

# FADAA 2007 Conference

Supporting Recovery: Best  
Practices of Supportive Housing”  
“New Knowledge, New Hope”

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# Presentation Sequence

## ➤ Recovery Context

- Supportive Housing – State & National Best Practices – Dimensions
- Florida Initiatives
- Funding Opportunities – A Few
- Florida Supportive Housing Coalition
- Websites: Resources
- FADAA Member Discussion Q&A

# Substance Abuse Target Groups Who Need Supportive Housing

- Chronic Homeless & Veterans
- Co-occurring Disorders
- IV Drug Abusers
- Single Women with Children
- Youth Transitioning to Adulthood
- Jail Diversion
- Re-entry From Correctional Settings

# Recovery Framework

- Recovery at Home
- Relationship Between Substance Abuse  
“Residential Treatment & Supportive  
Housing Models”
- Outreach, Engagement, Treatment
- Importance of Co-occurring Disorders &  
Becoming Co-occurring Capable

# Recovery Framework

- Evidence-based or Home Grown Model
- Provider-Client Partnerships
- "Social Control" or Supportive Models
- Self-Help Housing (i.e.. Oxford House),  
Self Directed Care Movement
- Aftercare & Continuing Care

# SAMHSA Recovery Components

- Self-Direction
- Individualized and Person Centered
- Empowerment
- Holistic
- Non-Linear
- Strengths-Based
- Peer Support
- Respect
- Responsibility
- Hope

# Common Bond: Olmstead

- The *Olmstead* Decision – 1999
- U.S. Supreme Court held that the unnecessary institutionalization of people with disabilities is discrimination under the Americans with Disabilities Act (ADA)
- States must “plan” for community integration: Florida Supportive Housing Coalition.

# The President's New Freedom Commission on Mental Health

- "The lack of decent, safe, affordable and integrated housing is one of the most significant barriers to full participation in community life for people with serious mental illnesses (including substance use disorders). Today millions of people with serious mental illnesses lack housing that meet their needs".

# Research & Development

- Consumer Preference Surveys
- Federal: Center For Mental Health Services Fidelity Dimensions (Co-occurring)
- CMHS Multi-Site Research Projects
- Publications: "Culhane Study"
- Future SAMHSA Tool kit on Supportive Housing

# Supportive Housing Definition

- For persons with serious mental illnesses and/or substance related disorders
- An array of services to assist persons choose, get and retain housing
- In regular, integrated settings in the community

# What Supportive Housing Is NOT!

- Institutional & Hospital Care
- Restrictive Mental Health or Substance Abuse Residential Treatment
- Nursing Homes
- Large Congregate Segregated Housing
- Assisted Living Facilities (A few exceptions due to zoning)
- Homeless Shelters

# Supportive Housing Philosophy

- People with serious mental illnesses and other disabilities should have the same rights and opportunities as all citizens to choose, get and live in integrated housing
- People should have the right to receive, refuse and direct their own support services or care

# Housing Choice

- Exploration of housing options and preferences
- Degree of assistance offered by the housing provider or support staff
- Choice of units: available setting
- Choice of roommates

# Housing/Services Separation

- Legal separation between housing management and service delivery
- Functional separation – Distinct housing and service staff roles
- Operational – Extent to which service providers are based off-site

# Housing Affordability

- Extent to which tenants/residents pay a reasonable amount of their adjusted (net) income towards rent and utilities
- HUD guidelines = 30% of adjusted income
- Reality = SSI residents often pay 100% of their income towards housing
- Rent subsidies are necessary

# Integration

- Mixed populations in the building or neighborhood
- Avoid the creation of mental health ghettos
- Housing is scattered site
- Large, homogeneous congregate living may mirror mini-institutions

# Supportive Living as a Tenant

- Full legal rights in a tenant-landlord relationship
- Responsibility for lease and normal standards of behavior/conduct
- Independence from “program” rules
- Permanent housing and length of stay is based on choice

# Services & Housing Supports

- Extent to which persons accept or refuse psychiatric services
- The individualized treatment plan directs the level of case management plan – advance directives & choices
- The “program” or services are flexible
- “Life threatening” problems need to be addressed & included in the plan.

# Service Individualization

- Extent to which the housing support services reflect the expressed needs and preferences of residents
- Services are not a “cookie cutter” or standard package for all residents
- Type, location, intensity & frequency of services met changing needs of resident

# Community Based Services

- An array of services is available and accessible
- Residents are satisfied with their linkage to community services
- Crisis services are available 24/7
- Services are “unbundled” from the housing program or management

# Quality – Safety/Structural

- Extent to which the resident feels safe within the unit (In-house)
- Neighborhood safety
- Physical quality of the unit – minor repairs, costs, perceived appearance
- Resident satisfaction

# Social/Recreational

- Extent to which activities are required, planned, provided by the program or encouraged
- Availability of community based resources
- Meals are independently planned and prepared by residents

# Privacy

- Residents have exclusive use of independent living units and their own room in a shared arrangement
- Residents control keys and access
- Landlord abides by standard lease and inspection practices: Program staff encourage good housekeeping
- Guests and families are welcome.

# Core Supportive Services

- Rental Assistance
- Psychiatric Assessment
- Individualized Plan
- Case Management: Flexible
- Crisis Management
- Housing Retention & Counseling
- Representative Payee as Needed

# Core Services Continued

- Assistance with finding available housing according to preferences
- Household set-up: furnishings, deposit, utilities, community resources
- Linkage to mental health, substance abuse & other social services
- Lease/Landlord support if needed

# Housing First: Major Features

- Housing First , Rather Than “Readiness”
- Assertive Community Treatment Team
- Sobriety is Not Required (Yet Encouraged)
- Rent Subsidies Are Essential
- Scattered-site Permanent Housing
- “Do What It Takes to Keep Housing”
- Flexible, Individualized Services

# Co-Occurring Disorders

- Integrated treatment plan
- Abstinence is encouraged
- Illegal substances will jeopardize housing and retention
- Dual Recovery & Self Help Programs
- Supported or integrated employment
- Wet, Damp & Dry Housing

# Wet: Consumer Choice

- This model has been effective in engaging homeless (Pathways-NY)
- Provide independent supportive housing with wraparound (ACT Model)
- Focus on housing retention
- Does the use of substances specifically interfere with retention?
- Pre-Motivational & Motivational

# Damp: Abstinence-Encouraged

- For persons who recognize their need to limit use
- Willing to live in a supported setting where substance use is discouraged
- However, they are not ready or willing to be totally abstinent
- Interventions focus on dangerous behavior not substance use per se
- Motivational enhancement interventions

# Dry: Abstinence-Expected

- Most appropriate for persons with co-occurring disorders who choose abstinence
- Persons who want to live in a sober group or independent setting
- Consequences are focused & temporary rather than “one strike & you’re out”

# Crisis or Contingency Planning

- Expect episodic or situational crisis
- Rewards or consequences for behavior
- Opportunity for teaching-learning
- Housing retention issues – financial management plan – payee if needed
- Healthcare & benefits planning
- Advance directives

# Natural Supports: Essential

- Friends and families (Sponsors)
- Neighbors
- Churches
- Employer – Co-Workers
- Social/Recreational Activities
- Animals-Pets
- Cultural Connections

# Florida: A Few Funding Initiatives

- Work with Homeless Coalitions and Counties
- DCF Funding: Office on Homelessness; SAMH Regional/Circuit Offices
- Florida Housing Finance Corp.
- Leverage with HUD & State Grants
- Florida Supportive Housing Coalition Plan and Forum for Advocacy

# DCF & Medicaid Funding

- Current System: SAMH Regional/Circuit Offices – Supported Housing, Recovery, Community Support or FACT Teams
- Contingency Funds – Rent Subsidies
- DCF Office on Homelessness – Challenge & Housing Assistance Grants
- Medicaid – Certain Procedure Codes
- Managed Care – Psychosocial Rehab.

# Florida: Documents/Plans

- Florida's DCF Strategic Plan for Supportive Housing for Persons with Mental Illnesses – Including Substance Abuse & Co-occurring
- DCF "Guidelines" for Supportive Housing
- Regional/DCF Contracted PATH Trainings Through FMHI (22 PATH Programs)

# Florida Supportive Housing Coalition: Mission

- The Coalition is committed to promoting long-term housing solutions for people with special needs, particularly people who are homeless, have mental illnesses & substance use disorders, other developmental or physical disabilities or special populations in need of housing.
- 2007-2010 Strategic Plan

# Action

- The Coalition is dedicated to advocating for public policy and governmental structures that encourage self-sufficiency, housing choice and community based opportunities for people with special needs.
- The Coalition is a partnership or “Coalition of Coalitions”

# FLSHC Annual Conference

- Common Vision: Housing Solutions for All
- October 24-26, 2007 St. Petersburg
- "State of the State" News
- National Speakers
- Best Practices
- Funding Options
- FADAA Coordinator

# FMHI Co-occurring Training

1. Go to: [www.fmhi.usf.edu](http://www.fmhi.usf.edu)
2. Click on: Educational opportunities
3. Click on: Training
4. Co-occurring Training Series (Free)
5. Go to: Your options, then Enroll in CMH On-line education
6. Student log-in (CEU's Available)

# Websites: Links to Coalitions

- [www.olmsteadcommunity.org](http://www.olmsteadcommunity.org)
- [www.flshc.net](http://www.flshc.net)
- [www.hud.gov](http://www.hud.gov)
- [www.tac.org](http://www.tac.org)
- [www.csh.org](http://www.csh.org)
- [www.endhomelessness.org](http://www.endhomelessness.org)
- [www.samhsa.gov](http://www.samhsa.gov)

# Contact Information

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# Discussion, Questions & Answers

Thank You for Being Here!