

# Housing First 4 Youth

## Scottish Context

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Housing Pathways when we started -

- Shelter - on church hall floors
- Emergency Accommodation – B&B or direct access hostels ( 1-3 months)
- Temporary Accommodation Hostels - 20+ beds 24-hour staffing ( up to 6 months)
- Supported Accommodation – longer term hostels or individual temporary tenancies (up to 2 years)

Some Local Authority areas have no or very limited youth specific provision

How it's changing -

- A Way Home Scotland – National Coalition formed
- **Scotland's first HF4Y project launched - for Care Leavers**
- Homeless and Rough Sleeping Action Group (HARSAG)
- Ending Homelessness Together Action Plan
- National Housing First Pathfinder project – **Including an extension of HF4Y – for all homeless young people**
- Rapid Rehousing Transition Plans
- Prevention Pathways
- Everyone Home Collective
- HARSAG – reunited in to address Coronavirus impact
- **HF4Y mainstreamed and extended in size, now in 3 Local Authority areas – for all homeless young people**

## Rock Trust Context

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Providing youth specific housing and support for 16-25 year olds

**Our housing services included:**

- Nightstop – a community hosting model offering emergency short term stays in family homes
- Shared Supported Accommodation – house sharing in the community with a live in volunteer supportive flatmate
- Single Supported Accommodation – supported tenancy in the community with visiting support
- Visiting support and outreach – support to resettle in community in a permanent social or private tenancy
- Rent deposit scheme – support to access private tenancies in the community

**Why did we deliver Housing First**

- Our housing services didn't meet the needs of all young people experiencing homelessness
- We worked with young people who couldn't access housing due to past behaviours or experiences
- We believed Housing First could meet the needs of some of the young people we worked with
- We were willing to self fund and potentially lose other services
- Initial success and the experience of the young people in the programme has encouraged growth and mainstreaming

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The evaluation findings:

All of the young people achieved positive changes to their lives as a direct result of the project support

- **Tenancies:** All young people engaged with the project, all bar one maintained their tenancy and reported that their home made them feel proud
- **Relationships:** All young people engaged and appreciated 'stickability' and appreciated the care, trust and flexibility in their relationships with their worker. Some of the young people reported that their other relationships had also improved
- **Health & well being:** Most of the young people said that their mental health and life satisfaction had improved and all of the young people said that drug and alcohol use and its negative impact had stabilised with a couple noting a reduction but a third of them were improving their diet and exercise.
- **Meaningful activity:** Almost half of the group had started to access education and training and some of the others had undertaken new activities

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The highlights for us:

We were able to successfully support young people to achieve positive outcomes where other methods have failed

- No preconditions, no curfews, no house rules, no forced engagement and self determined, choice based focus

Young peoples experience of the programme was more positive than other methods they had experienced

- Security, stability, safety, key relationship, acceptance, and self determined choice based focus

Young people looked after themselves and their home and their sense of self confidence and belief increased

- Their choice of home, décor and furniture which provided a sense of ownership and pride and encouraged them to maintain it

Young people developed aspirations for their future and were able to make plans

- A stable base in their home and relationships rather than waiting for the next change

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### Our Learning:

- HF4Y is different to supported accommodation in how it is delivered and experienced.
- Fidelity to the model is best and knowledge of it provides stability for the young person
- Knowledge of youth development and youth work skills are important
- Relationship building is almost as important as the housing itself to create a stable base for self-development
- Partnership between housing and support provider are vital can have a wider impact



## Contact Us

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