



## Erasmus+ webinar: Exploring exits from Housing First Thursday 20th february 11am CET



Y-Säätiö



# ARRELS

## SOME FACTS:

Since 1987  
95 workers  
>340 volunteers  
6,100 members and donors.  
Private funds: 73%

## DESCRIPTION OF SERVICES:

the outreach team  
Day center  
The housing first program.

Health residential space  
Occupational program.  
Legal team  
Comunication and incidence

We only house in our homes the homeless population in street situation with a more **chronic profile**:

- **time on the Street , or and**
- **poor health / life at risk , or and**
- **not linked to the public network**

## Barcelona and core group

Arrels' night count (2023): 1384 people sleep on the street  
2024. 786 ppl living outdoors, 7,219 times  
404 ppl accompaniments to health network

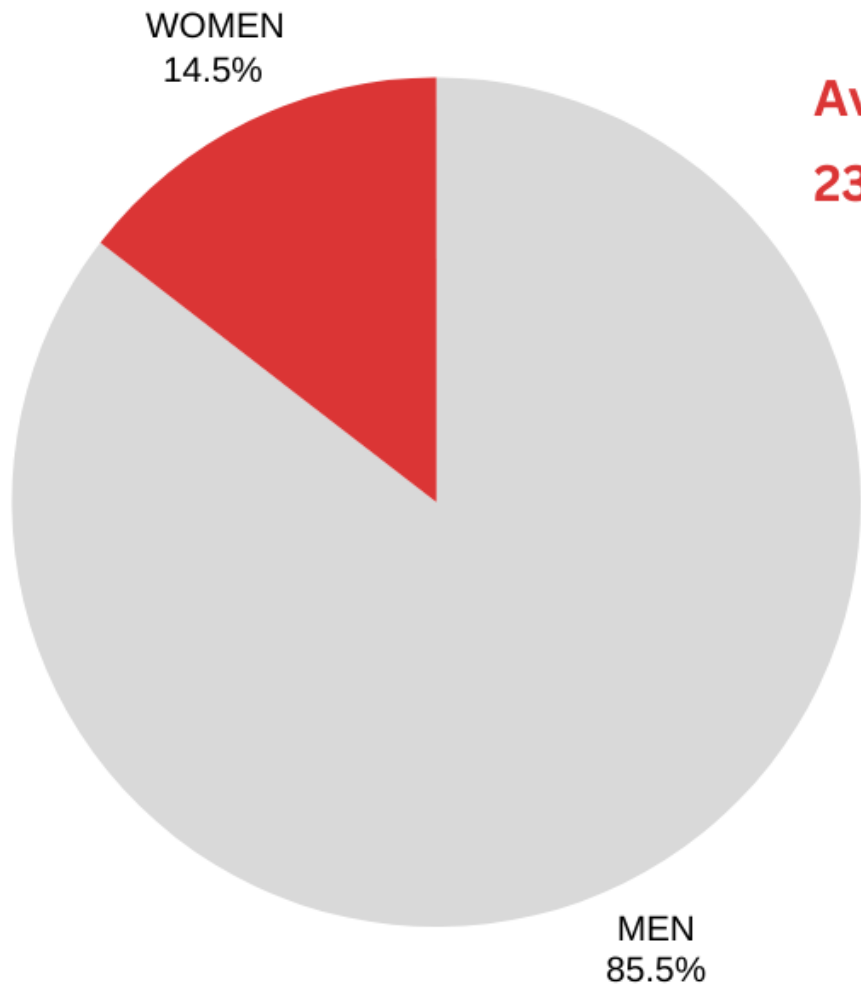


# PROFILE

172 users. Housing First program 2024

15% women / 85% men  
49% non national  
Average 61 years old  
23% without incomes

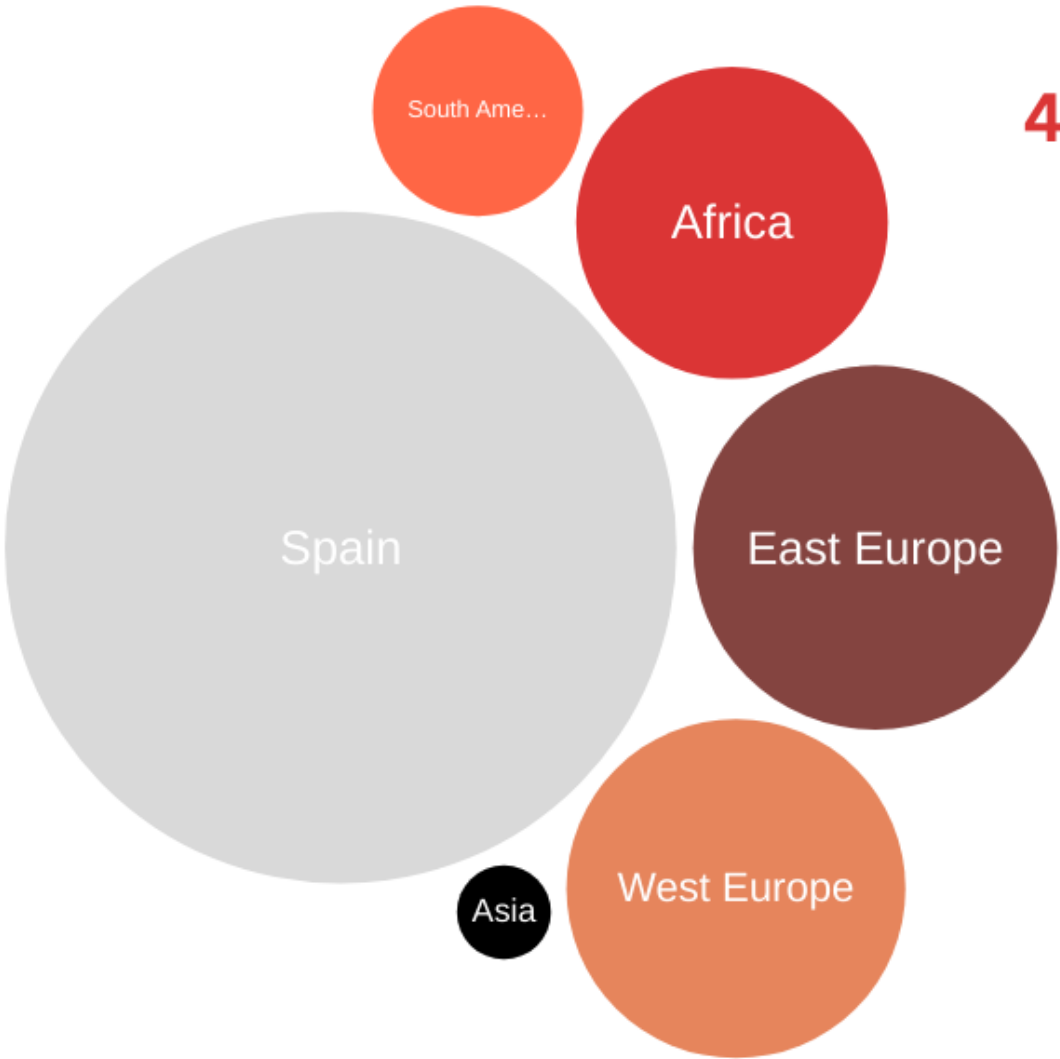
PROFILE



Average age 61 years old  
23% without incomes

25 women  
147 men

ORIGIN



49% non national

Spain	51%
West Europe	13%
East Europe	15%
South America	5%
Africa	11%
Asia	1%



# PROFILE

172 users. Housing First program 2024

52% in bad state of health

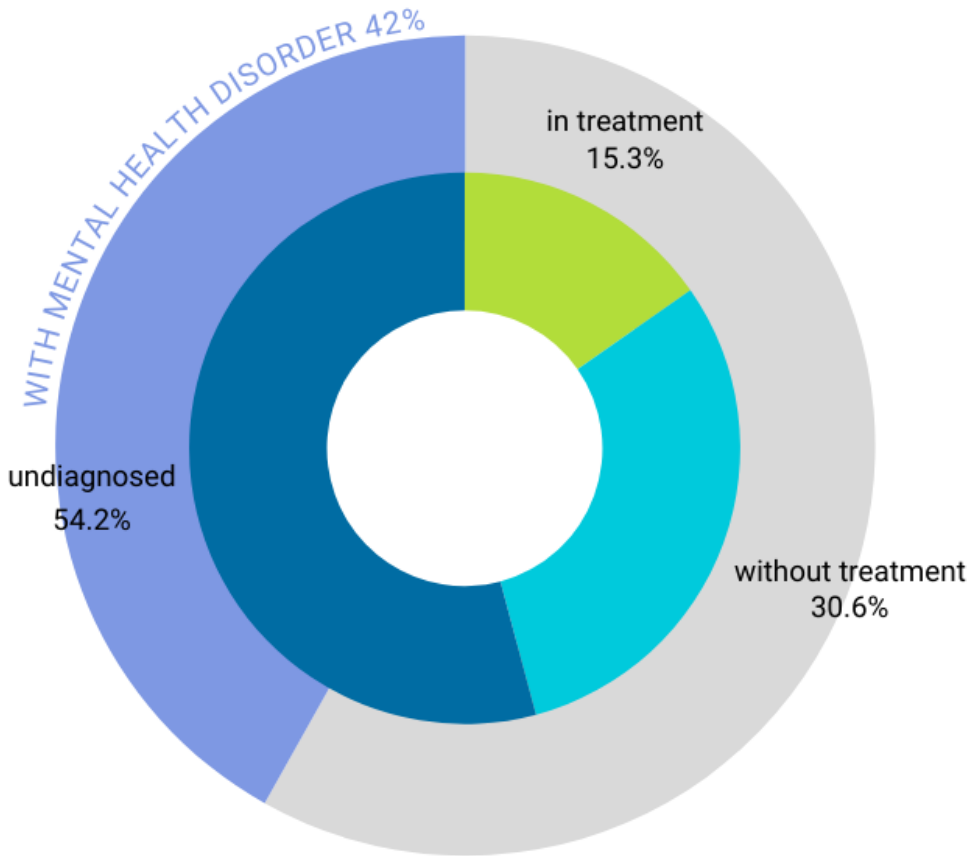
42% with mental health disorders

90% with addiction

26% dual pathology

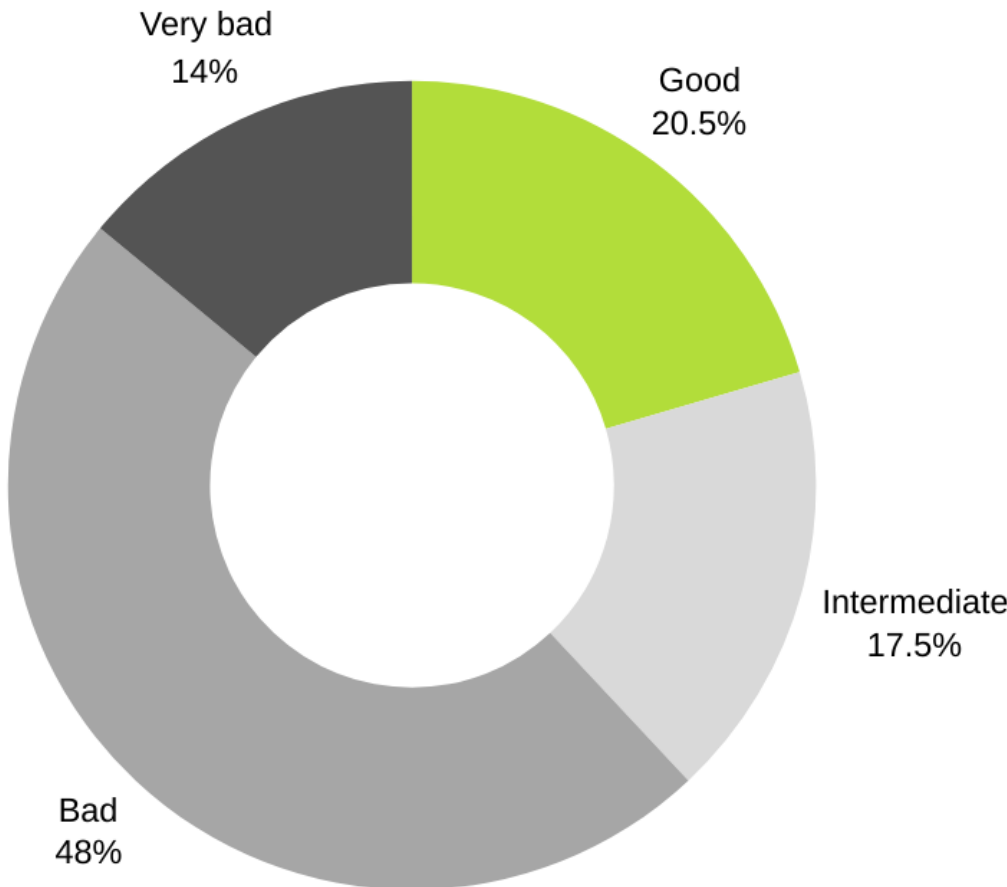


MENTAL HEALTH

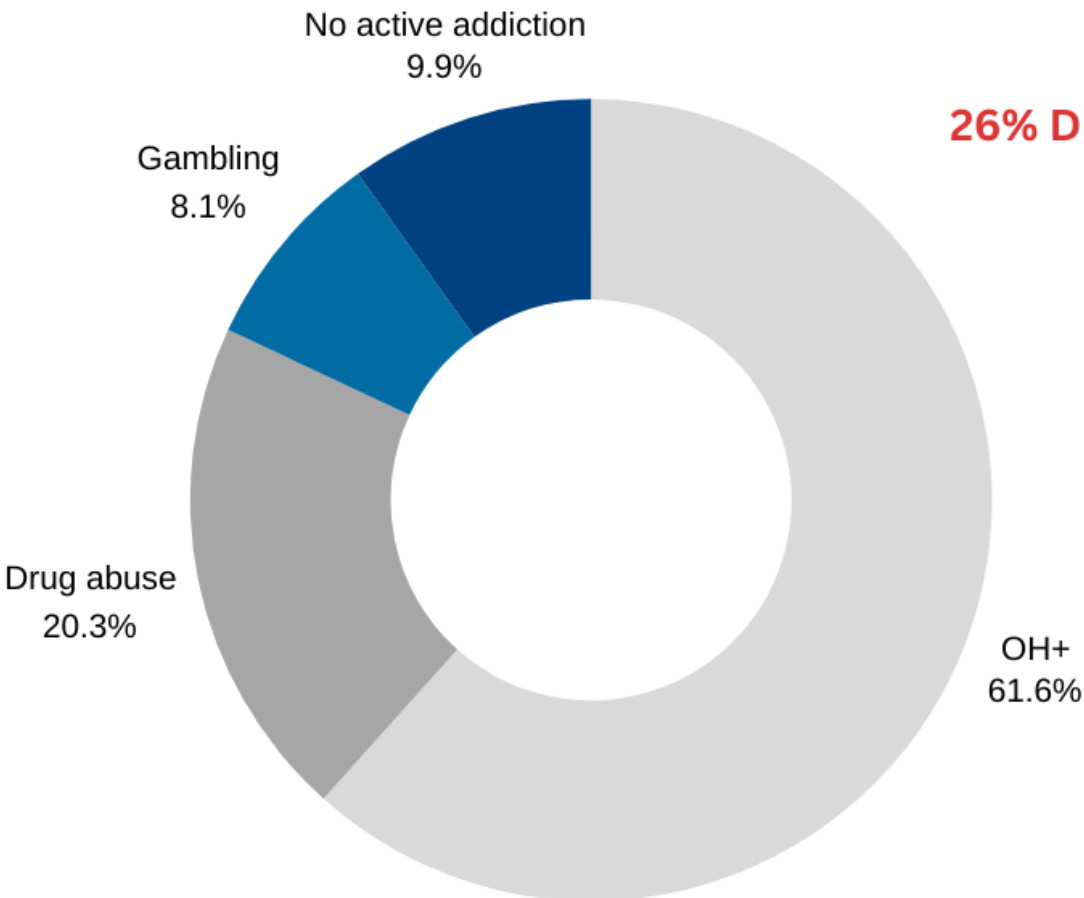


Mental pathology	72 ppl
In treatment	11 ppl
Without treatment	22 ppl
Undianosed	39 ppl

HEALTH



ADDICTIONS



26% DUAL PATHOLOGY

OH+	106 ppl
Drug abuse	35 ppl
Gambling	14 ppl
No active addiction	31 ppl
Dual pathology	44 ppl

# PROFILE

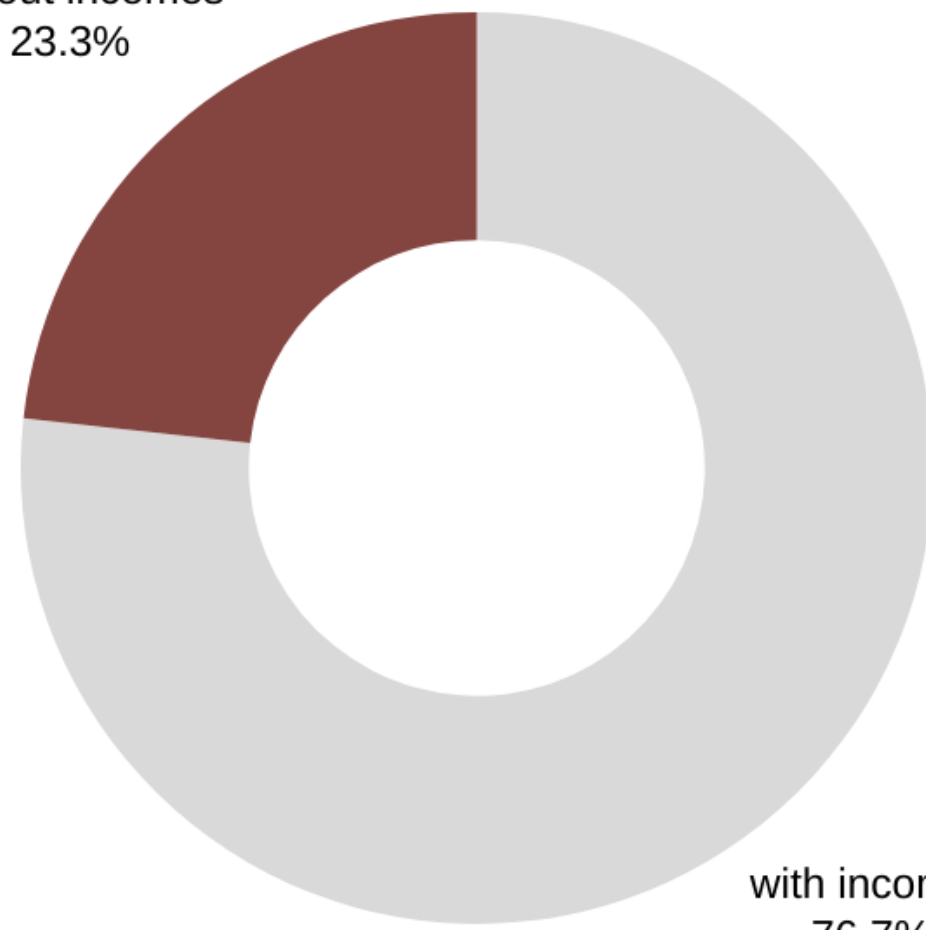
172 users. Housing First program 2024

23% irregular administrative situation

23% without incomes

INCOMES

without incomes  
23.3%

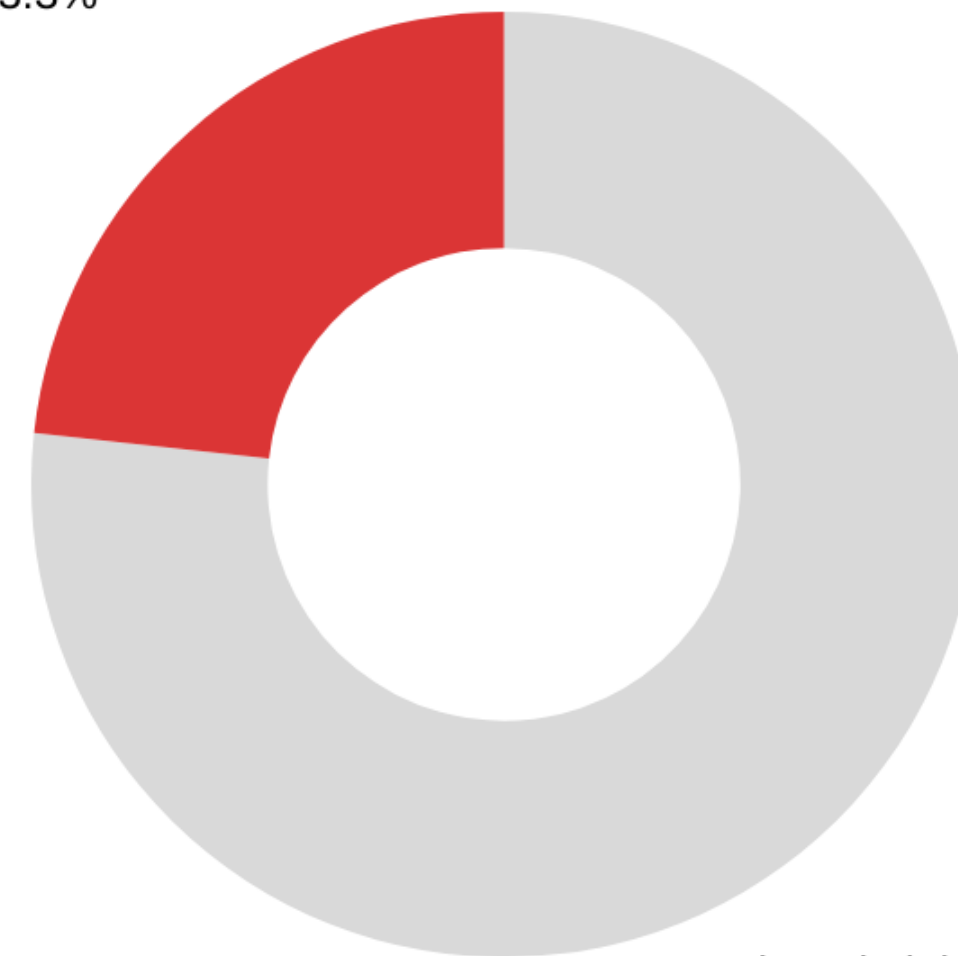


with incomes  
76.7%

without incomes	40 ppl
with incomes	132 ppl

LEGAL SITUATION

Irregular administrative situation  
23.3%

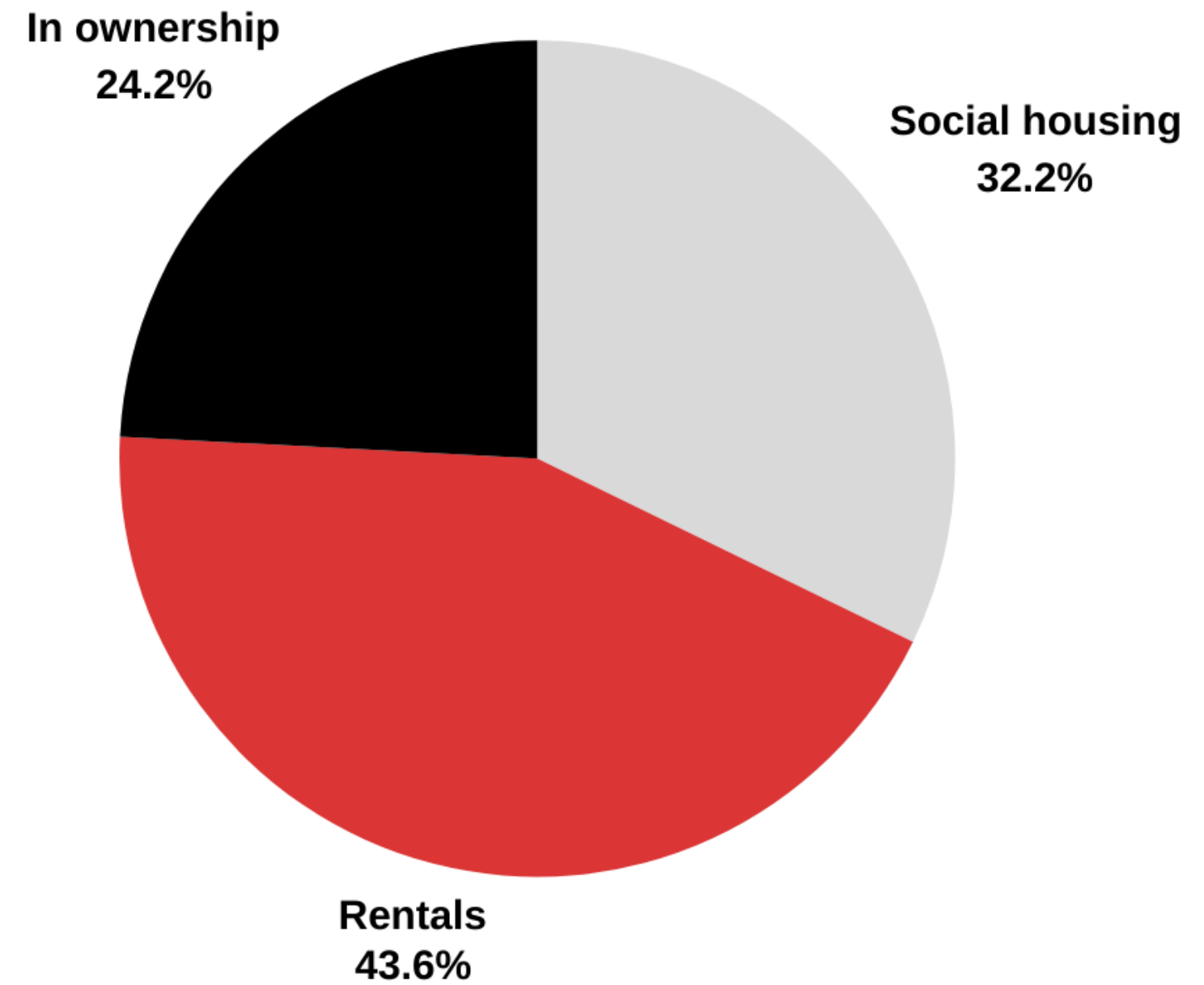
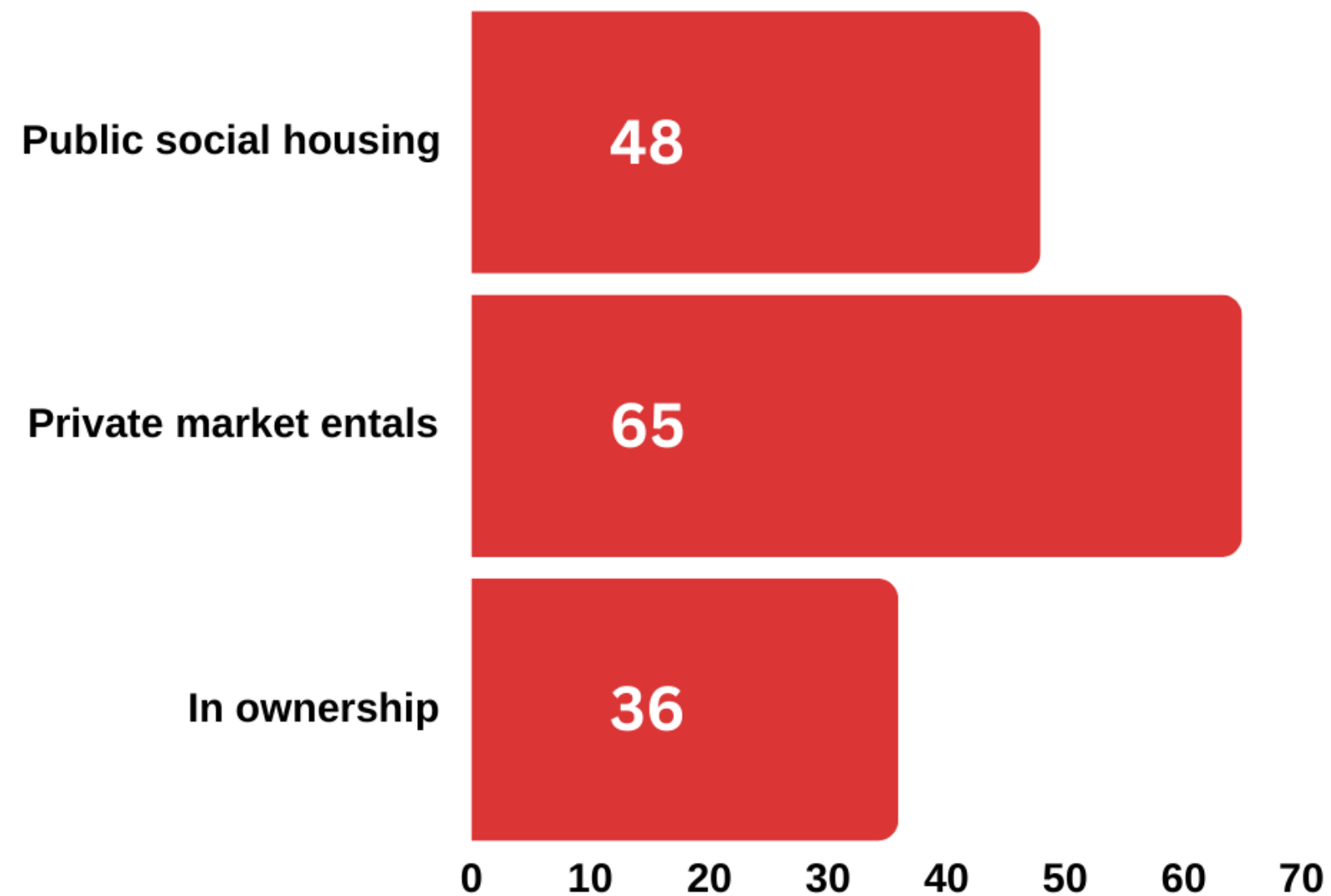


regular administrative situation  
76.7%

Irregular	40 ppl
Regular	132 ppl

# ARRELS' HOUSING

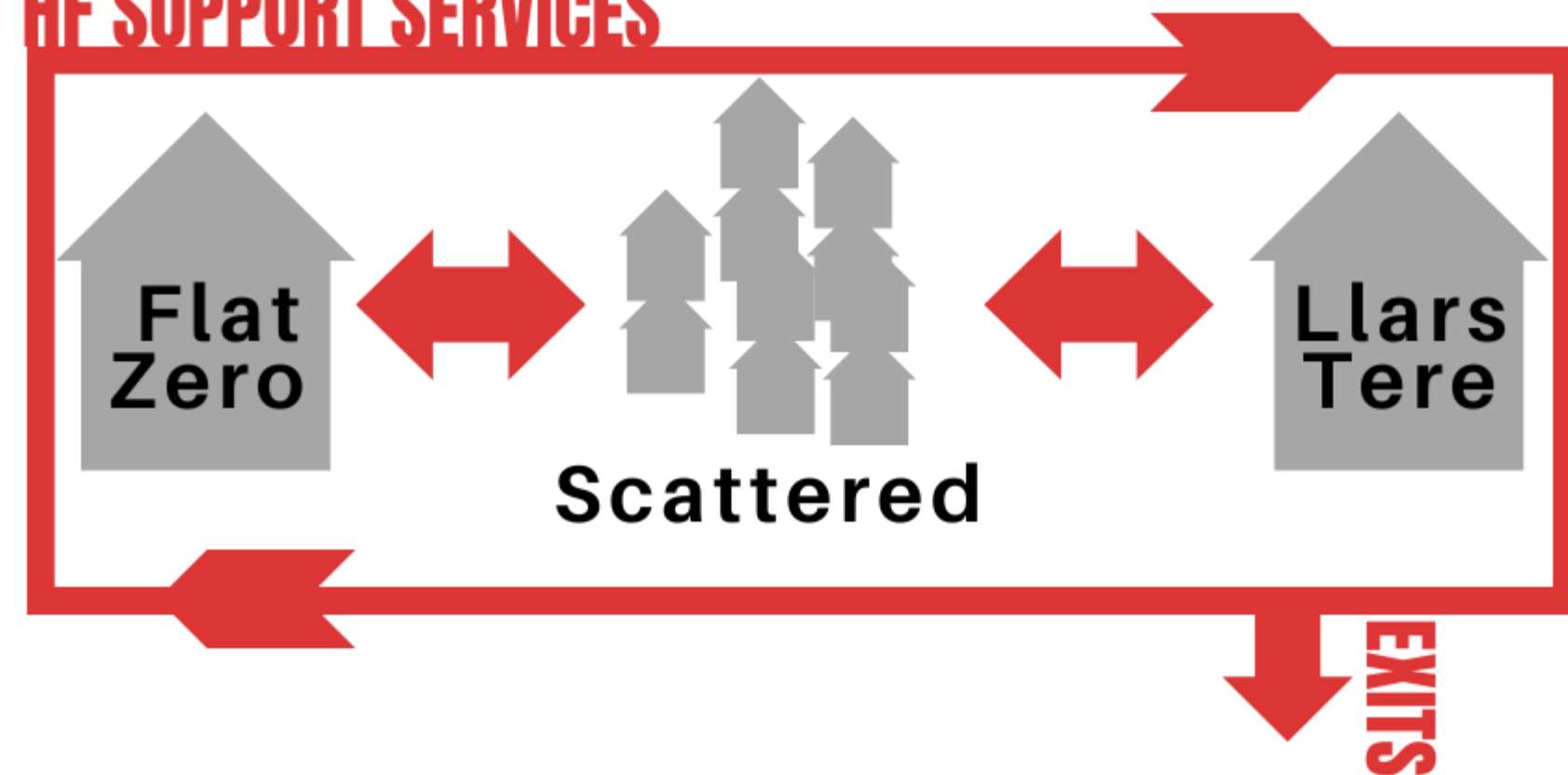
149 flats. Housing First program 2024



# ARRELS' HOUSING FIRST & EXITS

## HF continuum

### HF SUPPORT SERVICES



## HF EXITS PROTECTIVE FACTORS. ARRELS

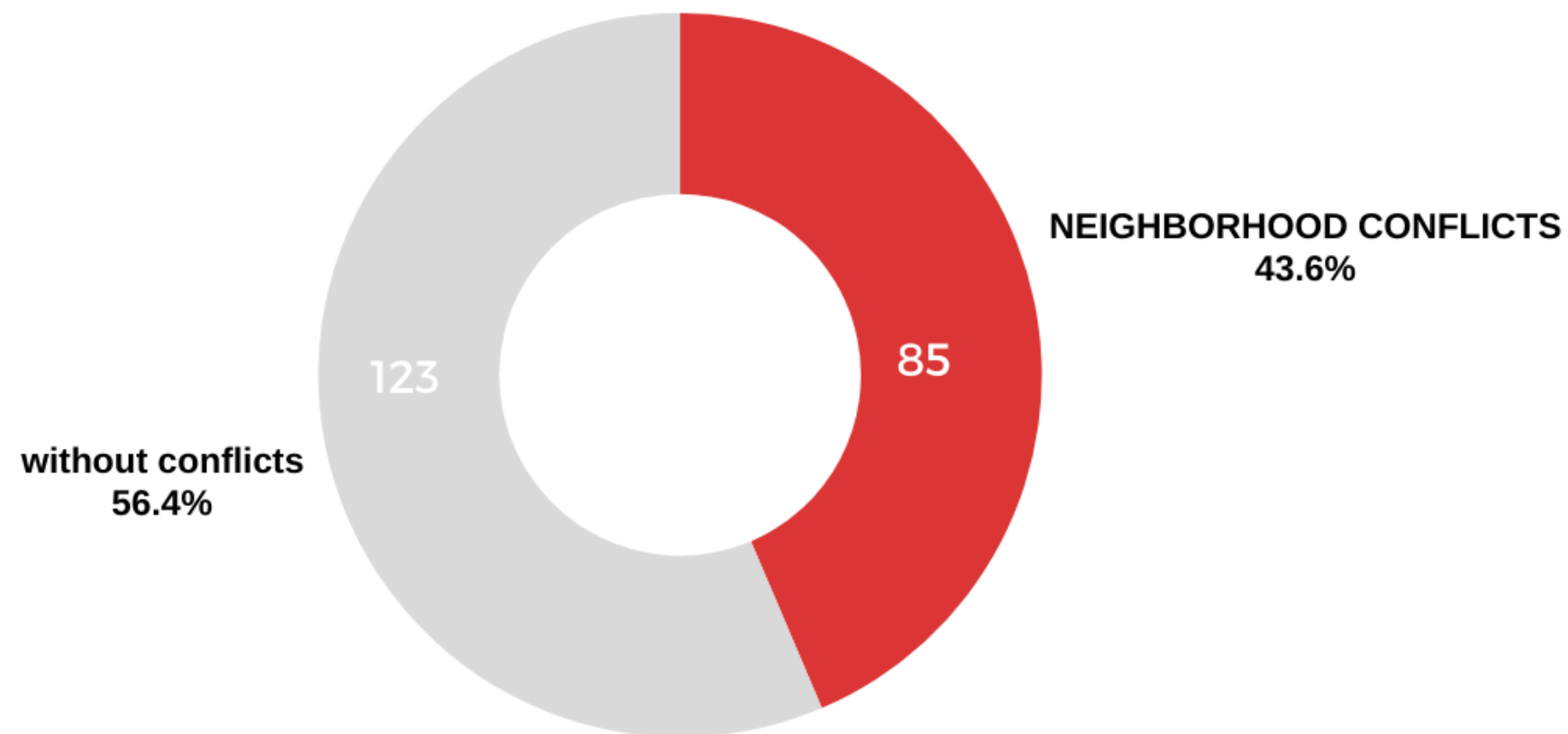
Stable and permanent housing  
Lifelong HF support services  
**Bond**  
Economic flexibility  
HF adaptations: singular projects

# EXITS

Cole, J. A.(2017). Broke but not without Hope: Exploring Exits from Housing First and Returns to Homelessness.

<https://scholarcommons.sc.edu/etd/4238>

## ARRELS' NEIGHBORHOOD CONFLICTS 2022-2024



208 HF service users 2022-2024

## HOW WE DEAL WITH NEIGHBORHOOD CONFLICTS?

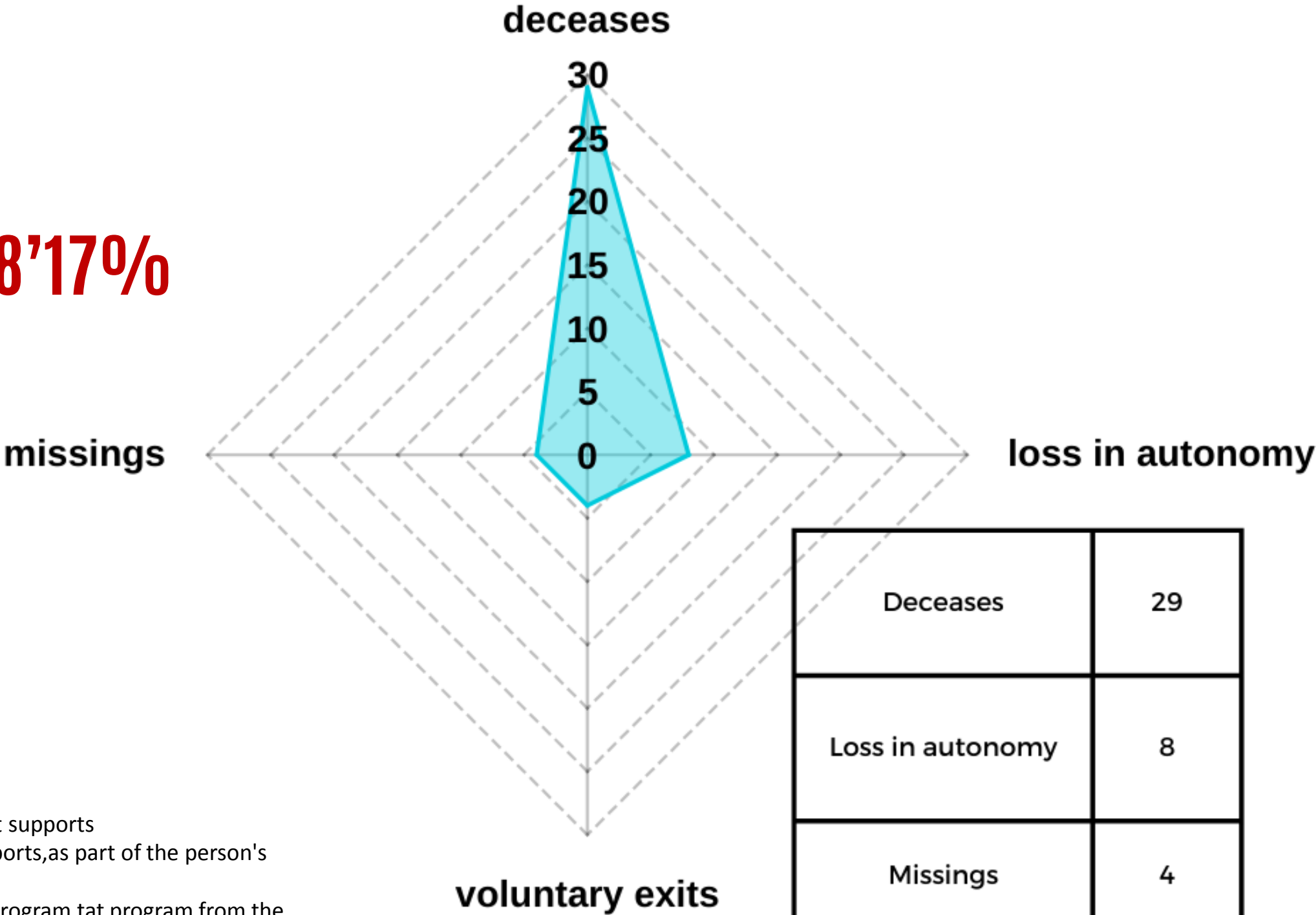
Costs of maintenance and damages  
Emotional containment  
Community mediation  
Re-housing



# EXITS & RETENTION RATE

## 208 HF service users 2022

Arrels' retention HF rate: 98'17%



$RR = ((1) + (2) + (3) / (4) - (5) - (6) - (7) - (8)) * 100$

- 1) No. of people in Habitat housing with supports
- 2) No. of people in independent housing who maintain Habitat supports
- 3) No. of people accessing independent housing without requiring Habitat supports, as part of the person's empowerment of maintaining housing
- 4) Total number of people using the Habit program since the beginning of the program
- 5) No. of people accessing more institutionalized and more adapted to the persons need
- 6) No. of persons deceased
- 7) No. of persons whose housing situation is unknown
- 8) No. of persons incarcerated



# RETENTION RATE

## 208 HF service users 2022-2024

$$RR = ((1) + (2) + (3) / (4) - (5) - (6) - (7) - (8)) * 100$$

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# CASE STUDIES Karim C.

## Brief Description of the Case:

### Background:

59-year-old man from Algeria with extensive cultural knowledge.

Worked in Algeria as an administrative assistant; arrived in Spain 1989, worked in construction, agriculture, and hotelery business.

Speaks Arabic, French, English, and Spanish fluently.

Experienced forced migration after divorce, economic instability, and began problematic alcohol consumption in Barcelona.

Known to Arrels Fundació since 2017, with a history of mental health issues (major depressive disorder) and complex relationship with alcoholism.

Was sleeping on the street for 9 years (2008-2017).



# CASE STUDIES

## Karim C.

### Challenges for Housing First Project:

#### Cyclical Pattern of Housing Instability:

Has been through 8 different housing units.

Initially adjusts well but eventually experiences depression, isolation, and increased disorganization linked to alcohol use.

Attributes discomfort to housing space and loneliness, leading him to voluntarily leave to “disconnect.”

Exhibits risky behaviors affecting neighborhood coexistence (e.g., confrontations, dangerous actions, property damage).

Short periods of stability (e.g., attending the gym, managing paperwork, temporary abstinence from alcohol).

# CASE STUDIES Karim C.

## Periods of housing and roughsleeping:

Maintaining bonds with professionals and Housing First services.

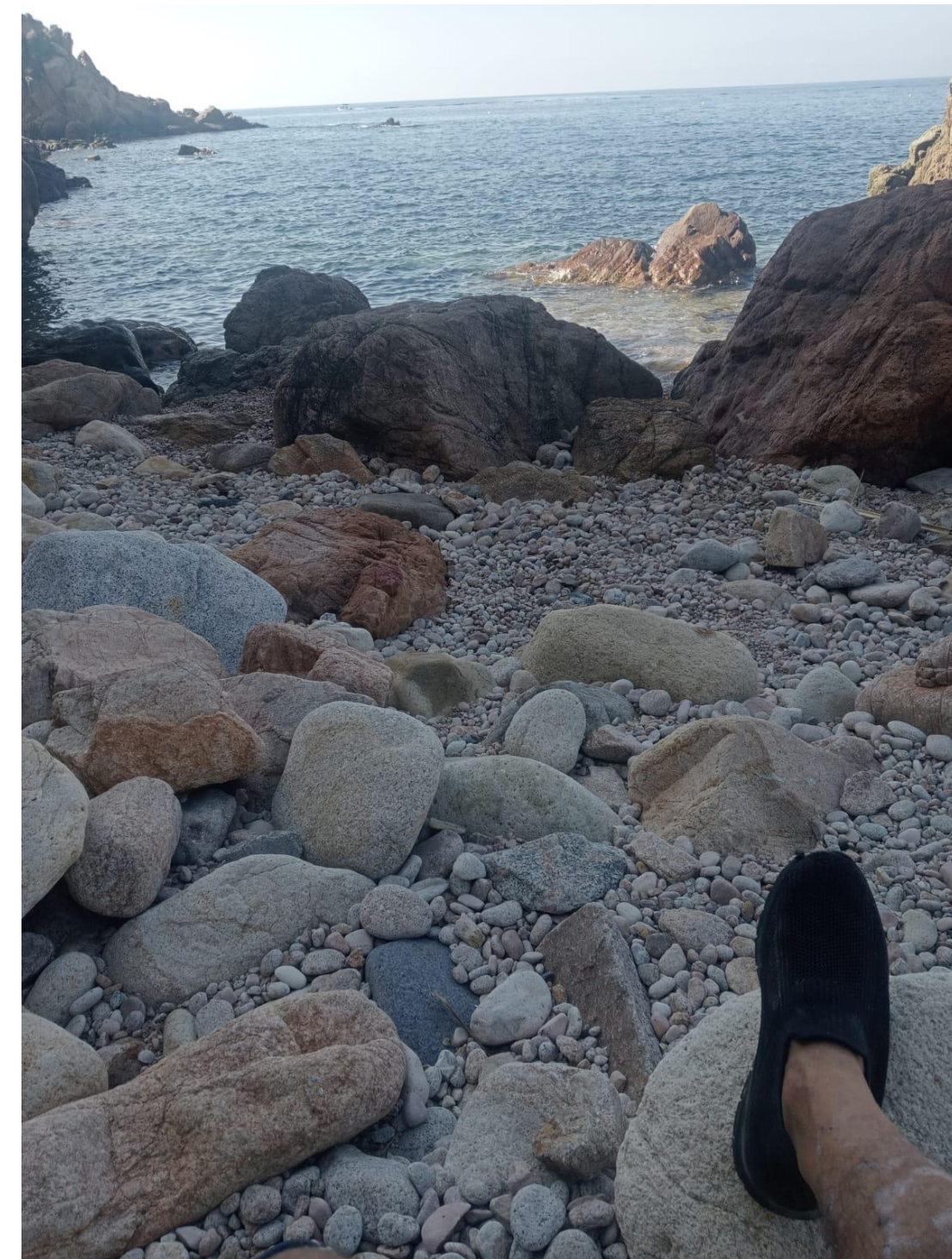
Many periods of roughsleeping. Last was 7 months.

Karim actively maintained contact with housing First support team:

*"I never cut communication with them—they are like my family, the only bonds I have."*



# PHOTO GALLERY





# CASE STUDIES

## Karim C.

### Conclusion on the Case:

- **Need for Flexible Housing Models:**

- Stable housing alone is insufficient for people with highly complex needs.
- Requires intensive psychosocial support, a safe environment with minimal neighborhood conflict, and a structured daily routine.
- His preference for “disconnecting” on the street challenges the Housing First model, highlighting the need for more adaptable and flexible solutions.

# CASE STUDIES Karim C.

## Use of Llars Tere and Flat Zero:

### Flat Zero:

This is low demand resource with capacity for 10 people. We offer Flat Zero to Karim to avoid rough sleeping during housing transitions.

### Llars Tere (Single site for complex needs cases):

Single-site housing with additional support for complex needs.

Stayed from January to April 2024 but exhibited risky behaviors, leading to unsustainable coexistence.

Eventually chose to return to sleeping rough.



# CASE STUDIES

## Karim C.

### **Current Approach to Support:**

- Resides in Arrels-owned apartment, avoiding external neighborhood pressures.
- Committed to reducing alcohol use and engaging in mental health treatment, though with resistance and ambivalence.
- Maintains a positive bond with the Arrels team, who respect his space and avoid confrontations.
- Efforts to structure his free time to minimize alcohol use, exploring tailored activities for his disability level.

# CASE STUDIES

## Karim C.

### Final Reflection:

- **Limits of Housing First Model for Complex Needs:**

- Ciclic Emotional dynamics make stable housing feel like **an emotional prison**.
- Challenges the standard approach, necessitating flexible and adaptive support methods.
- Emphasizes the need for “temporary exits” while maintaining a housing connection.
- Calls for integrating these needs into a model designed for long-term stability.

# CONCLUSIONS

## Conclusions & Challenges of Arrels Housing First

✓ **Flexibility & Adaptation:** We try to find solutions to prevent a return to the streets.

Rehousing is key, though not always accepted.

✓ **Personalized Models:** We adapt both housing and support services, with 72% of funding coming from private sources.

## Challenges & Needs

◆ **Diversification of housing solutions - Specialized resources:** Communal site with **24/7 intensive health/mental health services** for complex cases.

◆ **Training in** harm reduction, mediation, non-violent communication, and housing rights.  
We always offer alternatives to prevent homelessness and maintain a connection to housing.

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