Bringing Best Practices to Housing Redevelopment to Promote Health

December 3, 2014 (11:30pm-1:30pm)
Peter Paul Development Center
1708 North 22nd Street
Richmond, VA – 23223
Meeting Agenda

• Welcome – Please enjoy your lunch
• Creighton Needs Assessment Update
• HOST Update
• Pathways to Housing
• Trauma Informed Community Building
• Questions and Discussion
• Promise Family Network
Creighton Court Needs Assessment

- 32 of 142 (23%) children who are 0-4 years old attend a preschool, Head Start, or early childhood program
- 82 of 314 (26%) children who are 5-17 years old attend an afterschool program during the school year
- 236 of 320 (74%) adults are not working
Creighton Court Needs Assessment

• Top 5 health conditions:
  – High Blood Pressure/Hypertension
  – Allergies
  – Arthritis
  – Depression
  – Asthma
HOST Model Assessment

- Goodness of fit
- Challenges/opportunities
- Existing assets and stakeholders
PATHWAYS TO HOUSING

A Housing First Model of Ending Homelessness
Pathways to Housing

• Combines the housing with supportive treatment services:
  – mental and physical health
  – substance abuse
  – education
  – employment

• Facilitates recovery and integration into the community

• Retention rates of 85-90% even with the hardest to house participants
Pathways: Major Findings

• From baseline to two-year follow-up, participants accrued significantly fewer supportive housing and services costs than participants in the comparison group.
• Participants spent approximately 80% of their time stably housed, versus 30% for participants in the comparison
Pathways Housing First

Doing More with Less
Municipal Costs per Capita per Night

Pathways Housing First: $57
Shelter: $73
Jail: $164
Emergency Room: $519
Psychiatric Hospital: $1185
<table>
<thead>
<tr>
<th><strong>Operating Revenue by Source</strong></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Government Contracts</td>
<td>$ 6,931,469</td>
</tr>
<tr>
<td>Medicaid</td>
<td>$ 0</td>
</tr>
<tr>
<td>Client Income</td>
<td>$ 527,891</td>
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<tr>
<td>Private Contributions</td>
<td>$ 63,464</td>
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<tr>
<td>Other Income</td>
<td>$ 61,714</td>
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<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$ 7,584,538</strong></td>
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<table>
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<tr>
<th><strong>Operating Expenses</strong></th>
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<tbody>
<tr>
<td>Total Program Services</td>
<td>$ 6,121,100</td>
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<tr>
<td>Administration</td>
<td>$ 826,655</td>
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<tr>
<td>Fundraising</td>
<td>$ 123,448</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$ 7,071,203</strong></td>
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</tbody>
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Net Surplus (deficit) $513,335

Intercompany material transactions included
Pathways: Challenges

• Model requires a lead organization with staff to both manage housing and offer intensive supportive services.

• Cost effective when looking at the many public systems the homeless population touches, but requires a lot of systems integration, and upfront capital to provide the services and housing.
Pathways Model Assessment

• Goodness of fit
• Challenges/opportunities
• Existing assets and stakeholders
TRAUMA INFORMED COMMUNITY BUILDING

A Model for Strengthening Community in Trauma Affected Neighborhoods
TRAUMA INFORMED COMMUNITY BUILDING

Housing Development

Programs & Services

Community Building
TRAUMA INFORMED COMMUNITY BUILDING
A Model for Strengthening Community in Trauma Affected Neighborhoods

PRINCIPLES
- Do No Harm
- Acceptance
- Community Empowerment
- Reflective Process

Systems
Community
Interpersonal
Individual
TRAUMA INFORMED COMMUNITY BUILDING

TICB
- De-escalates chaos and stress
- Fosters resiliency
- Strengthens social connections
- Recognizes trauma

OUTCOMES
- Foundation and support for effective delivery of programs and services
- Creates conditions for long-term community and individual change

Increased readiness
Strategies

**INDIVIDUAL**
- Provide opportunities for multiple interactions
- Ensure incentives and sense of personal reward
- Meet residents where they are
- Develop authentic relationships-set realistic expectations and never over promise

**INTERPERSONAL**
- Model healthy behaviors
- Support peer to peer activities and interactions
- Provide opportunities that cultivate shared positive experiences
- Ensure all activities allow for personal sharing and mutual support

**PRINCIPLES**
- Do No Harm
- Acceptance
- Community Empowerment
- Reflective Process

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**STRATEGIES**
- Systems
- Community
- Interpersonal
- Individual
Strategies

COMMUNITY
- Expand efforts through incremental growth, building from success
- Ensure that sustainability and quality is criteria for implementation and involvement in community efforts
- Provide visible, tangible activities that reflect community change
- Cultivate community leadership through support and skill building

SYSTEMS
- Reflect community voices and priorities to stakeholders
- Build partnerships for long-term investments in community change and effective service delivery
- Advance long-term community vision and develop community wide strategy to reach goals
TICB Model Assessment

- Goodness of fit
- Challenges/opportunities
- Existing assets and stakeholders