

# Housing First Resource Kit

**These articles and resources can also be found under Housing Resources. If you have other articles to share please let us know at [info@hhoa.ca](mailto:info@hhoa.ca)**

## National (Canada)

**Subcategory: Housing/Advocacy/Homelessness**

**Title: Canadian Alliance to End Homelessness**

**LINK:** <http://www.caeh.ca/a-plan-not-a-dream/housing-first/>

**Housing First** is a successful and transformational housing model used in a number of Canadian and American communities and is at the heart of all successful 10 Year Plans to End Homelessness.

**Housing First** puts the priority on a rapid and direct move from homelessness to housing, instead of requiring people to graduate through a series of steps before getting into permanent housing.

There are four core principles to **Housing First**:

- consumer choice and self-determination
- immediate access to permanent housing with the support necessary to sustain it
- housing is not conditional on sobriety or program participation
- social inclusion, self-sufficiency and improved quality of life and health

**Title: Homeless HUB Housing First**

**LINK:** <http://www.homelesshub.ca/resource/housing-first>

'Housing First' is a recovery-oriented approach to ending homelessness that centers on quickly moving people experiencing homelessness into independent and permanent housing and then providing additional supports and services as needed. It is an approach first popularized by Sam Tsemberis and Pathways to Housing in New York in the 1990s, though there were Housing First-like programs emerging elsewhere, including Canada (HouseLink in Toronto) prior to this time. The basic underlying principle of Housing First is that people are better able to move forward with their lives if they are first housed. This is as true for people experiencing homelessness and those with mental health and addictions issues as it is for anyone. Housing is provided first and then supports are provided including physical and mental health, education, employment, substance abuse and community connections.

**Title: Homelessness Partnering Strategy**

**LINK:** <http://actionplan.gc.ca/en/initiative/homelessness-partnering-strategy>

The Government has renewed the Homelessness Partnering Strategy as announced in Economic Action Plan 2013, and continues to work with communities, provinces and territories and the private and not-for-profit sectors to implement a Housing First approach to homelessness.

# Housing First Resource Kit

**Title: Study finds 'housing first' strategy saves money, keeps people off street**

**LINK:** <http://www.ctvnews.ca/canada/study-finds-housing-first-strategy-saves-money-keeps-people-off-street-1.1765133>

OTTAWA – New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

**Title: Housing Before Treatment a Better Plan for Homeless: Study**

**LINK:** <http://www.cbc.ca/news/canada/hamilton/news/housing-before-treatment-a-better-plan-for-homeless-study-1.2624892>

A study lauding the effectiveness of the "housing first" model for addressing homelessness couldn't have come at a better time.

Research out of McMaster University shows that by putting the importance of a bed ahead of treatment for addictions or mental health issues, it is not only more effective, but cheaper, too.

**Title: 'Housing First' approach may put homeless youth last, report warns**

**LINK:** <http://www.ctvnews.ca/canada/housing-first-approach-may-put-homeless-youth-last-report-warns-1.1785476>

OTTAWA -- A new report says the success of so-called "Housing First" programs could have a limited impact on young Canadians living on the streets.

**Title: Housing First Model: Combating Homelessness**

**LINK:** <http://www.cbc.ca/thecurrent/episode/2012/09/28/housing-first-model-combating-homelessness/>

Today, we look at a proposal to combat homelessness: Give the poor a place to live. It sounds perfectly obvious, but it just may be that providing a patchwork of emergency services for a street person is a lot more expensive than first finding them a roof.

# Housing First Resource Kit

## International (US)

### **Title: National Alliance to End Homelessness**

**LINK:** <http://www.endhomelessness.org/library/entry/what-is-housing-first>

**PDF:** [http://b3cdn.net/naeh/b974efab62feb2b36c\\_pzm6bn4ct.pdf](http://b3cdn.net/naeh/b974efab62feb2b36c_pzm6bn4ct.pdf)

Housing First is an approach that centers on providing homeless people with housing quickly and then providing services as needed. What differentiates a Housing First approach from other strategies is that there is an immediate and primary focus on helping individuals and families quickly access and sustain permanent housing. This approach has the benefit of being consistent with what most people experiencing homelessness want and seek help to achieve. Housing First programs share critical elements:

- There is a focus on helping individuals and families access and sustain rental housing as quickly as possible and the housing is not time-limited;
- A variety of services are delivered primarily following a housing placement to promote housing stability and individual well-being;
- Such services are time-limited or long-term depending upon individual need; and
- Housing is not contingent on compliance with services – instead, participants must comply with a standard lease agreement and are provided with the services and supports that are necessary to help them do so successfully.

### **Title: Housing First Reduces Re-offending among Formerly Homeless Adults with Mental Disorders: Results of a Randomized Controlled Trial**

**LINK:** <http://www.homelesshub.ca/resource/housing-first-reduces-re-offending-among-formerly-homeless-adults-mental-disorders-results>

Homelessness and mental illness have a strong association with public disorder and criminality. Experimental evidence indicates that Housing First (HF) increases housing stability and perceived choice among those experiencing chronic homelessness and mental disorders. HF is also associated with lower residential costs than common alternative approaches. Few studies have examined the effect of HF on criminal behavior.

### **Title: NPR Housing First Report**

**LINK:** <http://www.npr.org/news/specials/housingfirst/>

In the yearlong special reporting project Housing First, NPR News explores the housing dilemmas of Americans with special needs -- and how lack of housing can stymie their efforts to join mainstream society.



# Housing First Resource Kit

## **Title: Homeless Resource Center – Evidence-based Practices and Innovations**

### **Housing First**

**LINK:** <http://homeless.samhsa.gov/channel/housing-first-543.aspx>

Website for housing first resources - Services in Supportive Housing grantees, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), are at the for front of service delivery. The grantees utilize evidence-based practices, which support consumers as they move out of homelessness and into homes. This page focuses on one specific evidence-based practice, including research, implementation information and guides.

The resources found on this page provide information about the evidence-based practice Housing First. This intervention operates under the principle that housing is not a privilege, but a right and also an important tool in the process of recovery. When a person moves out of homelessness and into a home, they are given a new opportunity to examine issues of substance abuse and mental illness and become empowered decide their own process of recovery.

## **Title: Denver Housing First Collaborative**

### **Cost Benefit Analysis and Program Outcomes Report**

**LINK/PDF:** [http://www.denversroadhome.org/files/FinalDHFCCostStudy\\_1.pdf](http://www.denversroadhome.org/files/FinalDHFCCostStudy_1.pdf)

The Denver Housing First Collaborative (DHFC) is a collaboration between the Colorado Coalition for the Homeless (CCH), Denver Department of Human Services (DDHS), Denver Health (DHHA), Arapahoe House, the Mental Health Center of Denver (MHCD) and the Denver VA Medical Center. Together the collaborative combines a Housing First approach with an Assertive Community Treatment (ACT) team of multi-disciplinary and multi-agency providers to assist chronically homeless individuals with disabilities to obtain permanent housing, support services and eligible benefits to help them gain the stability needed to end their homelessness.

## **Subcategory: Housing/Advocacy/Homelessness**

### **Title: New York City's Project Renewal: Housing First for People with Addictions**

**LINK:** <http://www.endhomelessness.org/library/entry/new-york-citys-project-renewal-housing-first-for-people-with-addictions>

This edition of the Leadership to End Homelessness Audio Conference featured a housing first program that provides housing and support for chronically homeless individuals with substance use disorders. New York City's Project Renewal was awarded one of eleven Chronic Homelessness Initiative grants by the Departments of HUD, HHS, and VA in 2003. The grant helped create In Homes Now, a program that identifies chronically homeless individuals whose primary disabling condition is a substance use disorder, places them in scattered site apartments, and provides comprehensive services. Diane Esper, Director of In Homes Now, will describe the program and how they overcame some of the unique challenges to serving this population.

**Updated December 2014**