

TAI YN GYNTAF I BOBL IFANC

HOUSING FIRST FOR YOUTH

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Llamau

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Imagine a World Without Homelessness
Dychmygwch Fyd Heb Ddigartrefedd

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Recap - What is Housing First for Youth?

- HF4Y starts with a simple belief: every young person deserves a safe, stable home.
- Through a trauma-informed, relationship-led approach, HF4Y:
 - Offers personalised, age-appropriate support
 - Builds on young people's strengths, aspirations and potential
 - Promotes choice, autonomy and independence
 - Recognises the impact of trauma and adversity
 - Intervenes early to prevent homelessness becoming entrenched
 - Provides flexible support for as long as it is needed
- One of the primary goals of HF4Y is to support young people through their adolescence and facilitate a **healthy transition to adulthood**, all while having a safe and stable place to call home.
- HF4Y provides safe, affordable, and appropriate housing, alongside tailored support that helps young people build wellbeing, life skills, education, employment, and social connections.
- It is not time-limited and goes beyond traditional housing support models, recognising that success does not always mean the accommodation becomes a young person's forever home.

Llamau's Journey to Delivering Housing First 4 Youth

- Welsh Government commitment to end youth homelessness (way back when) – focus on emerging innovation.
- Our journey began in 2019, with three pilot projects in Merthyr, RCT and Swansea, funded through the Welsh Government Innovation Fund
- Since then, we've grown and adapted, including the development of My Way Home in Cardiff, expanding both reach and learning
- We've tested different models of delivery:
 - Dispersed, community-based accommodation (Swansea, RCT, Cardiff)
 - 24-hour congregate support model (Merthyr)
- At the heart is a personalised offer - trauma-informed, intensive, and flexible support shaped around each young person
- Strong multi-agency partnerships have been key, working alongside local stakeholders to create access to accommodation, build connection and stability

Housing First 4 Youth: Adapting the HF Model for Young People

Llamau

Housing First Adults	Housing First 4 Youth
A right to a safe, secure home with rapid access	A right to housing with no preconditions
Flexible support for as long as needed	Individualised, person-centred support with no time limits
Housing and support are separate	Support shaped around young people's needs and development
People have choice and control	Youth voice, choice & self-determination
Active engagement and relationship-based support	Positive youth development and wellbeing focus
Focus on strengths, goals and aspirations	Focus on growth, skills and future pathways
Harm reduction approach	Support that is age-appropriate and responsive
Delivered to those who need it most	Tailored to the distinct needs of young people
Community-based, dispersed housing	Social inclusion & community integration

Two distinct accommodation models

Dispersed Housing First



Accommodation

Self-contained homes located across local communities.

Support

Flexible visiting support, tailored to each young person's needs.

Community

Focus on community integration, systems navigation and independent living skills.

Tenure

Young people access and sustain their own Standard Occupation Contract (SOC) within the community.

Congregate Housing First



Accommodation

Self-contained flats within a purpose-designed shared building.

Support

24/7 on-site support with immediate access to staff when needed.

Community

Shared spaces including community kitchen, lounge and activity areas to support connection and belonging.

Tenure

Young people enter through a licence-based arrangement (many U18)

Across both accommodation models:

- Support is tailored to adolescents and young adults, recognising the unique & complex challenges of transitioning to adulthood whilst experiencing homelessness.
- There is a strong focus on community integration, helping young people build connections, access services and develop independent living skills.
- Support is consistent & future-focused, helping young people build on their strengths and move towards education, employment and long-term independence.
- Personalised budgets are available to all young people.



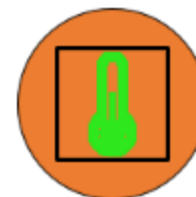
The Difference HF4Y Makes: Building Stable Foundations for Adulthood



Tenancy sustainment
92%



Felt safer
100%.



Improved Health and wellbeing
98%



Accessing Education/employment
60%



Reduced crisis service use
79%



Improved Family Relationships
100%

Lessons Learnt from Delivering HF4Y

1. HF4Y is still very misunderstood

Too often HF4Y is viewed as a service for "high-risk" young people, rather than a housing-led approach that prevents homelessness from becoming entrenched.

2. Better support delivers better outcomes

The success of HF4Y demonstrates what is possible when young people receive intensive, personalised support before problems escalate.

3. A natural fit for care-experienced young people

HF4Y provides a trauma-informed bridge to adulthood, helping young people navigate major life transitions at their own pace.

4. Complexity and risk are not the same thing

Young people can have high levels of need and vulnerability without being unsuitable for housing-led models or independent living.

Lessons Learnt from Delivering HF4Y continued....

5. Long-term models need long-term funding

The relationships and consistency that underpin HF4Y are difficult to sustain in an environment of short-term funding and workforce uncertainty.

6. Housing First 4 Youth needs housing (and different types)

Even the strongest model cannot succeed without access to suitable homes and a housing system that actively includes and considers young people.

7. Partnerships are critical....but they are hard work!

Positive outcomes depend on coordinated multi-agency support, but maintaining shared ownership and accountability requires constant effort.

What happens when a young person is no longer a young person?

Need for better transition pathways

Llamau and Codi have established a joint transition process in RCT, enabling young people who need ongoing support to move seamlessly from youth to adult Housing First services.

Continuity matters

Young people should not lose trusted relationships or support simply because they reach an age threshold. Transitions should be based on need, not birthdays.

Stability is an outcome

For some young people, success is not moving on from support entirely, it is maintaining stable housing, positive relationships and avoiding a return to crisis.

Re-wiring shared success

Too often, systems focus on throughput and move-on, overlooking the fact that long-term stability is often achieved because the right support remains available when it is needed.

Case Study*

Background

SA, a young woman with a diagnosis of Autism Spectrum Disorder (ASD), depression, and anxiety, has a history of suicide attempts, self-harm, and multiple admissions under the Mental Health Act.

From childhood, she experienced domestic abuse from her father, including coercive control, emotional and physical abuse, and financial exploitation.

SA found it hard to trust people around her or settle in any accommodation.

HF4Y Response

Listened and understood - SA shared her concerns about accommodation, and those concerns shaped the support and housing plan from the outset.

Coordinated and advocated - Llamau brought together housing and partner agencies, gathering evidence and building a shared understanding of SA's needs.

Secured the right housing pathway - A personalised housing option was agreed by SA and partners, ensuring Sophie's mental health, autism and long-term stability were fully considered.

What's Next for HF4Y in Wales?



**MOVE HF4Y FROM
INNOVATION TO
MAINSTREAM
PREVENTION**



SCALE-UP THAT WORKS



**FUND FOR THE LONG
TERM**



**BUILD HOMES WITH
YOUNG PEOPLE IN
MIND**



**STRENGTHEN THE
EVIDENCE BASE**

Q&A

Thank You

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LUNCH AND NETWORKING

• **BACK AT 13:30**