



You're Housed Now What?

ShelterCare: Kendra Wright & Emma Swanson
with Jackie and Brittany



Presentation Overview

- Learn about barriers people face to maintaining housing
 - activity
- How Peer Support can help people on their post housing journey
- Share interventions to help people stay housed



ShelterCare Programs Overview

- **Housing Services:**
 - Homeless prevention program
 - Outreach to homeless individuals
 - Short term housing
 - Permanent Supported Housing
- **Behavioral Health Services**
 - Counseling, case management, peer support and community health worker
 - Residential (Garden Place) and Community Based
- **Uhlhorn Day Program**
 - Life enrichment for senior and adults with disabilities



Behavioral Health PSS

- Support consumers with a severe and persistent mental illness
 - part of a care team of providers: Counselor, Case Manager, Community Health Worker
- Work with consumers to implement social and behavioral health skills
- Connect to resources in the community
- Bill medicaid



Permanent Supported Housing PSS

- Work with homeless individuals with a severe mental health diagnosis
- Part of the State Rental Assistance (SRA) grant- 2 programs
 - Work in partnership with a housing specialist to help people find and maintain housing in the community
 - Master lease (ShelterCare sublets to client) or grant subsidized apartment
 - Do not bill health insurance
- Help participants connect with behavioral health providers, work on increasing income and facilitate access to other community resources
- Participant ideally move on to other more secure/guaranteed housing



Housing First Model

- No conditions to housing
 - Participants do not have to sober, actively participating in behavioral health services, be employed or have completed renter's education programs to be housed
- Belief that participants can address their other issues/goals more fully after they have been safely housed
- Supportive services are offered but housing is not conditional on participation in them



Activity Introduction

Activity is based on ALICE (Asset Limited Income Constrained Employed) game.

5 groups, each group will receive different scenario, read through it in your group

You will play the game as if you are the individual described in the scenario

Each scenario will be provided with a different number of green chips, you will place chips on the board in columns representing different household expenses. Put chips in one square per column, each column should have a square filled.

There may be unexpected expenses or extra income throughout the month. There are squares on the top of the game board for savings, extra expenses or if you accrue debt. Red chips represent debt you owe. 1 Green or Red Chip is equal to \$50. There are a few white chips that represent \$0 if you chose a square that is free (0 Chips)

We will play 3 rounds of the game.



Scenario 2

Francis is 42 year old individual living on \$775 a month from SSI. Francis cannot work due to symptoms associated with bi-polar I disorder and social anxiety. They receive \$120 a month in food assistance. They are also currently paying \$200 a month in court costs related to restitution and fines for theft charges. Francis has been self-medicating with meth to help relieve the depressive state of their bipolar disorder. Francis is housed through Section 8, they contribute one third of their income towards rent. After rent and utilities Francis has \$550 in discretionary income, represented by 11 'chips'.



Scenario 3

Jim is 60 years old and receives \$1,200 a month from Social Security Disability. He is unable to work due to a spine condition and symptoms from Schizoaffective Disorder. He lives in an apartment subsidized by the SRA grant. He pays \$350 a month in rent, utilities included. Jim has a history of substance use and currently struggles with gambling addiction. After paying rent each month he has \$850 left to spend or save, represented as 17 'chips.'



Scenario 4

Ellie is a 24 year old single mom with 2 children, a girl who is 2 years old, and a boy who is 5 years old. She receives \$500 a month in Temporary Assistance for Needy Families (TANF), \$500 in food assistance and WIC checks. Her and her family qualify for Medicaid coverage. Jane is living in a 1 bedroom apartment in a state rental assistance subsidized apartment that she pays \$50 a month for. In addition to her human family she has an emotional support animal, a boxer mix named Sunny, who helps her manage her PTSD and Generalized Anxiety Disorder symptoms. After paying her rent Ellie has \$450 to spend represented by 9 'chips'.



Scenario 5

Kent is a 29 year old single dad who makes \$880 a month working a part time minimum wage job with tips \$150. He has a 2 year old daughter and they are both insured through the Oregon Health Plan (Medicaid). He receives an Employment Related Day Care subsidy so his monthly costs for day care are \$125 and he receives \$275 in food assistance. He rents a 2 bedroom apartment in low income housing that he pays \$280 a month for. Kent has been sober off meth for 18 months. Kent receives mental health services to help manage symptoms related to ADHA and Bipolar 1. The mother of Kent's daughter is still using and occasionally tries to see her daughter, she has a no contact order for non-compliance. After paying rent Kent has \$600 left to spend represented as 15 'chips'.



Activity Debrief

Universal emergency root canal- how did each group respond?

What are some barriers people face in maintaining their housing?

Were there some barriers the activity did not address

How do you think a PSS could have helped an individual navigate some of the barriers the activity brought up?



Interventions

How do we support people in maintaining their housing?

How do our roles as peers come into this work?