



Permanent Supportive Housing: An Opportunity for Transformational Housing

**Housing Iowa Conference
September 8, 2021**

TODAY'S SESSION

This session will:

- Provide an overview of **Permanent Supportive Housing** and how it is a solution to providing affordable and trauma-informed housing, along with supportive services to people experiencing homelessness or housing instability.
- Discuss opportunities to utilize the **American Rescue Plan Act** resources to quickly bring transformational housing that is evidence based and trauma informed, to people who are experiencing homelessness.

BeauxSimone Consulting



- Over 40 years of collective experience working with Tribes, rural and urban communities
- Experience in direct homeless services and affordable housing
- TA providers for HUD
- Under contract with CHFA and DOH in Colorado
- Working with the Sisters of St. Francis – Clinton Franciscans in Clinton, Iowa



Overview of Permanent Supportive Housing

A **cost-effective, outcome-driven and more humane solution** to ending homelessness for families and individuals struggling with addiction, mental health and/or other disabilities who can benefit from and thrive in **subsidized housing with supportive services.**



Housing that is...

Permanent: Not time limited;
not transitional

Affordable: Residents pay no
more than 30% of their income
for rent

Independent as possible:
Resident holds lease with
normal rights and
responsibilities



Who Lives Here?

Families & Individuals who are:

- Homeless, including those living on the streets and in shelters
- Living in overcrowded conditions and/or couch-surfing
- Being discharged from prison or other systems of care
- Living in places not meant for human habitation, i.e., cars, garages, abandoned buildings, etc.



Who Lives Here?

Families & Individuals who have:

- Serious chemical dependency and/or mental health issues who need supportive services to maintain stable housing
- “Burned their bridges” in other housing or service programs b/c of behaviors associated with chemical dependency, mental health or other disabilities
- Frequently utilized emergency services in the community because they lack stable housing



Benefits of Supportive Housing

- Reduces stress caused by doubled-up and overcrowding
- Reduces use of crisis and institutional services
- Produces better outcomes than the more expensive crisis care system
- Significantly reduces recidivism rates
- Ends cycles of homelessness



Supportive Housing is NOT



Guiding Principles

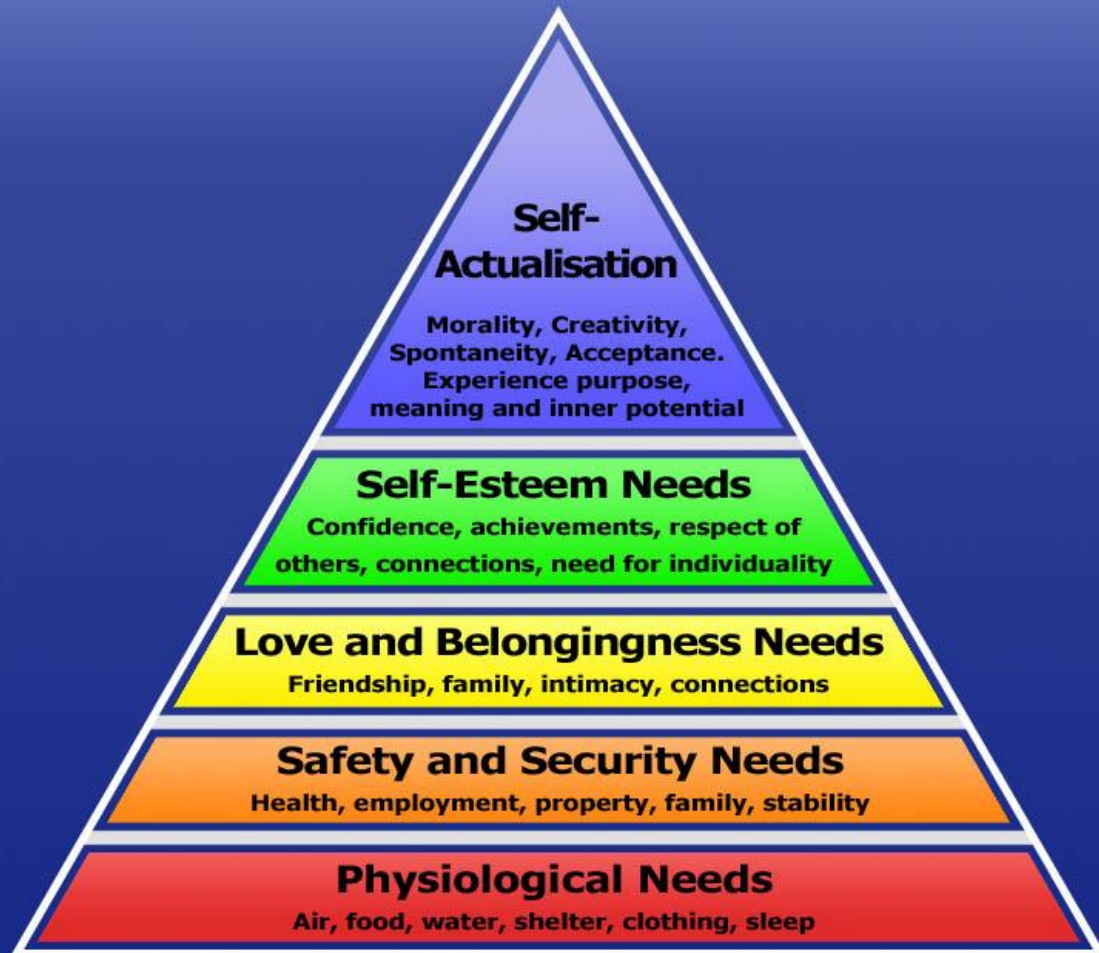
Housing First



Harm Reduction



Housing First



Maslow's Hierarchy of Needs

Housing First an approach that offers permanent, affordable housing as quickly as possible for individuals and families experiencing homelessness, then provides supportive services and connections to the community-based supports [that] people need to keep their housing.

Housing provides a foundation from which a person or family can access the services and supports they need to achieve stability, begin the recovery process, and pursue personal goals.

Basic Philosophy

Homeless is a really bad treatment plan



Housing is a basic human right



Housing First

- People do not need to be “housing ready”
- No one should be denied housing because they did not meet **pre-determined clinical goals** or did not choose to participate in services.
- Housing should never be used to coerce people into services they would otherwise not choose
- Housing and services are interconnected but with separate criteria for operation and evaluation.



Five Principles of Housing First

1. No pre-conditions (i.e. med compliant) for housing
2. Self-determination
3. Harm-reduction and recovery
4. Client-driven supports
5. Social integration and Community



Service Approach



- **Targeted** based on populations served
- **Flexible** in responding to comprehensive resident needs
- **Voluntary** with participation not being a condition of residency
- **Independent** focus specifically on housing stability

Key to Services Working

- Comprehensive
- Culturally Relevant and Responsive
- Tenant-Driven Philosophy
- Focus on Housing Stability
- Effective Engagement Strategies
- Staffing and Supervision
- Service Partners and Linkages
- Collaborative Relationship with Property Management



Examples of Services

- Counseling
- Health & mental health services
- Alcohol & substance use services
- Independent living skills
- Money management
- Community-building activities
- Employment training & job placement
- Mentoring
- Benefits Acquisition
- Children/Family Services



Examples of Staff

- Residential Counselors
- Front Desk Staff
- Care Managers
- Therapists
- Peer Navigators / Mentors / Specialists
- Regional Property Manager
- Maintenance Technician
- Housing Director / Program Manager



Harm Reduction

Homelessness, poverty, mental health and drug and alcohol use and abuse have always been part of modern society and will not be eliminated. Therefore, it is better to work to minimize the harm than to ignore it or stigmatize the condition.

Accepts, for better and or worse, that licit and illicit chemical use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.



Examples of Harm Reduction

- Sunscreen
- Condoms
- Seat Belts
- Bicycle Helmets
- Designated Drivers
- Blood Alcohol Levels
- Nicotine Patches/Gum
- Needle Exchange
- Blood Pressure Medication
- Cholesterol Medication



Harm Reduction in Supportive Housing



- Use Motivational Interviewing
- Incorporate strengths-based programming – no one likes to be reminded of their challenges
- Don't try to catch people doing things unless it's an immediate safety issue – it will eliminate trust
- Keep asking yourself are we really allowing the tenant to make their own choices?
- Understand the impact of trauma and its relationship with harmful behaviors

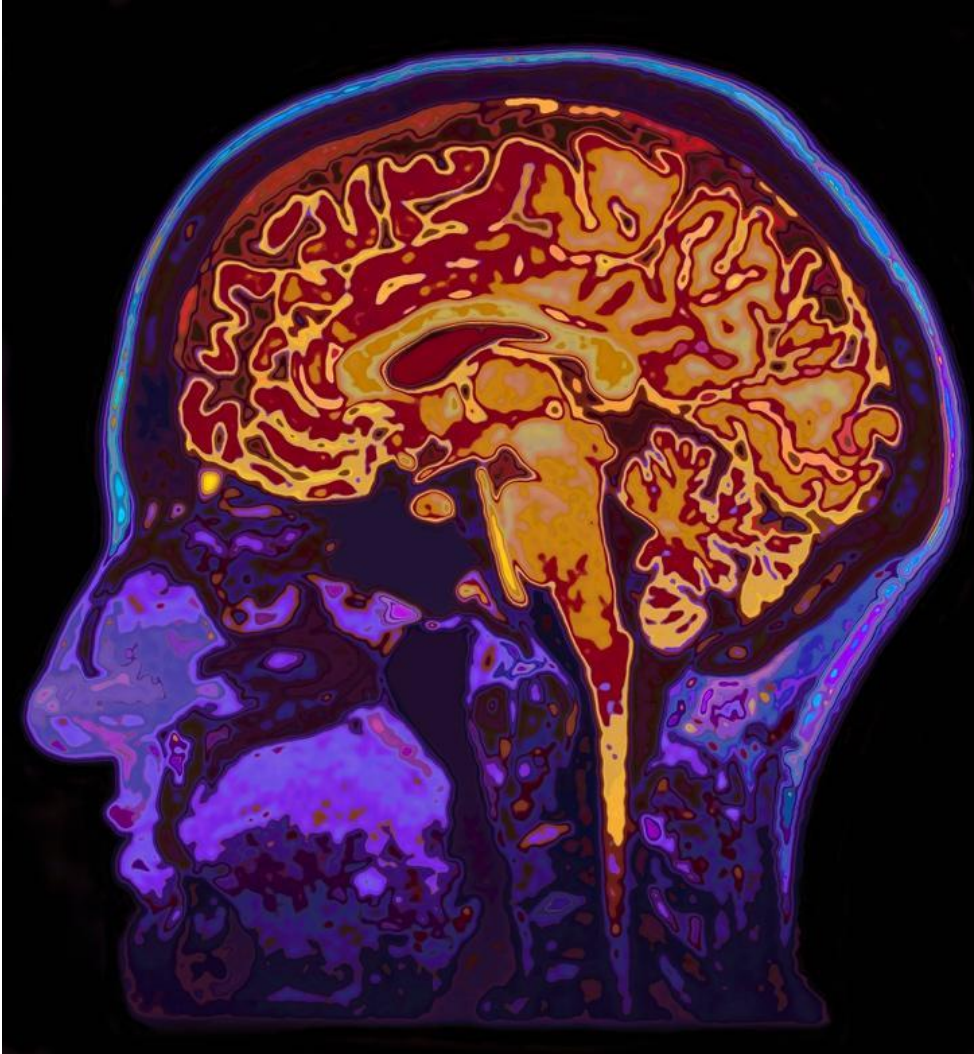
Trauma Informed Care



"I'm right there in the room, and no one even acknowledges me."

**Trauma has no boundaries...
[and] is an almost universal
experience of people with mental
and substance use disorders.**

What Does Trauma Look Like?



Intense stress that overwhelms our biological psychological and social coping capacity.

- Activates survival responses
- Shuts down non-essential tasks
- Impedes rational thinking

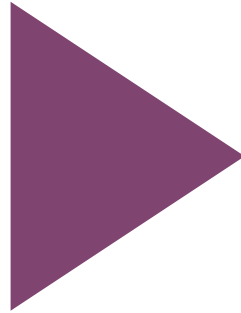
Six Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues

What does it mean to be a Trauma-Informed Organization?

- According to SAMHSA, a program, organization, or system that is trauma-informed when it:
- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- **Seeks** to actively resist **re-traumatization**.

It's not: WHY
ARE YOU
DOING THIS.



It's: what
happened to
you in the
past to cause
you to react
this way?

What is Trauma-Informed Design?

- We feel we have a responsibility to not just design housing, but to design housing that promotes healing and well-being.
- For as damaging as trauma can be, healing and recovery are possible.
- Through a holistic, culturally relevant and trauma-informed approach to design, we create buildings and communities that contribute to prevention of further trauma and healing from past traumas.
- We prioritize the physical and mental health and well-being of residents and the larger community.



TRAUMA-INFORMED DESIGN FRAMEWORK



Trauma Informed Design



- Welcome Desk/Lobby Area
- Open Stairwells
- Clear lines of sight
- Cutouts in bedroom walls
- No bars in showers/closets
- Safe Outdoor Sleeping Courtyard
- Glass windows in offices
- Warmer colors – Earth tones
- Bringing in elements from the outside

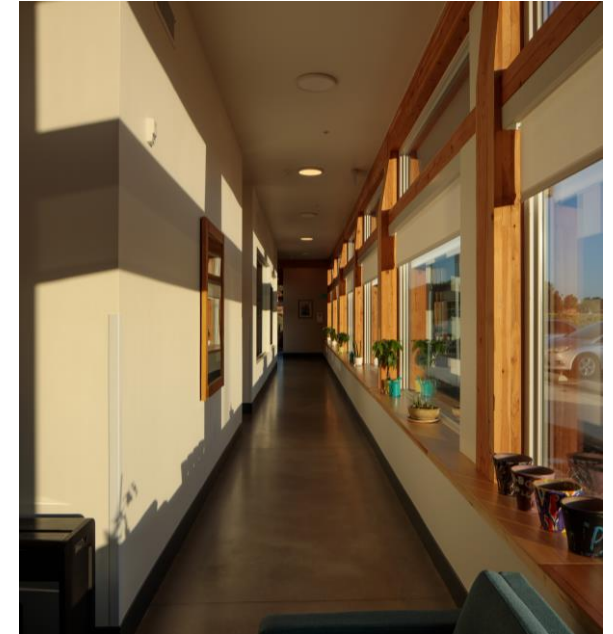


Arroyo Village

Denver, CO

Shelter, 35 units of PSH

95 units of Workforce housing



Providence at the Heights (PATH)

Aurora, CO
49 units of PSH plus 1 Guest Unit

American Rescue Plan Act Housing Funding for States, Counties, Housing Authorities and Cities

Public Housing Authorities

Emergency Housing Vouchers

The American Rescue Plan allocates \$5 billion for FY 2021 that can be used for the following:

New emergency vouchers

Eligibility

Individuals that qualify for these emergency vouchers include people who are homeless, people who are at risk of homelessness, people who are fleeing, or attempting to flee, domestic violence, dating violence, sexual assault, stalking, or human trafficking, or people who are recently homeless and for whom providing rental assistance will prevent the family's homelessness or have a high-risk of housing instability.

Iowa PHAs

City of Sioux City Housing Authority	39
City of Iowa City Housing Authority	69
Cedar Rapids Housing Services	44
Waterloo Housing Authority	15
Central Iowa Regional Housing Authority	76
Des Moines Municipal Housing Agency	120
Total	363

Emergency Rental Assistance Program

\$18.712 billion for state and local emergency rental assistance;

- The high-need grantees funds are for state and local jurisdictions with very-low income (below 50% of Area Median income (AMI)) renters that are paying more than 50 percent of their income on rent or living in substandard or overcrowded conditions since February 2020.
- Eligible households continue to be defined as a household with at least one member that is obligated to pay rent on a residential dwelling, qualifies for unemployment benefits or experiences a reduction in household income due to COVID-19, is at-risk or experiencing homelessness, and is a low-income (below 80% of AMI) family.

Homeless Assistance and Supportive Services Program

The Act includes \$5 billion for homeless assistance and supportive services.

- Funding can be used to provide tenant based rental assistance; develop and support of affordable housing; provide support services to qualified individuals or families that are not already receiving supportive services; **or acquire and develop non-congregate shelter units, all or a portion of which may be converted to permanent affordable housing, be used as emergency shelter, be converted to permanent housing** or remain as non-congregate shelter units. Eligible families include those experiencing or at risk of homelessness, fleeing domestic violence, sexual assault, stalking or human trafficking, or veterans and families that include veteran family members that meet the preceding criteria. Organizations that receive funding may use up to 15% for administrative costs and up to 5% for operating costs.



Morning Star Apartments

A Permanent Supportive Housing
Community

Confederated Salish and Kootenai
Tribes (CSKT)



Project Overview

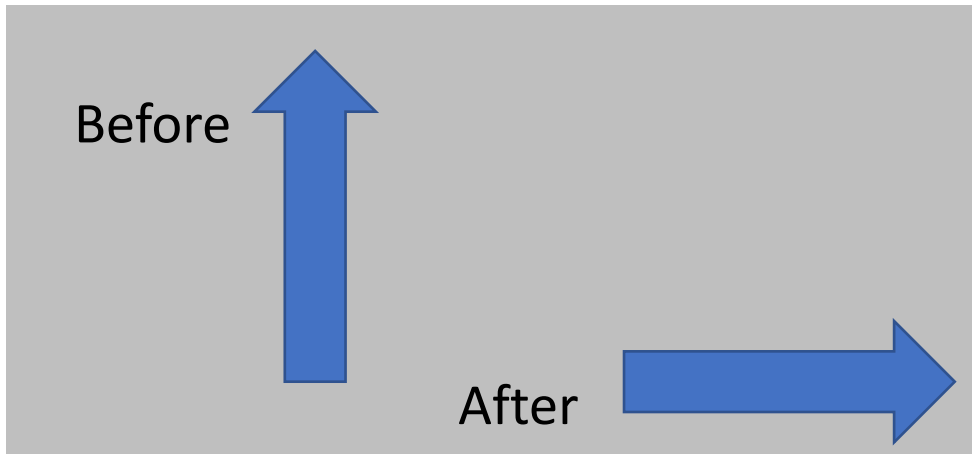
- Acquisition and substantial rehab of an old motel on the Flathead Indian reservation.
- 14 units of permanent supportive housing, 1 caretaker unit, 1 unit converted to a staff office, small service space for lease up and/or tele-mental health/probation hearings, and one laundry room.
- Focus population is people who are homeless and have been or are leaving incarceration who are at very high risk or have COVID-19.
- Services on site and referrals processes in place to off site health, behavioral health, employment and other services the Tribes provide.
- Salish & Kootenai Housing Authority provides project-based Section 8 vouchers, so units are subsidized: no-one pays more than 30% of their income for rent.
- Tribes committed funding for the Tribal Public Defenders Office to hire 1 full time case manager and 1 caretaker who lives on site.
- Housing is not time-limited, and services will be provided using the Housing First/Trauma Informed Care model.

Project Team

Owner/Developer	Confederated Salish and Kootenai Tribes (CSKT)
Voucher Administrator	Salish and Kootenai Housing Authority (SKHA)
Service Provider	CSKT Tribal Public Defenders Office
Property Manager	Outside Local PM Company

Consultants and Contractors

Development Consultant	RTHawk Housing Alliance
Supportive Housing Consultant	BeauxSimone Consulting
Architect and Engineering	Jackola Engineering and Architecture
Motel Rehab Contractor	R&R Building Productions



Development Budget (CARES Act)

\$1.8 Million Includes:

- Acquisition of the building
- Rehab of the building
- Appraisal, inspections, environmental studies
- Architect and engineering fees
- IT
- Furnishing and supplies
- Housing and supportive housing consultants

Project Documents Created

- MOU between CSKT and the Tribal Defenders Office, which outlines roles and responsibilities
- Residential/Tenant Selection Plan
- Services Plan
- Operating and Supportive Services Budgets
- MOU between SKHA and CSKT
- Morning Star Application
- Vulnerability Index – Prioritization
- Morning Star Lease Agreement, Pet Agreement, and Fair Housing Verification
- Position Descriptions for Services Coordinator and Caretaker

CSKT Homeless Task Force

- Met weekly to develop the Tribes' first permanent supportive housing program
- Included employees from the following CSKT departments/organizations:
 - SKHA
 - Economic Development Office
 - Tribal Lands
 - Department of Human Resource Development
 - Tribal Health
 - Tribal Public Defenders Office
 - Tribal Council
 - Tribal Council Support
 - Two former SKHA executive directors
- The program would not have been developed without this group's effort



Leveraging Resources for Housing Projects

- Low Income Housing Tax Credit (LIHTC)
- Housing Trust Funds (HTF)
- Community Development Block Grant (CDBG)
- HOME
- Federal Home Loan Bank (FHLB) Affordable Housing Program (AHP)
- Project Based Vouchers (PBVs)
- Medicaid
- State and Local resources

Covid-19 Related Funding Opportunities

American Rescue Plan Act (ARPA)

- HOME (additional funds)
- CDBG (additional funds)
- Emergency Rental Assistance
- Homeowner Assistance Fund
- Emergency Housing Vouchers
- Homelessness Assistance & Supportive Services Program
- Funds for Housing Counseling

Questions?

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