

Lister Grauwaart - The Netherlands

Introduction



Lister Grauwaart, located in the neighborhood of De Leidsche Rijn in Utrecht, the fourth-largest city in the Netherlands, is a supported living facility where residents take the final steps before transitioning to their own homes. The location provides individual recovery support in various life areas, such as household management, health, administration, and social contacts. At Lister Grauwaart, residents are "spotted" together, meaning that residents with and without forensic backgrounds live in the same apartment block, interspersed among local residents. The apartments where residents live are also referred to as "training spaces."

Lister Grauwaart is managed by the Dutch organization Lister and was opened in 2011. Lister supports people whose lives have been disrupted by psychiatric vulnerabilities or addiction. They offer both housing guidance and supported living, aimed at promoting as independent a life as possible. Lister is a care organization with multiple residential locations in the province of Utrecht, where individuals with forensic backgrounds can also be placed to provide optimal support for a fresh start.

Scale

Lister Grauwaart has several individual apartments. These residences are spread across an apartment block. However, it is difficult to provide an exact number of available apartments, as this constantly changes depending on the availability of apartments for Lister.

RESCALED-principles in practice:

- ☒ Small-scale
- ☒ Differentiated
- ☒ Community-integrated

Differentiation

Target group:

Lister Grauwaart provides support to adults dealing with psychiatric issues and/or addiction problems, with the aim of promoting recovery and personal development. There are no contraindications; however, careful consideration will always be given to whether a placement is appropriate. To reside at Lister, a resident must have a psychiatric vulnerability.

Forms of security:

Relational security is central to Lister Grauwaart. The support is based on building good relationships between residents and staff, contributing to a safe and supportive environment. Lister Grauwaart offers 24-hour support and has a multidisciplinary team, consisting of peer workers, project coordinators, housing support staff, and recovery coaches/personal guides. Additionally, a site



secretary and a team manager are part of the team. Staff members are present from 8:00 AM to 9:00 PM, and overnight support is provided by a night watch, who operates centrally in the Leidsche Rijn neighborhood and offers assistance to multiple Lister locations in the area.

Regarding procedural security, there are specific rules concerning drug use and smoking. The use of hard drugs is not permitted at Lister Grauwaart. For other substances, communal use is not allowed, and individual use must not cause disturbances. Lister is a smoke-free organization; smoking is prohibited in buildings, on the grounds, and at entrances. However, clients are allowed to smoke in their own living spaces.

Since all residents live in their own apartments, which are spread throughout the apartment block, there is no static security present at Lister Grauwaart.

Activities:

Since all residents live in their own apartments, they have a lot of freedom and the opportunity to shape their daily lives based on their own wishes and needs. Lister Grauwaart provides support to the residents, with the intensity of this support determined in consultation with each resident. It can vary from twice a week to multiple times a day, depending on individual care needs. The duration of the support is based on

the resident's needs and is generally short-term, with an average support period of two to three years. Each resident is also supported by a recovery coach, who provides structured guidance to promote optimal development. Together with the recovery coach, the resident sets goals and creates a plan to achieve them, focusing on personal growth and increased independence.

Lister Grauwaart places great importance on meaningful daily activities as part of the resident's recovery process. A project coordinator is responsible for specific support in this area, helping residents find (volunteer) work, activities, or daily engagement, always keeping the wishes and possibilities of the resident at the center.

Community-integration

Location and architecture:



The apartments at Lister Grauwaart are located in the Leidsche Rijn neighborhood of Utrecht, spread near the Lister office. The location provides access to various amenities, such as shops, medical care, sports facilities, and a community center, which is being further expanded. Additionally, the locations are well connected by public transport, with Leidsche Rijn Station and bus stops within walking distance.

Lister Grauwaart has several individual apartments, all equipped with their own kitchen and bathroom.

Lister has multiple facilities and residential locations nearby. Directly opposite Lister Grauwaart is the Hoge Weide building, where twenty clients of Lister reside. Some of the residences in Hoge Weide are "flippable" apartments, meaning they are rented directly to the client over time instead of through Lister. Living in Hoge Weide requires more independence, as the apartments are also equipped with their own kitchen and bathroom.

Interaction with the community:

Since residents live independently in their own apartments, there is significant interaction with the community from the very start. Residents take advantage of various available amenities and facilities in the immediate area, including sports facilities at the school across the street, and participate in activities at the community center "De Hoeksteen." Additionally, Lister takes various initiatives to involve local residents with the facilities. For example, they organize an annual barbecue at Grauwaart, participate in NL

Doet, and host a weekly coffee morning at the Hoge Weide community center together with the residents.

Moreover, Lister Grauwaart emphasizes the importance of aligning treatment and support for residents from the beginning. They achieve this by maintaining regular contact with the therapist. They aim to actively involve the resident's network, including friends, family, and other neighbors, in the support process. They also utilize volunteers who can provide valuable contributions to this effort. Other important partners in this process include Altrecht, Jellinek, the LRVM Area Team, the LRVM Neighborhood Team, Inforsa, Fivoor, and home care services.

Lister Grauwaart

Founded: 2011

Capacity: Variable

Security level: Low

Nearest city/town:

Utrecht (The Netherlands)

Nature of interaction:

Visited by RJN (09-04-2024)

Publicity/ read more

- About Lister Grauwaart on the official website of Lister.

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