

## Housing First Case Studies

### Male 1

Male 1 came to the housing first project in January 2020 when was originally in temporary accommodation under the cold weather fund with Tonbridge & Malling Borough Council. It was during this time that I assessed Male 1 and he was shortlisted for the housing first project.

Male 1 was in temporary accommodation due to a recent attack, orchestrated by his former partner, by multiple assailants using a claw hammer and as a result of this had been in King's college hospital for 3 weeks. He was moved back to Tonbridge on his release from hospital, as he had grown up in the area and he had support. Male 1 experiences PTSD, night terrors, depression and anxiety. As a result of the attack he also now has a disability down the right hand side of his body and is unable to feel his arm and leg. He has been both the victim of Domestic Abuse and the perpetrator. He has had periods of self harm and has had a number of periods in prison in the past 10 years.

Following his assessment he moved into his new home on 23rd of March 2020. Since moving into his new home male 1 has been signed up with a GP. As hes had not had a registered GP prior to this he had self-medicated to alleviate the pain he was experiencing. He has also been in contact with the Community Nurse, and for further support the Samaritans. He has also been referred for support in relation to the Domestic Abuse he has experienced and perpetrated.

Since moving into his property he has relapsed and taken drugs, however he has communicated with me and the Samaritans and has been engaging well.

The Housing First Project has given him permanent settled accommodation. He has support with his bills and he is coping with keeping the property clean and tidy. He has also started to decorate and do jobs in the home. He has moved onto Universal Credit, is applying for PIP and he is already talking about further education and volunteer work

Longer term the plan is to try and educe the self-medication and continue to increase engagement, and working with him to become independent and be able to manage daily living with little or no intervention.

### Male 2

Male 2 came to the attention of the Housing First project in September 2019 whilst he was sleeping Rough on the streets of Tonbridge. Male 2 had been on the streets for in excess of 10 years, across various locations around Kent and was living in a tent at this time at in the woods .With regular visits over 6 – 8 weeks trust began to be built.

Male 2 was drink and drug dependent and he stated that he was an ex-heroin user but also admitted that he relapsed often. Male 2s health was poor he had multiple hernias, breathing issues and stomach and major organ issues.

He moved into his accommodation on 13 November 2019. From a very early stage of moving into the new flat AJ had increased anxiety and depression and this increased his drink and drug use. Even receiving a letter would trigger a relapse and make him want to move back to the street.

Male 2 attempted to reduce his methadone usage, but this coincided with an increase in his alcohol intake this had detrimental effect to his health and well-being and on average every 5 to 6 weeks male 2 was admitted to local hospitals as he was displaying suicidal ideations.

This meant that the support was often very erratic and chaotic which also meant we had small windows of opportunity to work together. He was very independent and reluctant to accept support. This meant that progress could be very slow and on some occasions there was no engagement. However conversely on days when he was feeling well, he would engage with support for appointments. With this chaotic support there were glimmers of positive change.

Mistrust was a feature of Male 2s life and he had difficulty forming and sustaining relationships. However he did work with me and allow some intervention from outside agencies such as CGL, but this progressed very slowly. We had managed to apply for Universal Credit and had begun working on budgeting also.

Despite the slow progress, support continued and male 2 was sustaining his tenancy, however in April 2020 male 2 was found deceased in his property.