



DDP-YD/ETD (2024) 17

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# Ending Youth Homelessness by Addressing Trauma

Report of the study session held by  
FEANTSA Youth

in cooperation with the  
European Youth Centre of the Council of Europe

European Youth Centre Budapest  
16<sup>th</sup> to 20<sup>th</sup> October 2023

This report gives an account of various aspects of the study session. It has been produced by and is the responsibility of the educational team of the study session. It does not represent the official point of view of the Council of Europe.

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## 1. Executive summary

To begin with, **why this study session? And why in one of the European Youth Centres of the Council of Europe?** Workers supporting young people in homelessness may deal with traumatic events, hear distressing experiences, or be confronted with behaviours that are a result of these traumatic experiences. The link between trauma and homelessness is multi-faceted: trauma can be a factor of vulnerability towards homelessness, a result of this experience, an obstacle to exiting homelessness, or all these options at the same time.<sup>1</sup> Therefore, training staff on trauma-informed methodologies can be key to improving the support delivered and helping youth on their way out of homelessness.

Answering to the second question, the topic of this study session is in line with the Council of Europe's (CoE) mission to promote human rights in Europe. **Homelessness, especially when associated with trauma, is both a violation of fundamental human rights and an obstacle to realising them.** By helping professionals adopt a trauma-informed approach, the young people they support would likely be in a better place to exercise and enforce their human rights.

The objectives and programme of the study session were therefore in line with these considerations. Activities covered the adoption of Trauma-Informed Care (TIC) methodology from different angles, including defensive behaviours resulting from trauma, the foundations of TIC, a practical example of its application in Budapest, adapting TIC with an intersectional lens, staff well-being, etc. After the training week, it was possible to draft some conclusions, such as a strong need to increase the availability of resources on TIC for staff, the importance of empathy between workers and the youth they support, adapting services with an intersectional approach, and the current lack of enough attention to staff well-being, which is vital for an organisation to be trauma-informed. These conclusions are outlined in detail in the third section of this report.

Looking to the future, several follow-up activities were discussed, including the dissemination of knowledge and materials used during the study session, the creation of groups working on specific sub-topics, and starting a podcast on youth homelessness in Europe.

Finally, several **recommendations** can be outlined for European youth policy or the work of the Council of Europe Youth Department. In general, the issues of social or housing exclusion, lack of access to rights, or trauma-informed services for vulnerable young people should be taken more into account. More specifically, it is recommended to contribute to the generation of knowledge on TIC and its application (or adaptation) to young people facing destitution, in order to enhance the diffusion of good practices across Europe on this topic, put in place materials and guidelines available for non-experts, or assess how TIC can be influenced by or adapted to multiple sources of discrimination. It is also recommended to raise awareness of the link between trauma, homelessness, and the lack of access or violation of human rights. This is even more important in the case of young people experiencing homelessness since they are often overlooked in both homelessness and youth strategies.

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<sup>1</sup> For more information:

[https://www.feantsa.org/download/feantsa\\_traumaandhomelessness03073471219052946810738.pdf](https://www.feantsa.org/download/feantsa_traumaandhomelessness03073471219052946810738.pdf)

## 2. Introduction

Readers of this report will find information on the objectives of the study session, the different topics that were covered to enhance knowledge among participants, the main results of the study session, and a discussion of the programme contents. At the end, readers will find some activities suggested as a follow-up, and appendices containing information on participants, the programme, and a list of resources to dive further into the topic of the study session, *Ending Youth Homelessness by Addressing Trauma*.

This topic was chosen after the feedback from the study session of 2022, *Youth Work to Make Housing First for Youth...WORK!*, where more information on TIC was identified as valuable for the youth homelessness sector. Therefore, **this study session aimed to support homeless service providers to adapt TIC to the needs of young people**. To reach this aim, the following objectives were outlined:

- 1) Framing youth homelessness as a violation of human rights.
- 2) Understanding what trauma is, and the connection to experiences of homelessness.
- 3) Understanding the connection between trauma and how young people engage or disengage in services.
- 4) Connecting trauma as an obstacle to accessing human rights.
- 5) Understanding how to apply TIC.
- 6) Developing competencies to adapt TIC to services, including target groups such as LGBTIQ youth, unaccompanied minors, young with experience of gender-based violence and young migrants.

The programme of the training week was drafted with these objectives in mind. Although more details can be found later in this report and Appendix 1, the **main contents** discussed were:

- The long term impacts a traumatic experience can have on an individual, and how it can determine the way they relate to others (survival responses, window of tolerance, latent vulnerability, etc.).
- The importance of incorporating a recovery perspective in the intervention with young people, with a strengths-based approach.
- Looking at trauma through an intersectionality lens, by providing a space for participants to share their own professional experiences and good practices.
- Applying a holistic trauma-informed perspective within an organisation. This means acknowledging the responsibility of the organisation to apply a trauma perspective, not only with the homeless young people they work with but with all workers within the organisation.

The theme of the study session is in line with the Council of Europe's mission, which is to promote democracy, human rights, and the rule of law across Europe and beyond. Homelessness is one of the most extreme forms of deprivation of human rights, but at the same time, people experiencing this situation are rights holders. **By training workers in homeless service providers on the TIC methodology, these professionals will be more equipped to support people in homelessness to exercise their human rights** and fulfil them if possible - from the right to human dignity, life, respect for private and family life, and so forth.

Finally, a brief note on the organiser of the study session and the profile of participants may be helpful to contextualise the report. FEANTSA is a network of national, regional, and local organisations providing services to people experiencing homelessness in Europe. Our members now include cities, ministries, agencies, think tanks and foundations. The FEANTSA Youth network has emerged from the Council of Europe youth study sessions organised by FEANTSA since 2014. It brings together young people who work to prevent, reduce, and end youth homelessness, by advocating for housing rights, developing prevention strategies, raising public awareness, training professionals, and building cooperation/coalitions among service providers and other stakeholders.

A total of 34 participants took part in the study session (more details in Appendix 2). A diversity of backgrounds and professional experiences, from academia to advocacy and to case management, was achieved, which helped to enrich discussions and promote cross-sectoral collaboration. Likewise, a geographical balance among countries which are members of the Council of Europe, and a diversity of organisational profiles, including those working with migrants, with LGBTIQ+ people, using harm reduction approaches, with previous knowledge of TIC or not, etc., were also crucial for the success of the learning environment throughout the week.

### 3. Results and conclusions

A full week of discussions, exchanges, and the sharing of knowledge on TIC shed a light on many interesting findings. After the training week, the **main findings and conclusions** were the following:

- There is a strong need to increase the knowledge, tools, and practical applications of TIC methodology in services. Participants realised its importance in improving their professional skills and working environment. However, they regretted not having more educational opportunities (such as the study session) in their organisations to be better equipped in this methodology.
- Another interesting finding was that participants could personally identify themselves with the experiences of the youth they support. Through several activities on empathy and well-being resources, participants put themselves in a more equal place vis-à-vis the people they support.
- The need to adapt existing services and structures to different experiences and backgrounds, through an intersectional approach, was also a relevant conclusion. Looking through experiences of trauma and homelessness through this lens could help practitioners provide more tailored, effective support.
- Another important finding was the need to enhance the mental well-being of staff in services, as part of a holistic application of a TIC methodology.

It would therefore be useful for European youth policy or for the work of the Youth Department of the Council of Europe to consider these conclusions. Important issues such **as material deprivation, social exclusion, homelessness, or trauma-sensitive services, should be higher on the agenda for youth policies at the European level**. Particular attention to these issues at policy level could be further translated to knowledge diffusion, exchange of good practices, funding, training opportunities, etc. on TIC methodologies and how these intersect with human rights. Likewise, caring for the people working with vulnerable youngsters is equally crucial to ensure the fulfilment of youth's rights.

From the organisers' side, the follow-up foreseen consists of three measures. The first one is helping to set up small working groups with specific sub-topics, as discussed in one of the sessions during the last day. The second is sharing the resources and presentations used during the study session with the participants, so they can access them easily in their workplace. The third, at FEANTSA level, is disseminating the knowledge gathered during the week and advocating for trauma-informed services.

The results of the study session among participants were positive, expressing the great learning opportunity the study session was for them. They also appreciated the space provided to discuss professional challenges with peers in other countries and share good practices. **The main learning points they highlighted were:**

- Knowledge about the theoretical foundations of TIC and its practical application in services.
- Human rights and its intersection with homelessness and traumatic experiences.
- Exchange opportunities for participants to share their individual expertise.
- Tools for increasing staff well-being and the relation it has with the young people in homelessness they support.

Finally, the contents of the study session contributed to several priorities of the programme Youth for Democracy and Human Rights, of the Youth Department of the Council of Europe. Firstly, on young people's access to rights, especially for those facing vulnerability and by using human rights education. Secondly, under the priority 'Living together in peaceful and inclusive societies', the study session covered widely the issues of multiple discrimination and intersectionality, and how trauma-informed services need to consider different forms of discrimination potentially faced by their users. Thirdly, the study session contributed indirectly to the priority on youth work, by making use of non-formal education throughout the study session, and the encouragement to participants to disseminate in their local contexts the knowledge acquired during the week.



## 4. Programme – inputs and discussions

The programme for the five days was designed to provide participants with **solid foundations of what TIC is and how they can put this methodology into practice**. The flow of the week was in accordance with this vision: the first day was a preparation for the rest of the week, the second focused on understanding trauma, the third looked at the theoretical roots of TIC, the fourth on its practical applications, and the last considered the follow-up after the study session. At the end of each day, a reflection group was organised to share the main takeaways of the day. A summary of the main points discussed, conclusions, and further actions are categorised by day:

### Day One – Preparation

**The objective of the first day was to build common grounds for working and living together during the week.** In the morning, an official opening to the study session took place, presenting the work of the Council of Europe and of FEANTSA Youth, and the purpose of study sessions like this one on addressing trauma. Then, the theme of the study session and its objectives were introduced, and participants put their thoughts in several flipcharts on the programme, considerations for the team, the objectives or their “fears and dreams” for the week. In a session on the last day, these flipcharts were reviewed, the main conclusions being described in the section of Day Five.

After this opening, there was a team-building activity for participants to get to know each other. Importantly, this was followed by a discussion on what is a safe and brave space, and with the drafting of a “group contract”. This was an agreement on collective rules and individual engagements to facilitate stay, considered relevant given the theme of the study session, which could trigger difficult experiences and misunderstandings. A reminder of the contract was provided afterwards, at the start of every day.

The second part of the day started with a debate on several concepts that would appear during the week, to have common understandings. These were concepts like gender, race, migration, or people who use drugs.

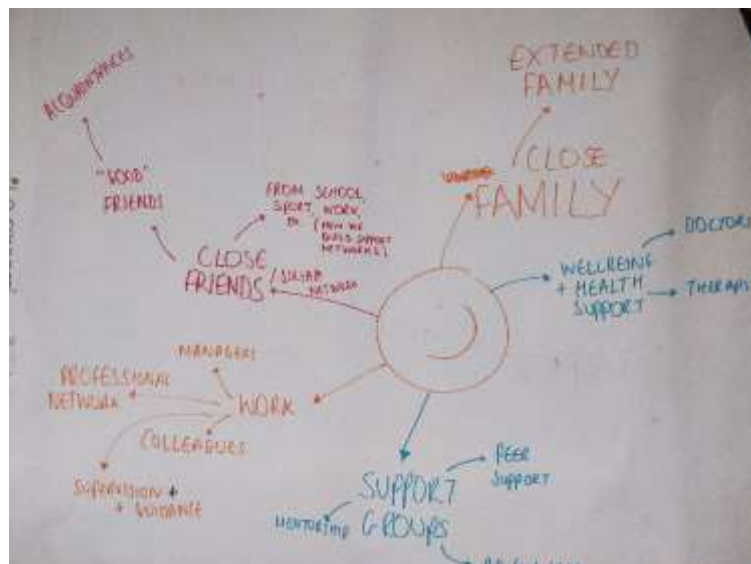
Finally, the first day finished with a session facilitated by the Educational Advisor of the Council of Europe, since it focused on homelessness and human rights. In particular, homelessness was framed as a human rights violation, and it was presented how FEANTSA has used the mechanisms provided by the CoE to advance the rights of people in homelessness. The use of strategic litigation with the European Committee on Social Rights was highlighted, with examples from complaints submitted by FEANTSA against several countries. This session was very important for participants to link their participation in the Council of Europe study session to their work, and to frame their professional activity as support to realise the human rights of people experiencing homelessness. Several participants discussed how to collaborate better with themselves and with FEANTSA to enhance the human rights of the people they support and to redress any potential violation of human rights.



## Day Two – Understanding trauma

Having established common understandings for the training week on the first day, the second day was devoted to the topic of trauma and how it relates to people experiencing homelessness, and the services supporting them.

The day started with a **reflection on the social or collective responsibility of trauma**, rather than focusing on the individual circumstances of those experiencing it. As part of this reflection, participants were asked to draft their support networks and to reflect upon them. It was discussed which resources were the most important or necessary to ensure their emotional well-being and resilience, and how they can be useful to prevent, mitigate or address traumatic experiences. In the end, participants reflected on what the support networks of the people they work with would look like. This comparison exercise was very useful for participants to put themselves in the shoes of the youth they help, and to get a different approach to their work, including themselves as part of the support networks sometimes.



This session continued with a **presentation on five different defensive behaviours that may appear after experiencing trauma**: attachment, submission, freeze, ‘flight’ (run away), and fight. A brief description of each behaviour was provided, and participants were invited to put on the “glasses” of one and discuss in groups how they would “see the world” from that perspective. Special attention was put into how each “pair of glasses” would react to several difficulties, to potential threats, and if (or how) people would seek support differently. The feedback from participants was very positive after this session, since they said it helped them to structure, and put into words, several behaviours they experience from the people they support. Again, this also places them in the shoes of the youth they help, understanding them better and, ultimately, being able to provide better advice.

Moving on, the last session of the day provided other tools for self-reflection on how services respond to youth experiencing trauma. Firstly, the concept of “**window of tolerance**” was presented, inviting participants to discuss how their own windows, and those of the youngsters

they support, move. Special attention was put on the experience of difficulties, and the resources that can help widen that window.

After this, participants were given a card with certain characteristics (for example, a young migrant experiencing homelessness and using drugs) and asked to draw a “gingerbread person”. It consisted of a possible profile of such a person (for example, country of origin, relationship with family, etc.) and the window of tolerance they would have in different moments. Once this profile was drawn, participants were asked to write several **protective factors** for each “gingerbread person”, which would support them during difficult times. To do this, they also relied on the brainstorming of the support networks that happened earlier in the day. Finally, participants reflected on how their services facilitate or remove these protective factors, and how this fact can influence the level of (dis)engagement of youngsters with their services.

As with the previous session on defensive behaviours, this session also gave a lot of food for thought. Firstly, the very graphic but useful concept of the window of tolerance was much appreciated by participants, who were considering putting this tool into practice back in their contexts. Secondly, drawing a “gingerbread person” with characteristics they may find in the people they support was useful in identifying several challenges and opportunities in their work. Reflecting on possible **protective factors and their impact on the level of (dis)engagement helped participants recognise positive and negative practices in their services**. Some people expressed they would like to change different things when going back to their workplace, to facilitate protective factors and promote engagement with services.



### Day Three – Guest lecture: the principles of Trauma-Informed Care

After preparing participants for the training week and introducing the topic of trauma from different angles, the content of the third day consisted of the foundations of TIC. The format was different from the previous days, using formal rather than non-formal methodology. The session was a guest lecture by Dr Tony Bates, an adjunct Professor of Psychology at University College Dublin with a long experience in the use of TIC methodologies, including the provision of training to homeless service providers on this topic.

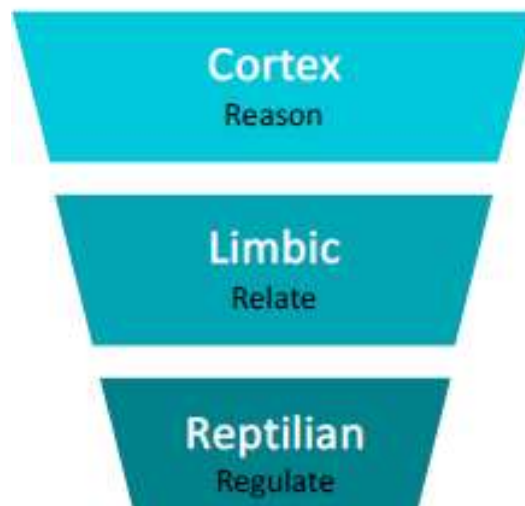
The session started with a reflection on the difficulty in finding a common definition of trauma, since one single event may be perceived as traumatic or not for different people, due to different reasons. A comprehensive understanding was provided though: 'any experience that is stressful enough to leave us feeling helpless, frightened, overwhelmed, or profoundly unsafe is considered a trauma' (Pat Ogden, 2015). It is a wound that is felt in our bodies and that makes us remain hypervigilant to not re-experience the past. In other words, we likely become 'frozen in time'.

Following this, the categories 'post-traumatic stress disorder' (one-time trauma) and 'complex post-traumatic stress disorder' (prolonged, repeated trauma) were presented. Also, the different long-term impacts of each category and how different behaviours associated with trauma can take place in settings of homeless service providers. These are, for example, avoiding specific places that remind them of their past, experiencing unwanted intrusions of images or 'flashbacks', tendency to keep their distance, becoming agitated by perceived demands, or describing a pattern of abusive relationships where they are repeatedly victimised.

The professor then stressed the importance of relationships and community for recovery. **Building safe relationships is the key to addressing trauma, where a person feels validated, connected, and listened to.** This safe relationship mainly consists of three elements: consistency, predictability, and controllability. However, building safe connections is not the only way to overcome trauma. It is also important to connect with the bodily experience, recover a sense of personal control in one's life, and find a meaning or reason for living.

The session continued with a neurobiological explanation of trauma, which typically involves the prominent role of the limbic and reptilian parts of the brain, and the deactivation of the cortex (the part responsible for reasoning). With perceived threats, protective behavioural systems like fighting, 'flying' or freezing are activated. This resonated with the activity done by participants the day before, providing a theoretical framework for it. Trauma was then characterised as a disconnection from oneself and others, hence the solution is made of three 'Rs': regulate, relate, and reason.

This translates into practice **when working with people in distress: it is first needed to settle them (regulate), then gain their trust (relate), and finally begin the work on solving problems through reasoning.** The way to do this is equally important: brief moments where we are fully present are powerful, requiring sensitivity, patience, and pacing.



In the last part of the guest lecture, the focus was on the organisational level. Different steps of TIC were distinguished, in increasing order: an organisation which is trauma-aware, trauma-sensitive, trauma-responsive, and trauma-informed, meaning systems are in place to support staff responding sensitively to customers. In this regard, **organisations need to acknowledge and address the secondary traumatic stress their staff may experience.** This term or the equivalent 'compassion fatigue' describes the stress resulting from hearing about a traumatising event, or from wanting to help a traumatised or suffering person. A trauma-informed organisation needs to recognise that trauma can affect both users and their staff, and put in place supervision mechanisms to deal with secondary traumatic stress.

In sum, five elements are key to implementing TIC in an organisation: understanding, relationships, respect, policies, and evaluation. Trauma-informed values also need to be in place: trauma awareness, emphasis on safety, opportunities to rebuild control and a strengths-based approach.

Overall, this guest lecture was much appreciated by the participants of the study session. It provided the **academic and theoretical foundations of the contents** presented during the week, as well as some practical elements. The recommendations and guidelines to make an organisation trauma-informed were very insightful, and participants started to think about how these ideas could be translated into their actual work or within the organisation. They were also very open to sharing their personal experiences and challenges with people having experienced trauma and seeking advice from the guest lecturer. This made the session more interactive at the end and helped ground all the concepts explained before.

#### Day Four – Putting TIC into practice.

After having an introduction to the topic of trauma on the second day and learning about what is the TIC methodology, the sessions on the fourth day aimed at putting this knowledge into practice.

The first session was another guest lecture, from Boroka Feher and the team of the Budapest homeless service provider BMSZKI. **They presented their experience setting up a trauma-informed gynaecological service for women experiencing homelessness.** This was important to attend to a need they encountered among their users, since many avoided going to mainstream health services due to fear of rejection, stigma, or settings triggering traumatic experiences from the past. They stressed the importance of having a trauma-informed organisation, and not just a few trauma-informed staff members, because users interact with the service from the very beginning - from the people at the reception, social workers, cleaning services, and so forth. This also concerns the display of information or the organisation of spaces, especially when providing medical care in gynaecology. Several examples from women attending this service were presented, as well as an EU-funded project that linked several homelessness organisations across Europe to enhance TIC within their services. Finally, an interactive activity took place, with participants being asked to put themselves in the shoes of the women entering the service.

The day continued with the sharing of personal experiences and good practices related to **intersectionality**, so participants could reflect on whether their organisations were considering (and to what extent) the needs of different groups. Firstly, the report of the consultative meeting on applying intersectionality in youth work (organised by the Council of Europe Youth Department) was presented, together with some guiding questions to evaluate the awareness of intersectionality.

After this, several groups were formed in parallel, covering topics like women's homelessness, sexual orientation and gender identity, people who use drugs, or people with disabilities. For each one of the groups, there was a participant who volunteered to be the presenter, with working or lived experience in that particular topic. The presenter introduced the topic, explained the main challenges they encountered, and the good practice of their organisation, and then started a debate with the group of fellow participants. These discussions were very insightful for participants, to re-assess their own work and that of their organisation in terms of accessibility to different publics, awareness of different needs, and adaptation of the services to these features.

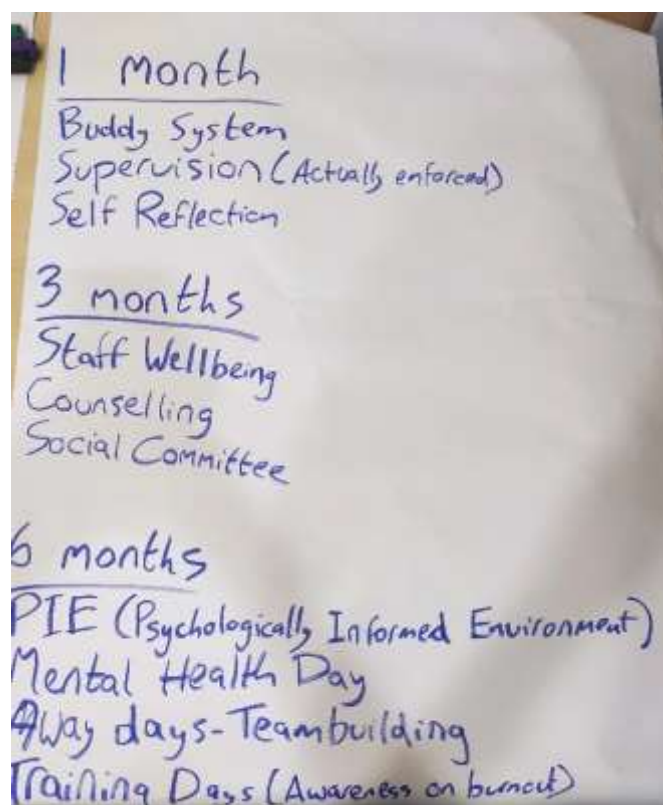
Lastly, to go deeper into how to put TIC into practice, there was an activity at the end of the day concerning healing and recovery, especially on **building relationships and the use of a strengths-based approach.** This was a natural continuation of the guest lecture from the previous day, which highlighted the importance of relationships to heal the wounds of trauma. In the beginning, participants reflected on their own strengths, grouped into several categories or 'virtues', e.g., courage, temperance. Then, they were asked to do the same exercise with their users in mind and imagine how their work could be changed or improved by using this framework of strengths.

## Day Five – Conclusions

During the last day, activities focused on wrapping up the study session and finding ways to keep working on what was learnt throughout the week.

The day started with a session on compassion fatigue and burnout. The topic of **staff well-being** was raised several times during the week, given its importance in providing adequate TIC, but it was needed a separate session dedicated to it. Participants were given a form to evaluate the level of stress and/or burnout in their workplaces, and then they reviewed the protective factors that were listed on the second day. The purpose was to reflect on how their workplaces facilitated (or not) these protective factors, and how staff could be better supported. Some good practices were shared to enrich the discussions. With all this information, and using the TIC principles, participants created a 'wish list' of actions that should be taken by their organisations as of now, in three months, and in six months.

The discussions held during and after this session provided clear insights into the **general lack of attention to staff well-being within the homelessness sector in Europe**. Social workers, especially those in frontline positions, discussed their main concerns about the lack of management support. This is crucial for providing adequate responses to young people experiencing homelessness: if staff is going through a rough time, with high levels of stress or burnout, it will be more difficult to work well, and even more difficult to apply TIC methodologies. The well-being of staff working with vulnerable youth, such as those in homelessness, could be **further explored by the Youth Department of the CoE**. The publication of guidelines, resources, and the generation of other kinds of content could enhance changes in the youth and homelessness sectors for the improvement of staff well-being.





The day concluded with a session to wrap up the experience of the study session. To structure this reflection exercise, each participant was given four drawings: a backpack, a compass, shoes, and an agenda. Respectively, they wrote what they would bring home, whether or what they would change in their work, the next steps they would like to take back home, and a draft timeline for these next steps. When finished, participants were invited to share their thoughts. This was a great activity to structure, and visualise, how participants could take the learnings of the week back in their local contexts.

Following the wrap-up exercise, the next activity focused on how to **follow up** with the work on youth homelessness after the study session. Participants were first asked to reflect on the conversations they had over coffee breaks, having dinner, etc. and on the challenges they encountered in their work. After sharing these thoughts, several groups were formed with participants willing to work on a common theme related to youth homelessness. For example, there was a group on intersectionality, another one on staff well-being, etc. Each group discussed how to work together and filled in a signing sheet to stay connected with each other after the study session.

Finally, there was an evaluation activity where participants used the flipcharts and other materials drafted during the week, especially the ones made on the first day. One of the most valuable results was that of the learning objectives during the week. For each objective participants assessed the level of achievement on a scale from one to ten. Results were very satisfactory, with most of the answers for all objectives being somewhere between seven and ten. This confirmed the approach and content of the sessions were adequate to achieve the goals envisioned by the facilitators. In the evaluation form requested by the Council of Europe, the results were overall very positive as well. Participants expressed their satisfaction and appreciation for all the efforts put by facilitators and the staff in the European Youth Centre, while saying their expectations were highly achieved and that they would leave the study session with increased knowledge, better skills, and new proposals to improve their work methods.

## 5. Follow-up activities

The first follow-up activity planned by the organisers is to establish several small groups of people willing to work on the same sub-topics, as expressed in the activity of the last day with the signing sheets. However, following the principles of youth engagement, participants should take ownership of this initiative and develop it as they see best. A second activity consists of sharing the presentations and other resources of the training, so participants can access them as much as they need for their future work. It is still unclear whether it would be useful to share widely this content and other outcome of the study session since this takes place in a very specific partnership with the Council of Europe. Perhaps the knowledge generated during the study session is not directly translatable or replicable in other contexts.

Regarding those activities discussed by participants, it was suggested to create a FEANTSA Youth group on LinkedIn. The aim would be to share contacts and resources among people working with similar topics or challenges. FEANTSA secretariat would like to debate this suggestion in early 2024 with the whole FEANTSA Youth Network, to arrange the details for making such a group practical and useful.

Another interesting activity suggested by participants is starting a podcast on youth homelessness in Europe, including interviews with participants of this study session. This proposal was well received by other participants of the study session and the facilitators, and the FEANTSA Secretariat is working already on how to support the two people taking the lead on this idea. Such a podcast would be useful for raising awareness about the distinctive features of youth homelessness, framing this as a violation of human rights, and helping strengthen the FEANTSA Youth Network of service providers working to prevent and end youth homelessness in Europe.



## Appendix 1 – Final programme

### **Sunday, 15 October 2023**

Arrival of participants

19:00 Dinner

21:00 Welcome evening

### **Monday, 16 October 2023**

09:30 Opening with Introduction to Study Session:

Intro of aims & objectives of the Study Session, setting expectations and overview of the Council of Europe, Youth Department and FEANTSA Youth.

11:00 Break

11:30 Team Building Activity:

Opportunity to get to know the group and set agreements for working and living together.

13:00 Lunch

14:30 Building Common Understandings

Across Europe we have different understandings of homelessness and trauma, this session will help build consensus and agree terminology.

16:00 Break

16:30 Intersectionality & Human Rights

This session will explore the world of human rights, how they intersect with one another, and the link between human rights, homelessness and trauma.

18:00 Reflection group

Each evening participants will have the opportunity to reflect on their learning and how the study session is going.

19:00 Dinner

21:00 Inter-cultural Night

In order to better get to know each other, participants bring different food and drinks from their home country as we explore the different culinary and cultural delights of our diverse group!

### **Tuesday, 17 October 2023**

09:30 What is Trauma? Part I.

This session will deepen our understanding of trauma, examples of compound and complex trauma, how people experiencing homelessness respond to trauma in addition to causes and triggers.

11:00 Break

#### 11:30 What is Trauma? Part II

A continuation of the morning session, exploring the mind-body trauma, neurobiology of trauma and social experiences.

#### 13:00 Lunch break

#### 14:30 Trauma & Youth Homelessness Part I

This session will connect trauma to youth homelessness, applying tools to understanding and responding to trauma, the impact trauma has on engagement of services and coping mechanisms.

#### 16:00 Break

#### 16:30 Trauma & Youth Homelessness Part II

This session continues from the previous session.

#### 18:00 Reflection Groups

#### 19:00 Dinner

### **Wednesday, 18 October 2023**

09:30 Guest lecture "SHELTER IN THE STORM: Working in a trauma-sensitive way with young people who are homeless" by Dr Anthony (Tony) Bates PhD, University College Dublin (Ireland)

This session will outline Trauma Informed Care (TIC) and how homeless services working with youth can integrate TIC into their services to better support youth with trauma.

#### 11:00 Break

#### 11:30 Guest lecture Part II

Continued from the earlier morning session.

#### 13:00 Free afternoon to explore Budapest

#### 19:00 Dinner in the City - Participants will have dinner in the city of Budapest.

### **Thursday, 19 October 2023**

09:30 Guest lecture "The example of a trauma informed gynaecological service for women experiencing homelessness" by Boroka Féher, Réka Lánszki and Tamás Gerencser, BMSZKI (Budapest, Hungary)

Participants will hear from experts running a trauma-informed service for homeless women in Budapest, with a focus on practical implementation of the model.

#### 11:00 Break

#### 11:30 Adapting Practices & Intersectionality Part I

Participants will have the opportunity to share their expertise and practices from their contexts, with examples of how they support youth experiencing trauma. A special focus will be tapping into supports that take an intersectional perspective to meet the needs of youth with multiple needs.

13:00 Lunch

14.30 Adapting Practices & Intersectionality Part II

Continuation of the earlier session with space for participants to share.

16.00 Break

16.30 Recovery & Healing

This session will explore strengths-based work and learn about the importance of relationships in healing, linking both to individual and collective practices.

18.00 Reflection Group

19:00 Dinner

### **Friday, 20 October 2023**

09:30 Staff Wellbeing

How do we support staff working with traumatised homeless youth, including building their resilience, combatting burnout and compassion fatigue and improve mental health.

11:00 Break

11:30 Beyond Budapest

This session will explore next steps beyond our study session, what have participants learned and how can they apply their new understandings in their local contexts?

13:00 Lunch

14:30 Staying Connected

This study session is also focused on how participants can stay in touch and use the FEANTSA Youth network to prevent and combat youth homelessness in Europe.

16:00 Break

16:30 Evaluation

A final evaluation of the study session

18:00 Study session closes

### **Saturday, 21 October 2023**

Departure of participants

## Appendix 2 – List of participants

### *Albania / Albanie*

Kelert Zefi	Qendra Streha
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### *Austria / Autriche*

Franziska-Jolie Haeusler	Streetwork Hauptbahnhof - Caritas Vienna
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### *Belgium / Belgique*

Frederik Van den Broeck Mellin Gorecki	Jeugddorp Alias
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### *Finland / Finlande*

Riikka Tuomi Ronja Kopra	No fixed abode Blue Ribbon Ltd
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### *France / France*

Rebecca Newell	Groupe SOS Solidarités
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### *Greece / Grece*

Megan Attard Taxiarchoula Spanou Theodosis Gkeltis	Mazi Housing Project Exelixi Zois COLOUR YOUTH
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### *Ireland / Irlande*

Annie Nee Imogen Macaulay Lisa Brennan Adam Spollen	Galway Simon Community Peter McVerry Trust Focus Ireland Focus Ireland
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### *Italy / Italie*

Gianpaolo Camber Laura Giacobbi Naomi Karels Viola Segnalini	Lybra Cooperativa Sociale Onlus Cooperativa Sociale Società Dolce Cooperativa Sociale Progetto Tenda Psyplus ETS
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### *Montenegro / Montenegro*

Bozina Stesevic	Association for Democratic Prosperity - Zid
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### *Netherlands / Pays-Bas*

Annie Berendsen Marte Kuijpers Ronja Bruijns	De Regenboog Groep University of Applied Sciences Utrecht Lived Experience consultant
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### *Portugal / Portugal*

Ângela Leite  
Júlia Victória de Mello

Casa Qui  
CRESCER

*Slovenia / Slovenie*

Irena Bilčič

Association Kings of the street

*Spain / Espagne*

Ana Isabel Guillén  
Gaizka Cuenca  
Emma Sayah

Complutense University of Madrid  
HogarSi  
Provivienda

*United Kingdom / Royaume-Uni*

Cailean MacDonald  
Ilona Carmichael  
Verity Wenner  
Adrian Hughes  
Beth Kilheeney  
Robert Nimmon

Rock Trust  
Rock Trust  
Simon Community Northern Ireland  
Viva LGBT+  
Greater Manchester Combined Authority  
Simon Community

***Facilitation team***

Dalma Fabian (apologised)

FEANTSA

Patricia Tovar Velasco

HogarSi (Spain)

Fionn Scott

Focus Ireland

Silvia Busi

GAT-Housing First Portugal

Sergio Pérez Barranco

FEANTSA

## Appendix 3 – List of references

This is the link to the Drive folder with materials and resources used for the study session:  
<https://drive.google.com/drive/folders/1KER62Xj-WytraJ-amZ81-NSo7AP7ZJwg?usp=sharing>

## Appendix 4 – List of links with online visibility of the study session

- Council of Europe, Youth Department website: <https://www.coe.int/en/web/youth/-/ending-youth-homelessness-by-addressing-trauma>
- FEANTSA website: <https://www.feantsa.org/en/event/2023/05/22/>

In recognition of the sensitive nature of the study session, and in incorporating participants' feedback, the decision was made to have limited social media visibility of the event.