

# HOUSING FIRST SCOTLAND



## THE PRINCIPLES

Adapted from Housing First Europe Hub:  
Core Principles and Housing First England Principles



**I-SPHERE**

Institute for Social Policy, Housing, Environment and Real Estate



[www.housingfirst.scot](http://www.housingfirst.scot)

@HFScotland

# HOUSING FIRST SCOTLAND



Housing First provides ordinary, settled housing as a first response for people with multiple needs.

This includes people who have a range of experiences including childhood and early years trauma, domestic abuse, mental ill health, addictions as well as time spent in local authority care or prison.

Housing First recognises a safe, secure home is the best base for recovery and for addressing any other issues in your life.

The evidence base of its effectiveness is far stronger than for any other intervention for a group of people who have traditionally been poorly served by policy and practice.

At the heart of Housing First are seven principles which are central to ending people's experiences of homelessness.

1

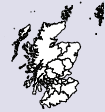
## People Have a Right to A Home

People are offered a home of their own in local communities as quickly as possible, with no requirement to meet any additional rules or criteria other than a willingness to sustain their tenancy. People are directly involved in identifying a suitable home and are subject only to the same tenancy agreement as any other tenants meaning their home is not at risk if they choose not to accept support but are meeting the terms of their tenancy agreement.

2

## Flexible Support is Provided for as Long as is Needed

Support offered to people is not time-bound and is flexible enough to work with someone at different levels of intensity based on their own individual situations and experiences. This includes people choosing not to accept support or deciding that they no longer need support as their situation has improved.



**In Scotland we are interested in developing best practice in ensuring that people are supported to build positive relationships in their local communities through work, volunteering, learning or leisure, guarding against potential loneliness and isolation and poverty.**

3

## Housing and Support are Separated

Landlord and support functions are delivered separately and choices people make about support do not affect their housing security. The offer of support stays with the person – if they decide to move to a new area or their tenancy fails, they are supported to avoid homelessness crisis by finding and maintaining a new home.

4

## Individuals Have Choice and Control

People get to choose a home and a location that best suits their circumstances, have choice over where, when and how support is provided, and through person-centred planning are in control of the support they receive.

5

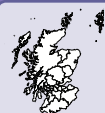
## An Active Engagement Approach is Used

Support staff have small caseloads, allowing them to be proactive and persistent in offering support; doing 'whatever it takes' as many times as necessary to build a positive relationship with people. Cases will remain open even when engagement is low.

6

## The Service is Based on People's Strengths, Goals and Aspirations

Support is based on the understanding that there is always the possibility of positive change and improved health & wellbeing, relationships and social and economic integration. Support staff work alongside people to identify strengths, goals and skills, building self-esteem and confidence.



**In Scotland we are interested in developing further good practice around the role of peer workers providing authentic support relationships based on shared life experiences, and mirroring the opportunity for positive change.**

7

## A Harm Reduction Approach is Used

All engagement is based on the principle of reducing harm from alcohol and drugs and supporting people to minimise self-harm. Support is based on promoting recovery in physical and mental health and wellbeing.

