizophrenia)
    - Provides information on housing, service utilization and costs
    - Difference-in-difference analysis
    - Propensity score matched control group
  - Fidelity to Housing First obtained through a survey of 93 FSP practices
    - Survey based on the HF Fidelity Scale
    - Respondents were FSP teams + clients
    - Allows us to link practices to outcomes

- **Qualitative data**
  - Fidelity to Housing First obtained through 20 site visits
  - Staff interviews, client focus group, chart review
Declines in Days Homeless are Greater among Higher Fidelity Programs, which Target Clients with Greater Histories of Homelessness.
Greater Use of Outpatient Services Among Programs with Client Choice in Treatment

Bar chart showing:
- **High Fidelity** with 16453 usage,
- **Low Fidelity** with 13288 usage.
MENTAL HEALTH COMMISSION OF CANADA (2009): AT HOME/CHEZ SOI -- 5 CITIES, RCT N=2,215
At Home/Chez Soi: ACT Sample Characteristics

- **950 participants**
  - 469 in Housing First
  - 481 in Treatment as Usual

- **856 (90%) completed the 12 mos. follow-up**
  - 96% HF & 84% TAU

- Primarily middle-aged (M= 39.4)
- 32% of participants are women
- 19% identified as aboriginal
- 59% did not complete high school
ACT Sample Characteristics -2

- 52% diagnosed with a psychotic disorder
- 73% of participants had a substance use problem
- All have one or more serious mental health issues
- Had on average 5 chronic physical health condition
- One third reported involvement with criminal justice system in last year
- Majority experienced victimization in previous 6 months
HF vs. TAU: % of Time Housed
Outcome Findings: Quality of Life - Overall

- Both groups reported increases in overall quality of life over time. \((p < .001)\)
- HF participants showed greater improvements in overall quality of life than TAU participants. \((p < .001, d = 0.31)\)
- Beginning to examine results in context of program fidelity
Conclusions

• Housing First is effective in reducing homeless, increasing community tenure and increasing use of outpatient services

• High fidelity programs are associated with greater improvements in residential outcomes and increased use of team and outpatient services

• Clients with the highest illness severity & pre period utilization see reduced inpatient costs

• Qualitative work identified factors associated with implementation of high fidelity programs
THANK YOU FOR YOUR ATTENTION!

For additional information, visit:
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