

Drop-in Model / Core Capacities

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Personal health and safety: This means drop-ins do what is necessary to support their participants to improve a sense of safety and improved physical well-being. That begins with addressing people's basic needs: for food, clothes, warmth, social contact and a comfortable social space free of harm and abuse.

Identity: Drop-ins help to foster and repair identity and self-concept. To do this they operate as non-judgemental settings with flexible and accommodating norms. This helps participants who do not fit in elsewhere feel more accepted for who they are. It is an experience that supports the transition from extreme stigmatization and the sense of "being nobody" to a improved self worth.

Social Relationships: Drop-ins support transition from social isolation towards re-building and sustaining social relationships. We know that the passage from homelessness or from a mental health crisis to personal recovery and personal resilience is greatly influenced by strong and healthy social engagement. Drop-ins provide an environment in which this can take place.