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 the communities
  - Not on the streets, but not as my neighbor
  - Others?
“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.)
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
Neighborhood 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

- What people think it looks like
- What it really looks like
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
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.

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?

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  - Region V Systems

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THANK YOU!