

Finally Housed! Now what?

Challenges facing the newly housed.



Your turn first

- ▶ You've been on the streets 14 months.
- ▶ Learned to survive
- ▶ You know who has your back
- ▶ You know where to get your food
- ▶ You know where you can stay without getting asked to move
- ▶ You know which friends you can stay with for a night or 2
- ▶ You know how to 'outsmart' the law

SINCE YOU WALKED INTO THIS ROOM,
YOU'VE BEEN GIVEN A SET OF KEYS, NOW
WHAT?

Let's break it down!

Small stuff first!

- ▶ ID's
- ▶ Poor rental history, Credit checks, Criminal charges, etc.
- ▶ Accessibility to beds, furniture, and household goods
- ▶ Skills to contact a landlord or complete an application
- ▶ Lack of communication devices in an IT world!
- ▶ A MILLION appointments for ALL the needs individuals face
- ▶ Others?

On The Grander Scale:

- ▶ Lack of affordable housing
- ▶ Limited number of landlords that accept subsidized housing
- ▶ Lack of contingency funds
- ▶ Unauthorized guests: Personally and legally
- ▶ Lack of education within in the communities
 - ▶ Not on the streets, but not as my neighbor
 - ▶ Others?

Let's get personal Stories and Comments:

- ▶ "I miss my friends, they are my family"
- ▶ "The walls are closing in on me, thanks, but I still need to sleep outside"
- ▶ "I'm not worthy of being housed." or "I'm sure I'll mess this up"
- ▶ "I need to help my friend, they helped me out when I was in need."
- ▶ "I'm so scared of when the other shoe will drop"
- ▶ " "I just hung up my pictures to decorate, I'm convinced I can do this now." (Note: this is 2 years after moving into an apartment. Individual had been homeless for over 5 years.)



Slide 5

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Let's get personal what's it like to go from homeless to housed?

- ▶ Decreased autonomy with increased daily responsibility
- ▶ Trauma and it's impact on getting housed
 - ▶ Needing secured entrance, location, neighbors
- ▶ Trauma and it's impact on staying housed
 - ▶ Triggers, increase anxiety and fear, misunderstood by others
- ▶ Human experience in being housed
 - ▶ Loneliness, fear of failure, claustrophobic, loss of social status



Slide 6

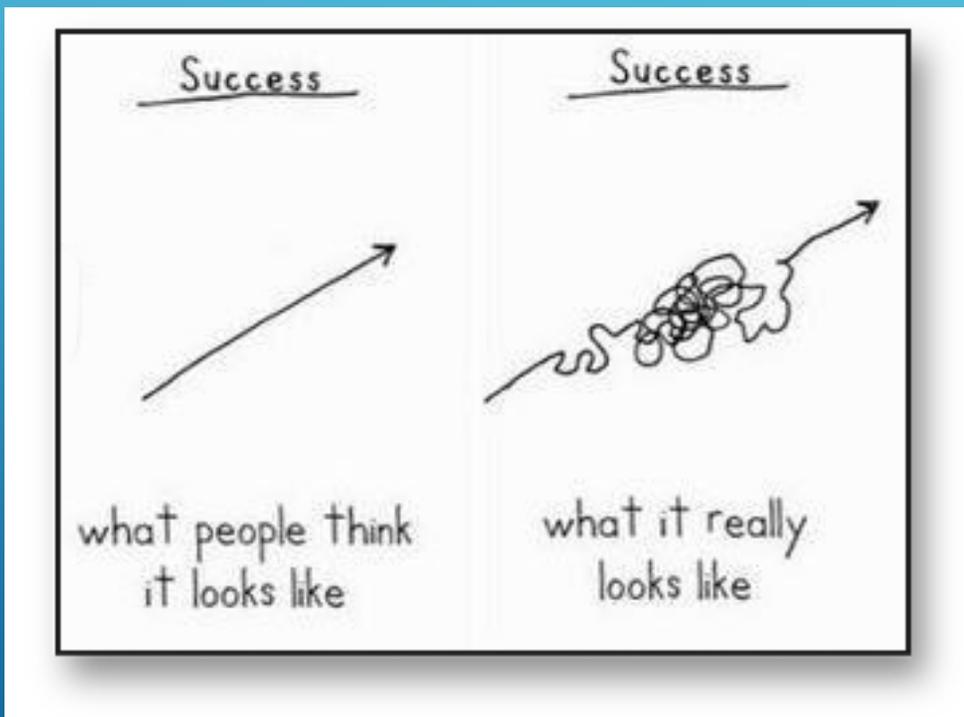
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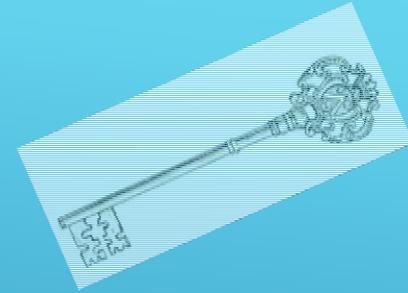
Neighbor and Landlord Experience

- ▶ Eating or sleeping too much or too little
- ▶ Pulling away from people and usual activities
- ▶ Having low or no energy
- ▶ Feeling numb or like nothing matters
- ▶ Having unexplained aches and pains
- ▶ Feeling helpless or hopeless
- ▶ Smoking, drinking, or using drugs more than usual
- ▶ Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- ▶ Yelling or fighting with family and friends
- ▶ Experiencing severe mood swings that cause problems in relationships
- ▶ Having persistent thoughts and memories they can't get out of their head
- ▶ Hearing voices or believing things that are not true
- ▶ Thinking of harming themselves or others
- ▶ Inability to perform daily tasks like taking care of kids or getting to work or school
- ▶ Isolating
- ▶ Hygiene may decompensate
- ▶ Be 'short' or show 'attitude' if they are frustrated
- ▶ Late fees
- ▶ May not be trusting of anyone
- ▶ May have complaints of things being wrong, or people overhearing conversations, cameras in smoke detectors, etc.
- ▶ May seem a little "off" when you see them

Keys to success



Key 1: Supporting Individuals



Participant Support:

- ▶ Person Centered
- ▶ Housing First
- ▶ Motivational interviewing
- ▶ Physical and behavioral health services
- ▶ RentWise
- ▶ Peer support
- ▶ Employment services
- ▶ Housekeeping
- ▶ Budgeting
- ▶ Build communication skills
- ▶ Cover the Basics in a normalized way: turning off stove, locking doors, knowing guest, how loud to play music
- ▶ Landlord laws
- ▶ Tenant Rights.

Key 2: Awareness & Response



Landlord Side:

- ▶ Contingency – AKA “we’ll make it right”
- ▶ Easily accessible, reply to landlords need within 24 hours
- ▶ Solution focus
- ▶ Liaison between caseworker and landlord
- ▶ Build transparent relationships with landlord
- ▶ Avoid Eviction process
- ▶ Education regarding Landlord/tenant laws
- ▶ Meet with Nebraska Realtors, etc.

General Community Side:

- ▶ Awareness of process and subsidized housing
- ▶ De-stigmatize mental health
- ▶ De-stigmatize use of subsidy

What do the stats show?

- ▶ A study followed the progress of the Downtown Emergency Service Center (DESC) in Seattle, WA. All the residents at this Housing First-styled residence had severe alcohol problems and varying medical and mental health conditions. When taking into account all costs – including housing costs – the participants in the 1811 Eastlake program cost \$2,449 less per person per month than those who were in conventional city shelters, as described in the article from the Journal of American Medical Association.
- ▶ A study of hospital admissions of homeless people in Hawaii revealed that 1,751 adults were responsible for 564 hospitalizations and \$4 million in admission costs. Their rate of psychiatric hospitalization was over 100 times higher than their non-homeless cohort. The researchers conducting the study estimate that the excess cost for treating these homeless individuals was \$3.5 million or about \$2,000 per person.

National Alliance to End Homelessness. *Cost of Homelessness*. Retrieved March 6, 2017 from http://www.endhomelessness.org/pages/cost_of_homelessness

Stay housed! That's what!

- ▶ Realize their full potential
- ▶ Cope with the stresses of life
- ▶ Work productively
- ▶ Make meaningful contributions to their communities
- ▶ Getting professional help if needed
- ▶ Connecting with others
- ▶ Staying positive
- ▶ Getting physically active
- ▶ Helping others
- ▶ Getting enough sleep
- ▶ Developing coping skills
- ▶ GREAT tenant!
- ▶ Proud of their home
- ▶ Timely rent payments
- ▶ Clean home
- ▶ Grateful for either sticking with them OR giving them second chances!
- ▶ Productive citizen
- ▶ Perhaps someone that will clean up around the community
- ▶ Help others whom are struggling out

NOW WHAT?

- ▶ Bridget Thompson
 - ▶ Region V Systems

- ▶ Denise Packard
 - ▶ UNL Center on Children Family and the Law

THANK YOU!