

Tailoring Services and Housing Solutions for Youth: Examples of Non-Time-Limited Housing

US Interagency Council on Homelessness
US Department of Housing and Urban Development
Preble Street, Project First Place, Portland, ME
West End Residences, HDFC, New York, NY

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Opening Doors

No one should experience homelessness and no one should be without a safe, stable place to call home.

The Plan sets forth four bold and ambitious goals:

1. Prevent and end homelessness among Veterans in 2015;
2. Finish the job of ending chronic homelessness in 2017;
- 3. Prevent and end homelessness for families, youth, and children in 2020;** and
4. Set a path to end all types of homelessness.



Federal Framework to End Youth Homelessness

JUNE 2012

2020

INVOLVES FEDERAL, STATE, AND LOCAL PARTICIPATION AND COLLABORATION

PHASE I MILESTONES

May require new resources

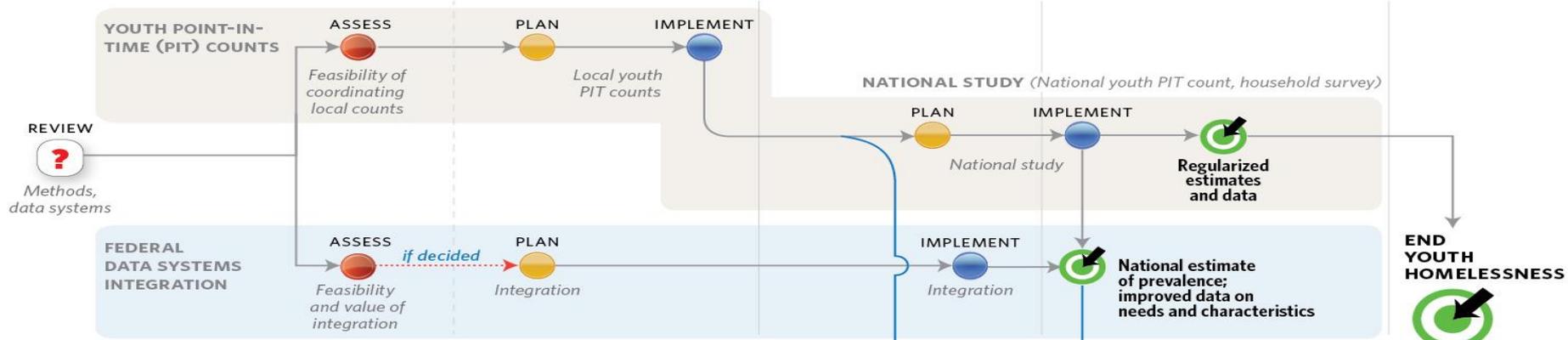
PHASE II MILESTONES

May require new resources and/or legislative authority

PHASE III OUTCOMES

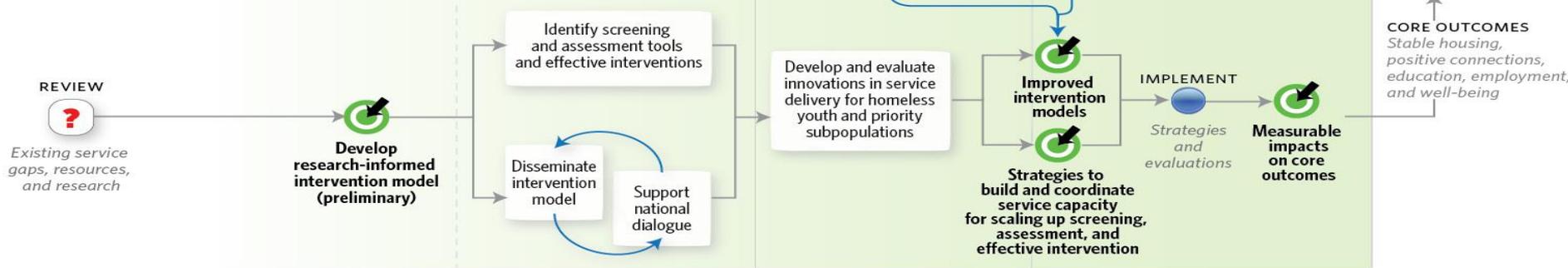
DATA STRATEGY

To understand prevalence, characteristics, and needs of homeless youth



CAPACITY STRATEGY

To support improved service delivery





Federal Framework to End Youth Homelessness

Strategy I: Getting to Better Data

- A confident estimate of youth homelessness
- Data coordination, youth Point in Time (PIT) count strategy, and household survey

Strategy II: Building Capacity for Service Delivery

- A research-informed intervention model
- Review research and apply to intervention strategies
- Increased evidence of effective interventions
- Identify and scale-up evidence-based practices and increase rigorous evaluation
- Gaps analysis
- Investigate funding and capacity needs of programs



Youth Homelessness: What we know

Factors that Contribute to Youth Homelessness

- Family problems
- Involvement with public systems
 - Child welfare
 - Juvenile/criminal justice
- Economic Circumstances
- Behavioral Health

Unique Needs of Vulnerable Youth

- Trafficked Youth
- Native American Youth
- LGBTQ Youth (20-40%)
- Special Needs/Disabilities
- Pregnant and Parenting Youth



What it Means to End Homelessness

An end to homelessness means that every community will have a systematic response in place that ensures homelessness is **prevented** whenever possible or is otherwise **a rare, brief, and non-recurring** experience.

Specifically, every community will have the capacity to:

- Quickly **identify and engage** people at-risk of and experiencing homelessness.
- Intervene to **prevent** the loss of housing and **divert** people from entering the homelessness services system.
- Provide immediate access to **shelter and crisis services**, without barriers to entry, while permanent stable housing and appropriate supports are being secured.
- When homelessness does occur, quickly connect people to **housing assistance and services—tailored to their unique needs and strengths—to help them achieve and maintain stable housing.**



Housing Interventions for Youth

- Reunification/Family Preservation
- Host Homes
- Traditional HUD-funded Transitional Housing
- Traditional HHS-funded Transitional Housing
- Maternity Group Homes (RHY)
- Non-Time Limited Traditional Affordable Housing (Section 8, LIHTC-financed properties, etc.)
- Rapid Re-Housing/Short-Term Assistance
- **Non-Time-Limited Housing with Tailored Services**



Non Time-Limited Housing for Youth

Some common themes:

- May be a congregate setting or scattered site (with roommate or solo).
- May or may not be targeted to a specific subpopulation (LGBTQ, disabled, chronic, etc.)
- May come with a variety of optional support services and ideally, long-term case management tailored to the individual needs of each youth.
- Allows youth to progress towards eventual stability and independence at their own pace.
- Is designed to be developmentally appropriate and allows for failure and continual re-evaluation.



FY 2015 CoC Program Competition

Policy Priority: Ending Youth Homelessness.

- CoCs need to work with youth-serving organizations to:
 - Develop resources and programs that better meet the needs of homeless youth and better end homelessness amongst youth
 - Develop youth-specific performance measures that take into account specific challenges faced by homeless youth
 - Reallocate poor performing youth projects into better projects that serve youth
- Youth and youth serving organizations must be represented in the CoC structure
- Opportunities to Serve Youth Through Reallocation
 - PSH for chronically homeless individuals and families, including unaccompanied youth
 - RRH for individuals and families residing on the streets or in emergency shelters, including unaccompanied youth
- The role of TH in Ending Homelessness Among Youth



HUD's Housing Resources

- Rapid Re-housing
- Transitional Housing
- Permanent Supportive Housing
- Homelessness Prevention
- Mainstream Housing Vouchers
 - Housing Choice Vouchers



Qualifying for HUD's Homeless Assistance

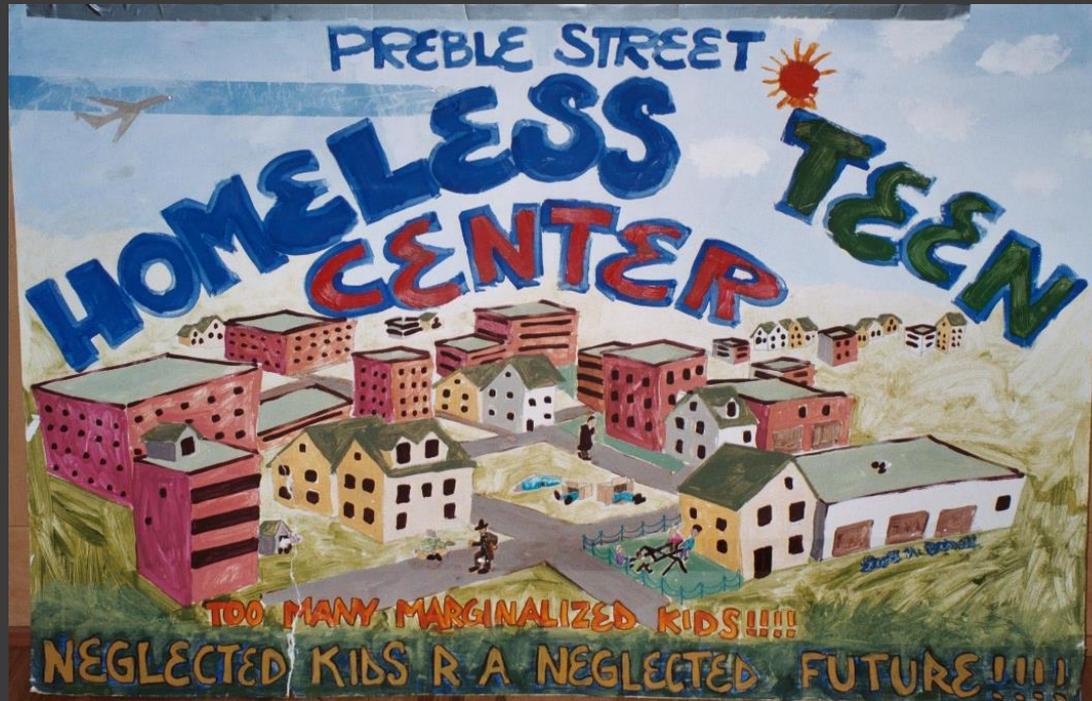
- Youth can and should be served in CoC- and ESG-funded projects, preferably in projects that are tailored to their developmental needs. Keep in mind that:
 - Eligibility for programs is spelled out in the annual NOFA and the ESG and CoC Interim Rules.
 - Youth must be prioritized for assistance in accordance with the ESG recipient's or CoC's written standards



FIRST PLACE: PERMANENT HOUSING FOR HOMELESS YOUTH

Jon Bradley, DSW, LCSW
Charlotte DeTroy

 Preble Street
www.preblestreet.org



The mission of Preble Street is to provide accessible barrier-free services to empower people experiencing problems with homelessness, housing, hunger, and poverty and to advocate for solutions to those problems.



PREBLE STREET MODEL

The Teen Center is a low-barrier drop-in open from 8:00am to 8:00pm daily to meet the survival needs of youth through basic services—meals, clothing, laundry, showers, personal hygiene items, mail, etc.—and engage them through outreach, building relationships, and encouraging them to access services.

Between 8:00pm and 8:00am, the Joe Kreisler Teen Shelter—across the street—provides immediate access to 24 beds, safety, and basic needs, as well as crisis intervention, referrals, and integration with the Teen Center collaborative.

PREBLE STREET MODEL (cont.)

The availability of a drop-in center, overnight shelter, and street outreach ensures that homeless teens have access to safety and shelter around the clock regardless of their willingness to engage in other services, their state of mind, or their substance abuse status.

Preble Street Teen Services collaborative partners co-located at the Teen Center:

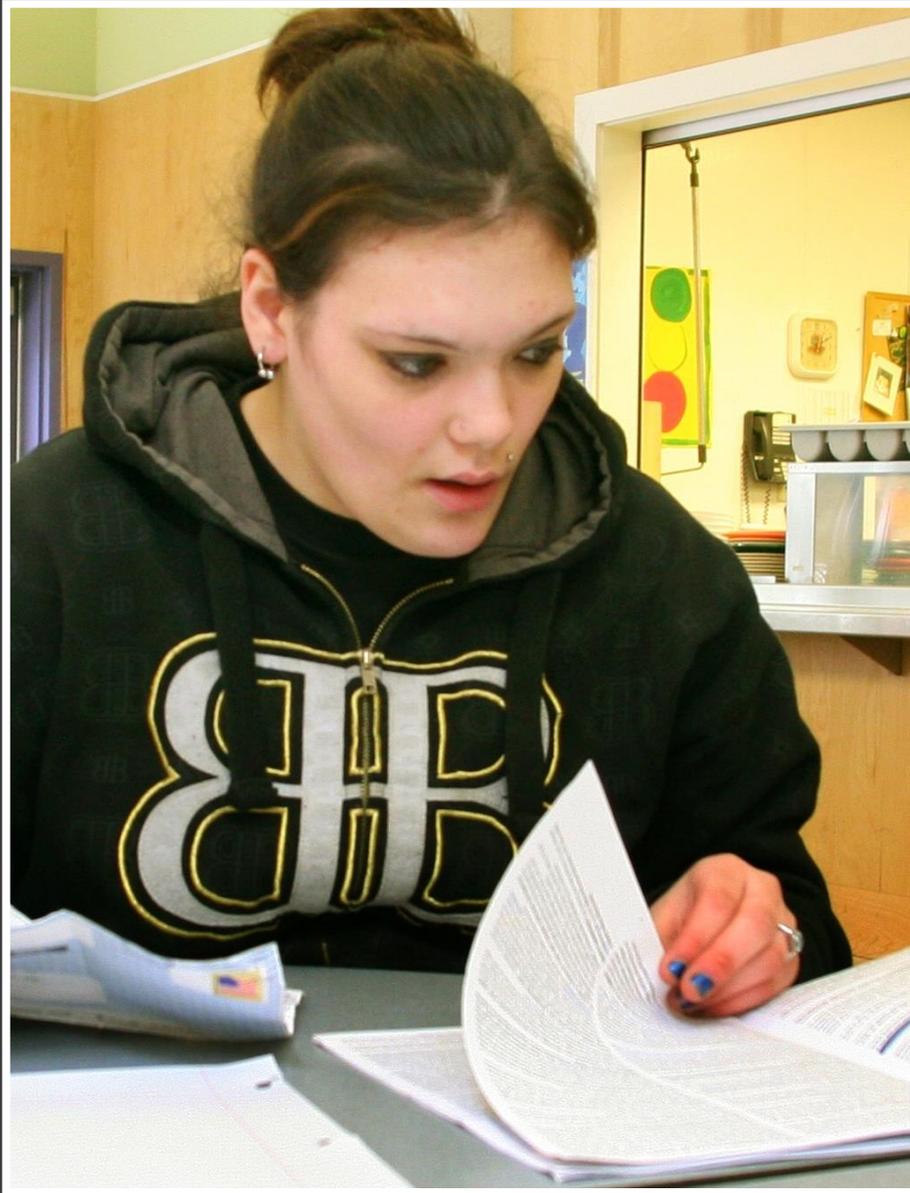
- Day One Street Program: mental health and substance abuse services
- Portland Adult Education Street Academy: education and employment assistance
- India Street Clinic Teen Clinic: medical care and referrals

PREBLE STREET MODEL (cont.)

Community partners doing outreach at the Preble Street Teen Center:

- Sexual Assault Response Services of Southern Maine: co-facilitates a women's group aimed at building safety and empowerment skills
- Pine Tree Legal Assistance Street Law Project: outreach and legal services
- Portland Outright: outreach and co-facilitates an LGBTQ group
- The Opportunity Alliance Homeless Youth Liaisons: case management and family mediation

A key to on-site and community collaboration is a shared philosophy that supports a primary focus on building relationships, decreasing barriers, and working across disciplines through regular, even daily, meetings.



WHY PERMANENT HOUSING?

Transitional programs with structured expectations and policies have not worked for most youth we serve.

- A major supporter wanted to offer next steps for youth who seemed stuck
- Youth seek control and permanency (transition in place)
- Moving is a big stressor especially with low income and limited options in a tight market
- Permanent supportive housing makes Shelter Plus Care and temporary Home to Stay Rapid Re-Housing vouchers a possibility

WHERE FUNDING COMES FROM

- John T. Gorman Foundation (private foundation)
- Three year grant
- Requires Preble Street commitment to seek public funds through RHYA, HUD, State (so far unsuccessful).
- Includes a specific evaluation component that funds ABT Associates to work with us to track all youth in the program.

CHALLENGES

External challenges

- Maintaining access to vouchers
- Maintaining affordable apartments
- Funding

Internal challenges

- Maintaining good relationships with landlords
- Balancing an individualized approach with the need for consistent expectations
- Supporting culture shift from street to stability

TARGET POPULATIONS

Youth who are chronically homeless

- Ages 18-23
- Average length of homelessness 2.28 years
- Mental Health issues (PTSD, anxiety, depression)
- History of trauma and abuse
- History of substance abuse/addiction
- Few independent living skills

Youth who can benefit from less intensive rapid re-housing model

- Ages 18-23
- Average length of time homeless just over 1 year
- Moderate independent living skills



APPROACH

- Relationship based
- Youth development
- Harm reduction
- Housing first
- Holistic
- Collaborative

PROGRAM DETAILS

Participation in:

- Additional support and case management focused on Transition Plan, housing service, transportation, income.
- Life Skills group (7 Sessions)
- Learn to Earn : work skills training and paid internship in the community (Portland Adult Education)
- Cooking Classes
- Financial Literacy Workshop
- Opportunity Passport
- Household start up incentive fund

GOALS/OUTCOMES

Personal goals must include:

- Stable income
- Primary medical care
- Community involvement
- High school diploma or equivalent

Personal goals may include:

- Higher education
- Sobriety
- Mental health management
- Rebuilding family relationships

EVALUATION

John T. Gorman Foundation conducted a national competition for an experienced evaluator and chose ABT Associates.

ABT staff worked closely with program staff to ensure the design did not compromise the program and met the need for data and information. The evaluation strategy includes qualitative and quantitative elements including:

- Baseline interview
 - Focused history, positive factors and risk behaviors
- Monthly survey online
- Interview at exit

West End Residences HDFC, Inc.

True Colors Supportive Housing Program



TRUE COLORS

Supportive Housing

Permanent supportive housing for formerly homeless LGBT young adults in New York City.

- ▶ **40%** of NYC homeless youth identify as LGBT
 - ▶ Greater chance of assault/harassment
 - ▶ More prone to mental illness and substance abuse
- ▶ Family rejection is the #1 reason for LGBT youth homelessness

The Residence

- ▶ 30 studio apartments
- ▶ Indoor & outdoor community space
- ▶ Library/Resource Center
- ▶ Computer Lab
- ▶ Laundry facilities
- ▶ Storage space



Photo credit: T. Ligamari



Photo credit: T. Ligamari



Photo credit: David Sundberg-Esto

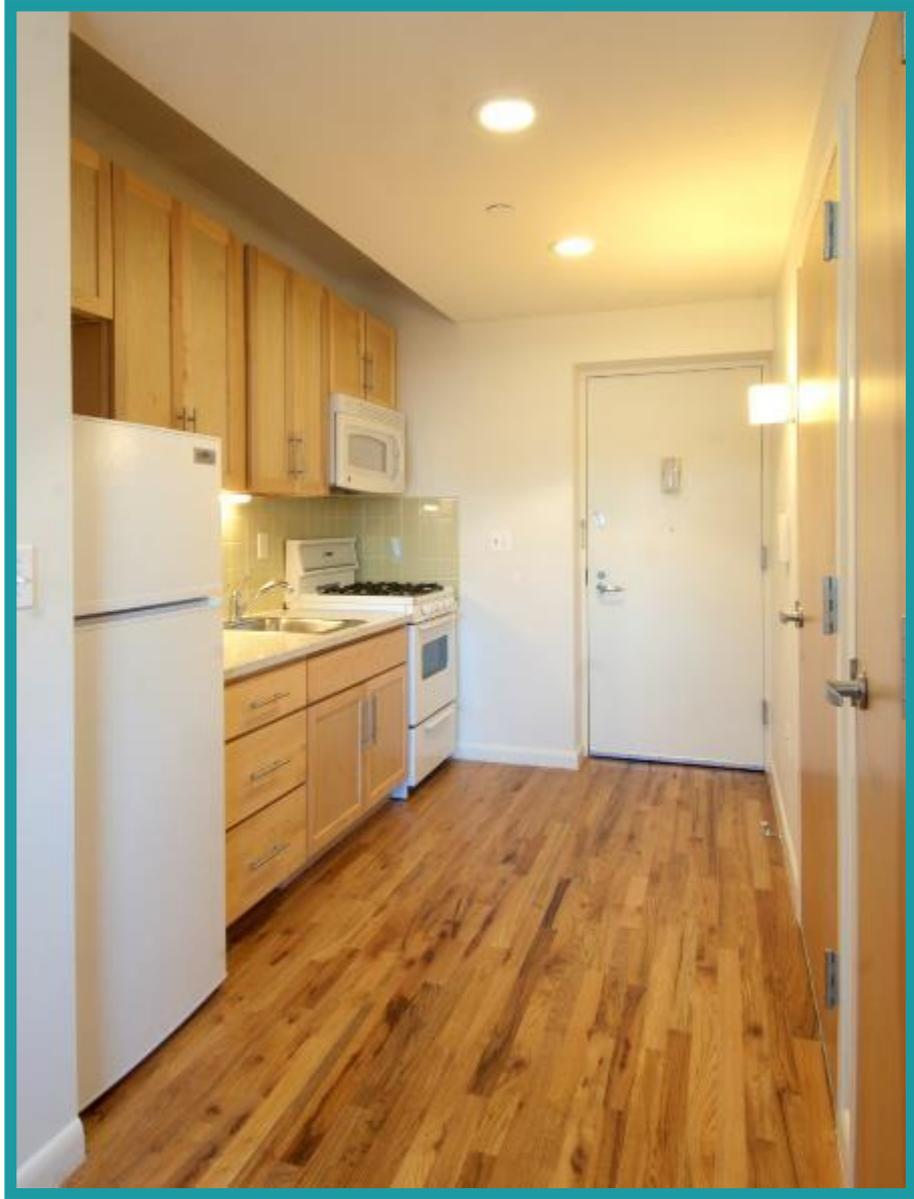


Photo credit: T. Ligamari



Photo credit: David Sundberg-Esto



Photo credit: T. Ligamari

Financing: Total Cost \$11 Million

- ▶ CSH and NY Acquisition Fund (\$1.9 million)
- ▶ NYC Department of Housing Preservation and Development (HPD) Supportive Housing Loan Program (\$3.8 million)
- ▶ Federal Tax Credit Assistance Program (TCAP) funds (\$2.8 million);
- ▶ Low Income Tax Credit Equity (\$3.4 million);
- ▶ FHLB AHP (\$465,000);
- ▶ Manhattan Borough President (\$500,000)
- ▶ NYSERDA (\$75,000)

Annual Operating and Services Funding

- ▶ Project based Section 8 for all units (\$387,720);
- ▶ Social Services Contract with NYC Dept. of Health and Mental Hygiene (\$265,870)

TCR Staff Structure

- ▶ 3 full-time social service employees
 - ▶ Program Director
 - ▶ Licensed Clinical Social Worker
 - ▶ Life Skills Manager
- ▶ Additional staff
 - ▶ 24/7 Security Staff
 - ▶ Live-In Building Superintendent

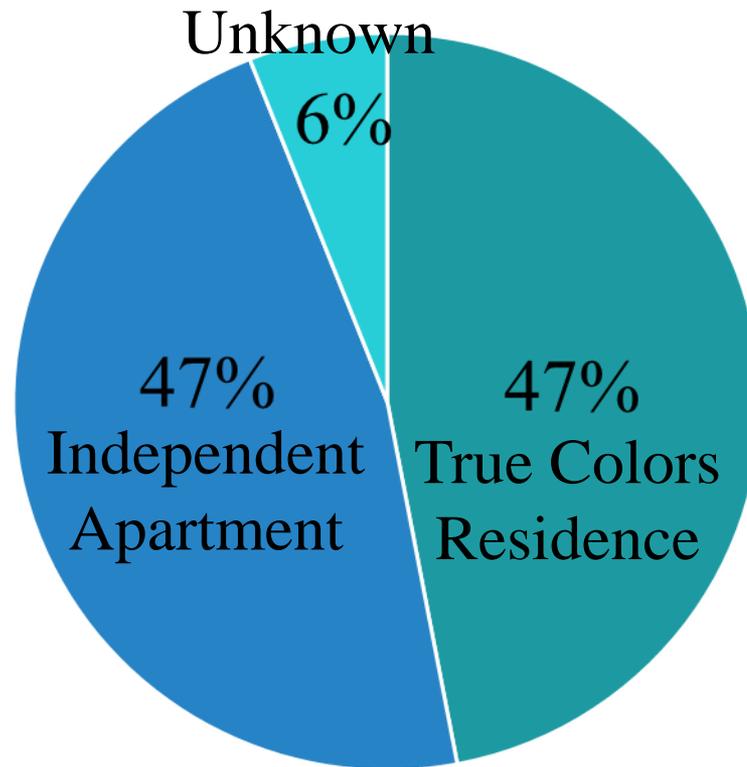
On-Site Service Delivery

- ▶ Trauma informed care
 - ▶ Designed to avoid re-traumatization as a result of past discrimination
- ▶ Harm reduction approach
- ▶ Identity affirmation and self-esteem workshops and activities
- ▶ True Colors Resident Advisory Council

Permanent Connection

- ▶ Lasting connections formed with staff and fellow tenants
- ▶ TCR partnerships help residents have a meaningful connection to others within LGBT community

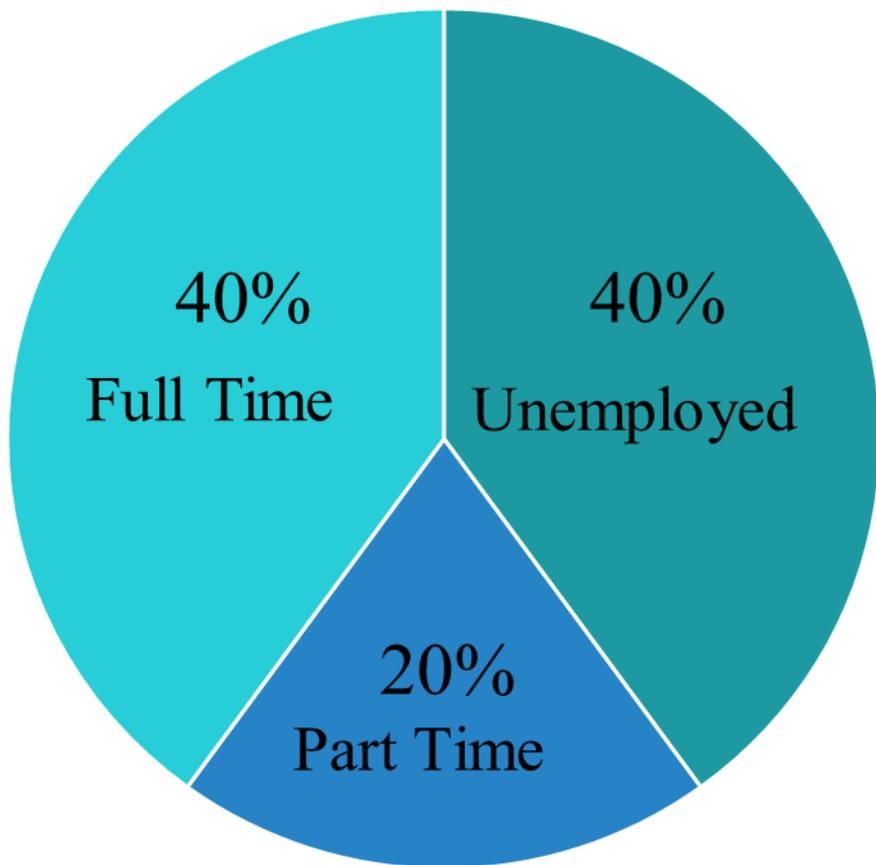
Original Tenants: Housing Status



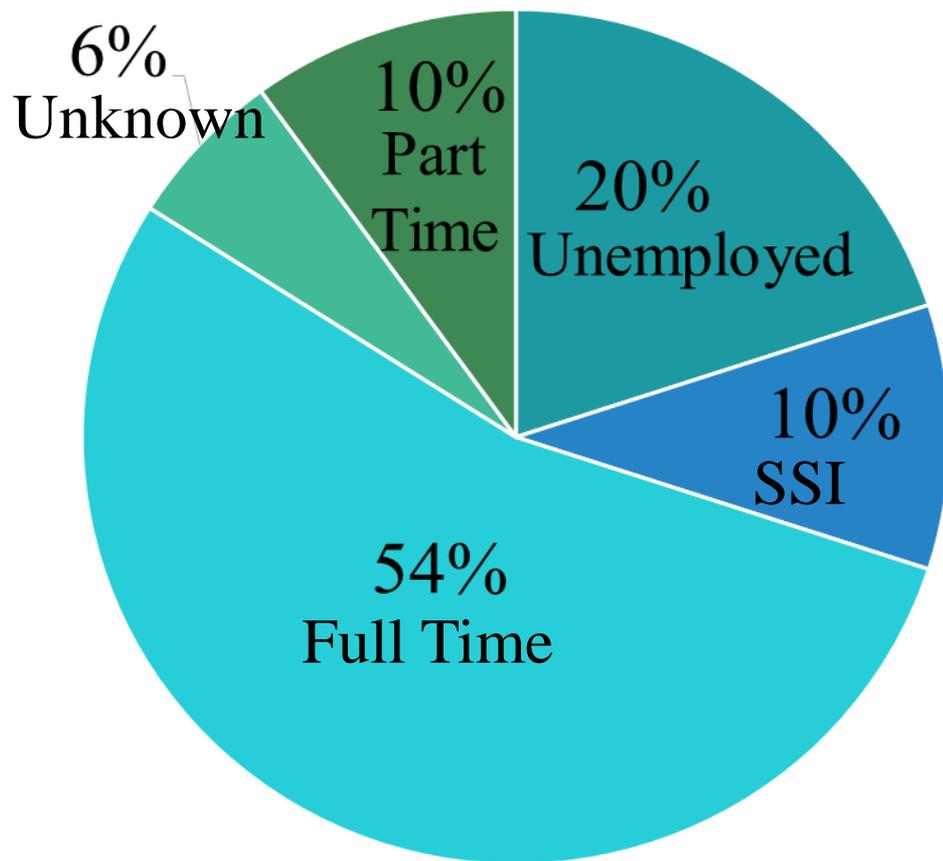
**2 previous residents now share an apartment*

Original Tenants: Employment

Upon Intake (2011)

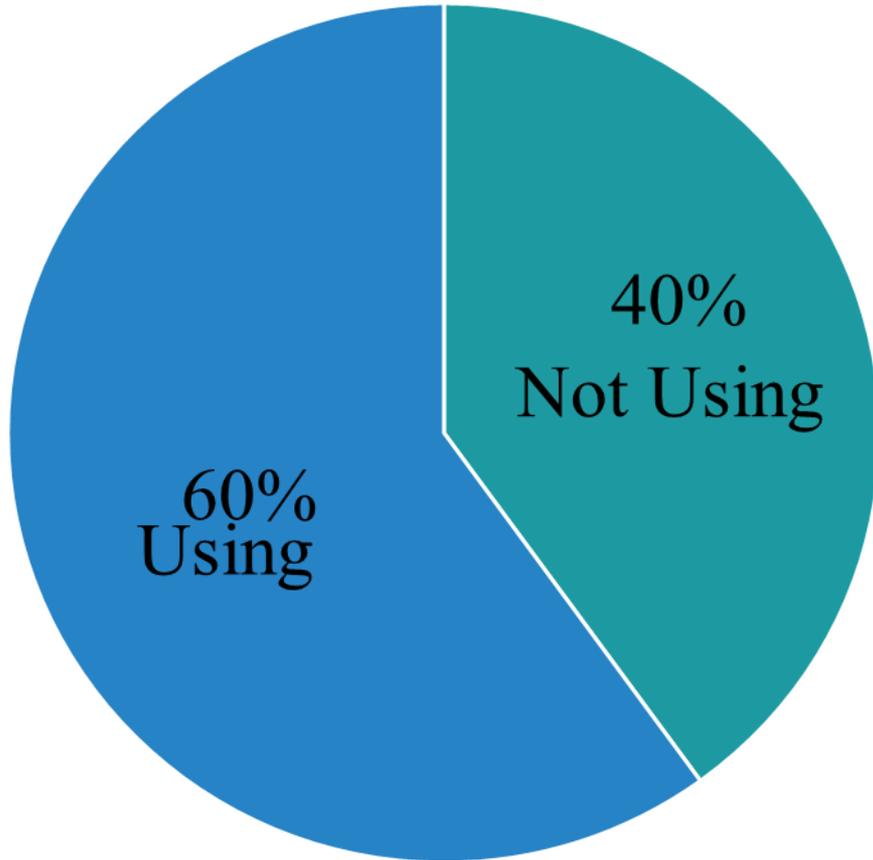


Current

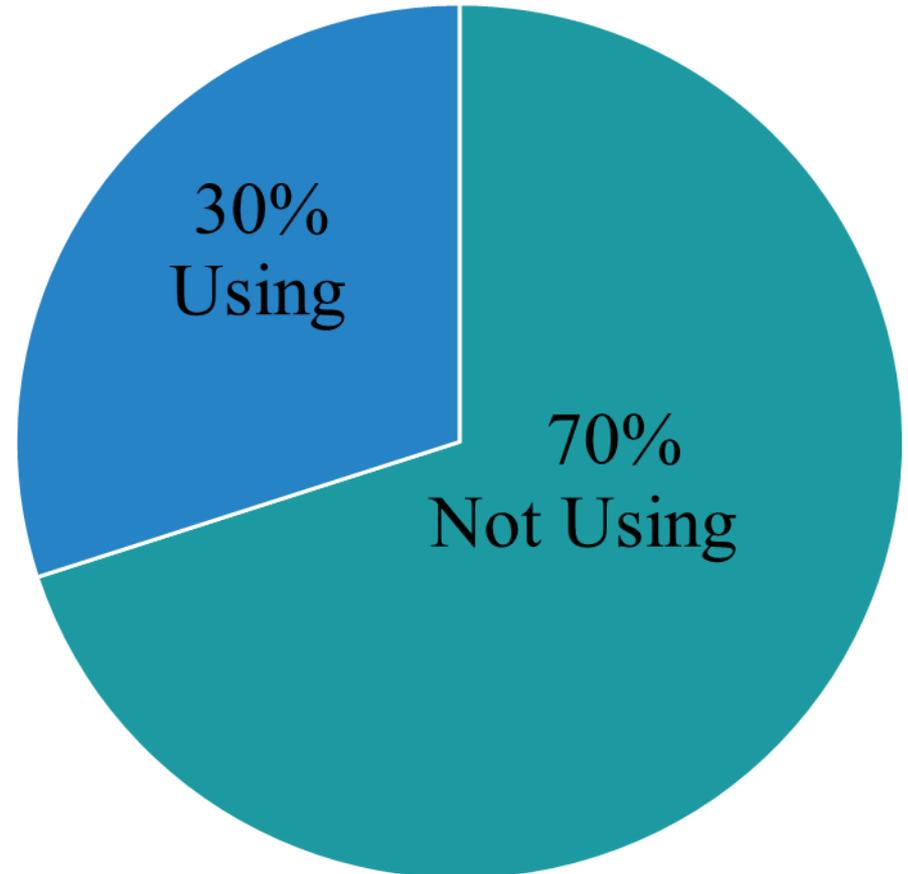


Original Tenants: Substance Use

Upon Intake (2011)



Current



Successful Transitions to Full Independence: Case Study #1

- ▶ Move-in year: 2011 – Age 24
- ▶ Move-out year: 2013 – Age 26

- ▶ PRE-TCR
 - ▶ Street Homeless
 - ▶ Sex trafficking victim from Minnesota to NYC
 - ▶ Crystal Meth Addiction
 - ▶ Prostitution

Successful Transitions to Full Independence: Case Study 1

- ▶ TCR Tenancy
 - ▶ Out-patient substance abuse treatment
 - ▶ Several bouts of relapse
 - ▶ Responded to intensive counseling and support from TCR staff
 - ▶ Obtained employment
- ▶ Current (After TCR) – Age 28
 - ▶ Stable independent housing
 - ▶ Employed full-time as an outreach worker
 - ▶ Exploring college options for BSW

Successful Transitions to Full Independence: Case Study #2

- ▶ Move-in year: 2011 – Age 21
- ▶ Move-out year: 2014 – Age 24

- ▶ PRE-TCR
 - ▶ Couch Surfing and Street Homelessness
 - ▶ Ran away from anti-gay emotional battery at home
 - ▶ Maintained employment in health field

Successful Transitions to Full Independence: Case Study #2

- ▶ TCR Tenancy
 - ▶ Identity crisis and self-hatred
 - ▶ Impulsive and disruptive behavior
 - ▶ Loss of job
 - ▶ Death of mother
 - ▶ Intensive individual counseling and support
 - ▶ Regular attendance in TCR support groups
 - ▶ Marked improvement in self-esteem and acceptance of gay identity
 - ▶ Full-time employment
- ▶ Current – Age 25
 - ▶ Stable independent housing
 - ▶ Full-time employment in health industry
 - ▶ Successful gay relationship
 - ▶ College

Client Ready to Move On: Case Study

- ▶ Move-in year: 2011 – Age 24
- ▶ Planned Move-out Year: 2015 – Age 28
- ▶ PRE-TCR
 - ▶ Street and Shelter homelessness
 - ▶ Told to leave home after coming out as transgender
 - ▶ Physical abuse and forced prostitution by “friend”

Client Ready to Move On: Case Study

▶ TCR Tenancy

- ▶ Close work with staff to address PTSD symptoms and chronic depression
- ▶ Counseling support and group work to improve self-acceptance
- ▶ Career exploration and life skills counseling
- ▶ Bereavement support after mother's death

▶ Current – Age 28

- ▶ Moved to California
- ▶ Enrolled in the LAPD Police Academy

Client Still in Need of TCR

Supportive Housing: Case Study

- ▶ Move-in year: 2011 – Age 20
- ▶ Current age: 24
- ▶ PRE-TCR
 - ▶ Street Homeless
 - ▶ Severe trauma from family physical and emotional abuse
 - ▶ Substance abuse
 - ▶ Prostitution
 - ▶ Physical abuse

Client Still in Need of TCR Supportive Housing: Case Study

▶ TCR Tenancy

- ▶ Ongoing symptomatic PTSD
- ▶ Inability to maintain steady employment
- ▶ HIV+ diagnosis
- ▶ Unstable pattern of accessing and rejecting help
- ▶ Unstable mental and physical health

▶ Current

- ▶ Making slow but incremental progress

Expanding the Model

- ▶ True Colors Bronx to open September of 2015.
- ▶ Searching for property for third True Colors residence
- ▶ West End's goal – True Colors in every borough of NYC

Stay Connected to West End Residences!



www.westendres.org



www.facebook.com/WestEndResNYC



www.twitter.com/WestEndResNYC



For more information from USICH:

Jasmine Hayes

Policy Director

Jasmine.hayes@usich.gov

(202) 205-9996

Kiley Gosselin

Management and Program Analyst

Kiley.Gosselin@usich.gov

(202) 205-4507

USICH Framework to End Youth Homelessness:

http://usich.gov/population/youth/a_framework_for_ending_youth_homelessness_2012/



For more information from HUD:

Norm Suchar

Director, Special Needs Assistance Programs
Office of Special Needs Assistance Programs

Norman.A.Suchar@hud.gov

(202) 402-5015

For more information for CoCs: <https://www.hudexchange.info/coc>



For more information from Preble Street

Jon Bradley, DSW, LCSW

Preble Street

Associate Director

Portland, ME

Phone: 207-775-0026

jbradley@preblestreet.org

Charlotte DeTroy

Project First Place Supervisor

Portland, ME

Phone: 207-775-0026

cdetroy@preblestreet.org



For more information from West End Residences

Colleen Jackson

Executive Director – CEO

West End Residences HDFC, Inc.

475 Riverside Drive

Suite 740

New York, NY 10115

Phone: 212-870-3362

cjackson@westendres.org