



## 7th European Conference on Integrated Care and Assertive Outreach

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Pathways Housing First and ACT:

An effective approach to addressing homelessness and supporting recovery

The Pathways Housing First rights-based approach to housing with a recovery-oriented mental health and addiction treatment team provides people experiencing homelessness and struggling with severe mental illness unprecedented opportunities for choice, mastery, and success in the housing and treatment domains. The Pathways Housing First program is founded on the principles of consumer choice, harm reduction, and person centered and trauma informed care. In randomized control trials conducted in several countries comparing Pathways HF to treatment as usual, Pathways has achieved greater housing stability and improvement in quality of life. This presentation describes the program, the practice, and the evidence of this counterintuitive approach to housing and services.