Housing First for people with problematic substance use: 24-month outcome findings

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Housing First research: Housing outcomes

- Compared to residential continuum model or treatment as usual, Housing First clients:
  - ↑ housing retention
  - ↑ time stably housed
  - ↓ time homeless
  - Quicker move into housing

Aubry et al., in press; Greenwood et al., 2005; Tsemberis & Eisenberg, 2000; Tsemberis et al., 2003, 2004
Housing First research

- Housing First and comparison groups similar in physical and mental health
- Similar pattern with substance use
- Mixed findings on quality of life

Aubry et al., in press; Edens et al., 2012; Greenwood et al., 2005; Padgett et al., 2006; Stergiopoulos et al., 2015; Tsemberis et al., 2004
Supportive Housing for People with Problematic Substance Use

- Clients are homeless and have problematic substance use
- Program components
Outcome Evaluation

• 2-year longitudinal design
  – 6 month follow-ups

• Intervention group received Housing First and ICM (n = 89 at baseline)

• Control group (n = 89)
  – Homeless adults with problematic substance use
  – Standard care
Characteristics of outcome evaluation participants
Percentage of time homeless 2 years leading up to program/study entry

Clients  Comparison

% 0  20  40  60  80  100

100  80  60  40  20  0

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24-month outcome findings
% of time housed

Baseline - 6 months  6-12 months  12-18 months  18-24 months

Clients  Comparison
Number of days to first being housed

# of days

Clients  Comparison

0  200

50  150

100  100

150  50

200  0
Number of days consecutively housed by 2 years

- Clients
- Comparison
Number of moves

Baseline - 12 months 12 - 24 months

Clients Comparison
Problematic alcohol use

<table>
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<tr>
<th>More problems</th>
<th>40</th>
<th>30</th>
<th>20</th>
<th>10</th>
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</tr>
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<tr>
<td>No problems</td>
<td>40</td>
<td>30</td>
<td>20</td>
<td>10</td>
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</tbody>
</table>

Baseline 12 months 24 months

Clients Comparison

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Problematic drug use

Severe level

No problems

Baseline 12 months 24 months

Clients Comparison

Baseline

12 months

24 months
Mental health

Better health

Poorer health

Baseline 12 months 24 months

Clients Comparison
Community functioning

Baseline 12 months 24 months
Clients Comparison
Quality of Life – Living conditions

Delighted

Terrible

Baseline 12 months 24 months

Clients Comparison
Quality of Life – Finances

Delighted

Terrible

Baseline 12 months 24 months

Clients Comparison
Quality of Life – Safety

Delighted

Terrible

Baseline 12 months 24 months

Clients Comparison

7 6 5 4 3 2 1
Quality of Life – Social relations

Delighted

Terrible

Baseline 12 months 24 months

Clients Comparison
Discussion

• Comparison of study findings with previous Housing First research
  – Generally similar pattern of findings

• Implications for service delivery