



# Supportive Housing Training

May 2018  
9:00–1:00pm



SYSTEM TRANSFORMATION TO ADVANCE RECOVERY AND TREATMENT

Los Angeles County's Substance Use Disorder Organized Delivery System

## SAPC

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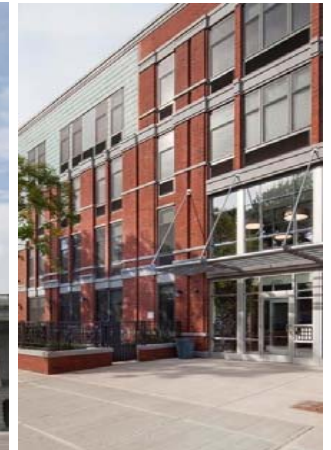
## Advancing Housing Solutions That



Improve lives  
of vulnerable  
people



Maximize  
public  
resources



Build strong,  
healthy  
communities

## Improving Lives

- Veterans
- high-utilizers
- criminal justice involved individuals
- child welfare involved families
- older adults
- transition aged youth



## Maximizing Public Resources

CSH collaborates with communities to introduce housing solutions that promote integration among public service systems, leading to strengthened partnerships and maximized resources.



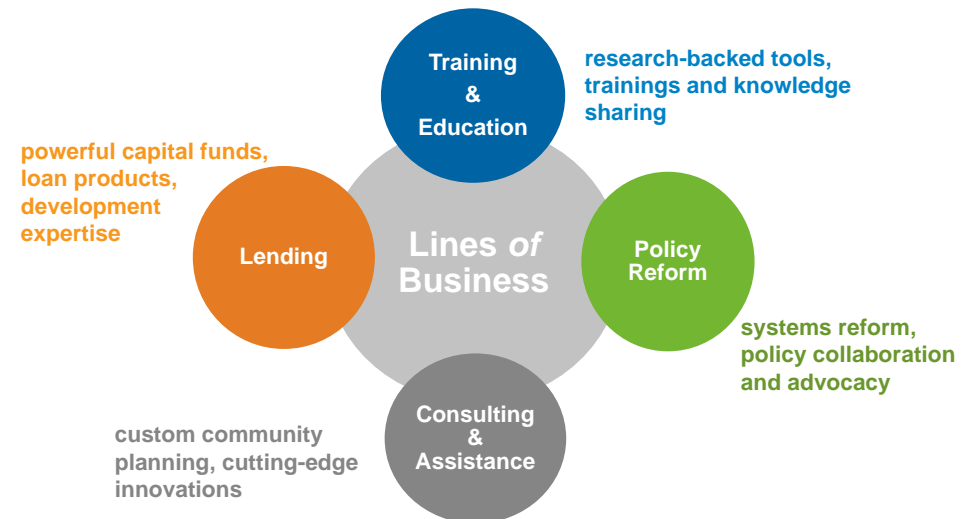
## Supportive Housing is the Solution

Supportive housing combines affordable housing with services that help people who face the most complex challenges to live with stability, autonomy and dignity.



## What We Do

CSH is a touchstone for new ideas and best practices, a collaborative and pragmatic community partner, and an influential advocate for supportive housing.



# \$600 Million In Loans & Grants



200,000  
Homes  
Created



40,000  
Families  
Housed



120,000  
Jobs  
Created



Lowered costs &  
improved health  
outcomes for fragile  
individuals & families

## Economic Impact

# \$40B



**1200 Loans**  
**3000 Grants**  
**300 Communities**

## Today's Agenda

Understand where  
supportive housing  
fits in LA's big picture

Define Supportive  
Housing, identify  
benefits and key  
components

Define Housing First  
and share harm  
reduction techniques

Introduce homeless  
services agencies and  
CES leads to SAPC  
providers in each SPA

Icebreaker!



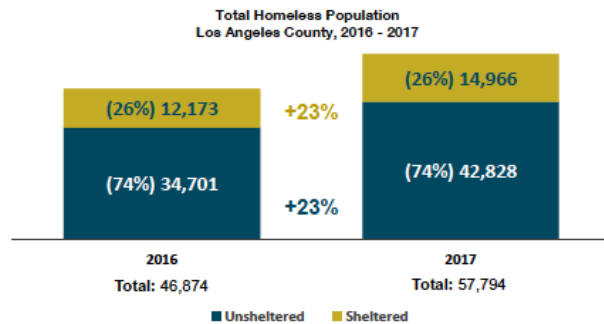


# 2017 Los Angeles County Results

57,794 People experiencing homelessness on a given night

23% Increase from 2016 total of 46,874

Geography:  
LA County  
  
Population:  
Total  
(Sheltered and  
Unsheltered)



Los Angeles County also includes Glendale, Long Beach, and Pasadena CoCs

# 2017 Los Angeles County Findings by SPAs

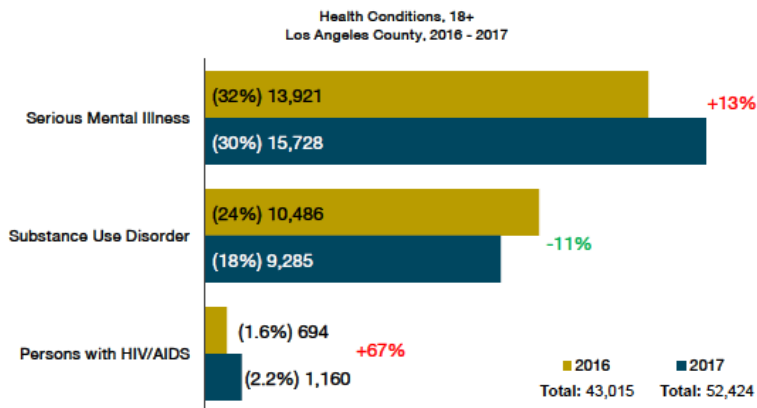
Geography:  
LA County  
  
Population:  
Total  
(Sheltered and  
Unsheltered)

Service Planning Area	2016 Total	2017 Total	% Change
1- Antelope Valley	3,038	4,559	+50%
2- San Fernando Valley	7,334	7,627	+4%
3- San Gabriel Valley	3,142	4,127	+31%
4- Metro LA	11,860	15,393	+30%
5- West LA	4,659	5,511	+18%
6- South LA	7,459	9,243	+24%
7- East LA County	3,469	5,189	+50%
8- South Bay	5,913	6,145	+4%
<b>Totals</b>	<b>46,874</b>	<b>57,794</b>	<b>+23%</b>

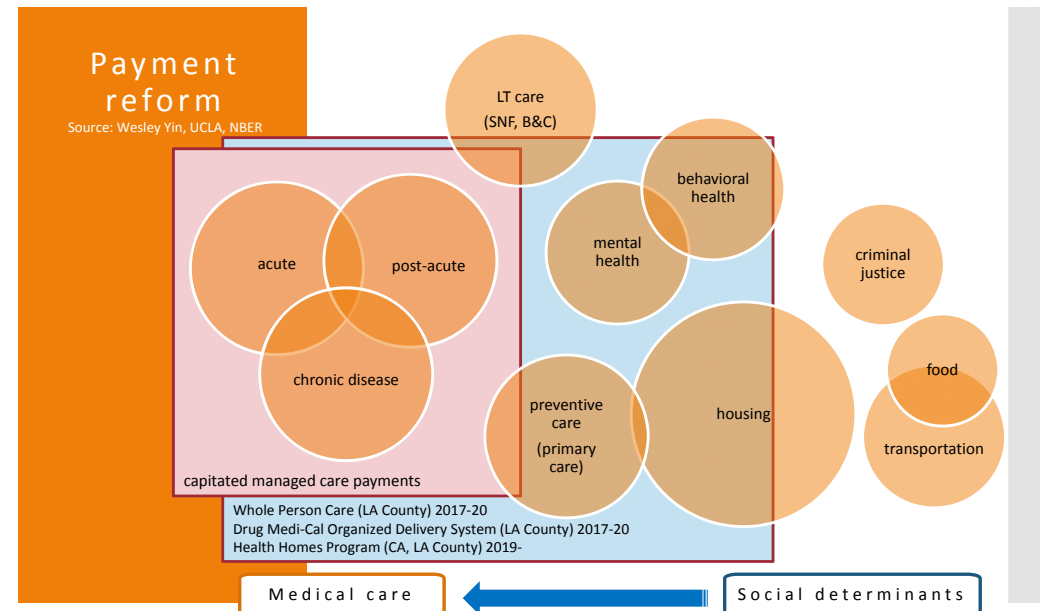
Los Angeles County also includes Glendale, Long Beach, and Pasadena CoCs

# Health Conditions

Geography:  
LA County  
  
Population:  
Total (Sheltered and  
Unsheltered) 18+

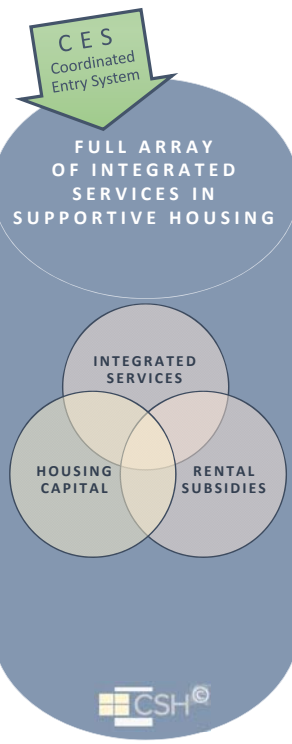


Question asked using response card  
Totals for each condition include persons 18 years and older only  
Los Angeles County includes Glendale, Pasadena, and Long Beach CoCs



### STATE and LOCAL HOUSING RESOURCES

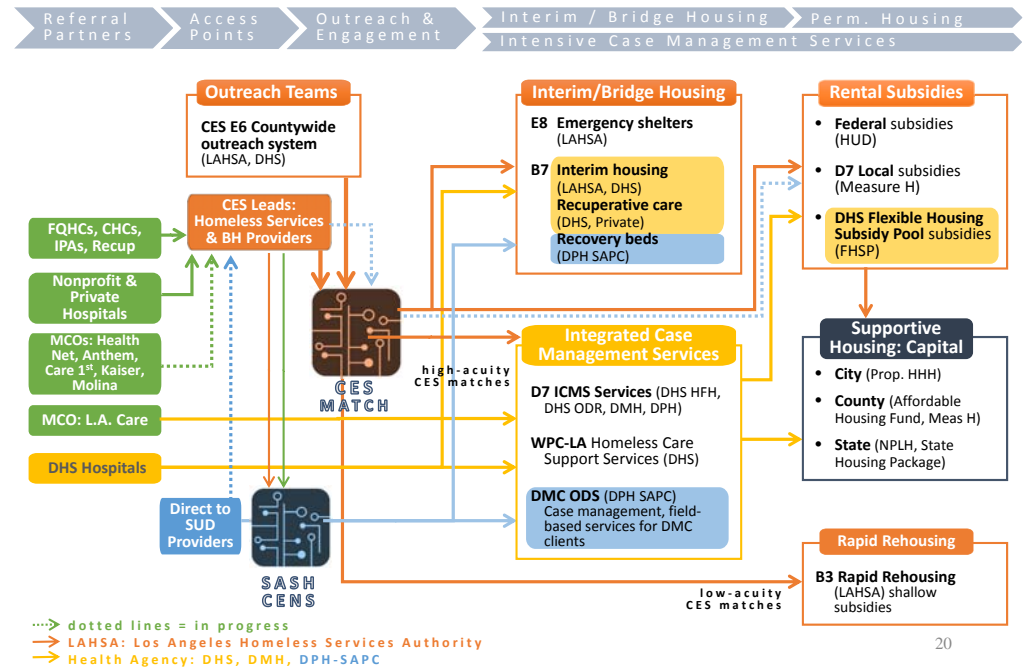
- Measure H (2017-27)**
  - \$3.5 B over 10 yrs (\$355 M annually) for implementing services and local subsidies
  - LA County (quarter-cent sales tax)
- Proposition HHH (2017-27)**
  - \$1.2 B over 10 yrs for projects to create 10,000 SH units
  - City of LA (bond)
- Affordable Housing Fund (2016- )**
  - Allocation: Y1/2/3/4/5 = \$20/40/60/80/100M thereafter; at least 75% AH/up to 25% RRH
  - LA County
- No Place Like Home (First NOFA in 2018)**
  - \$2 B for development of SH for persons in need of mental health services and experiencing homelessness
  - California (bond)
- State Housing Package (Jan 2018 - )**
  - SB2: Building Homes and Jobs Act, \$1.2 B over five years for permanent state source of funding for AH
  - SB 3: \$4 B state housing bond Nov '18 ballot
  - 13 other bills to streamline /ensure AH development to meet state housing needs
- AB 74: Housing for a Healthy CA (Jan 2018 - )**
  - \$20 M per year in capital and subsidies from National Housing Trust Fund tied to WPC & HHP for chronically homeless frequent user Medi-Cal beneficiaries



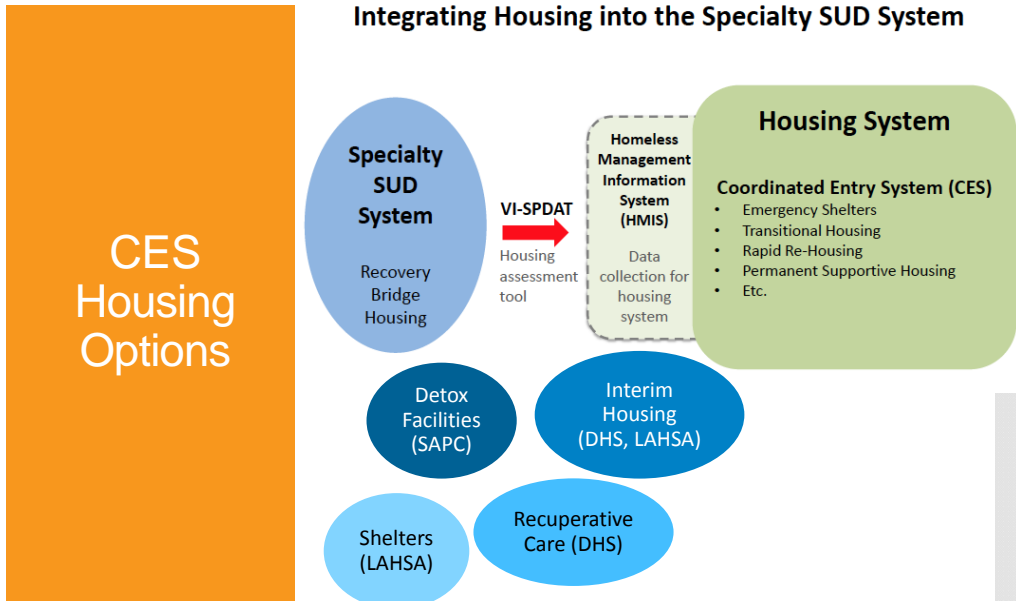
### FEDERAL, STATE, LOCAL HEALTHCARE RESOURCES

- Housing for Health (DHS, DMH, DPH)**
  - Outreach, Intensive Case Management Services, Bridge Housing -LA County
- Whole Person Care LA Pilot (DHS 2016-20)**
  - \$1.2 B over 5 yrs for high-cost, high-need Medi-Cal beneficiaries
  - 10,000 housed by 2020
  - LA County / under CA 1115 Medi-Cal Waiver
- Flexible Housing Subsidy Pool (DHS)**
  - Local rental subsidies funded by DHS, Conrad N. Hilton Foundation, DMH, Probation, L.A. Care
  - 10,000 high utilizers by 2020 LA County
- Drug Medi-Cal Organized Delivery System (2016-20)**
  - New case management and field-based substance abuse treatment services
  - LA County / under CA 1115 Medi-Cal Waiver
- Health Homes Program (July 2019- ?)**
  - New Medi-Cal benefit for integrated, person-centered service delivery system for populations with complex, chronic conditions
  - Serve approx. 10,000 beneficiaries experiencing homelessness per year
  - CMS -CA /under ACA Health Homes Option

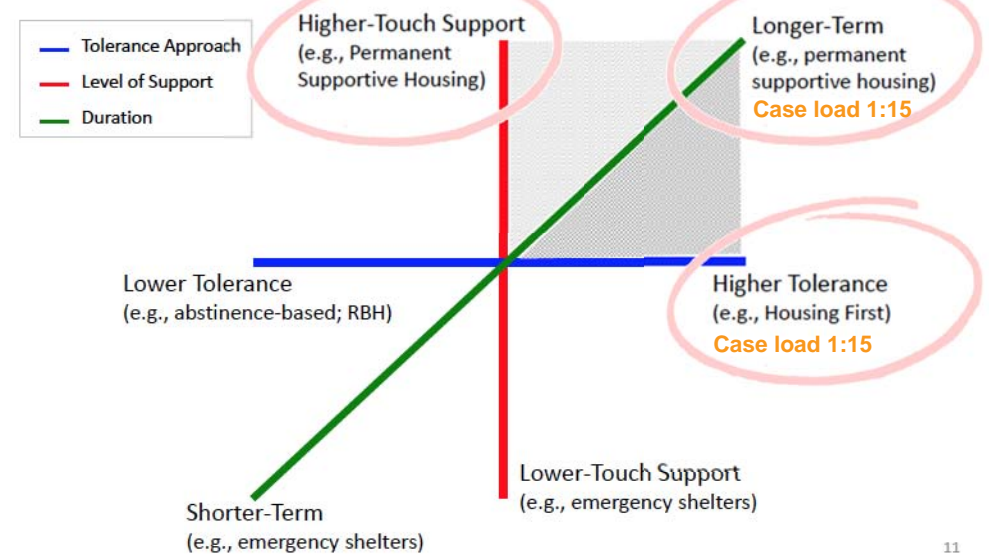
### Pathways to Services & Housing for Hospital Frequent Users Experiencing Homelessness in Los Angeles County



### Integrating Housing into the Specialty SUD System



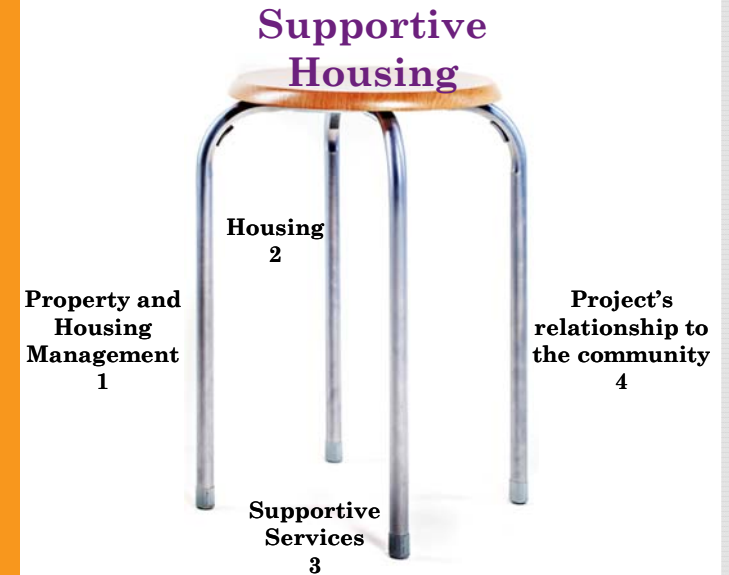
### Continuum of Housing for Patients in Recovery – People with SUDs have different housing needs & preferences



What is Permanent Supportive Housing?

**Decent, safe, and affordable**  
**community-based housing**  
 that provides residents with **the rights of tenancy**  
 under state/local landlord tenant laws  
 and is linked to  
**Voluntary, flexible support and services**  
 designed to meet residents' needs and preferences.

How do you describe supportive housing?



How do you describe supportive housing?

Permanent

Affordable

Independent

Flexible

Voluntary

Tenant-Centered

## High Quality Supportive Housing

A variety of housing models exist with common factors including:



*Located in within safe neighborhoods with close proximity to:*

- transportation
- employment opportunities
- services
- shopping, recreation and socialization.



*Tenants have a lease identical to those of tenants who are not in supportive housing.*



*Services are voluntary and consumer-driven. They focus on ensuring that tenants can obtain and thrive in stable housing, regardless of barriers they may face.*

*The housing and its tenants are good neighbors, contributing to meeting community needs and goals whenever possible.*

# Does Supportive Housing Work?

Supportive Housing Outcomes



# Does Supportive Housing Work?

## YES!

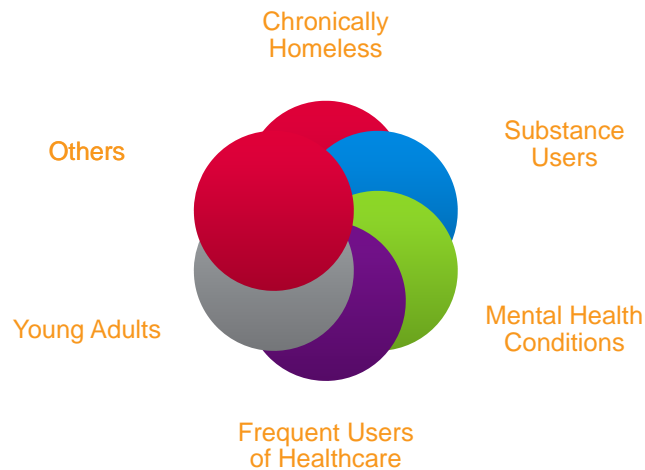
Supportive Housing Outcomes



Supportive Housing Outcomes

State of the Literature 2002-2016

There are at least 32 known studies from 2002-2016 that focus on various subpopulations in supportive housing.



[Link to Supportive Housing Studies](#)

Supportive Housing Outcomes

Supportive Housing Improves Lives



Housing stability



Employment



Mental and physical health



School attendance





## Supportive Housing Outcomes

Supportive Housing Generates Cost Savings to Public Systems, including decreased use of...



Homeless shelters



Hospitals



Emergency rooms



Jails and prisons



## Supportive Housing Benefits Communities

## Supportive Housing Outcomes



Improves the safety of neighborhoods



Beautifies city blocks



Increases or stabilizes property values over time



# SUCCESS

## Supportive Housing Outcomes

Tenants have social and community connections.

Tenants stay housed.

Tenants improve their physical and mental health.

Tenants increase their income and employment.

Tenants are satisfied with the services and housing.



## Supportive Housing Models

### Single Site



### Scattered Site





# Scattered Site Model

## Build



## Lease



## Scattered Site



# Targeting: Supportive Housing vs. Other Models



## Market Rate Housing

- Those who can pay market-rate rent without a subsidy



## Affordable Housing

- Low-income
- Prioritization can happen for sub-populations



## Perm. Supportive Housing (PSH)

- Very vulnerable
- Chronically homeless



## Rapid Rehousing (RRH)

- Most homeless families
- Newly homeless



## Transitional Housing (TH)

- Non-disabled, high barrier
- Desire structured treatment



## Emergency Shelter (ES)

- Interim housing <30 days while waiting for housing



## Prevention

- Targets those at-risk who actually enter system

# How Supportive Housing Differs

Housing Type	Emergency Shelter	Transitional Housing	Rapid Rehousing	Permanent Supportive Housing
Agreement	House Rules	Program Agreement	Lease or Sub-Lease	Lease or Sub-Lease
Living Arrangements	Congregate Living	Congregate Living or Single Site	Scattered Site	Single or Scattered Site
Time Limit	Short-Term	Time Limited 24 months	Short-Term	<b>Permanent</b>
Typical Service Delivery	Limited access to services	Directed, required, intensive services	Tailored, tapered services	Tailored, <b>comprehensive service package</b>
Operations	Nonprofit Provider serves as service and property manager	Nonprofit Provider serves as service and property manager	Private Landlords with services delivered by provider.	Various Property Managers/ Owners; Nonprofit Service Provider

# Key Components of Supportive Housing



1  
Targets  
households  
with multiple  
barriers

### Supportive Housing is for people who are...



Chronically homeless



Homeless



At risk of  
homelessness



Cycling through  
systems



Exiting institutions

### Common Misconceptions: Section 8

2  
Provides  
unit with a  
lease

Who **MUST** be  
screened out by  
Housing  
Authorities for  
public housing and  
Section 8  
programs?

- Individuals subject to lifetime registration under a state sex offender registration program.
- Individuals convicted of the manufacture or production of methamphetamine in federally assisted housing.
- Housing Authorities have discretion for other issues related to criminal histories or drug-involvement.

3  
Housing is  
affordable

### Access through Affordability



3  
Housing is  
affordable

### Access through Affordability



Unit renting for \$750 per month  
Tenant receives \$721 in disability assistance  
Maximum tenant contribution = about \$261

## What are voluntary services?

4  
Engages tenants in flexible, voluntary services

### What are voluntary services?

Participation in services is not a condition of tenancy.

Services are voluntary for tenants...not staff.

Staff must work to build relationships with tenants.

Emphasis is on user-friendly services driven by tenant needs and individual goals.

## Housing First

4  
Engages tenants in flexible, voluntary services



House tenants first - without preconditions



Keep them housed



Form effective service relationships



5  
Coordinates among key partners



Supportive Housing

Tenants sustain stable housing



6  
Supports connecting with community



Units Located in Safe Neighborhoods



Transportation



Employment Opportunities



Services



Shopping, Recreation, Socialization



# HOUSING FIRST



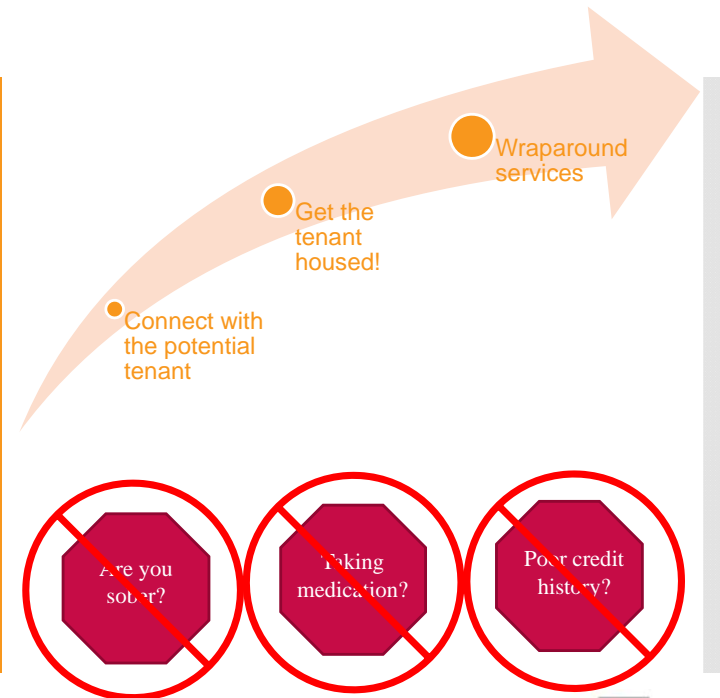
# What is Housing First?

Two Central Premises

Quick re-housing

Housing focused, voluntary services

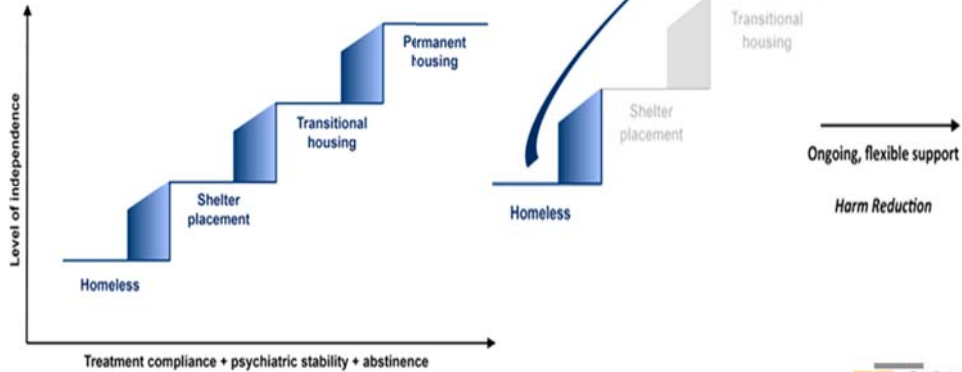
Taking out the Housing Ready "stuff"



# Access to Homeless Assistance Resources

## Housing First Approach

### Traditional Approach



What's the evidence?

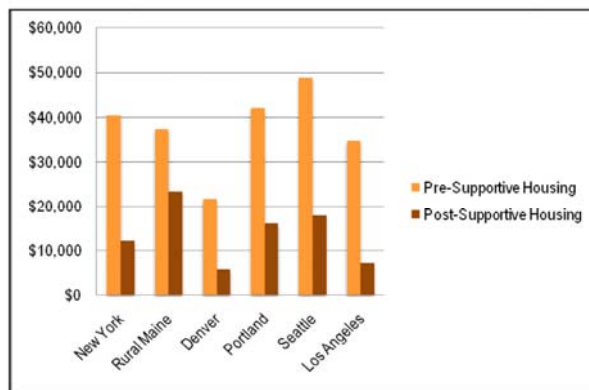


### Housing First Works!

- Housing retention rates of 75% - 80%
- Fewer hospital visits by participants
- Reduced involvement in criminal justice system
- Greater satisfaction from participants

## Supportive Housing Outcomes

Cost studies in six different cities found that supportive housing results in decreased use of expensive homeless shelters, hospitals, emergency rooms, jails and prisons.



Per-Person Annualized Cost of Public Services Before and After Entering Supportive Housing

## Housing for Health Outcomes (n=890)

Rand Evaluation 2017

### LA County public system savings

Emergency room visits decline by **66%**



Inpatient admissions decline by **76%**



Use of detox residential facilities decline by **57%**



More than **96%** stay housed for at least one year





# What are the benefits?

55

## Seven Key Principles: Housing First

### Direct access to housing

- Move people into housing directly from streets and shelters without preconditions of treatment acceptance or compliance;

### Robust services

- The provider is obligated to bring robust support services to the housing. These services are predicated on assertive engagement, not coercion;

### Voluntary services

- Continued tenancy is not dependent on participation in services;

### Targets most vulnerable

- Units targeted to most disabled and vulnerable homeless members of the community;

### Embraces harm-reduction

- Embraces harm-reduction approach to addictions rather than mandating abstinence. At the same time, the provider must be prepared to support resident commitments to recovery;

### Lease

- Residents must have leases and tenant protections under the law;

### Multiple Models

- Can be implemented as either a project-based or scattered site model.

## Client choice

"you shouldn't be forced to do something you don't want to do. And there's certain groups that they've had in the past you know that I didn't like and it didn't have nothing to do with me or my situation, so I wouldn't go. Why waste my time?"

Promoting choice in service participation promotes a sense of responsibility and increases learning.



## Housing First: A person centered approach that can accommodate individual needs

### Consumer Centered

My dog comes with me

Me and Ana go together or we don't go at all

Is it possible to get an extra room so my kids can visit?

Can I look at another unit that doesn't have stairs?

I want to decorate my place myself





## Taking out the Housing Ready “stuff”

What do you need to know to house someone?

Why do you reject applicants?

How long does your process take?

Does your program serve the homeless of your community today?

Are your entrance criteria as open as possible?  
When was the last time you looked at them?

Do the staff understand the applicant stress points at application and during the process?

Does an applicant get enough information to understand how this PSH will help them stay housed?

## Key Practices in a Housing First Strategy

Simple application process for screening people in

Housing is permanent

Standard lease agreement

Re-housing to avoid eviction is to be anticipated

Services are available to promote housing stability and well-being

Housing not contingent on compliance with services.

Most effective with a low client-to-staff ratio

Incorporates a Harm Reduction approach

## Leases in Supportive Housing

### Why are leases important?

- Consumer holds a lease for the unit.
- Leases should be renewable, 12-month lease agreements, similar or the same as in the private rental housing market.

conveys an...  
which one party  
lease agreement  
rent property f  
guarantees th  
lar payr

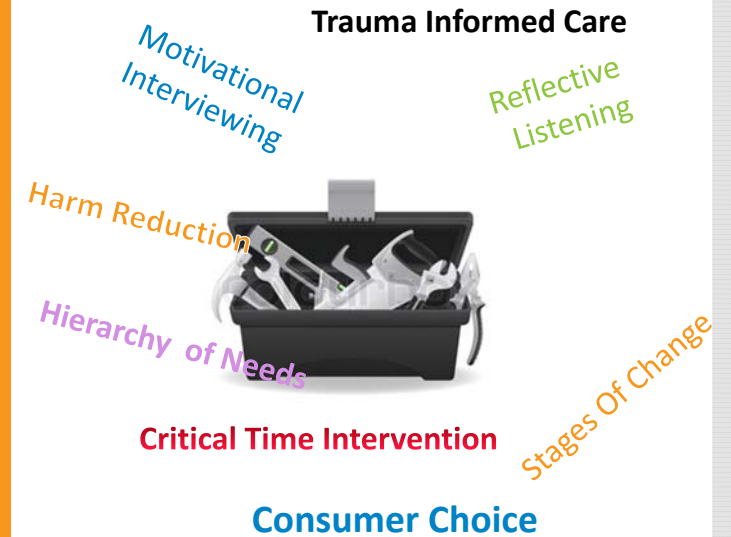
## HARM REDUCTION



## Exercise - Introspection

1. How much time elapsed between the start of the behavior and the first time you recognized a risk or negative consequence?
2. How much time elapsed between the time you noticed the risk or negative consequence of your behavior and the first time you made an attempt to change the behavior?
3. Have you ever experienced a relapse of your undesired behavior?

## Healing Arts Tools



## Philosophy

"The philosophy of harm reduction promotes and supports the right of people who use substances and engage in other risky behaviors to be treated with dignity and respect; their right to exercise self-determination related to use; and their right to expect and receive collaboration in therapeutic relationships."

- Midwest Harm Reduction Institute

## Harm Reduction Defined

- Harm reduction is a set of **practical strategies that reduce negative consequences of drug use**, incorporating a spectrum of strategies

safer use → managed use → abstinence

- Harm reduction strategies meet drug users "**where they're at**," addressing conditions of use along with the use itself
- Belief in limiting risk

## Harm Reduction Core Principles

Individuals have a voice

The focus is on reducing harm, not consumption

There are no pre-defined outcomes

The individual's decision to engage in risky behaviors is accepted

The individual is expected to take responsibility for his or her own behavior

The individual is treated with dignity

Midwest Harm Reduction Institute

## What Harm Reduction Is NOT:

Means of Enabling

Anything Goes

Hook into Traditional Tx

Passive



Source: Heartland Health Outreach, Midwest Harm Reduction Institute

## Techniques

Identify the harm that the use is causing

Focus on safety

Focus on behaviors secondary to use

Plan an intervention strategy

## Harm Reduction Intervention Examples

Needle Exchange

Alcohol Monitoring

Methadone or substitution therapy

Use reduction

Condoms

Screens or rubber tubing on crack pipes

Getting off bus two stops early and walking

Switching timing

Paying rent before buying substances

Changing use patterns

Groups or treatment w/Harm Reduction focus



## Harm Reduction Strategies (Even when your client isn't engaged!)



## Substance Use Management

- What is the goal (benefit) of your use?
- What harms have you experienced in the past that you'd like to avoid?
- What action steps can you take to avoid these harms?

## Overdose Risks



**Increase in tolerance increases overdose risk**



**Loss of tolerance increases overdose risk.**

## Overdose Prevention



## Other Harm Reduction Interventions

Alcohol Management

On-Site Needle Exchange

Pipes vs. IV use

Medication Assisted Tx.

Harm Reduction Groups

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## Alcohol Management

Alcohol treated like medication

Avoid life threatening withdrawal

Limit acute over intoxication

Avoid non-beverage alcohol

Findings are promising

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## Medication-Assisted Treatment: Alcohol and Opiates



## Medication-Assisted Treatment: Alcohol and Opiates



## Tenancy Skills

- **Tenant training** about their lease: rights and responsibilities.
- Most common problems:
  - Too many guests
  - Noise
  - Non-payment of rent
- **Helpful Tips:**
  - Label TV and stereo at desired sound levels
  - Does tenant feel comfortable asking guests to leave
  - Connect resident to community activities
  - Establish a relationship with a fair housing program/legal center

## Harm Reduction Resources

- Harm Reduction Coalition (Oakland) Training Institute Jan- March 2014. [www.harmreduction.org](http://www.harmreduction.org)
- Zur Institute Online Course Harm Reduction: The Growing Paradigm in Substance Abuse Treatment. [http://www.zurinstitute.com/harm\\_reduction\\_resources.html](http://www.zurinstitute.com/harm_reduction_resources.html)
- Harm Reduction Therapy Center Publication: *Harm Reduction in Housing & Residential Treatment Settings: Housing First & Do No Harm*, Patt Denning, PhD and Jeannie Little, LCSW <http://www.harmreductiontherapy.org/sites/default/files/Harm%20Reduction%20Housing%202011%20DenningLittle.pdf>

## Other Clinical Tools

- Motivational Interviewing
- Trauma Informed Care
- Critical Time Intervention
- Building Community
- Wellness Centers

## Non Clinical Tools





**Table discussions  
by  
Service  
Planning  
Area (SPA)**

- ❖ **How do SAPC agencies in the SPA refer clients to CES currently?**
  - What are the barriers?
- ❖ **What partnerships between SAPC providers and CES agencies currently exist?**
  - What are the opportunities?
  - What are the barriers?
- ❖ **What are your next steps?**
  - ❖ Local CES monthly meetings (schedule)
  - ❖ Ongoing trainings for SAPC staff?

field-based services?  
assessment?  
health homes?

**Build the  
Relationship**

- ❖ What are your next steps?

