

CITY & COUNTY OF HONOLULU'S HOUSING FIRST EVALUATION SNAPSHOT

HOUSING FIRST IMPACTS

CLIENT HEALTH & WELL-BEING

MAY 2017



Photo by Housing First Photovoice project participant, 2016

Housing First clients reported a decrease in stress and improvement in mental and physical health during their time in the program.

This evaluation snapshot is one of four installments highlighting the impacts of the City and County of Honolulu's Housing First initiative in its first 2 years. Administered through the Institute for Human Services, the Housing First (HF) program is a community intervention that offers permanent, affordable housing as quickly as possible for individuals and families experiencing homelessness. The HF model is unique in that it does not require individuals to demonstrate that they are "housing ready" before placement.

This snapshot examines changes in clients' health and wellbeing throughout their tenure in HF.

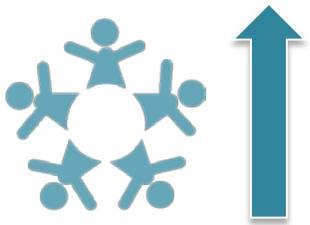
HF client progress was tracked primarily through the administration of the Housing First Assessment Tool (HFAT). This report presents data from seventy-seven (77) Housing First clients who completed a total of 203 HFAT assessments. The evaluation team used advanced statistical modeling to obtain stable estimates for changes over time across all time points for these 77 Housing First clients.

RISK BEHAVIORS & STRESS



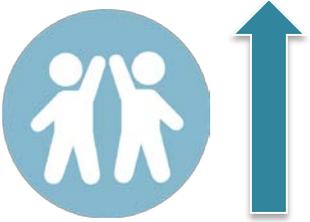
- 40% decrease in **alcohol use**
- 5% decrease in **drug use**
- 5% decrease **adverse experiences** (e.g., violence)
- 3% decrease in **stress**

SOCIAL SUPPORT/SENSE OF COMMUNITY



- 89% increase in engagement with **communities of faith**
- 96% increase in activity in a **community-based group**
- 12% increase in **social support**

HEALTH-RELATED QUALITY OF LIFE



Overall improvement in HF clients' **health-related quality of life.**



- 21% improvement in **general health**
- 38% increase in **self-efficacy**



- Activity limitations** due to a physical or mental health problems decreased by 46%.
- 59% decrease in number of **physically unhealthy days**
- 20% decrease in number of **mentally unhealthy days**



SUMMARY: Housing First clients experienced improvement on the following short-term goals based on quarterly client assessments: decrease in stress, increase in self-efficacy, decrease in adverse experiences, increase in community support, decrease in substance use, reduction in symptoms of mental illness, and health-related quality of life.