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Budapest, 6 October 2023

Study session

Ending Youth Homelessness by Addressing Trauma

Study session organised within the [Youth for Democracy programme](#)
in cooperation with the FEANTSA Youth Network

European Youth Centre Budapest, Room A
16-20 October 2023

Draft Programme

Sunday, 15 October 2023

Arrival of participants

19:00 Dinner

21:00 Welcome evening

Monday, 16 October 2023

09:30 Opening with Introduction to Study Session:

Intro of aims & objectives of the Study Session, setting expectations and overview of the Council of Europe, Youth Department and FEANTSA Youth.

with Marcos Andrade, *Deputy Executive Director, European Youth Centre Budapest*
Sergio Perez, *Course Director, FEANTSA*

11:00 Break

11:30 Team Building Activity:

Opportunity to get to know the group and set agreements for working and living together.

13:00 Lunch

14:30 Building Common Understandings

Across Europe we have different understandings of homelessness and trauma, this session will help build consensus and agree terminology.

16:00 Break

16:30 Intersectionality & Human Rights

Collective Complaint Mechanism of the European Social Charter and FEANTSA
This session will explore the world of human rights, how they intersect with one another, and the link between human rights, homelessness, and trauma.

18:00 Reflection group

Each evening participants will have the opportunity to reflect on their learning and how the study session is going.

19:00 Dinner

21:00 Intercultural Night

Tuesday, 17 October 2023

09:30 What is Trauma? Part I.

This session will deepen our understanding of trauma, examples of compound and complex trauma, how people experiencing homelessness respond to trauma in addition to causes and triggers.

11:00 Break

11:30 What is Trauma? Part II

A continuation of the morning session, exploring the mind-body trauma, neurobiology of trauma and social experiences.

13:00 Lunch

14:30 Trauma & Youth Homelessness Part I

This session will connect trauma to youth homelessness, applying tools to understanding and responding to trauma, the impact trauma has on engagement of services and coping mechanisms.

16:00 Break

16:30 Trauma & Youth Homelessness Part II

This session continues from the previous session.

18:00 Reflection Groups

19:00 Dinner

Wednesday, 18 October 2023

09:30 Guest lecture "SHELTER IN THE STORM: Working in a trauma-sensitive way with young people who are homeless" by Dr Anthony (Tony) Bates PhD, *University College Dublin (Ireland)*

This session will outline Trauma Informed Care (TIC) and how homeless services working with youth can integrate TIC into their services to better support youth with trauma.

11:00 Break

11:30 Guest lecture Part II

Continued from the earlier morning session.

13:00 Lunch break

14:30 Free afternoon to explore Budapest.

19:00 Dinner in the City

Thursday, 19 October 2023

09:30 Guest lecture "The example of a trauma informed gynaecological service for women experiencing homelessness" by Boroka Féher, Réka Lánszki and Tamás Gerencser, *BMSZKI (Budapest, Hungary)*

Participants will hear from experts running a trauma-informed service for homeless women in Budapest, with a focus on practical implementation of the model.

11:00 Break

11:30 Adapting Practices & Intersectionality Part I

Participants will have the opportunity to share their expertise and practices from their contexts, with examples of how they support youth experiencing trauma. A special focus will be tapping into supports that take an intersectional perspective to meet the needs of youth with multiple needs.

13:00 Lunch

14.30 Adapting Practices & Intersectionality Part II

Continuation of the earlier session with space for participants to share.

16.00 Break

16.30 Recovery & Healing

This session will explore strengths-based work and learn about the importance of relationships in healing, linking both to individual and collective practices.

18.00 Reflection Group

19:00 Dinner

Friday, 20 October 2023

09:30 Staff Wellbeing

How do we support staff working with traumatised homeless youth, including building their resilience, combatting burnout and compassion fatigue and improve mental health.

11:00 Break

11:30 Beyond Budapest

This session will explore next steps beyond our study session, what have participants learned and how can they apply their new understandings in their local contexts?

13:00 Lunch

14:30 Staying Connected

This study session is also focused on how participants can stay in touch and use the FEANTSA Youth network to prevent and combat youth homelessness in Europe.

16:00 Break

16:30 Evaluation

A final evaluation of the study session

18:00 Study session closes

19:00 Dinner

21:00 Wrap-up Party

Saturday 21 October 2023

Departure of participants

Aim and objectives of the study session Ending Youth Homelessness by Addressing Trauma

The study session aims support homeless service adapt trauma informed care for the needs of young people. The objectives of the study session are:

1. Framing youth homelessness as a violation of human rights
2. Understanding what trauma is, and the connection to experiences of homelessness
3. Understanding the connection between trauma and how young people engage or disengage in services.
4. Connecting trauma as an obstacle to accessing human rights
5. Understanding how to apply trauma informed care.
6. Developing competences to adapt trauma informed care to their services, including target groups such as LGBTIQ youth, unaccompanied minors, young with experience of gender-based violence and young migrants.