

City Health Conference Glasgow

A home is more than just an address

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What I want to talk about:



- Turning Point Scotland...but don't worry just a little bit
- The importance of housing and having a home
- A little bit about homelessness and health
- Housing first pilot project in Glasgow
- Challenges and lessons learned

Turning Point Scotland Services



- Substance Misuse
- Homelessness
- Mental Health
- Criminal Justice
- Learning Disability
- Other



Homeless in Scotland?



- In 2012-13, 39, 827 households made homeless applications to their local council in Scotland. T
- In 2012-13, 31,964 households were accepted by their local authority as homeless or potentially homeless.
- The number of households accepted as homeless or potentially homeless has decreased by 19 per cent since 2002-2003.
- In 2012-13 there were over 18,000 children living in households accepted as homeless

Source: Shelter Scotland

Health and housing problems

The impact of poor social housing and homelessness on health

- Psychological problems – anxiety, depression, stress
 - Addictions to drugs and alcohol
 - Self-harm
- Physical problems
 - Infectious diseases
 - Respiratory diseases
 - Skin muscle and bone diseases
 - Cardiovascular diseases
- Poor parents health – poor children's health
- Social problems/social isolation
- Exclusion

Housing and health problems



Children's health

- More than 1 in 20 of children growing up in Scotland live in a home with water getting in from poor roofing, gutters or windows or where the parents have difficulty keeping the house warm enough in winter.

Health, housing and homelessness – key challenges



Indicator	How many households affected?
Dampness/condensation in dwelling	308,000 (13%)
Heating does not always keep warm	549,000 (23%)
Home has too few rooms	322,000 (14%)
Fairly/very often bothered by noise	290,000 (12%)

Source: Scottish House Condition Survey, 2009-2011 data

Marginalised Groups



- The impact of Welfare Reform
 - Changes in the benefits system – the ‘bedroom tax’
- In Scotland 82,500 households will be affected
 - 63,500 (80%) will involve an adult with disability
- 20,000 one-bedroom homes become available in Scotland each year in the social rented sector (average)

However with the impact of the bedroom tax means there are way too few!

So...



- There is a clear link between poor housing and homelessness and poor health
- If we want to eradicate homelessness and have a healthier population we need to think beyond silo's and provide wider and more focussed options
- We need action on several levels simultaneously; strong evidence, strong leadership, coordinated public service reform and full collaboration across sectors

Background to the project:

- TPS interested in the Housing First model as a new way of tackling homelessness in Scotland.
- Backing from Glasgow City Council. Glasgow Housing Association and Queens Cross Housing Association and Strathclyde Police
- Funding from TPS and the Big Lottery Fund
- Pilot project started: February 2011

Essential Elements of the approach:



Aim: To reduce re-occurring homelessness by supporting individuals who are in active addiction

Underlying principles:

- 24/7 support from multidisciplinary team
- Assertive approach
- Independent accommodation in scattered site housing
- No requirement for housing readiness
- Harm reduction approach
- Provision of permanent housing and holistic support
- Respect for service user choice re: apartment, levels of engagement, location and times of support
- Targets most vulnerable – those that have difficulty coping with traditional services, resistant to service engagement

Target Group:

- Eligibility Criteria:
 - Aged 18+
 - Homeless (as defined by statutory agencies)
 - Current services do not meet needs
 - Current drug/ alcohol/ poly substance misuse
 - Looking to sustain a tenancy
- Selection process – referral, assessment, allocation group

Accommodation



- Tenancies provided – self contained/ scattered social housing provided by Registered Social Landlords
- Tenants have full tenancy rights with rent contract and unlimited lease
- Full cooperation with landlords – Glasgow Housing Association, N. G. Homes, Queens Cross H. A, South Side H.A, Thenue H.A, New Gorbals H.A.

Services Provided:



- Majority of support provided off site, menu of support modules, CBT, motivational interviewing
- Support provided by named worker on assertive outreach basis. Also Occupational Therapy input
- Support frequency provided on a person-centered basis
- Dedicated housing support team
- Deliberate Peer Support Worker role

Links to European Housing First sites:



- Housing First Europe –links us to Copenhagen, Lisbon, Budapest and Amsterdam with secondary sites being Gothenburg, Helsinki, Vienna, Ghent and Dublin.
- Housing First in Europe (Grundtvig) –links us to Paris, Marseille, Barcelona, Vienna and Helsinki.
- Links with wider European networks

Housing First Glasgow



- Supports 21 people with active substance misuse problems

Substance	No. of service users
Methadone	15
Heroin	14
Cannabis	12
Valium	8
Cocaine	6
Diazepam	5
Crack	2
Speed	1
Ecstasy	1

- Most drug addictions severe; less true of alcohol addictions

Housing First Glasgow - Outcomes



- Housing retention: excellent , neighbour complaints rare
- Health: very positive overall, but physical health still poor for some, and 'dips in mood' not uncommon
- Substance misuse: mixed, but positive on balance
- Criminality and street culture: overall decrease, but small minority continue to beg
- Social support: very mixed, esp. re peer networks
- Employment and meaningful activity: more positive than anticipated

Tenancy Sustainment Outcomes:



Length of Tenancy Sustainment	Number of Service Users
< 6 months	4
> 6 months	3
> 1 year	4
> 2 years	10
Total Number of Service Users Supported to gain a tenancy by Housing First	21

Substance Misuse Outcomes:



Number of individuals now abstinent from their problematic substance of choice

Substance	Number of Service Users
Alcohol	2
Illicit Substances	10

Service User Achievements to date:



- Supporting people who have never engaged with any service
- 7 service users involved in education and training – including university
- 5 service users regularly attending day services (including community based addiction programmes)
- 2 service users involved in voluntary work
- 1 service user gained full time employment since engaging with Housing First

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- Moving people into a new house is not enough:
 - They don't simply feel better by chance
 - Need support and encouragement to access healthcare
- For many we need to be more proactive at a critical time
- Acceptance is an outcome not a pre requisite
- People need meaningful things to do with their time
- People need assertive, consistent and sustained support to change over time

Glasgow: Challenges & Lessons Learned



- Importance of 'buy-in' from stakeholders at both strategic and frontline levels
- Value of liaison with police and 'intermediary' role of staff
- Added value of peer support workers
- Importance of flexibility, 'stickability' and 'not taking things personally'
- The crucial value of 'enabling honesty' about addiction
- Positive engagement of housing providers
- Furniture
- The impact of welfare reform
- Individuals adjusting to daily structure whilst in active addiction.

- Insert video here

Conclusions



- Housing First **does** 'work' with homeless people with active addictions
- Pilots across Europe have highlight the importance/value of:
 - Communication with other stakeholders
 - Flexibility in service delivery
 - Focusing on alternative (non substance-related) activities and social networks/identities
 - Person Centred recovery focussed approaches