Workshop 1 - october 2026

Building Supportive Networks for young people

Housing first for youth

From housing accesses to supportive network

Caroline Aïdan - Un Chez-Soi d'Abord Lyon

Our plan for today

01

Why networks ?

Housing is essential, but young people need more than a home.

02

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A youth-centred, recovery-oriented way of working.

03

Build with the young person

Tools to identify meaningful supports and connections .

04

Keep their voice central

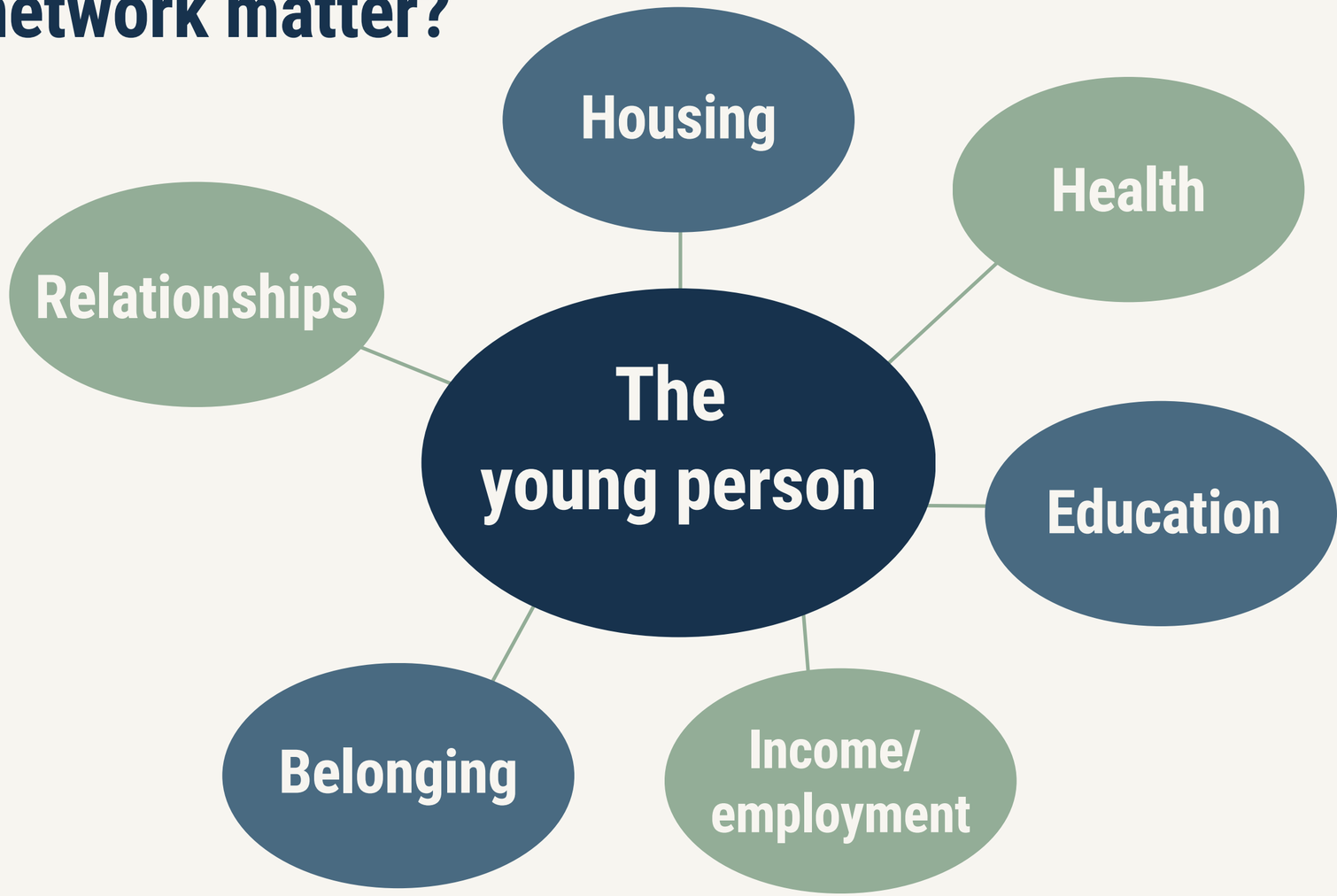
Choice, consent and real influence over decision

How can we build the right network around young person so they can maintain housing and build the life they want?

Why does a broader support network matter?

**A home is a foundation,
not the all answer.**

Housing stability can create the conditions to work on the other parts of life. But, it does not automatically resolve isolation, health needs, interrupted education or financial insecurity



The network should connect around the young person.
Not around organisational boundaries.

Un Chez-Soi d’Abord Jeunes Lyon

Who ?

Young people aged 18-22 at entry, experiencing homelessness or risk of homelessness, and severe mental health difficulties .

What ?

Rapid access to a housing sublet and support to maintain it, with a multidisciplinary team and multi-referencing .

Why ?

Provide an immediate housing response and prevent the harms of prolonged homelessness and delayed access to healthcare .

33 tenants currently
Planned scale-up to 50 in 2027

A recovery- oriented approach

- The young person defines their own goals.
- Support is intensive, mobile and delivered by pairs.
- The whole multidisciplinary team can act as a reference.

The aim is not to make young people fit the service, it is to adapt support around their needs and choices.

What does this change in practice ?

Horizontal relationship

Move away from an expert/learner dynamic ; young people define their goals.

Outreach

Meet where the young person where they prefers : at home, in a café, park or elsewhere .

Multi-referencing

The whole team is a resource; meetings are conducted by pairs of professionals.

Harm reduction

Offer ways to reduce risks and regain control over substance use.

Intensive support

Regular contact combining adapted housing and medical-social support .

Choice and pace

Housing choices and support are shaped around the young person’s needs and decision making

ESPER : a recovery lens for buiding connections

ESPOIR /HOPE : Developing hope in a holistic way in the person's life.
Associating it with the possibility of dreaming, with the hope of a better future.

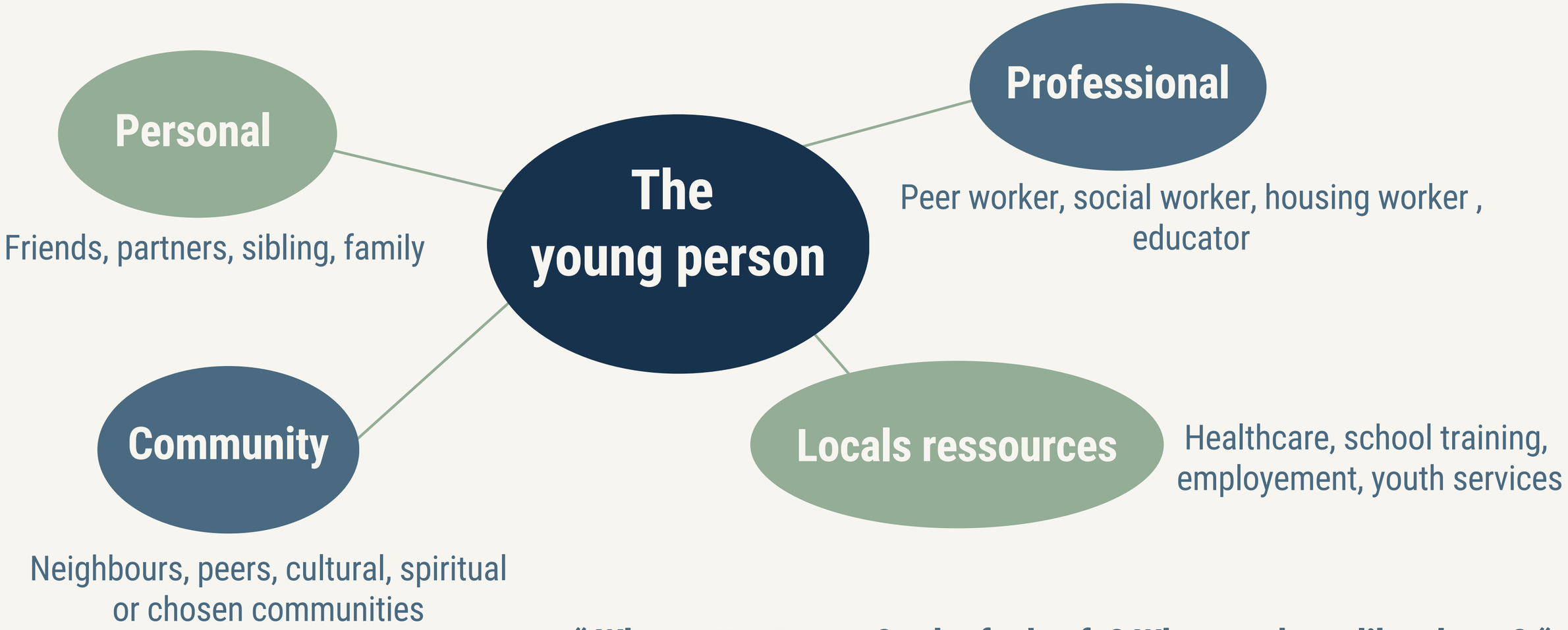
SOUTIENS/ SUPPORT : Developing a support network, with caregivers, loved ones, and peers,
within which the person can receive and offer support.

PLAIDOYER/SELF-ADVOCACY : Being able to make oneself heard, to represent one's own interests and speak on one's own behalf. The need to learn to assert oneself / know how to stand up for oneself.

EMPOWERMENT : Gaining knowledge about one's health issues, rights and treatment, as well as finding and developing the resources and capacities of tenants rather than focusing solely on their problems.

RESPONSABILITE/ACCOUNTABILITY : Becoming aware of one's own responsibility in one's care journey, being able to make one's own decisions, and managing the consequences in order to gain autonomy.

Who could be part of a young person network?



“ Who matter to you ? who feel safe? Who woud you like closer? “

How do we build the network with the young person ?

01	**Start early**	Ask about family and natural support from the beggining, not as an afterthrought.
02	**Listen**	Explore existing relationships, interest, hopes, culture and community.
03	**Check safety and choice**	Never assume a family contact is positive, ask who the young person wants involved
04	**Remove barriers**	Support access to activities, school, work, healthcare and community life if wanted.
05	**Connect and follow up**	Make connection together, clarify roles, and check with the young person feel the connection useful .

The goal isn’t to build the biggest network, but a meaningful one chosen by the young person.

What help young people engage ?

Activities

start from what interests
or inspire them.

Responsiveness

Adapt to their needs, preference
and changing circumstances.

Consistency

Be reliable, explain changes and
follow through on commitment.

Boundaries

Be clear and respectful
about roles,
limits and confidentiality.

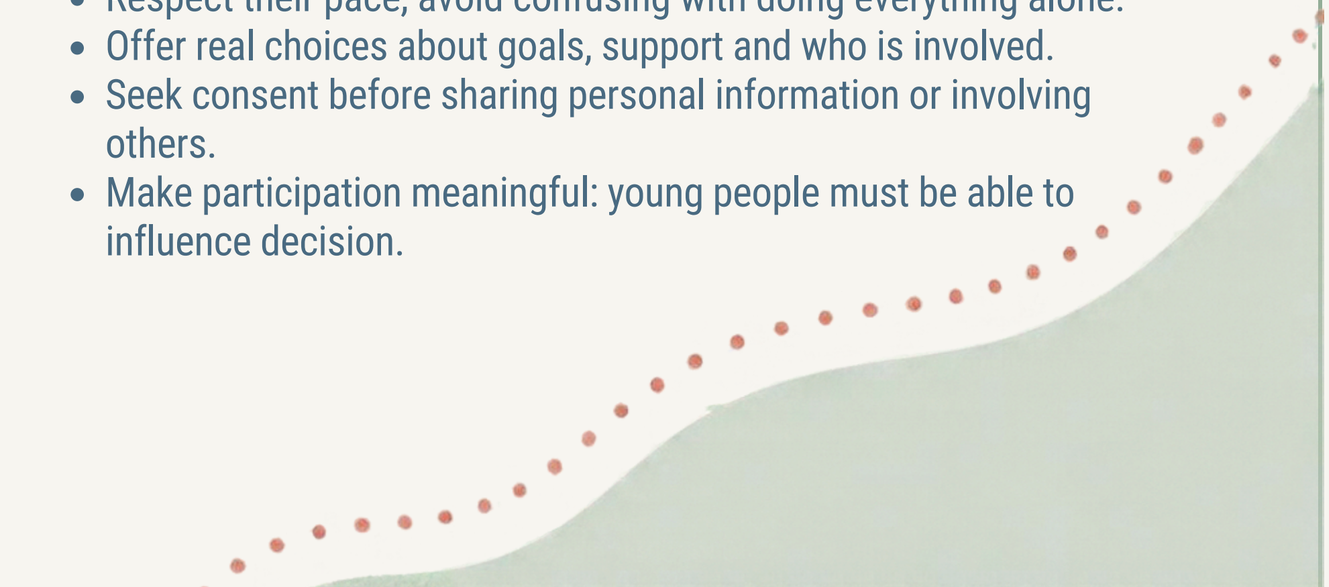
Positive reinforcement

Recognise strenghts, efforts and
small steps forwards.

How do we ensure the young person’s voice remain central ?

Build the system around the young person, not the other way around.

- Ask what matters, what they deam of, what works and what does not.
- Respect their pace, avoid confusing with doing everything alone.
- Offer real choices about goals, support and who is involved.
- Seek consent before sharing personal information or involving others.
- Make participation meaningful: young people must be able to influence decision.



Ask, don’t assume

What do you need?
What are your dreams?
Who would you like involved?
What doesn’t work for you?

Take-away message

CONNECT

Services and natural support

CO-CREATE

A network shaped with the young person

KEEP LISTENING

Choice, consent and lived experience

Housing is essential. Relationships make support meaningful. The young person’s voice gives the network its direction.

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