

Introduction to Housing First

WI Housing First Coalition

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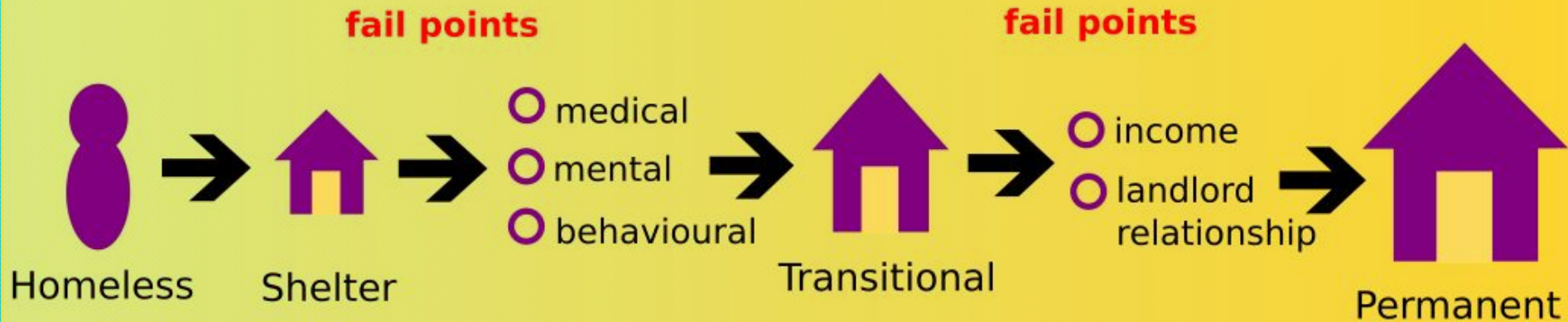


Why Housing First?

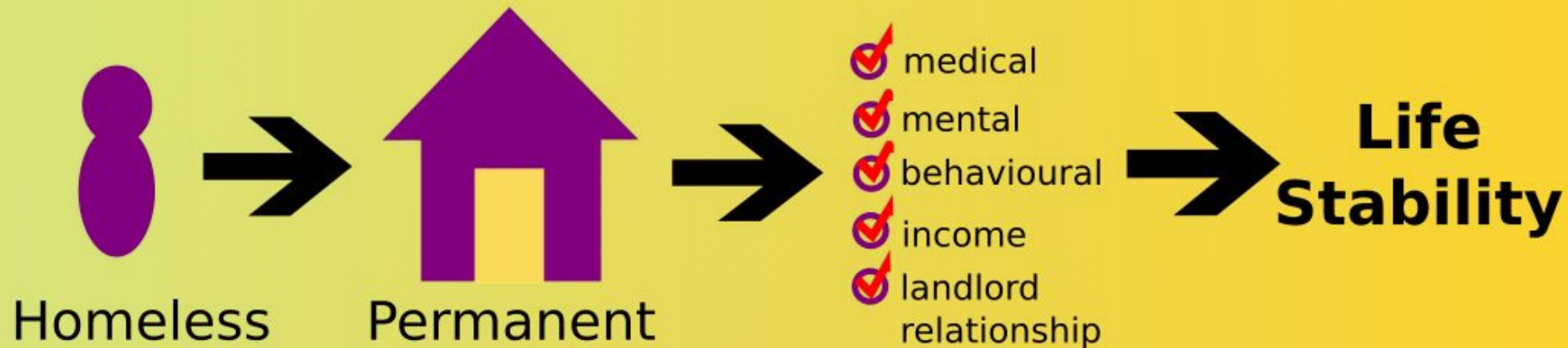
- Effective
 - It's working! Our overall numbers are decreasing
 - Chronic homelessness
 - Family initiative
 - Street homelessness
 - To end homelessness, we need to house people!
 - People recover more quickly in housing*
- Housing is needed before many other things can be a focus
- Cost effective to our society



Housing Readiness



Housing First



What Housing First is NOT

- Housing ONLY
- 1 project or program
- In isolation of community resources
- Only PSH/HUD funded

- Housing First IS a culture and mindset shift



Housing First Principles

- Immediate access to housing
 - Systemically have enough housing/voucher availability
 - Dignified, immediate placement in the meantime without time limits
 - Utilize vouchers - housing regardless of ability to pay
 - No barriers to entry (background, service needs, etc.)
- Consumer choice and self-determination
 - Need a variety of housing options
 - A variety of service options
 - Services are optional for them, but mandatory for you



Housing First Principles

- Recovery orientation
 - Harm reduction mindset
- Individualized, dignified, client-driven supports
 - Using motivational interviewing
- Community integration
 - Physical locations are diverse and integrated
 - Services also focus on connection to community
 - How do we create community within programming?



Consumer Choice

- People are the experts in their own lives
- Each person's needs are unique
- Client-driven supports
 - Nothing required for the client
 - Broad range of on-demand services required of the program
 - Partnerships outside of the housing sphere
 - Not only clinical focus, community focus as well
 - Focus on how to keep housing stability
- Housing and Services are separate
- Consumer/Peer boards



Harm Reduction

- An alternative to abstinence
- Focus is on safety versus stopping the behavior
- Work is in partnership, and sounds like: I'm seeing this is problematic because....what might help with that?
- [Harm Reduction | SAMHSA](#)



Harm Reduction Examples

- Nate is at risk of eviction because his parties are loud and people are using illegal drugs, which is a violation of his lease.
 - Can the parties happen elsewhere?
 - Can they be smaller?
 - Does Nate have control over his unit?
- Charlotte is at risk of eviction because she is working out of her apartment. She's engaged in sex work and some of her dates have become violent toward the property.
 - How can she be safe while working?
 - Is there other work she can do that replaces that income?
- Ben has stopped taking his medications because they were making his thoughts fuzzy and slow. Now he's at risk for eviction because he has been up late and night screaming and banging on the walls.
 - Would he be willing to try a different medication?
 - Can we partner with the landlord? Is there a different unit that might work better?



Motivational Interviewing

- A technique to help a person discover and work through their own ambivalence toward change
- [Understanding Motivational Interviewing | Motivational Interviewing Network of Trainers \(MINT\)](#)
- Spirit- doing the work together
- Processes- engaging, evoking, focusing
- Core Skills- OARS, change talk



MI Example- Nate

- Attending to change
 - He focused on his relationship with his brother- what options does he have?
 - Say no more coming over
 - Suggest somewhere else
 - Say no guests
 - CM could impose rules- with Nate's permission
- Exchanging information
 - Both Nate and CM bring expertise
 - Suggest some ideas and discuss the most viable option



A note about Community Integration

- CCS may be a great option for giving more options to people in terms of services
- How are we supporting knowing about neighborhood events?
- Recovery includes engaging in “normal” activities, not just clinical ones
- Peer Collective has been strengthened doing things together



Call to Action/Discussion

- What can you do to support Housing First?
 - Individually
 - In your agency/department
- Keep engaged with the WI Housing First Coalition
 - We seek to promote the Housing First philosophy through education and advocacy
 - [Events and Training \(wihousingfirstcoalition.org\)](http://wihousingfirstcoalition.org)
 - Emily@wihousingfirstcoalition.org

