



DDP-YD/ETD (2024) 17

Budapest, 25 January 2024

Ending Youth Homelessness by Addressing Trauma

Report of the study session held by
FEANTSA Youth

in co-operation with the
European Youth Centre of the Council of Europe

European Youth Centre Budapest
16th to 20th October 2023

This report gives an account of various aspects of the study session. It has been produced by and is the responsibility of the educational team of the study session. It does not represent the official point of view of the Council of Europe.

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1. Executive summary

To begin with, why this study session? And why in one of the European Youth Centres of the Council of Europe? Workers supporting young people in homelessness may deal with traumatic events, hear distressing experiences, or be confronted with behaviours that are a result of these traumatic experiences. The link between trauma and homelessness is multi-faceted: trauma can be either a factor of vulnerability towards homelessness, a result of this experience, an obstacle to exit homelessness, or all these options at the same time.¹ Therefore, training staff on trauma-informed methodologies can be key to improve the support delivered and help youth in their way out of homelessness.

Answering to the second question, the topic of this study session is in line with the Council of Europe's mission to promote human rights in Europe. Homelessness, especially when associated with trauma, is both a violation of fundamental human rights and an obstacle to realise them. By helping professionals to adopt a trauma-informed approach, the young people they support would likely be in a better place to exercise and enforce their human rights.

The objectives and programme of the study session were therefore in line with these considerations. Activities covered the adoption of Trauma-Informed Care (TIC) methodology from different angles: defensive behaviours resulting from trauma, the foundations of TIC, a practical example of its application in Budapest, adapting TIC with an intersectional lens, staff well-being, etc. After the training week, it was possible to draft some conclusions. They are more developed in the third section of this report, so this is only a summary: a strong need to increase the availability of resources on TIC for staff, the importance of empathy between workers and the youth they support, adapting services with an intersectional approach, and the current lack of enough attention to staff well-being, which is key for an organisation to be trauma informed.

Looking to the future, several follow-up activities were discussed, including the dissemination of knowledge and materials used during the study session, the creation of groups working on specific sub-topics, and starting a podcast on youth homelessness in Europe.

Finally, several recommendations can be outlined for European youth policy or for the work of the Council of Europe Youth Department. In general, the issues of social or housing exclusion, lack of access to rights, or trauma-informed services for vulnerable young people should be taken more into account. Going more specific, it is recommended to contribute to the generation of knowledge on TIC and its application (or adaptation) to young people facing destitution, to enhance the diffusion of good practices across Europe on this topic, to put in place materials and guidelines available for non-experts, or to assess how TIC can be influenced by or adapted to multiple sources of discrimination. It is also recommended to raise awareness of the link between the trauma, homelessness, and the lack of access or violation of human rights. This is even more important in the case of young people experiencing homelessness, since they are often overlooked from both homelessness and youth strategies.

¹ For more information:

https://www.feantsa.org/download/feantsa_traumaandhomelessness03073471219052946810738.pdf

2. Introduction

Readers of this report will find out information on the objectives of the study session, the different topics that were covered to enhance knowledge among participants, the main results of the study session, and a discussion of the programme contents. At the end, readers will find some activities suggested as a follow-up, and appendices containing information on participants, the programme, and a list of resources to dive further into the topic of the study session: “Ending Youth Homelessness by Addressing Trauma”.

This topic was chosen after the feedback from the study session of 2022, “Youth Work to Make Housing First for Youth...WORK!”, where more information on Trauma Informed Care was identified as valuable for the youth homelessness sector. Therefore, the aim of this study session was to support homeless service providers adapt Trauma Informed Care for the needs of young people. To reach this aim, the following objectives were outlined:

- 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 services, including target groups such as LGBTIQ youth, unaccompanied minors, young with experience of gender-based violence and young migrants.

The programme of the training week was drafted with these objectives in mind. Although more details can be found later in this report and in Appendix 1, the main contents discussed were:

- The long term impacts a traumatic experience can have on an individual, and how it can determine the way they relate to others (survival responses, window of tolerance, latent vulnerability, etc.).
- The importance of incorporating a recovery perspective in the intervention with young people, with a strengths-based approach.
- Looking at trauma through an intersectionality lens, by providing a space for participants to share their own professional experiences and good practices.
- Applying a holistic trauma-informed perspective within an organisation. This means acknowledging the responsibility of the organisation to apply a trauma perspective, not only with the homeless young people they work with, but with all workers within the organisation.

The theme of the study session is in line with the Council of Europe’s mission, which is to promote democracy, human rights, and the rule of law across Europe and beyond. Homelessness is one of the most extreme forms of deprivation of human rights, but at the same time, people experiencing this situation are right holders. By training workers in homeless service providers on the Trauma Informed Care (TIC) methodology, these professionals will be more equipped to support people in homelessness exercise their human rights, and fulfil them if possible -the right to human dignity, to life, to respect for private and family life, etc.

Finally, a brief note on the organiser of the study session and the profile of participants, which may be helpful to put the rest of the report into context. FEANTSA is a network of national, regional and local organisations providing services to people experiencing homelessness in Europe. Our members now include cities, ministries, agencies, think tanks and foundations. The FEANTSA Youth network has emerged from Council of Europe youth study sessions organised by FEANTSA since 2014. It brings together young people who work to prevent, reduce and end youth homelessness, by advocating for housing rights, developing prevention strategies, raising public awareness, training professionals and building cooperation/coalitions within service providers and other stakeholders.

Regarding participants, a total of 34 took part in the study session (more details in Appendix 2). A diversity of backgrounds and professional experiences -from academia to advocacy and to case management- was achieved, which helped to enrich discussions and promote cross-sectoral collaboration. Likewise, a geographical balance among countries which are members of the Council of Europe, and a diversity of organisational profiles -working with migrants, with LGBTIQ+ people, using harm reduction approaches, with previous knowledge of TIC or not, etc.- were also crucial for the success of the learning environment throughout the week.

3. Results and conclusions

A full week of discussions, exchanges, and the sharing of knowledge on trauma-informed care shed a light on many interesting findings. After the training week, the main findings and conclusions were the following ones:

- There is a strong need to increase the knowledge, tools, and practical applications of trauma-informed care methodology in services. Participants realised its importance to improve their professional skills and working environment. However, they regretted not having more educational opportunities (such as the study session) in their organisations to be better equipped in this methodology.
- Another interesting finding was that participants could personally identify themselves with the experiences of the youth they support. Through several activities on empathy and well-being resources, participants put themselves in a more equal place vis-à-vis the people they support.
- The need to adapt existing services and structures to different experiences and backgrounds, through an intersectional approach, was also a relevant conclusion. Looking through experiences of trauma and homelessness through this lens could help practitioners provide a more tailored, effective support.
- Another important finding was the need to enhance the mental well-being of staff in services, as part of a holistic application of a trauma-informed care methodology.

It would therefore be useful for European youth policy or for the work of the Youth Department of the Council of Europe to consider these conclusions. Important issues such as material deprivation, social exclusion, homelessness, or trauma-sensitive services, should be higher on the agenda for youth policies at European level. Particular attention to these issues at policy level could be further translated to knowledge diffusion, exchange of good practices, funding, and training opportunities, etc. on trauma-informed care methodologies and how these intersect with human rights. Likewise, caring for the people working with vulnerable youngsters is equally crucial to ensure the fulfilment of youth's rights.

From the organisers' side, the follow-up foreseen consists in three measures. The first one is helping to set up small working groups with specific sub-topics, as discussed in one of the sessions during the last day. The second is sharing the resources and presentations used during the study session with the participants, so they can access them easily in their workplace. The third one, at FEANTSA level, is disseminating the knowledge gathered during the week and advocating for trauma-informed services.

The results of the study session among participants were positive, expressing the great learning opportunity the study session was for them. They also appreciated the space provided to discuss about professional challenges with peers in other countries and share good practices with one another. The main learning points they highlighted were:

- Knowledge about the theoretical foundations of trauma informed care and its practical application in services.
- Human rights and its intersection with homelessness and traumatic experiences.
- Exchange opportunities for participants to share their individual expertise.
- Tools for increasing staff well-being and the relation it has with the young people in homelessness they support.

Finally, the contents of the study session contributed to several priorities of the programme Youth for Democracy and Human Rights, of the Youth Department of the Council of Europe. Firstly, on young people’s access to rights, especially of those facing vulnerability and by using human rights education. Secondly, under the priority “Living together in peaceful and inclusive societies”, the study session covered widely the issues of multiple discrimination and intersectionality, and how trauma-informed services need to consider different forms of discrimination potentially faced by their users. Thirdly, the study session contributed indirectly to the priority on youth work, by making use of non-formal education throughout the study session, and the encouragement to participants to disseminate in their local contexts the knowledge acquired during the week.



4. Programme – inputs and discussions

The programme for the five days was designed to provide participants with solid foundations of what is trauma-informed care and how they can put this methodology into practice. The flow of the week was in accordance with this vision: the first day was a preparation for the rest of the week, the second one focused on understanding trauma, the third one on the theoretical roots of trauma-informed care, the fourth one on its practical applications, and the last one was about follow-up after the study session. At the end of each day, a reflection group was organised to share the main takeaways of the day. A summary of the main points discussed, conclusions, and further actions are categorised by day:

Day 1 – Preparation

The objective of the first day was to build common grounds for working and living together during the week. In the morning, an official opening to the study session took place, presenting the work of the Council of Europe and of FEANTSA Youth, and the purpose of study sessions like this one on addressing trauma. Then, the theme of the study session and its objectives were introduced, and participants put their thoughts in several flipcharts on the programme, considerations for the team, the objectives or their “fears and dreams” for the week. In a session of the last day, these flipcharts were reviewed, the main conclusions being described in the section of Day 5.

After this opening, there was a team-building activity for participants to get to know each other. Importantly, this was followed by a discussion on what is a safe and brave space, and with the drafting of a “group contract”. This was an agreement on collective rules and individual engagements to facilitate stay, considered relevant given the theme of the study session, which could trigger difficult experiences and misunderstandings. A reminder of the contract was provided afterwards, at the start of every day.

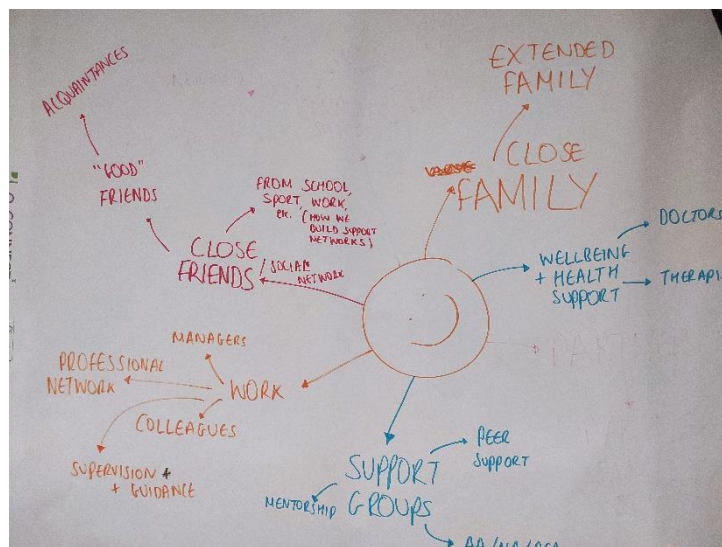
The second part of the day started with a debate on several concepts that would appear during the week, to have common understandings. These were concepts like gender, race, migration, or people who use drugs.

Finally, the first day finished with a session facilitated by the EYC Educational Advisor, connecting with the work of the Council of Europe, since it focused on homelessness and human rights. In particular, homelessness was framed as a human rights violation, and it was presented how FEANTSA has used the mechanisms provided by the CoE to advance the rights of people in homelessness. The use of strategic litigation with the European Committee on Social Rights was highlighted, with examples from complaints submitted by FEANTSA against several countries. This session was very important for participants to link the participation in the Council of Europe study session to their work, and to frame their professional activity as support to realise the human rights of people experiencing homelessness. Several participants discussed how to collaborate better with themselves and with FEANTSA to enhance human rights of the people they support, and to redress any potential violation of human rights.

Day 2 – Understanding trauma

Once common understandings for the training week were done in the first day, the second day was devoted to the topic of trauma and how it relates to people experiencing homelessness, and the services supporting them.

The day started with a reflection on the social or collective responsibility of trauma, rather than focusing on the individual circumstances of those experiencing it. As part of this reflection, participants were asked to draft their support networks and to reflect upon them. It was discussed which resources were the most important or necessary to ensure their emotional well-being and resilience, and how they can be useful to prevent, mitigate or address traumatic experiences. In the end, participants reflected on how the support networks of the people they work with would look like. This comparison exercise was very useful for participants to put themselves in the shoes of the youth they help, and to get a different approach to their work, including themselves as part of the support networks sometimes.



This session continued with a presentation on five different defensive behaviours that may appear after experiencing trauma: attachment, submission, freeze, run away and fight. A brief description of each behaviour was provided, and participants were invited to put themselves the “glasses” of one and discuss in groups how they would “see the world” from that perspective. A special attention was put into how each “pair of glasses” would react to several difficulties, to potential threats, and if (or how) people would seek support differently. The feedback from participants was very positive after this session, since they said it really helped them to structure, and put into words, several behaviours they experience from the people they support. Again, this also put themselves in the shoes of the youth they help, understanding them better and, ultimately, being able to provide better advice.

Moving on, the last session of the day provided other tools for self-reflection on how services respond to youth experiencing trauma. Firstly, the concept of ‘window of tolerance’ was presented, inviting participants to discuss how their own windows, and those of the youngsters they support, move. Special attention was put on the experience of difficulties, and the resources that can help widen that window.

After this, participants were given a card with certain characteristics (for example, young migrant experiencing homelessness and using drugs) and they were asked to draw a “gingerbread person”. It consisted of a possible profile of such a person (for example, country of origin, relationship with family, etc.) and the window of tolerance they would have in different moments. Once this profile was drawn, participants were asked to come up with several protective factors for each “gingerbread person”, which would support them during difficult times. To do this, they also relied on the brainstorming of the support networks that happened earlier in the day. Finally, participants reflected about how their services facilitate or remove these protective factors, and how this fact can influence the level of (dis)engagement of youngsters with their services.

As with the previous session on defensive behaviours, this session also gave a lot of food for thought. Firstly, the very graphic but useful concept, of the window of tolerance was much appreciated by participants, who were thinking about putting this tool into practice back in their contexts. Secondly, drawing a ‘gingerbread person’ with characteristics they may find in the people they support was useful to identify several challenges and opportunities in their work. Reflecting on possible protective factors and how they impact on the level of (dis)engagement helped participants realise about positive and negative practices in their services. Some people expressed they would like to change different things when going back to their workplace, to facilitate protective factors and promote engagement with services.



Day 3 – Guest lecture: the principles of Trauma-Informed Care

After preparing participants for the training week and getting them introduced to the topic of trauma from different angles, the content of the third day consisted of the foundations of Trauma-Informed Care (TIC). The format was different from the previous days, using formal rather than non-formal methodology. The session was a guest lecture by Dr Tony Bates, adjunct Professor of Psychology at University College Dublin and with a long experience on the use of TIC methodologies, including the provision of trainings to homeless service providers on this topic.

The session started with a reflection on the difficulty to find a common definition of trauma, since one single event may be perceived as traumatic or not for different people, due to different reasons. A comprehensive understanding was provided though: ‘any experience that is stressful enough to leave us feeling helpless, frightened, overwhelmed, or profoundly unsafe

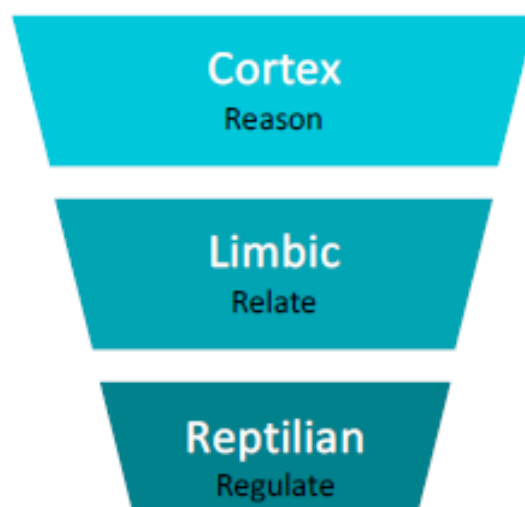
is considered a trauma' (Pat Ogden, 2015). It is a wound that is felt in our bodies and that make us remain hypervigilant to not re-experience the past. In other words, it is likely we become 'frozen in time'.

Following this, the categories 'post-traumatic stress disorder' (one-time trauma) and 'complex post-traumatic stress disorder' (prolonged, repeated trauma) were presented. Also, the different long-term impacts of each category and how different behaviours associated with trauma can take place in settings of homeless service providers. These are, for example, avoiding specific places that remind them of their past, experiencing unwanted intrusions of images or 'flashbacks', tendency to keep distance, becoming agitated by perceived demands, or describing a pattern of abusive relationships where they are repeatedly victimised.

The professor then stressed the importance of relationships and community for recovery. Building safe relationships is the key to address trauma, where a person feels validated, connected and listened to. This safe relationship consists mainly of three elements: consistency, predictability and controllability. However, building safe connections is not the only way to overcome trauma. It is also important to connect with the bodily experience, recover a sense of personal control in one's life, and find a meaning or reason for living.

The session continued with a neurobiological explanation of trauma, since it typically involves the prominent role of the limbic and reptilian parts of the brain, and the deactivation of the cortex (the part responsible of reasoning). With perceived threats, protective behavioural systems like fighting, 'flying' or freezing are activated. This resonated with the activity done by participants the day before, providing a theoretical framework for it. Trauma was then characterised as a disconnection from us and others, hence the solution is made of three 'Rs': regulate, relate and reason.

This translates into practice when working with people in distress: it is first needed to settle them (regulate), then gain their trust (relate), and finally begin the work on solving problems by reasoning. The way to do this is equally important: brief moments where we are fully present are powerful, requiring sensitivity, patience, and pacing.



In the last part of the guest lecture, the focus was at the organisational level. Different steps of TIC were distinguished, in increasing order: an organisation which is trauma-aware, trauma-

sensitive, trauma-responsive, and trauma-informed, meaning systems are in place to support staff responding sensitively to customers. In this regard, organisations need to acknowledge and address the secondary traumatic stress their staff may experience. This term or the equivalent 'compassion fatigue' describes the stress resulting from hearing about a traumatising event, or from wanting to help a traumatised or suffering person. A trauma-informed organisation needs to recognise that trauma can affect both users and their staff, and put in place supervision mechanisms to deal with secondary traumatic stress.

In sum, five stages are key to implement TIC in an organisation: understanding, relationships, respect, policies and evaluation. Trauma-informed values also need to be in place: trauma awareness, emphasis on safety, opportunities to rebuild control and a strengths-based approach.

Overall, this guest lecture was much appreciated by participants of the study session. It provided the academic, theoretical foundations of the contents presented during the week, as well as some practical elements. The recommendations and guidelines to make an organisation trauma-informed were very insightful, and participants started to think how these ideas could be translated in their actual work or within the organisation. They were also very open to share their personal experiences and challenges with people having experienced trauma, seeking advice from the guest lecturer. This made the session more interactive at the end and helped ground all the concepts explained before.

Day 4 – Putting TIC into practice.

After having an introduction to the topic of trauma in the second day, and learning about what is the Trauma-Informed Care methodology and how to put it into practice, the sessions of the fourth day aimed at putting this knowledge into practice.

The first session was another guest lecture, from Boroka Feher and the team of the Budapest homeless service provider BMSZKI. They presented their experience setting up a trauma informed gynaecological service for women experiencing homelessness. This was important to cover a need they encountered among their users, since many avoided going to the mainstream health services due to fear of rejection, stigma, or settings triggering traumatic experiences from the past. They stressed the importance of having a trauma-informed organisation, not only a few people in the staff, because users interact with the service from the very beginning: the people at the reception, social workers, cleaning services, etc. This also concerns the display of information or the organisation of spaces, especially when providing medical care in gynaecology. Several examples from women attending this service were presented, as well as an EU-funded project that linked several homelessness organisations across Europe to enhance TIC within their services. Finally, an interactive activity took place, with participants being asked to put themselves in the shoes of the women entering the service.

The day continued with the sharing of personal experiences and good practices related to intersectionality, so participants could reflect on whether their organisations were taking into account (and to what extent) the needs of different groups. Firstly, the report of the consultative meeting on applying intersectionality in youth work (organised by the Council of Europe Youth Department) was presented, together with some guiding questions to evaluate the awareness to intersectionality.

After this, several groups were formed in parallel, covering topics like women's homelessness, sexual orientation and gender identity, people who use drugs, or people with disabilities. For each one of the groups, there was a participant that volunteered to be the presenter, with working or lived experience in that particular topic. The presenter introduced the topic, explained the main challenges they encountered, and the good practice of their organisation, and then started a debate with the group of fellow participants. These discussions were very insightful for participants, to re-assess their own work and that of their organisation in terms of accessibility to different publics, awareness of different needs, and adaptation of the services to these features.

Lastly, to go deeper into how to put TIC into practice, there was an activity at the end of the day concerning healing and recovery, especially on building relationships and the use of a strengths-based approach. This was a natural continuation of the guest lecture from the previous day, which highlighted the importance of relationships to heal the wounds of trauma. At the beginning, participants reflected on their own strengths, grouped in several categories or 'virtues', e.g., courage, temperance or humanity. Then, they were asked to do the same exercise with their users in mind, and to imagine how their work could be changed or improved by using this framework of strengths.

Day 5 – Conclusions

During the last day, activities focused on wrapping-up the study session and finding ways to keep working on what was learnt throughout the week.

The day started with a session on compassion fatigue and burnout. The topic of staff well-being was raised several times during the week, given its importance to provide adequate TIC, but it was needed a separate session dedicated to it. Participants were given a form to evaluate the level of stress and/or burnout in their workplaces, and then they reviewed the protective factors that were listed in the second day. The purpose was to reflect on how their workplaces facilitated (or not) these protective factors, and how staff could be better supported. Some good practices were shared to enrich the discussions. With all this information, and using the TIC principles, participants created a 'wish list' of actions that should be taken by their organisations as of now, in three months, and in six months.

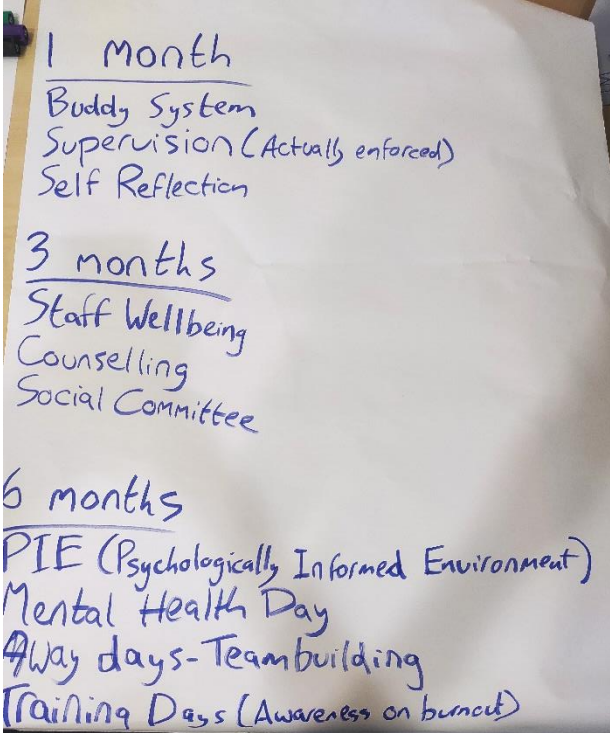
The discussions held during and after this session provided clear insights on the general lack of attention for the staff well-being within the homelessness sector in Europe. Social workers, especially those in frontline positions, discussed their main concerns on the lack of management support. This is crucial for providing adequate responses to young people experiencing homelessness: if staff is going through a rough time, with high levels of stress or burnout, it will be more difficult to work well, and even more to apply the TIC methodologies. As a reminder of the guest lectures of both Wednesday and Thursday, it is all the organisation that needs to adopt a trauma-informed approach. The wellbeing of staff working with vulnerable youth, such as those in homelessness, could be further explored by the Youth Department of the CoE. The publication of guidelines, resources, and the generation of other kinds of content could enhance changes in the youth and homelessness sectors for the improvement of staff well-being.

The day continued with a session to wrap-up the experience of the study session. To structure this reflection exercise, each participant was given four drawings: a backpack, a compass, one

with shoes, and an agenda. Respectively, they wrote what they would bring home, whether or what they would change in their work, the next steps they would like to do back home, and a draft timeline for these next steps. When finished, participants were invited to share their thoughts. This was a great activity to structure, and visualise, how participants could take the learnings of the week back in their local contexts.

Following with the wrap-up exercise, the next activity focused on how to follow up with the work on youth homelessness after the study session. Participants were firstly asked to reflect on the conversations they had over coffee breaks, having dinner, etc. and on the challenges, they encountered in their work. After sharing these thoughts, several groups were formed with participants willing to work on a common theme related to youth homelessness. For example, there was a group on intersectionality, another one on staff well-being, etc. Each group discussed how to work together and filled in a signing sheet to stay connected with each other after the study session.

Finally, there was an evaluation activity where participants used the flipcharts and other materials drafted during the week, especially the ones made in the first day. One of the most valuable results was that of the learning objectives during the week. For each one of them, participants needed to assess the level of achievement in a scale from one to ten. Results were very satisfactory since most of the answers for all objectives were somewhere between seven and ten. This confirmed the approach and content of the sessions were the adequate ones to achieve the goals envisioned by the facilitators. In the evaluation form requested by the CoE, results were overall very positive as well. Participants expressed their satisfaction and appreciation for all the efforts put by facilitators and the staff in the EYC, while saying their expectations were highly achieved and that they would leave the study session with increased knowledge, better skills, and new proposals to improve their work methods.



5. Follow-up activities

The first follow-up activity planned by the organisers is to establish several small groups of people willing to work on the same sub-topics, as express in the activity of last day with the signing sheets. However, following the principles of youth engagement, participants should take ownership of this initiative and develop it as they see best. A second activity consists of sharing the presentations and other resources of the training, so participants could access them as much as they need it for their work. It is still unclear whether it would be useful to share widely this content and other outcome of the study session, since this takes place in a very specific partnership with the EYC. Perhaps the knowledge generated during the study session is not directly translatable or replicable in other contexts.

Regarding those activities discussed by participants, it was suggested to create a FEANTSA Youth group on LinkedIn. The aim would be to share contacts and resources among people working with similar topics or challenges. FEANTSA secretariat would like to debate this suggestion in early 2024 with the whole FEANTSA Youth Network, to arrange the details for making such a group practical and useful.

Another interesting activity suggested by participants is starting a podcast on youth homelessness in Europe, including interviews with participants of this study session. This proposal was well received by other participants of the study session and the facilitators, and the FEANTSA Secretariat is working already on how to support the two people taking the lead on this idea. Such a podcast would be useful for raising awareness about the distinctive features of youth homelessness, to frame this as a violation of human rights, and to help strengthen FEANTSA Youth Network of service providers working to prevent and end youth homelessness in Europe.

Appendix 1 – Final 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.

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

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 Inter-cultural Night

In order to better get to know each other, participants bring different food and drinks from their home country as we explore the different culinary and cultural delights of our diverse group!

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 break

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 Free afternoon to explore Budapest

19:00 Dinner in the City - Participants will have dinner in the city of Budapest.

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

Saturday, 21 October 2023

Departure of participants

Appendix 2 – List of participants

Albania / Albanie

Kelert Zefi Qendra Streha

Austria / Autriche

Franziska-Jolie Haeusler Streetwork Hauptbahnhof - Caritas Vienna

Belgium / Belgique

Frederik Van den Broeck Jeugddorp
Mellin Gorecki Alias

Finland / Finlande

Riikka Tuomi No fixed abode
Ronja Kopra Blue Ribbon Ltd

France / France

Rebecca Newell Groupe SOS Solidarités

Greece / Grece

Megan Attard Mazi Housing Project
Taxiarchoula Spanou Exelixa Zois
Theodosis Gkeltis COLOUR YOUTH

Ireland / Irlande

Annie Nee Galway Simon Community
Imogen Macaulay Peter McVerry Trust
Lisa Brennan Focus Ireland
Adam Spollen Focus Ireland

Italy / Italie

Gianpaolo Camber Lybra Cooperativa Sociale Onlus
Laura Giacobbi Cooperativa Sociale Società Dolce
Naomi Karels Cooperativa Sociale Progetto Tenda
Viola Segnalini Psyplus ETS

Montenegro / Montenegro

Bozina Stesevic Association for Democratic Prosperity - Zid

Netherlands / Pays-Bas

Annie Berendsen De Regenboog Groep
Marte Kuijpers University of Applied Sciences Utrecht
Ronja Bruijns Lived Experience consultant

Portugal / Portugal

Ângela Leite
Júlia Victória de Mello

Casa Qui
CRESCER

Slovenia / Slovenie

Irena Bilčič

Association Kings of the street

Spain / Espagne

Ana Isabel Guillén
Gaizka Cuenca
Emma Sayah

Complutense University of Madrid
HogarSi
Provivienda

United Kingdom / Royaume-Uni

Cailean MacDonald
Ilona Carmichael
Verity Wenner
Adrian Hughes
Beth Kilheeneey
Robert Nimmon

Rock Trust
Rock Trust
Simon Community Northern Ireland
Viva LGBT+
Greater Manchester Combined Authority
Simon Community

Facilitation team

Dalma Fabian (apologised)

FEANTSA

Patricia Tovar Velasco

HogarSi (Spain)

Fionn Scott

Focus Ireland

Silvia Busi

GAT-Housing First Portugal

Sergio Pérez Barranco

FEANTSA

Appendix 3 – List of references

This is the link to the Drive folder with materials and resources used for the study session:
<https://drive.google.com/drive/folders/1KER62Xj-WytraJ-amZ81-NSo7AP7ZJwg?usp=sharing>

Appendix 4 – List of links with online visibility of the study session

- Council of Europe, Youth Department website: <https://www.coe.int/en/web/youth/-/ending-youth-homelessness-by-addressing-trauma>
- FEANTSA website: <https://www.feantsa.org/en/event/2023/05/22/>

In recognition of the sensitive nature of the study session, and in incorporating participants' feedback, the decision was made to have limited social media visibility of the event.