

Supportive Housing

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What I will cover

- Brief history of homelessness and its causes
- The origins of supportive housing
- What is supportive housing?
- Why the need for supportive housing?
- Who is supportive housing designed to serve?
- Qualities of an effective supportive housing case manager

Homelessness

- Five major periods of increased homelessness
 - Colonial Era
 - Urbanization
 - Industrial Period
 - Great Depression
 - Contemporary Period (beginning in the late 1970's)
- Each period (except the Contemporary Period) saw a drop in homelessness as a result either war, an economic boom, or both

Contemporary Homelessness

The rise in homelessness beginning in the 1970's reflected changes in the economy, reductions in affordable housing and the deinstitutionalization of psychiatric patients.



Stagflation

- 1981 – 1986 Factories close
 - 10.8 million factory workers lost their jobs
- Loss of higher paying union jobs and increase in low wage service jobs
- 1980 – 1983 Federal programs for the poor cut
 - 140 billion in domestic spending cuts to HUD, unemployment, food stamps, family welfare programs

Loss of Affordable Housing

- Cage hotels demolished
- More than one million SRO units were lost during 1970's nationally
- 1973 – 1993 2.2 million low-rent units were lost
- HUD stopped building public housing



Deinstitutionalization

- 1960
 - Approximately 11,000 patients with mental illness in the 11 State hospitals in Minnesota
- 1984
 - There were just over 1,000 patients left
- 84% drop
- Nationally between the 1950's and 1981 550,000 down to 125,000
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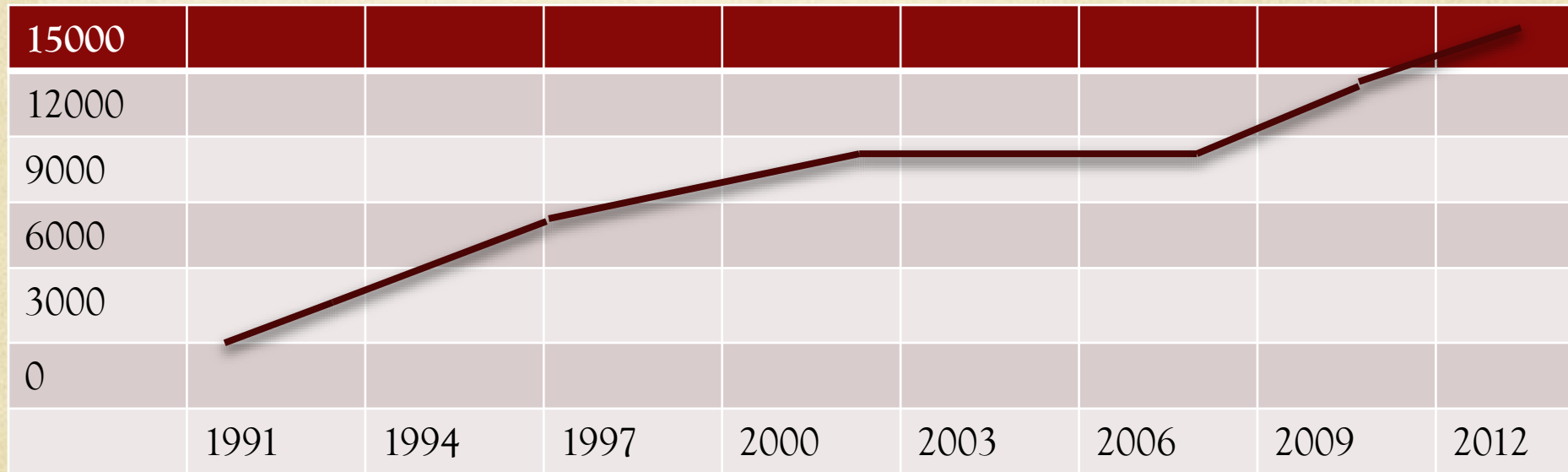
Other factors

- Vietnam war ended in the early 1970's
 - Over two million soldiers served in that war
- Changes in the family structure
 - Divorce rates rising creating more single parent homes
 - Harriet Tubman opened in 1976 (the 3rd domestic violence shelter in the US)
- Transinstitutionalization

Pay gap between the Average Worker and CEO

- In 1980, the gap between the highest and average paid worker was 42:1
- By 2000, the ratio spiked to 531:1
- In 2015, the ratio was approximately 300:1

Number of People Experiencing Homelessness – Wilder Study



Minnesota 1991 - 2012

2012 – 10,214 counted – 14,057 estimated

2015 – 9,312 counted – perhaps 13,000

Not enough housing for everyone

- Estimates are that 580,000 people are homeless in America (HUD)
 - Poor people without a safety net
- There are 29 units of affordable housing for every 100 extremely low income families (Urban Institute)
- In MN there has been no net increase in affordable housing in the past 25 years (AEON)
- Affordability (MHFA)
 - From 2000 – 2016 purchasing power decreased by 12%
 - Gross rents increased in 2015 by 7%

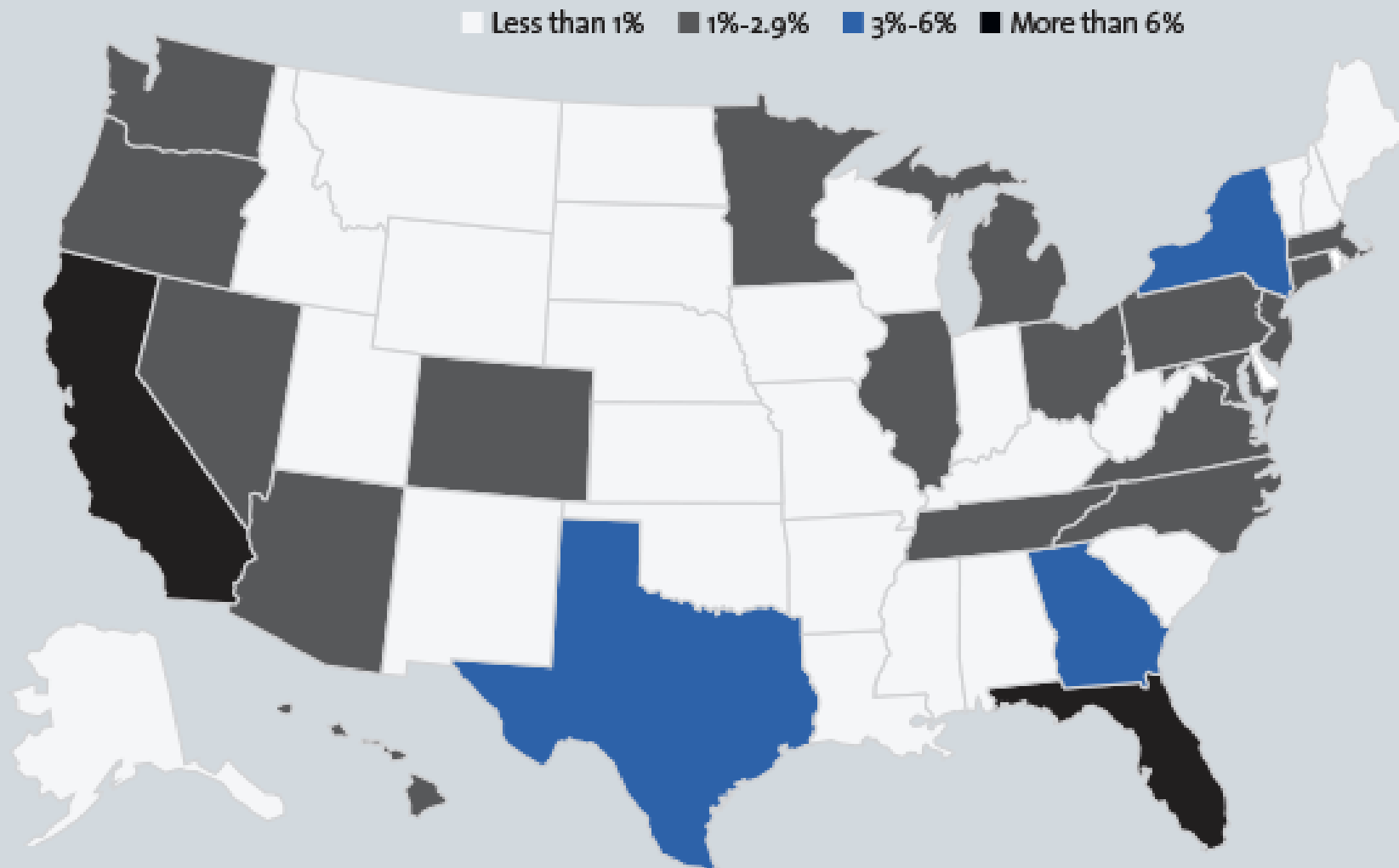
Housing for very vulnerable, poor, disabled people

- Serious mental illness
- Alcoholics/chronic inebriants
- People with co-occurring disorders (chronic medical conditions, mental, and substance use disorders)
- Traumatic brain injury
- Intellectual disabilities
- Spectrum disorders (autism to asperger's)
- HIV/AIDS

Federal - Chronically Homeless

- Either
 - (1) an unaccompanied homeless individual with a disabling condition who has been continuously homeless for a year or more, OR
 - (2) an unaccompanied individual with a disabling condition who has had at least four episodes of homelessness in the past three years.”
- Nationally, 15% (85,000) are chronically homeless costing taxpayers \$30,000 to \$50,000 annually (Interagency Council on Homelessness)

Chronic homelessness is concentrated in a few states:



Source: The 2014 Annual Homeless Assessment Report (AHAR) to Congress

Mother Jones

Minnesota

- Long-Term Homelessness. ... Individuals, unaccompanied youth, or families with children lacking a permanent place to live continuously for a year or more or at least four times in the past three years.
- In MN, those fitting the definition of long-term homeless (2015 Wilder)
 - Singles 63% (in 2003 53%)
 - Families 53% (in 2003 33%)

What is Supportive Housing

- Supportive housing is a combination of housing and services intended as a cost-effective way to help people live more stable, productive lives
- Supportive housing is widely believed to work well for those who face the most complex challenges



History of Supportive Housing

- 1977 Project FIND in New York serving the needs of low income seniors
- 1981 Two New York Franciscan priests John McVean and John Felice
 - With private funding renovated a 97 unit building for mentally ill persons
 - Provided support services on site
 - Created the prototype for what would be called “Supportive Housing”
- 1987 McKinney-Vento Homeless Assistance Act
Supportive Housing Program, Shelter Plus Care Program, Single Room Occupancy Program, and the Emergency Shelter Grant Program, Continuum of Care Programs

Two forms of Supportive Housing

- **Site-based:** A designated building where each individual or family has a private living quarters and may share kitchens and/or common recreational rooms or other facilities.
- **Scattered-site:** units in apartment buildings spread throughout a neighborhood or community that are designated for specific populations, accompanied by supportive services

Principles of Supportive Housing (MHFA)

- Permanence and Affordability:
- Safety and comfort
- Support services are accessible and flexible
- Target is housing stability
- Empowerment and independence
- The hallmark of supportive housing is the ability to adapt services to meet the various needs of tenants.

Supportive Housing Services

- Case management
- Educational, vocational and other recovery-oriented services
- Medication management and counseling
- Assistance in gaining access to government benefits
- Referrals to medical services, mental health care and treatment for drug and alcohol use
- Recommendations for other needed services, such as legal support

Housing First

- Sam Tsemberis in 1992
- Provided housing to 242 chronically homeless persons
- After 5 years 88% were still in their apartments
- Cost was less than if caring for them on the streets

Housing First

"The old model was well intentioned but misinformed. You actually need housing to achieve sobriety and stability, not the other way around."

Sam Tsemberis

Sam Tsemberis

"Housing First provides a new sense of belonging that is reinforced in every interaction with new neighbors and other community members. We operate with the belief that housing is a basic right. Everyone on the streets deserves a home. He or she should not have to earn it, or prove they are ready or worthy."

Cost of Homelessness in MN

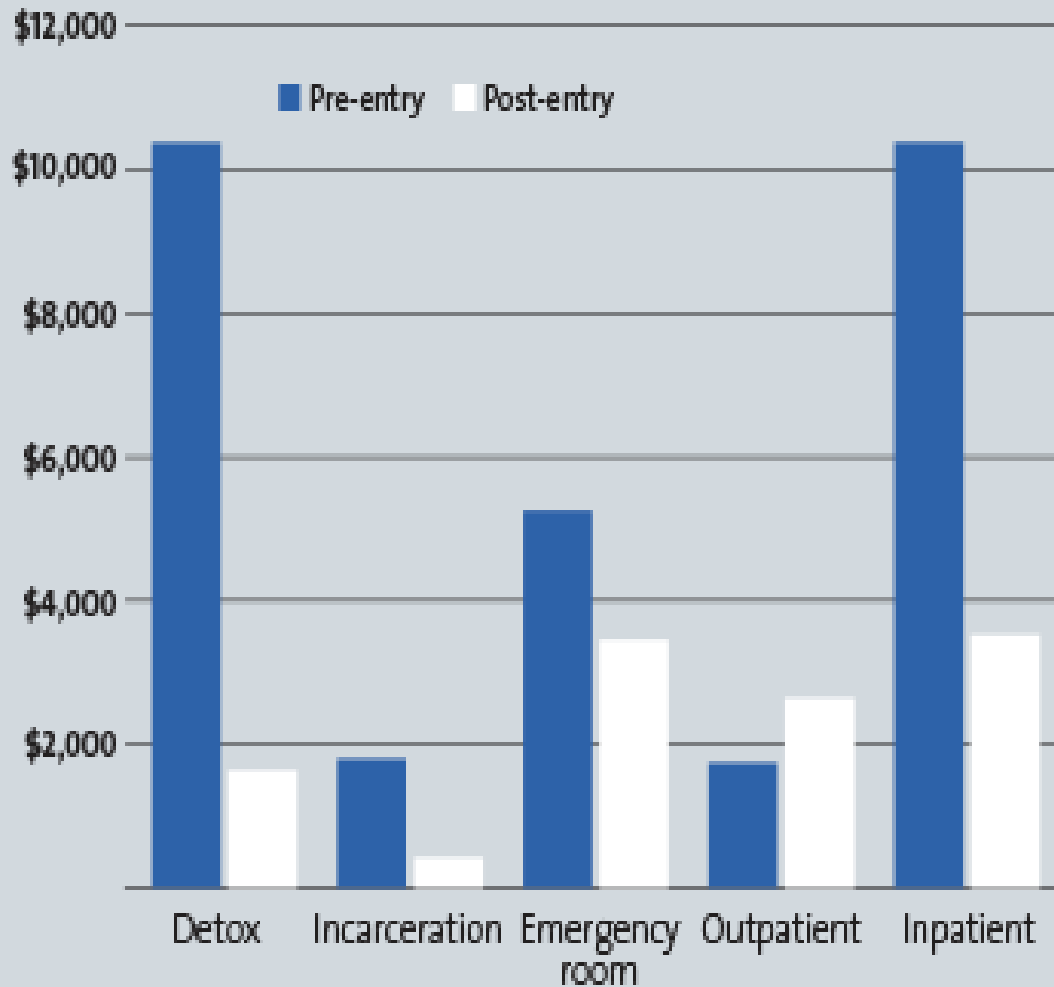
- COST PER NIGHT:
 - Apartment: \$20
 - Homeless Shelter: \$32
 - Detox unit: \$192
 - Jail: \$363
 - It costs \$4,970 to deliver public services to one family experiencing homelessness, while it costs only \$472-750 to prevent the family from becoming homeless.

Minnesota Cost of Supportive Housing

- In MN the cost for supportive housing is approximately \$20,000 per year.
- Return on Investment is 1.32 to 1

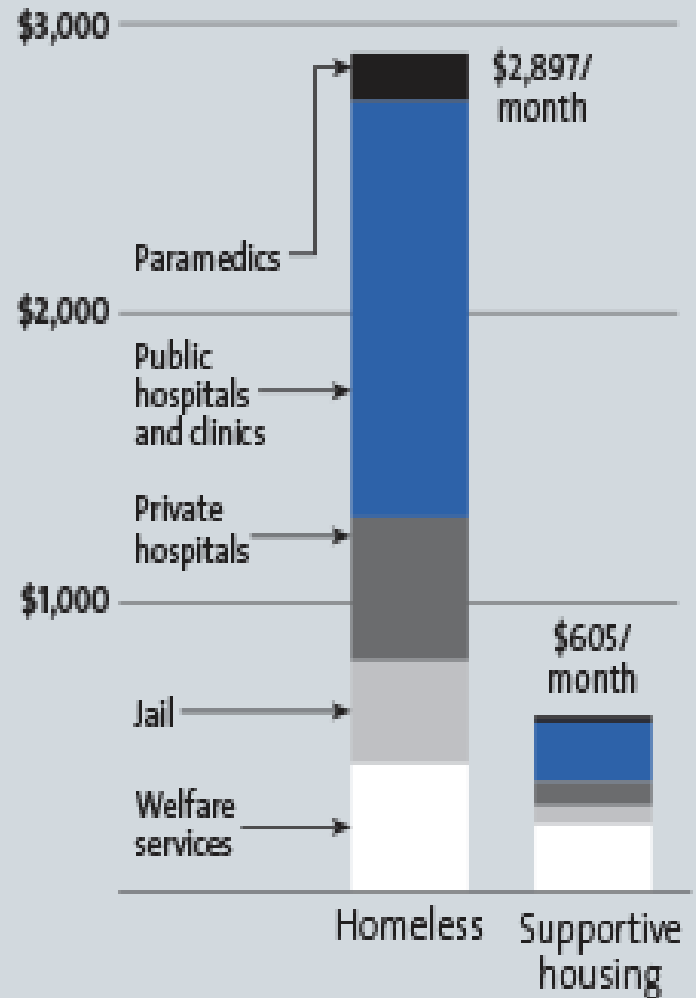
(Wilder Research, 2012)

Housing First saved Denver \$17,858 per person over 2 years in these costs alone:



Sources: Colorado Coalition for the Homeless, Economic Roundtable

A person on LA's Skid Row costs 5 times as much as one in Housing First:



Mother Jones

Supportive Housing Goals

- Move people experiencing long term homelessness into affordable, permanent housing;
- Promote housing stability with support services necessary to improve their wellbeing, such as employability, self-sufficiency, and other positive social outcomes; and,
- Reduce the social costs associated with homelessness such as inappropriate use of emergency health care, shelter, chemical dependency, corrections, etc.

Minnesota Housing

Group Residential Housing

- The Group Residential Housing (GRH) program pays for room and board for seniors and adults with disabilities who have low incomes.
- There are more than 5,765 licensed or registered settings that qualify as group residential housing. About 4,260 of those are adult foster care homes.

Examples of Site-Based Supportive Housing Programs

- Anishinabe Wakiagun
- Emanuel Apartments
- Lindquist Apartments

Anishinabe Wakiagun



RS Eden - Emanuel Apartments



Lindquist Apartments



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Clinical Training, Research, and Innovation