



Housing First & Harm reduction : Tools and Values

Muriel Allart
SMES-B
Brussels, Belgium



POD MAATSCHAPPELIJKE INTEGRATIE
BETER SAMEN LEVEN
SPP INTÉGRATION SOCIALE
MIEUX VIVRE ENSEMBLE



STEUNPUNT
ALGEMEEN WELZIJNSWERK



ΙΣΝ/SNF
ΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS
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.be



Housing First Project of SMES-B

SMES-B = Mental Health and Social Vulnerability

⇒ intersectorial network

Our HF Project : Fidelity to the **Pathways to Housing model**

Target public : **homeless people (Ethos 1&2)**

+ mental illness + drug use



Harm reduction

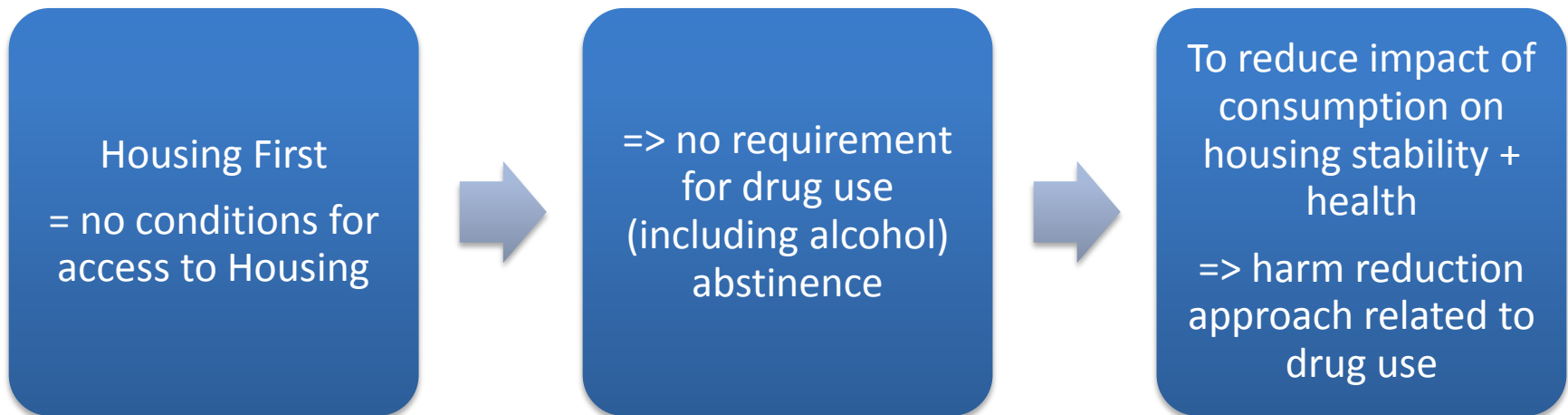
Within the ACT team :

- HR expert worker
- peer
- everybody trained on drug use related harms





Why is Harm reduction a core principle of the HF model ?



Harm Reduction is a public health strategy
to prevent harm related to drug use

Harm Reduction is not opposed to abstinence
Tenant are supported in every choice they make



Harm Reduction for who ?

ACTIVE DRUG USERS

Aged between 25 and 65 years

VARIOUS DRUGS AND DRUG USES

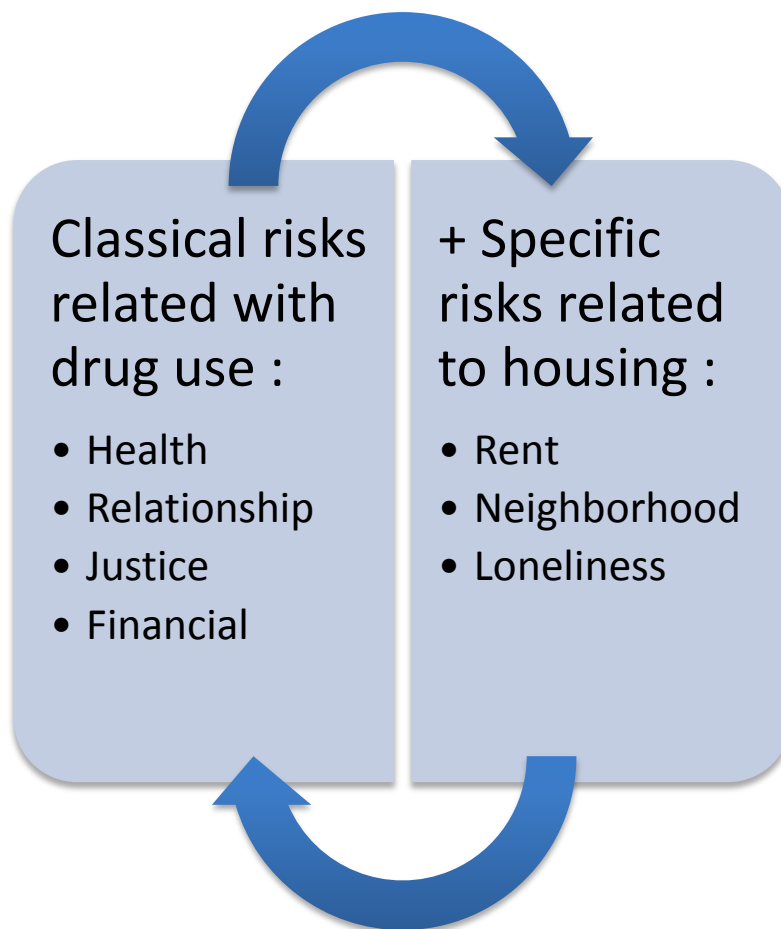
- alcohol, cannabis, speed, cocaine, heroin, pharmaceuticals...

- ingestion, smoking, inhalation, sniff, injection

Sometimes abstinent for one or more drug



Harm Reduction for what ?





Harm Reduction: statements, tools & values

STATEMENTS

The concept of risk is relative

Objective information and materials are not inciters

A drug-free society doesn't exist

VALUES

Non-judgement

Non-trivialization

Drug user = citizen

Empowerment

Participation

INTERVENTION TOOLS

Do not judge drug

Do not trivialize drug use

Reach tenants where they are and respect their rhythm

Give tenants the means to reduce risk

Support their requests for abstinence or management of their consumption

Encourage responsibility/participation

Use WRAP

Network !

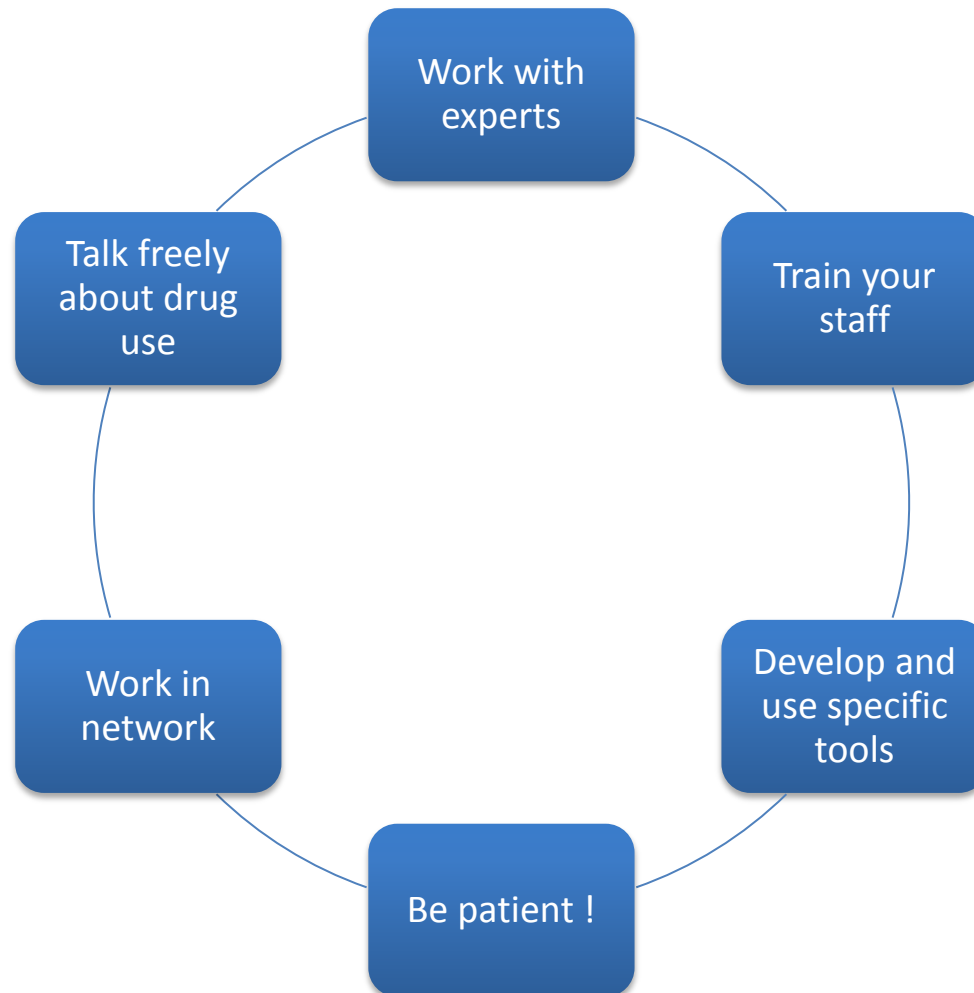


Which results ?

- ✓ From a logic of survival to a long-term logic
- ✓ Residential stability => storing HR material + support w/ treatment
- ✓ Increase in self-esteem => Take care of themselves
- ✓ Round trips between abstinence and relapse but with increasing time of abstinence
- ✓ Cure and post-cure services used as such and not for shelter
- ✓ Possibility of management for some tenants
- ✓ Destigmatisation
- ✓ Improved sleep and food => reduce some health negative effect



Suggestions





Thank you !

Contact :

Muriel Allart

housingfirst@smes.be

More Info :

www.housingfirstbelgium.be

www.housingfirstbrussels.be

www.smes.be