Housing Stabilization in Rough Sleepers Following the ‘Housing First’ Model

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Background

• **Rough sleepers** are those that, by choice or circumstance, populate non-habitable areas, most often the streets.
• **Housing First** is a recent housing policy that believes in providing permanent housing and housing assistance to the homeless regardless of traditional means of “readiness”.
• **Housing Stabilization** refers to various forms of short and long-term support for individuals who have just been housed in order for them to maintain their housing.

Objective

• Understand the process of housing entrance and stabilization within the rough sleeper population, identifying any potential gaps in the current stabilization process.

Methods

• Ten different patients fitting the rough sleeper criteria were questioned about their past or current experiences with housing to utilize personal narratives into qualitative results.
• Observed city-wide housing meetings and housing data/policies in order to better understand the nuances of housing stabilization.

Results

Some barriers to housing stabilization identified as common trends throughout the population – both those interviewed and those not – included:
• **Physical** – hills, stairs, transportation
• **Emotional** – isolation, depression
• **Sobriety**
• **Loss of Community Supports**
• **Loss of Personal Control**

Conclusions

• Housing First as a policy has been widely successful in fighting to end chronic homelessness.
• Every case is individualized as every patient struggles with different potential barriers such as those found within the results section.

Future Paths

• Produce a system that can identify potential barriers to housing stabilization that can be personalized for each patient and track said barriers as patients navigate housing stabilization.
• Future housing policy and design should attempt to implement public housing with access to community supports directly associated with barriers such as sobriety and alienation.

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