Evropská unie
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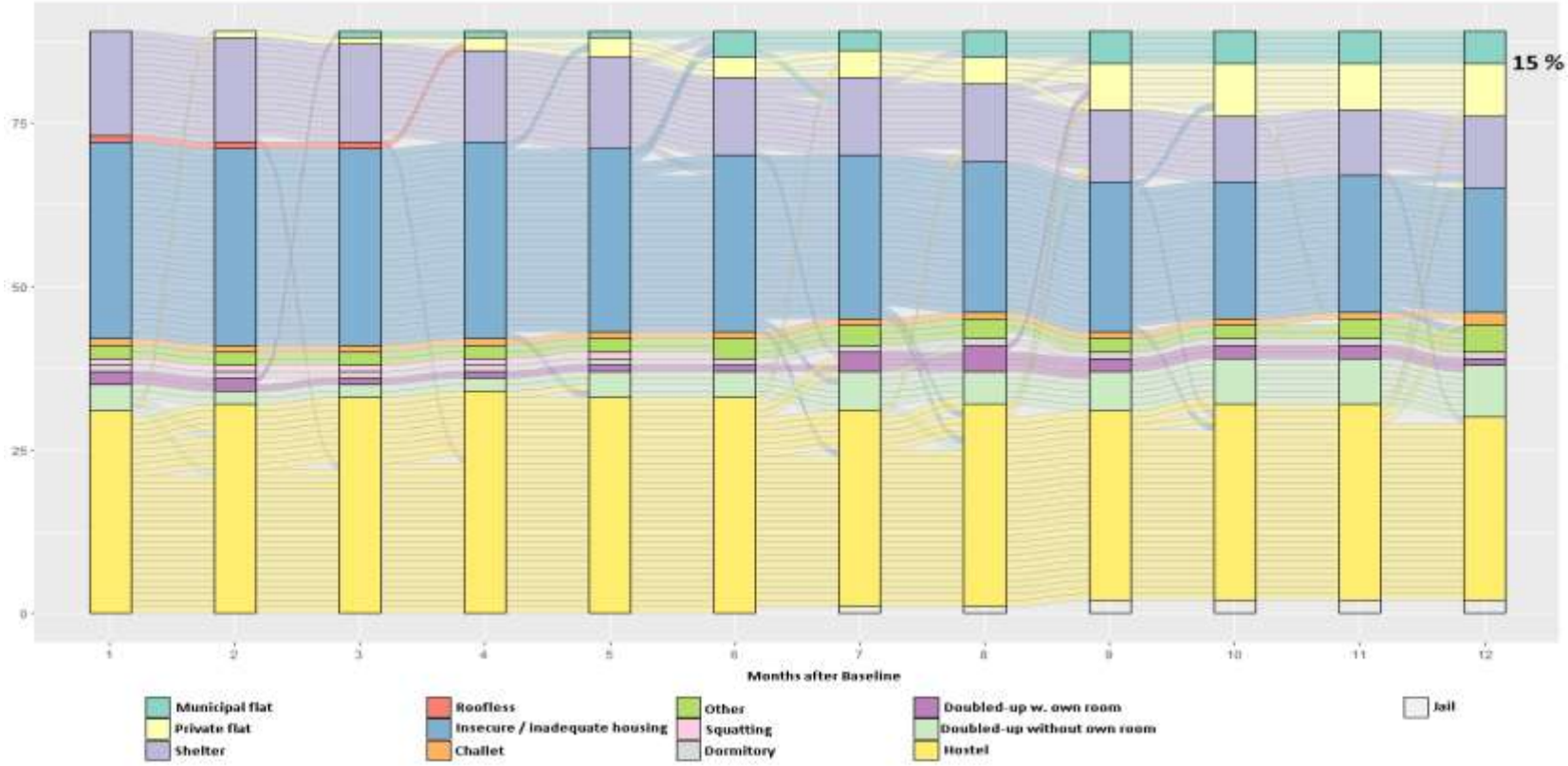
Randomized Controlled Trial of Housing First for Families in Brno, 12 months impacts

Stepan Ripka, Ph. D.
Platform for Social Housing

RCT of Housing First for families in Brno

- Treatment: 50 municipal flats + ICM + risk fund (avg. 30 EUR / family / yr)
- ICM team trained by HVO Querido Discus
- Baseline double blinded, move-in, survey 6M after move-in, survey 12M after move-in + coupled with control group
- Control: 99 homeless families, TAU (15 % housed after 12 months)
- Protocol: EJH 2018/1
- ISRCTN NO. 050004
- Scientific board
- Peer review

Control group residential dynamics



Expected Primary Outcomes

	Outcome	Indicator	Measure
Primary outcomes	Decrease in time the family spent homeless	Number of months the family was homeless (according to ETHOS)	6-month survey: Evidence on places where the family lived last six months by month 12-month survey: Evidence of all places where the family lived by month since 05/2016
	Improvement in security of tenure	Subjective assessment of security of tenure	Answers to: „Do you think you will be able to stay here as long as you wish?" measured at 0, 6 and 12 months
	Improvement of mental health of mothers	Level of psychosocial distress	K-6 psychosocial distress scale measure at 0, 6 and 12 months.
	Decrease in the use of emergency health services	Number of uses of emergency health service	Number of uses of emergency health services of all family members in last six months, measured at 0, 6 and 12 months.

Expected Secondary Outcomes

- Housing quality
- Improvement in health and quality of life of families
- Improvement in social integration of parents
- Improvement in financial stability of families
- Reunification of families and prevention of institutionalization of children
- Improved school attendance of children

12-months Impacts: Primary Outcomes

- Housing **retention rate was 96%,** i. e. 48 out of 50 families remained housed after one year (prolonged tenancy agreement)
  - 39 of families able to renew with no debt
  - 9 % renewed with average support of 4 200 Kč
  - 2 had to move out due to debt

12-months Impacts: Primary Outcomes

Indicator	Scale	Treatment Average	Control Average	Average Treatment Effect	P-value
Security of tenancy	Yes/No	0,91	0,43	**+ 0,48**	<0,0001
Psychosocial stress	High stress level (K6 > 13 = SMI)	0,10	0,45	**- 0,35**	0,0003
Emergency visits	Total visits/ family/ 12months	2,00	4,13	**- 2,13**	0,025
Used ambulance	Total ambulance uses/ family/ 12M	0,29	1,32	**- 1,03**	0,008
Hospital stays	Total hospital stays/ family/ 12M	0,37	1,15	**- 0,78**	0,006

Results: Housing First reunites families

- Children had 2,7x lower risk of living in institutional or foster care during 12 months
- Each child in treatment group spent on average 33 days less in institutional or foster care, which totals 3 894 days children avoided out-of-home placement.

Results: Housing First improves health of parents and children

- 2x less emergency room visits
- 4,5x less ambulance uses
- 3x less hospital stays
- 2,2x less antibiotics
- 4,5x less risk of severe mental illness among parents
- 2x less respiratory diseases among children
- 2x less children threatened with hunger

Results: Housing First saves public expenditures

- Each family saved on avg. 31.477 CZK from public budgets, which totals 1.573.850 CZK of public savings in 12 months.
- Highest savings on institutional and foster care, and shelters. Housing first allows that these services are used by children who really need them.
- Thanks to Housing First 106 emergency visits were avoided, 51 ambulances, and 39 hospital stays

But: Housing first does not improve financial stability of the households

Indicator	Treatment Average	Control Average
Average income	21 000 CZK	18 000 CZK
Expenses towards housing	40 %	47 %
Lacking each month	4 500 CZK	6 100 CZK
Days per month without cash	10,4 days	9,4 days
Could not buy food for children in last 14 days	11 %	26 %
Do you have to pay some debt each month?	76 %	66 %
How much can you deal with your debts? (1 yes – 4 no)	2,7	3,1

Why and what it means?

- People „are used“ to be overindebted in general, 9,7 % of population under seizure. But new rent arrears will lead to eviction
- Housing allowance system is more stable and predictable if you are not a tenant
- If you get evicted from hostel, you can find another. Flat was just once.

How to stay housed?

- Always use direct payment
- Change housing allowance system – difficult
- Establish crisis funds and be flexible → becomes part of the method
- Overcome the problem of different pockets and finance crisis funds from savings
- Employment is not the solution (i. e. mothers and seizure problem)

CONTACTS

Stepan Ripka
Platform fo Social Housing

Janovskeho 29
170 00 **Praha** 7
Czech Republic

e-mail:
stepan.ripka@socialnibydleni.org