Housing as a Platform for Recovery; Lessons learned from Housing First

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Maslow’s Hierarchy of Needs

- Physiological: breathing, food, water, sex, sleep, homeostasis, excretion
- Safety: security of body, employment, resources, morality, the family, health, property
- Love/belonging: friendship, family, sexual intimacy
- Esteem: self-esteem, confidence, achievement, respect of others, respect by others
- Self-actualization: morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts
Self-actualization

“To become everything one is capable of becoming”

Mental health recovery

“Strive to reach their full potential”

Maslow, 1943

SAMHSA, 2011

Traditional system approach

Level of independence

Treatment compliance + psychiatric stability + abstinence

Homeless

Shelter placement

Transitional housing

Permanent housing
Housing First approach

- Homeless
- Shelter placement
- Transitional housing
- Permanent housing

Level of independence

Treatment compliance + psychiatric stability + abstinence

Supported housing + Assertive Community Treatment + Consumer choice

Ongoing, flexible support

Harm Reduction
TF providers were consumed by the pursuit of housing. HF providers focused on clinical concerns.

**Pathways to Housing in Philadelphia**

**Context**
- Chronic homelessness in Philadelphia
- City invitation in Summer of 2008
- Original contract for 125 placements
- Now serving +400

**Outcomes**
- 92% of those engaged moved into housing
- Average # of days until housed: 19 days
- 88% remained stably housed
- Significant decrease in shelter, crisis, hospitalization, & incarceration
- Cost-effective: annual cost $28,181/person
Housing = Ontological Security

Ontological security: A fundamental level of security without which people’s autonomy, identity, and sense of meaningfulness is compromised.

4 Dimensions:

• A place of constancy.

• A place from which to carry out daily routines.

• A place where people feel most in control.

• A place around which identities are constructed.
http://www.youtube.com/watch?v=3VNZGEPuKBY
Thank you!

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