Dr Vicky Stergiopoulos is a clinician scientist, the Physician-in-Chief at the Centre for Addiction and Mental Health and an Associate Professor of Psychiatry at the University of Toronto.

Her research focuses on the design, implementation and evaluation of interventions to improve housing, service integration and recovery of adults experiencing serious mental health and substance use challenges and social disadvantage.

The presentation will describe findings of a multisite randomised trial of Housing First, guiding policy and practice in many North American cities. Contrary to traditional housing models, Housing First offers immediate access to independent housing and support services, with no requirements of sobriety or acceptance of psychiatric care. Although Housing First has been successful in improving housing stability for this disadvantaged population, other outcomes, such as quality of life, employment, and experiences of recovery have not been as robust.

Lessons learned in supporting homeless people with mental health challenges in their recovery trajectories will be discussed, including the role of brief interventions, and service providers.