

No First Night Out Client typology

There are **THREE** main cohort groups – use this guide to decide which one your client fits into



COHORT 1: Accommodation need

- Quite resilient
- Low or very low support needs
- Recently suffered a major life event (e.g. bereavement)
- Lack of social networks

Things to look out for...

COHORT 1b: Accommodation need and mental health

- Similar to 1, but with worsening or poor mental health
- Issues possibly caused by their housing situation

COHORT 2: Drug use, offending and mental health

- Medium to high support needs
- Poor support networks, low resilience
- Problems both social (friends/family) and personal (support needs, drugs, offending, mental health)
- People often describe a sense of shame, being ostracised
- Generally never had independent accommodation

COHORT 2b: Mental health and NO substance misuse

- Similar to 2, but without drug use/offending
- Mental health problems, deterioration of mental health, problems in the home
- Includes victims of domestic abuse
- People show feelings of hopelessness and isolation

COHORT 3: Capacity and motivation

- Range of support needs
- Low levels of motivation and/or capacity often result of one or more support needs due to multiple issues, such as physical and mental health problems, learning disabilities, and alcohol use
- Usually in their 40s-60s
- Often socially isolated
- People who 'hang in there' until something happens and then they have nowhere to go

COHORT 4: No specific group

- A small number of people do not fit into one of the groups above, BUT:
- Recently suffered a major life event or at imminent risk of rough sleeping

This typology is an updated extract from the **No First Night Out** research project conducted in 2015 and 2018 into new rough sleepers in the **City of London, Hackney** and **Tower Hamlets**. It is used to target people at risk of rough sleeping for the NFNO project.

Please note: to be eligible for the project, clients must also have a local connection to one of the three boroughs, have recourse to public funds, and not currently be rough sleeping.