

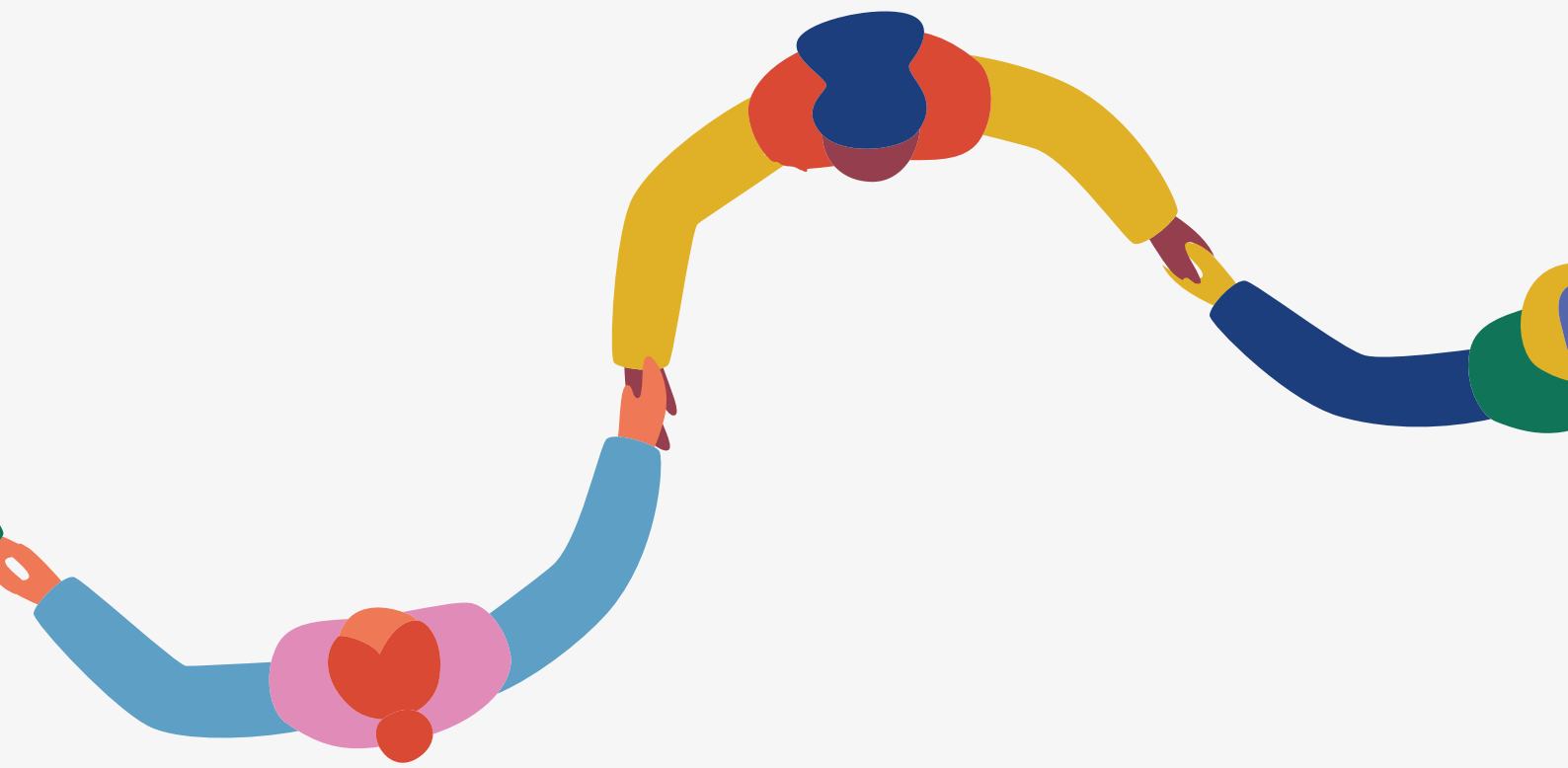


# FORMULATING THE THEORY BEHIND FUTURO&CO.

**Futuro&Co.**

Innovación  
y comunidad  
para la autonomía  
de jóvenes  
sin hogar









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**Futuro&Co.**

**Intervention model for youth  
emancipation  
in situations of homelessness  
and socio-residential exclusion**







# 1. Introduction: understanding the model

In January 2022, eleven entities of the FACIAM Network began an experimentation project to develop a social intervention model with young people in social and residential exclusion. The project aims to question some of the practices of classic social intervention and offer, in addition to fields of reflection, a series of guidelines for transforming the relationship of assistance with this group.

Through this reflection and guidelines, the FACIAM Network has configured an innovative, transformative and de-institutionalising social intervention model. It is innovative because it aims to break with some of the consensuses of the previous prevailing models of homelessness, especially with the ladder and housing models. It is transformative because it aims directly at public policy and its objective, which should be closer to achieving a rights-based approach. And de-institutionalising because it focuses on life in society, on the empowerment of the person's capacities and the optimisation of the dialogue between person and community to offer more certain horizons of well-being from the community.

In this document, we will describe the keys that were most significant for the formulation of the Futuro & Co. model, not so much in operational or logical framework terms but in terms of the innovative components it offers, the questions it has posed to the entities of the FACIAM network and some of the answers we are obtaining and, finally, suggest some keys for the generation of public policy on youth in socio-residential exclusion in Spain, which lie in the model itself and in its character of driving changes in the context in which it arises. Marina Garcés (2022) says that the creative process has a lot of truth because it is based on projecting imagined scenarios and meanings that imply a journey of search. Futuro & Co. has been a journey entirely of uncertainty but rich and valuable because of the transforming nature of getting involved in a shared challenge between entities that coincide with the objective of the debate but that come from very different cultures and that have had the generosity to find a space entire of coinciding sets that allow the creative challenge to be tackled.



## 1.1. A comprehensive look at homelessness

The gradual specialisation of the social intervention sector has segmented people and conceived them as mere reservoirs of unsatisfied needs. By finding the right key, we solve all their needs. For example, this situation occurs in the social and residential exclusion field, where housing approaches to a problem of violation of a proper or mere material deprivation have reduced.

Housing-based approaches, which have generated a necessary struggle to recognise housing as a fundamental right, have also fallen into a certain simplification of the phenomenon of homelessness. If the absence of housing explains homelessness, recovery must start from it and focus on harm reduction and inclusion. Is there nothing beyond housing for a person experiencing homelessness?


The humanist tradition invites us to universalise and establish the fact of life in an organism. The organism and its relationships are the object of study, reflection, and work.

Taking it to the social intervention field, the whole person, as a complete but integral organism, is affected by a condition of loss or deterioration of its status as a subject of rights. Housing is one of these rights and situations of deprivation, but it is just one more. Although we may agree with more practical approaches, such as the one mentioned above, in which housing may be a triggering resource to focus on recovery, it is not the core issue in homelessness but the dignity of us as human beings.

The humanism shared by the FACIAM entities is based on religious or Christian, universalist or positive meanings and, therefore, has different nuances. However, without having elaborated on a shared body of theory, cultural elements have been pointed out on various occasions that stipulate the humanist outlook of the FACIAM entities and the *raison d'être* of this integral vision of the person they accompany.

Firstly, human beings are in constant dialogue with environmental systems. Human relations with these systems define the process of individual-society accommodation (Bronfenbrenner, 1987).





“Beyond Housing”. But there is no doubt that at the genesis of Futuro & Co. is the approach we intended to take to the research carried out and, above all, some of the results offered by the initial study and the subsequent analysis collected in the monograph on Youth and homelessness (de la Fuente-Roldán et al., 2022).

We therefore highlight conclusive elements, not so much methodological or data content, which triggered the formulation of the project:

**- Inclusion activating housing:** the study translated into a figure<sup>1</sup> the triggering potential of housing as a public policy and, therefore, universal, not as an approach to homelessness or even as a private intervention model promoted by the social fabric or private initiative. The only way to effectively combat homelessness is through universal access to housing and its fundamental guarantee.


**- Mental ill-health, an indicator of deterioration and a marker of the**

**collective:** although this is not a particularly innovative element, as the classic literature and studies on severe social exclusion have tended to make the mental illness linked to homelessness visible, the FACIAM network study updated some of the data on this condition. One of the most relevant factors at this point was not so much to make visible the higher prevalence of possible mental ill-health among homeless people compared to the general population, but rather the clear relationship between the mental ill-health of homeless people and their problems in accessing care and health services. The absence of dual services or specialised programmes for women and young people especially<sup>2</sup>, which gave the highest scores in mental ill-health, was a prominent complaint among the findings.

**- Social relations and homelessness:** the isolation of homeless people. The study’s data were dramatic: Three out of every five peo-

<sup>1</sup> “Three out of four people experiencing homelessness and housing exclusion find themselves in front of the door of a broken social lift. The fourth, who manages to climb up the lift shaft, comes across a person who falls in and occupies their space”. Conclusions of the IUDC-UCM and Red FACIAM study (Sánchez and de la Fuente, 2021).

<sup>2</sup> “Being a woman and being young aggravates psychological and emotional distress and increases the likelihood of poor mental health among homeless people”. Conclusions of the IUDC-UCM and Red FACIAM study (Sánchez and de la Fuente, 2021).



ple surveyed had no one or, at most, only one person to turn to in case of need (and in most cases, a professional from their reference organisation was the person who acted as a vital point of reference). This is why it was concluded that methodologies focused on generating social networks and natural support were needed<sup>3</sup>.

**- Attention to youth homelessness:**

The study rescued what was then only a first impression<sup>4</sup> or suggestion and has now become evidence and reality: the need for bridging programmes that contemplate the transition to adulthood, coordination with other resources and specific support services for the youth population, prevention, shock intervention, and the comprehensive support required by the young homeless population.

In the subsequent monograph on homelessness and youth, the survey data were analysed in detail, drawing the face of the phenome-

non of socio-residential exclusion among young people:

- The housing deterioration and deprivation characterised in the ETHOS typology is more pronounced among young people than among older people<sup>5</sup>.
- Origin and migratory status are two elements that particularly explain the face of youth homelessness, with people of non-EU origin accounting for more than 80 % of them in the study sample<sup>6</sup>.
- Mental ill-health is particularly high in the youth population, reaching a dramatic figure of 77.6% of the sample<sup>7</sup>.
- Only 7.6% of young people show high levels of social support, and around 40–46% of them perceive disinterest and isolation towards their environment<sup>8</sup>.

<sup>3</sup> "Social relations are key, as much as housing, for the design of any strategy for eradicating homelessness". Conclusions of the IUDC-UCM and Red FACIAM study (Sánchez and de la Fuente, 2021).

<sup>4</sup> "Young people are becoming increasingly visible in homelessness"—conclusions of the IUDC-UCM and Red FACIAM Study (Sánchez and de la Fuente, 2021).

<sup>5</sup> See p. 10—Monograph Youth and homelessness (de la Fuente and Sánchez, 2022).

<sup>6</sup> See p. 12—Monograph Youth and homelessness (de la Fuente and Sánchez, 2022).

<sup>7</sup> See p. 14—Monograph Youth and homelessness (de la Fuente and Sánchez, 2022).

<sup>8</sup> See p. 22—Monograph Youth and homelessness (de la Fuente and Sánchez, 2022).



### 1.3. The voice of young people in the spotlight

In the initial phase of Futuro & Co, we wanted to develop a final approach as a preparatory action for experimentation and methodological concreteness. Therefore, three focus groups of more than 20 young people were organised and carefully selected to represent common starting points in youth homelessness.

The focus groups, using an open and self-narrative methodology and accompanied by a research team independent of FACIAM, dealt with four categories of analysis (see Table 1).

The focus groups provided valuable results regarding proposals that have had a real and concrete impact on the configuration of Futuro & Co. The young people established their expectations regarding material conditions to satisfy their basic needs. Possibly due to the uncertainty experienced when entering these programmes and the material deprivation they experienced, they required the concrete satisfaction of needs (accommodation, safety, maintenance, economic support, etc.).

It also showed that stability and independence were constantly combined, both when they were consulted about their expectations and about the limitations or in the more critical readings they made (the temporality of many programmes was widely criticised, as well as the lack of intimacy in some programmes under collective course models, among other issues). In the analysis of benefits derived or impacts obtained in the programmes, the issue of social relations was widely pointed out. Social capital is a fundamental axis of effects when considering social intervention programmes for homeless young people. The generation of reference figures and the increase in intimate and peer relationships, all linked to the emotional support conferred by maturing social support, were widely discussed and valued by most young people.

Finally, and from a more pro-positive point of view, it was pointed out that there was a need for a personalised and customisable support system, which would be flexible, broad-spectrum, which would activate reference professionals (medical, psychological, legal, employment support, etc.), depending on the needs, and which would allow for greater autonomy in the configuration of intervention and recovery plans for the young people themselves.

**Table 1. Categories were analysed in the initial Futuro & Co focus groups (own elaboration based on the IUDC-UCM report).**

CATEGORY	SUBCATEGORY (only a few are listed)
<p><b>EXPECTATIONS:</b> What do they expect from the programmes they access?</p>	<p>Fear/uncertainty Basic needs Stability/ independence</p>
<p><b>IMPACT:</b> What has been the impact of the programmes in which they have participated?</p>	<p>Social support and social networks Intimacy and emotional support Social capital Life Project</p>
<p><b>LIMITATIONS:</b> What limitations do they see in the programmes in which they are involved?</p>	<p>Freedom/autonomy Discrimination Institutionalisation Cohabitation Temporariness Available supports</p>
<p><b>DIMENSIONS AND PROPOSALS:</b> What proposals would you include in formulating a care programme for young people experiencing homelessness?</p>	







## 2. Theoretical framework and capacity matrix

*“The well-being of a person can be understood by considering the quality or goodness of their life. Life can be seen as a set of interrelated “functions” consisting of states and actions. The realisation of a person can be understood as the vector of their functioning. Pertinent functions can range from such elementary things as being sufficiently nourished, having good health, avoiding possible illness and premature mortality, and so on, to more complex realisations such as being happy, having dignity, participating in the community’s life, and so on. I argue that functions are constitutive of a person’s state and that the well-being assessment must consist of an estimation of these constitutive elements”.*

**Amartya Sen, *A Re-examination of Inequality* (2011)**

The previous text was collected from A’s work. Sen could perfectly express the philosophy that tries to decipher the Futuro & Co. social intervention model in a few brief lines. To the question that the author himself asks, “What is each person capable of doing and being in a given context?” we add, “What support does a person want to be capable of doing and being when this person incorporates previous conditions of socio-residential exclusion, extreme vulnerability or institutionalisation derived from their socio-economic deprivation?”

Futuro & Co. is a model that seeks to mobilise, optimise, and work on a person’s capacities and offer that person a context of well-being and sufficient support so that they can manifest these capacities and make them work for the benefit of their process of social inclusion.



## 2.1. The comprehensive matrix of the model

Every human being acquires skills, mainly throughout childhood and youth. Learning is a process that is never left to one side. Still, it is the early years of life that most naturally shape an ecosystem of natural stimuli that foster the acquisition of tools for personal performance. A child's life is a laboratory designed specifically for skills acquisition.

When a young person has been through complex circumstances that have not been conducive to a free and safe performance ecosystem, they may show deficiencies in personal performance. Even so, the capacities remain in them, perfected, with potential for development, but they stay in the person.

If we understand, under the paradigm of the Capabilities Model, that life consists of constant interaction between the individual and the community that promises them, and in this interaction, what is at stake is a kind of capabilities that determine the possibility of choice, and the actual or perceived control when making decisions; then we can infer that it is the young person's capabilities that we must analyse, evaluate and work on, to achieve a better performance, a full deinstitutionalisation, and integrated life in a natural community.

The Futuro & Co. team has determined which of these capacities are relevant to determine this inclusion process. They have been divided into three groups:

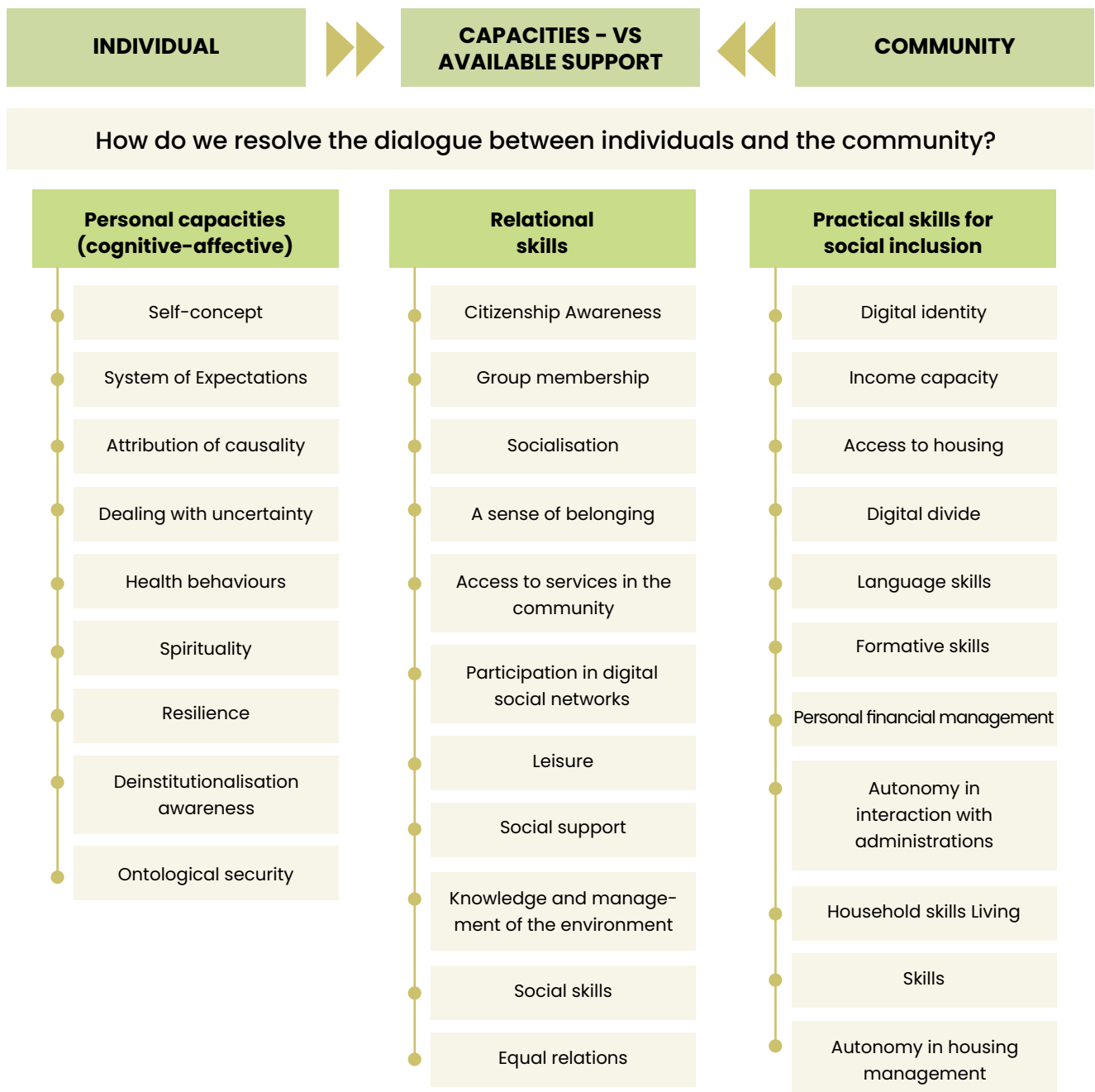
- **Personal capabilities:** these refer to constructs that shape the personality and cohesive identity of the young person.
- **Relational capacities:** These elements are more determinedly involved in socialisation contexts.
- **Practical skills for inclusion:** These are possibly second-level skills or skills derived from others, but we have considered them fundamental within the comprehensive framework of a young person experiencing homelessness. They refer to the interaction of these people with the fundamental handicaps they will encounter in their normalised performance and, therefore, need to be tested.

After an arduous process of reflection, 33 items dispersed in these three groups of capabilities were determined. Futuro & Co. is not a comprehensive model of human beings and, therefore, does not yet seek academic rigour. Despite this, we would like to emphasise that this process of reflection is not a comprehensive model of human beings and, therefore, does not yet seek academic rigour.

The research was carried out by reading and re-reading previous research by the FACIAM network itself, bringing knowledge of psychology, sociology, and sociolo-

gy into play. The project is carried out with the support and supervision of an academic team.

**Figure 1. Capabilities of the Futuro & Co. model (own elaboration)**



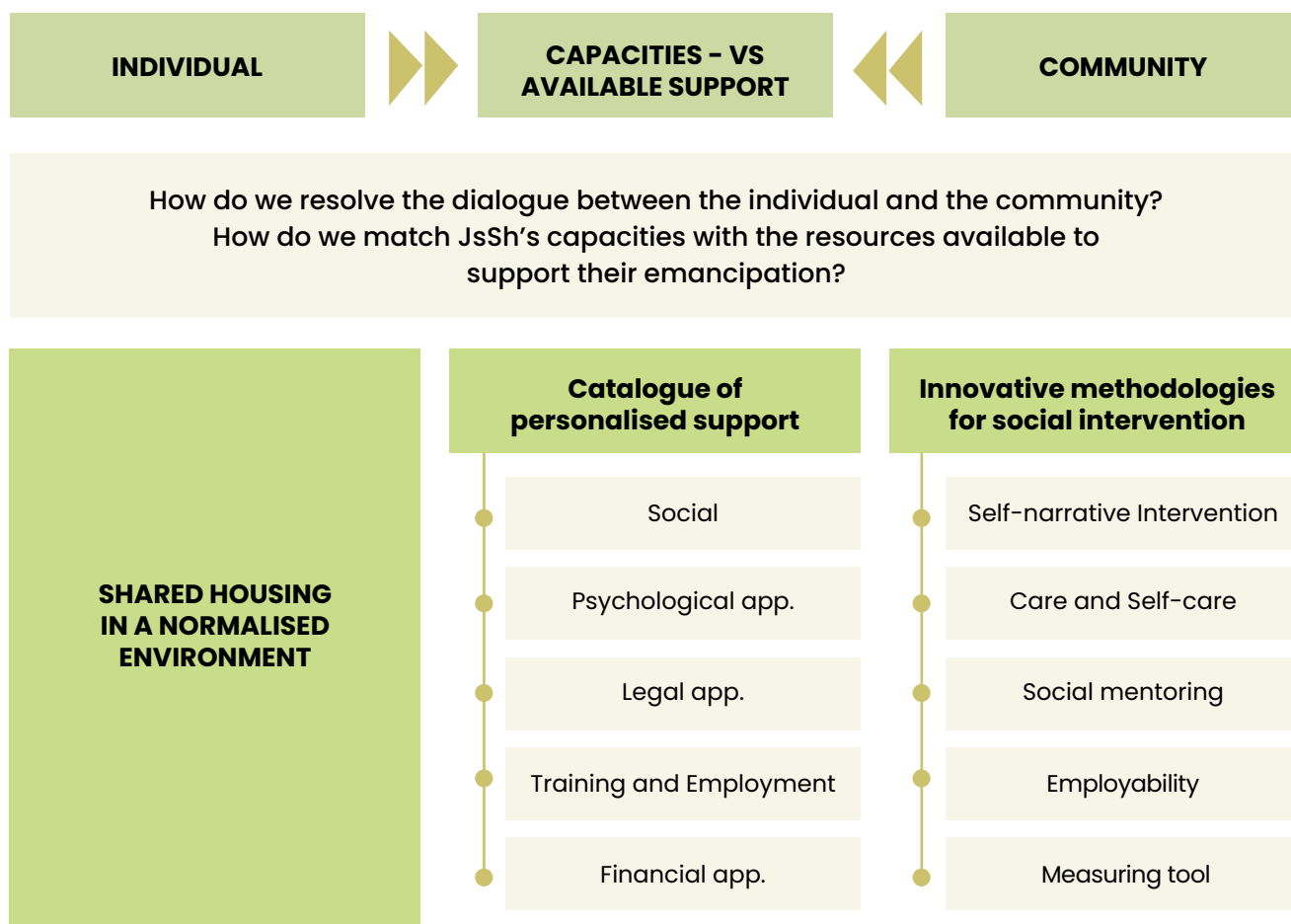


## 2.2. A capacity model between housing and community

Futuro & Co. is, therefore, a model of Capacities and seeks to develop.

It is a model that seeks to optimise this performance (inclusion) but also aims to do so in a context that is as natural as possible (deinstitutionalisation). It is a model that seeks to optimise this performance (inclusion) and to do so in a context that is as natural as possible (deinstitutionalisation). To achieve this, the model brings

**Figure 2. Components of the Futuro & Co. model (own elaboration)**





into play three fundamental elements. The first is in the configuration of these two elements, i.e. how we have agreed on the conditions of access, tenure/enjoyment and exit from the housing and how we have configured the catalogue of support and the access to and promotion of participation in the community. Firstly, in the configuration of these two elements, that is, in how we have agreed on the conditions of access, tenure/enjoyment and exit of the housing and how we have configured the catalogue of support based on the scope of services and contents and the way of accessing and exercising them; and secondly, in the methodological proposal with which we try to resolve the dialogue between the individual and the community based on the two core components of the programme. For a better understanding, we offer a simple diagram that allows us to name and relate each of these components, which we will explain below.

From a holistic approach to homelessness, we look at how to resolve the conflict between

young homeless people and the community, as they feel excluded from the community. The difficulties in generating good community integration processes lie in the challenges of combining three aspects: the young person's identity (established through their previous experiences and learning), the competencies and skills they may have or can work on in the intervention, and finally, the availability of adapted support in the community.

Youth homelessness results from a lousy dialogue between these aspects at the top of the diagram. Suppose we provide young people with personal tools and sufficient and solid capacities to face their insertion in the community of free choice with control, choice and autonomy. In that case, we consider that we achieve the inclusion of the young person in terms of emancipation. Futuro & Co. works as a lever mode that intervenes with young people between 18 and 29 in residential deprivation. These young people are selected according to the following criteria:

**Table 2. Eligibility for participating in the pilot programme  
(own elaboration)**

MANDATORY CRITERIA	POSSIBLE LIFE REALITIES
<p>Age: 18–29 years old. Residential reality: ETHOS 1 and 2<sup>9</sup> (homelessness and homelessness).</p>	<p>Young people who have previously been under guardianship.</p>
<p>Young people are motivated to change.</p>	<p>Young migrants who have entered Spain as unaccompanied minors or with no socio-personal reference.</p>
<p>Young people with a lack of social networks and support.</p>	<p>Young people come from family situations of social stress and economic vulnerability.</p>
<p>Young people with substance use behaviour and mental health problems that do not limit autonomy and who are in treatment or who wish to start treatment.</p>	<p>Young people with family responsibilities.</p>

<sup>9</sup> European typology for categorising homelessness. Available at: [https://www.feantsa.org/download/ethos\\_spain-24518105836657575492.pdf](https://www.feantsa.org/download/ethos_spain-24518105836657575492.pdf).









## 3. Components of the Futuro & Co. model

Once a young person starts participating in the Futuro & Co. intervention, they are subject to the programme's three components: housing, support, and methodologies.

### 3.1. Housing model


The "domestic habitat" is a term used by some authors (Cuervo Calle, 2010) to refer to the non-functional role of the house but rather to reflections on the human being and their relationship with the environment. In Futuro & Co., we have opted for a shared housing model, both in flats with individual rooms (and in some cases, to assess and compare experimentally, also with some places in shared housing) and in small residential units that preserve the sense of privacy and normalised housing, but that always incorporate this socialising function of housing.

One of the fundamental elements that we incorporate into the model is resolving the dialogue between privacy and socialisation, between a sense of belonging and ontological security.

The Futuro & Co. team has sought to reflect on specific aspects that represent innovations in more traditional practices in the field of intervention for people experiencing homelessness.

The non-conditionality of social accompaniment to housing tenure cannot be resolved in a social intervention model; it can only be resolved in public policy. We have often blurred the boundaries between a concrete practice or model of social intervention and a public policy. Public policy is, by definition, that which conveys fundamental rights constituted in the legal framework of a society and adjusted to a system of guaranteeing and, therefore, providing them and being of a universal nature.

For all these conditions to be met and to do so in line with the legal order, they must transcend the will or capacity of an individual promoter, and this can only happen if there is a public system to guarantee it. A public system that guarantees this can only come about if there is a public system that guarantees it.



The intervention plan may address the need but does not constitute a right to a service, which will always be false if it is limited exclusively to that programme.

In this sense, if the public administration does not develop this right to housing as a public policy, the model proposed by Futuro & Co is a model of housing conditioned to an intervention. The conditioning is broad because it links both elements and incorporates a condition of temporality. The intervention is not intended to last *ad sternum*, so housing will always be transitory if the agreed-upon and shared objectives are in force.


Despite this precondition, we did want to reflect on some fundamental questions to transcend the classic intervention. Social accompaniment cannot be configured as a means of coercive and punitive control over the people participating in the project. From a person-centred approach, but also from any field in which work is carried out from a perspective of respect and a focus on rights, the generation of a relationship of trust between the accompanying technician and the person involved in the project is essential.

The participant is fundamental to the recovery process, so practices of illegiti-

mate intrusion into the person's private sphere must be avoided. Visits that have not been agreed or previously notified, the consideration of exclusive ownership by the accompanying technical staff of the immovable property made available to the participants, the violation in time and form of access to a space that becomes the private sphere that should cover the weather to which the person has been exposed and which is an explicit part of the fragility and social injury (Esquirol, 2015), should be parked in the social sector.

In Futuro & Co., experimentation has led us to agree on home interventions, intensifying them or spacing them out according to the agreements reached between the technical staff and the participants. Even so, the intervention is present and the access to and maintenance of housing are conditioned by the process of social interaction, which, although more lax, horizontal and participatory, as we will see later, continues to be a process configured based on goals, milestones and agreements.

The second element that has been fundamental in the configuration of housing in Futuro & Co. has been the form of the building.



The rules and regulations are set and agreed upon. In Futuro & Co., there are no previously written rules beyond respect for all the people living together and the neighbourhood, as well as the building itself and its contents. Everything else has been left to the autonomous agreement of the people living together: the possibility of receiving visitors or of their staying overnight, the timetables, the use and distribution of each room, the distribution of consumption and expenses, cleaning and tidiness, maintenance, purchase and preparation of food, etc. Everything in the home is agreed upon by the people who live there and discussed daily and at assembly meetings set up for this purpose. In this sense, each dwelling is a particular laboratory of models, conflicts and ways of resolving them, in which the role of each reference organisation is diluted as much as possible.

## 3.2. Catalogue of personalised support

The person-centred approach has led


many places to establish the professional of reference<sup>10</sup>. Although not new, this methodology has been blurring in resources and institutions that are moving towards offering a catalogue of professionalised services and that, on occasions, end up ignoring the need for any person under care to be attended to by someone in their entirety.

In Futuro & Co, each young person has a reference professional configured as the primary support for the young person in implementing their Recovery and Emancipation Plan<sup>11</sup>. This person will be the one who will monitor the primary communication with the person, who will know all the facets that the participant has considered showing or putting into play and will be the one who will guide the activation of the rest of the catalogue of personalised support guaranteed in the project.

Based on the previous knowledge about youth homelessness described at the beginning of the document and what the group discussed in the discussion groups, a catalogue of professionals without whom Futuro & Co. would become a different model has been put together.

<sup>10</sup> For example, the Basque Country has made an essential commitment in several areas, especially dependency and disability, to incorporate them as public policy in its catalogue of services and the manuals for the development of the Person-Centred Approach: [https://www.euskadi.eus/contenidos/informacion/publicaciones\\_ss/es\\_publica/adjuntos/cuaderno%205.pdf](https://www.euskadi.eus/contenidos/informacion/publicaciones_ss/es_publica/adjuntos/cuaderno%205.pdf).

<sup>11</sup> The Recovery and Emancipation Plan is the social intervention pact reached in Futuro & Co. by the young person assisted and the technical reference person. It contains the milestones the participant identified, which the entities will accompany.



All young people participating in the programme have guaranteed access to social support around the figure of a social worker or social educator (who usually happens to be the young person's professional of reference), legal support based on a lawyer of reference who can guide administrative as well as criminal matters; psychological help to deal with emotional issues or those linked to the reworking of stressful life events and the awareness of the impact of previous experiences; and employability support, generally using employment technicians and techniques that configure personalised itineraries of training, acquisition of competencies and skills and accompaniment in labour market insertion.

In addition to this support, there is final support that is not linked to professionals in the sector but to the availability of guaranteed financial support to cover all the basic needs of transport, food, housing supplies, training, health and even activities to promote community participation.

This latter support is configured as one more and, therefore, is provided on the same terms, being graduated and withdrawn according to the specific needs of each participant.

Futuro & Co. participants are not obliged to receive such support. They are not even obliged to do so through the professional teams provided by the programme and could autonomously meet these needs from other areas. They are available on demand.

In the case of economic support, as with the rest, when the participant's social inclusion process is bearing fruit and income from social protection or employment mechanisms appears, an agreed phase of co-responsibility arises with the system of support and housing offered, generating a graduated co-payment that allows dependence on the programme to be decoupled and even aims at its sustainability.

At FACIAM, we consider that betting on rigid support models, such as, for example, the reception system for international protection, or betting on highly demonstrable institutionalised approaches, such as, for example, the bet on family foster care, as opposed to residential care in the field of immigration, without guaranteeing that the necessary support will be made available, not as an experimental project but as a guaranteed public policy, is as dangerous a mistake as betting on macro-centres in care policies.



### 3.3. Innovative methodologies for social intervention

The real innovation of Futuro & Co. lies not so much in the provision of personalised housing and support, even though they are provided in a transformative approach, but in the work that has been done to question, among other aspects, the existing power and control relations in the field of social intervention.

This is the main driving force behind the tools developed over almost two years of reflection and experimentation. Based on a person-centred approach, the tools developed seek to emphasise the following fundamental aspects:

- Focusing on the intervention from the point of view of the participant as the real shaper of the recovery and emancipation plan agreed upon with the reference technician, as well as the case of **self-narrative methodologies**.
- Offering tools that incorporate autonomy in performance and conflict

resolution instead of encouraging dependence on institutionalising services, as is the case of **health**, mutual care and self-care **methodologies**, which have been developed under the framework of trauma-aware services or the case of **personalised training and employment pathways**.

- To advance in configuring a framework of more natural personal relationships by substituting professionalised community accompaniment and a part of social support from **social mentoring** figures.
- To have a rigorous **social measurement tool** that provides deinstitutionalising models with objective guidelines. These can help in the design of personalised recovery and emancipation plans. They can also be used to assess the emancipatory character of a programme or model.

In the following, we briefly delve into some of the most relevant aspects of each tool.



### **3.3.1. Self-narrative methodologies**

They are methodologies that offer a practical intersectional approach. They allow both the participant and the professional to ask themselves about their position on the participant's story and the axes of intersectionality that impact them. This method, far from positivist customs and alienated from intersectional feminist epistemology, allows the subject to choose the place to look at and interpret the world without discrimination based on gender, ethnicity, social status, or age.

It also allows the participant to move from being a victim or passive consumer of aid to positioning themselves as a subject with agency. To this end, it avoids standardised instruments that may contain biases due to their cultural and pedagogical tradition. It submits the narrative that will give rise to the Plan for Recovery and Emancipation Pact to the discretion of its protagonist's first-person analysis.

The Futuro & Co. team has developed ten professional reflection and introspection tools, each based on three sequential biography moments.

**Table 6. Futuro & Co. self-narrative tools (own elaboration)**

<b>Time</b>	<b>Activity</b>	<b>Observation</b>
<b>Past</b>	Mapping sheet	It favours the memory of vital and emotional spaces.
	Collage sheet	It favours the memory of spaces, people and elements of emotional anchorage.
	Good for thinking	Favours the sorting out of emotional anchors from the past
<b>Present</b>	Disco forum	It favours reflection on the self from everyday elements without referring to the condition of exclusion.
	Mobile photo - Carpe Diem	It favours revising one's view of reality, points of view and focuses of interest.
	Ecomap	Favours the sorting out of present emotional anchorages
<b>Future</b>	Future line	It promotes the visibility of the consequences of emancipation.
	Future & Podcast	Encourages the activation of leadership
	Self-narrative interview: providing closure	Favours the sorting out of present emotional anchorages
<b>Cross-cutting action</b>	Autoethnographic cartoon	It favours the assumption of discrimination and bias axes by professionals.



### 3.3.2. Health methodologies

The tools incorporated in this methodology are based on the evidence provided by the social determinants of health approach that the conditions in which people are born, live, grow up, work and age are related to their state of health. Health is unfairly distributed and linked to social factors. Thus, elements such as place of residence, race, ethnicity and origin, occupation, gender, level of education, socio-economic, social support

and others are relevant determinants to consider in the care process (Ruiz, Aginagalde and del Llano, 2022).

The study of Social Determinants is linked to the Trauma Conscious Services approach, which considers many of today's health conditions and problems as a response to previous traumatic experiences. This has introduced in Futuro & Co. a therapeutic approach based on nine fundamental principles:

**Table 7. Guiding principles of the therapeutic relationship in Futuro & Co.**

Recognition of trauma impacts	Avoiding re-traumatisation	Priority work is based on strengths to promote empowerment and control.
Recognising the social determinants of trauma	Therapeutic relationship based on trust and transparency guaranteed	Encourage balance and collaboration in the recognised unequal therapeutic relationship
Giving priority to building feelings of security	Encouraging peer support as a trauma healing strategy	Facilitating pathways to specialised trauma services



This has shaped the following tools:


**Table 8. Futuro & Co. self-narrative tools (own elaboration)**

Tool	Description
<b>Care covenants</b>	It promotes awareness of how the most intense discomfort is expressed and what to do with oneself and others to improve it.
<b>Maps of the soul</b>	Encourages recognition of one's own goals, difficulties and coping strategies for well-being
<b>Body maps</b>	It favours the understanding of psychological symptomatology from physical observation.

### 3.3.3. Personalised training and employment pathways

Socio-occupational insertion in the form of a job can be interpreted as an axis of social integration, a source of meaning for personal life, a space for civic participation and a driving force for social integration.

Of material progress. In addition to this, and even separating insertion from obtaining a job, Futuro & Co. works on the itineraries from the premise that starting and sharing a path that leads a young person in a situation of homelessness to get to know the culture of work is a normalising and stabilising element of their vital reality.



From this premise, we have worked on an agreed model of itineraries based on four key methodologies: people decide based on their self-perceived needs; professional accompaniment will be available to accompany reflection, offering technical and objective tools to advance in the inclusion process; informative spaces will be promoted which, combined with other formal spaces, will offer the acquisition of competencies in a more natural and daily way, bridging cultural, linguistic and educational gaps, etc.; and group and individual actions will be combined, developing personal itineraries adapted to the person, and group and individual actions will be combined, developing personal itineraries adapted to the individual.

The Futuro & Co. team has worked on the development of a monitoring tool for social and labour insertion technicians to assess and weigh competencies. This tool will organise the different phases of accompaniment for labour insertion.

### **3.3.4. Social Mentoring**

Mentoring is a social intervention tool that promotes relationships between people who voluntarily offer to support other people at risk of social exclusion, according to the European Mentoring Char-

ter (2010). Moreover, it is characterised by key elements that make it a concrete, well-defined tool susceptible to alterations. However, it must be developed with the risk that an intervention methodology that requires mentoring is always aimed at the personal and social development of the person being mentored. To this end, a relationship based on mutual respect and learning is established; the relationship with the mentor must be voluntary and defined under the Volunteering Law (Law 45/2015, of 14 October). The bond between people will be strengthened based on trust and respect in eminently informal contexts. Everything will obey a framework project that Futuro & Co. defines in the Recovery and Emancipation Plan.

### **3.3.5. A tool for measuring de-institutionalisation**

One of the dangers of innovative models that make traditional patterns of intervention more flexible or blur an organisation's culture to tackle the aid relationship from a person-centred approach may lie in the perceived loss of rigour of the intervention. It is only natural that, after several years, the third sector has taken steps towards the following:

Seek the quality of the intervention, standardise work models, and protocolise the aid relationship so as not to incur questions of arbitrariness or inequality; a particular fear arises in the face of more open and complex models. To incorporate a sense of rigour, the Futuro & Co. team has developed a tool for the evaluation and diagnosis of the emancipation process of a programme participant. The tool is currently being developed at the software level to incorporate functionalities and allow, in addition to offering an individual assessment, valid for the process that provides those elements that seem more

institutionalised and those variables that the person has more developed in autonomy and internal control.

It is an application that makes designing and evaluating emancipatory intervention programs possible.

The Tool that FACIAM has developed is based on the postulates offered at the beginning of the article, mainly on the capabilities approach and on the resolution of a matrix of variables that, in the field of youth homelessness, has led us to evaluate 33 specific dimensions (see table 9).

**Table 9. Simplified matrix of the Deinstitutionalisation Measurement Tool (own elaboration)**

	Description
<b>Psychosocial Identity</b> <b>Support</b> <b>Competencies / Capacities</b>	33 variables measured with professional appraisal and self-perception items  General scale  Care and Self-Care Subscale Personal and Competence Work Subscale Participation and community life subscale Emancipation subscale

The tool's application offers a general scale and four subscales that focus on a particular relevant aspect or intervention approach, as indicated in the table.





## 4. Futuro & Co. and the Rights-based Approach


Futuro & Co. represents an exciting challenge both for the breakthrough it has meant for the entities through its culture of social accompaniment and the possibility of resolving the alarming problem of youth homelessness. Every year, our society throws thousands and thousands of young people into one of the most significant pandemics a person can experience: losing everything, living on the street, and lacking a home and a community of reference. This situation, suffered at a fundamental moment in life, the transition to adulthood, when identity is still being structured, can generate long-term problems.

Investing in policies to care for young people in social and residential exclusion is not only social justice but also investing in prevention. It is still challenging to find programmes in Spain, such as Futuro & Co., that address the reality of these young people and not only policies designed for “normalised” youth or ba-

sed on small levers and aid. These are, obviously, insufficient for those served by the FACIAM Network.

But Futuro & Co. brings other equally essential challenges beyond the excluded youth and goes to the heart of local, national and European strategies to combat homelessness. According to the latest FEANTSA report (Horvat and Coupechoux, 2023) about 895,000 people in the European Union live in a situation of homelessness. Despite the efforts of the Fondation Abbé Pierre, this figure is wrong because there is not even a unity of action in the analysis of statistical data nor in the definition of what is considered homeless. We could reach that figure five times by looking at people under the ETHOS 1, 2 and 3 typologies.

The only proposal to deal with this reality is housing; there is a continuous demand for housing for the most disadvantaged.



And so it is; no solution to homelessness can ignore the need for public housing policies. But let us be careful. This does not solve a problem directly determined by the welfare approach that we agreed on in Europe and that Spain reproduces. Every year, tens of thousands of people are left outside our society; they do not belong to it; they live on the street or as inmates serving in precarious conditions, or in centres for minors to which they have come from the border or in shelters, or settlements in farming areas, or abandoned buildings.

Opportunities are lost for young people who reflect our failure to live up to our commitment to the International Bill of Human Rights if we cannot address the need to build a public policy that caters to them and puts their capacities to play in the community.

The evaluation data from the lotto project with which Futuro & Co. was tested has yielded tremendously valuable data on the model's potential. Interestingly, it is not so much the surgical precision with which the model is deployed that is decisive. It is a social intervention model. As such, it must be adapted to the spe-

cific population to be worked with (person-centred approach), to the reality and context (place, referring administrations, typology of reference communities, etc.) and to the problems in the target population. What has been decisive is the capacity for agency with which the team intervenes and the capacity for agency with which the participants take on the challenge of their inclusion.

To this end, the administrations that endorse the project's performance must understand that inclusion is not a mere economic calculation of objectifiable determinants and standardised time frames and criteria. A rights-based intervention requires the model to be adaptable and flexible to the specific circumstances.

The challenge for the future is to test the model in other contexts, with different populations, and evaluate the applications with the Emancipation Process Monitoring System—Compass to determine the suitability of each adaptation made. In this way, we can enrich this original Futuro & Co. model, refine it, and put it at the proper service of its purpose: eradicating youth homelessness.





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