



# Assertive Community Treatment and Housing First

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# Where we started



- Part of The National Danish Homeless Strategy 2009-2013
  - reduce the number of homeless citizens
  - testing Housing First and different methods of social support (ICM, CTI and ACT)
- 8 municipalities in Denmark with the highest level of homeless citizens
- 500 million DKK (66 million €) in total
- Copenhagen 200 million DDK (27 million €)



# Progress to date



- Anchored in the Homeless Unit in City of Copenhagen
- Existed since 2010
- Permanent program
  
- The National Board of Social Services is facilitating a program focusing on expanding the results from the former homeless strategy – e.g. Housing First and ACT



# Principles of Housing First



- Housing as a basic human right
- Respect, warmth, and compassion for all clients
- A commitment to working with clients for as long as they need
- Scattered-site housing; independent apartments
- Separation of housing and services
- Consumer choice and self-determination
- A recovery orientation
- Harm reduction

(Sam Tsemberis)\*



# Assertive Community Treatment - ACT



- Multidisciplinary team
- Outreaching and floating support
- Less contacts across sectors
- Long term support – support is given as long as needed
- No requirement of treatment – either to addiction treatment or treatment for mental illness
- Housing First as a basic principle – assigned to housing as part of the program



# ACT-team



- 1 team leader
- 10 social support workers (caseload 1:8)
- 2 social office workers - administrative authority
- 1 nurse
- 1 social and health service assistants
- 1 psychiatrist (2 days a week)
- 2 addiction councilors (2 days a week)
- 1 job center worker - administrative authority (3 days a week)
  
- The ACT-team can support 75 citizens
- Over time 118 citizens have been assigned to the ACT-team



# Target group



- Homeless citizens with complex support needs
- Citizens who are not capable of using the existing support system – e.g. addiction treatment, health care system, social services
- All citizens have been addicted to either alcohol or drugs – or both – while being assigned to the ACT-team
- Many citizens suffer from mental illness or psychological issues
- Many citizens have difficulties with social relationships



# Housing solutions and assessment



Scattered independent housing



Congregate housing





# Outcome



- It *is* possible to house homeless citizens with complex support needs!
- More than 90% stay housed!
- Many report a higher quality of life!







