

# A strengths based method for homeless youths: Effectiveness and fidelity of Houvast.

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The effectiveness and fidelity of Houvast will be tested in 14 Dutch service accommodations for homeless youths. It is expected that the quality of life of homeless youths within the experimental group (service accommodations who received training)...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON25938

### Bron

Nationaal Trial Register

### Aandoening

homeless youths, service accommodations, strength based, quality of life, resilience, fidelity, effectiveness.

dakloze jongeren, opvangvoorzieningen voor jongeren, krachtgerichte basismethodiek, kwaliteit van leven, weerbaarheid, modelgetrouwheid, effectiviteit

### Ondersteuning

**Primaire sponsor:** Department of Primary and Community Care, Research Centre for social care, Radoud University Nijmegen Medical Centre, Nijmegen, Netherlands.

**Overige ondersteuning:** ZON-MW, The Netherlands Organization for Health Research and Development

### Onderzoeksproduct en/of interventie

# Uitkomstmaten

## Primaire uitkomstmaten

1. Dutch version of the Lehman Quality of Life Interview (QOLI); Lehman, 1983; Wolf et al., 2007);<br>
2. Goal attainment; developed by our department;<br>
3. Dutch version of the Body Symptom Inventory (BSI); Derogatis, 2000.

## Toelichting onderzoek

### Achtergrond van het onderzoek

Houvast (Dutch for 'grip') is a strength based method grounded in scientific evidence as well as 'what works' principles. Houvast is aimed at improving the quality of life of homeless youths by focusing on their strengths stimulating their capacity for autonomy and self-reliance.

The effectiveness and fidelity of Houvast will be tested in 14 Dutch service accommodations for homeless youth. Social workers within the experimental group (n = 7) received training. The social workers within the control group provide care as usual and did not receive training. Measurement of primary and secondary outcomes will be conducted among youths within the experimental (n = 150) and control condition (n = 150) by means of a structured interview at baseline and subsequently 3-6 months and 9 months after baseline.

### Doel van het onderzoek

The effectiveness and fidelity of Houvast will be tested in 14 Dutch service accommodations for homeless youths.

It is expected that the quality of life of homeless youths within the experimental group (service accommodations who received training) will be higher compared to the control group (service accommodations who did not receive training). In addition, homeless youths within the experimental group are also expected to have a better attainment of personal goals for recovery, a better mental health and less alcohol and drug intake.

Furthermore, it is expected that this relation is moderated/mediated by resilience, autonomy, emotion regulation and quality of the working relationship with the mentor. Finally, we expect a linear relationship between the degree of fidelity and the primary outcomes in the experimental group.

### Onderzoeksopzet

1. T0: Baseline (Youths start ambulant or residential care in a participating service accommodation);

2. T1: 3 -6 months after baseline;

3. T2: 9 months after baseline.

## **Onderzoeksproduct en/of interventie**

Houvast (Dutch for 'grip') is a strength based method grounded in scientific evidence as well as 'what works' principles. Houvast is aimed at improving the quality of life of homeless youths by focusing on their strengths stimulating their capacity for autonomy and self-reliance.

The social workers of these service accommodations received a four day training given by experienced and certificated trainers. The managers received a two day training. In addition to the training in the Houvast method an implementation plan, including coaching, is executed during the period of data collection. The standard length of residential care is six months: six weeks for the setting of personal recovery goals based on individual strengths and resources; three months for the execution of the personal goals; and six weeks for evaluation. The intensity and frequency of the care youths receive depends on the type of care: contact hours in ambulant care varies on average between 2 to 6 hours a week, but is usually much higher in residential care. The Houvast method includes several instruments like the 'strengths inventory' and the 'action plan'. Participating service accommodations will be randomly assigned to an experimental or control group. The social workers in the experimental group work according to the Houvast method. The social workers working in the service accommodations of the control group provide care as usual.

During the period in which youths receive ambulant or residential care from social workers, youths in the experimental group receive care according to the Houvast method.

## **Contactpersonen**

### **Publiek**

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Homeless youth aged 18 years and older who receive either ambulant or residential care from social workers working in service accommodations.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Inability to complete an interview (e.g. intoxicated);
2. Youth who terminate the care they receive from social workers working in service accommodations within two weeks.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

### Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-12-2011
Aantal proefpersonen:	300
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies

Datum: 11-01-2012

Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL3106
NTR-old	NTR3254
Ander register	ZonMw : 80-82435-98-10121
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

N/A