

# Housing First Portugal (Casas Primeiro Portugal)



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**Source reference:**  
EU Compass

## Practice description:

- Casas Primeiro – The first HF Program implemented in Portugal (2009)
- Provide housing and support to long term homeless people with severe mental illness
- Individualized, permanent and scattered site housing in mainstream neighborhoods
- Mobile team (1 professional to 10 participants, including 1 peer provider)
- Support services are provided in the participant household and community contexts
- Support services oriented to promote recovery and people's access to community services and resources (e.g. health, mental health social welfare, education, employment)
- To foster social inclusion and citizenship.

## Outcomes/Results:

- Housing retention of 85 – 90%
- Better quality of life in terms of: personal safety (98%), nutrition (80%) and sleeping habits (80%), health and mental health (78%), social life (52%).
- Decrease of the number of psychiatric admissions and emergency services (90%)
- Satisfaction with the program and house/neighbourhood (93%)
- Participants reported a large sense of freedom and hope and 30% become involved in education, employment and other significant community activities

Providing community based mental health services