

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS)."

Tips for Webinar Room

Q & A Pod

To request technical assistance (sound, image, etc.)

Pose your questions for the presenter here!

Chat Pod

Check-in, say hello, where you're from

Share ideas about the webinar topic with one another

CEU/Certificate

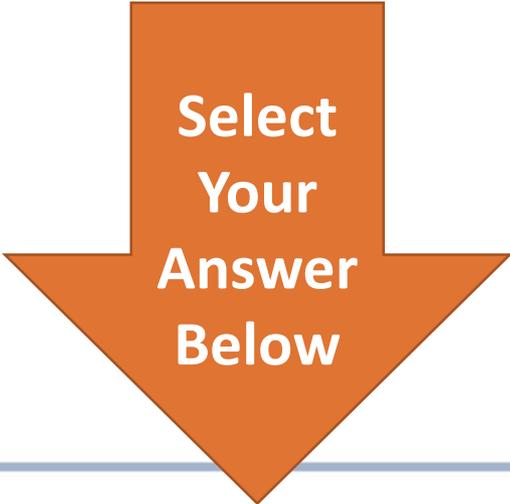
Upon conclusion, you will see ***a link to click*** to get your certificate or continuing ed credit

Quick Poll

The screen is going to change in just a second.

Please select the answer that is most true to you.

- ✓ **How often do you screen for housing situation of the people you interact with?**



Select
Your
Answer
Below



Recovery to Practice
Resources for Behavioral Health Professionals

Keith Scott, CPRP, CPS
Vice President for Peer Support
and Self-Advocacy, Advocates, Inc.

Pat Tucker, M.B.A., M.A.
Senior Program Manager,
Advocates for Human Potential

Housing Instability Risk

**How to recognize it
and what to do when
you see it**

Homelessness and Unstable Housing Circumstances



Priced Out in the United States

I am a person with a disability



It's no wonder that there are...



362,163 homeless individuals living in shelters on any single night



Too many people stuck in expensive institutions at a cost of **\$243 - \$643** per person per day

My only income is **\$750** per month from Supplemental Security Income (SSI)

There are **4,933,731** people like me in the United States

The average monthly rent for a basic one-bedroom apartment is **\$780**

That is **104%** of my monthly income

I have **no** money left for food, transportation, clothing, and other things I need

This is not affordable

[Priced Out in 2014.](http://www.tacinc.org/media/52012/Priced%20Out%20in%202014.pdf)

<http://www.tacinc.org/media/52012/Priced%20Out%20in%202014.pdf>

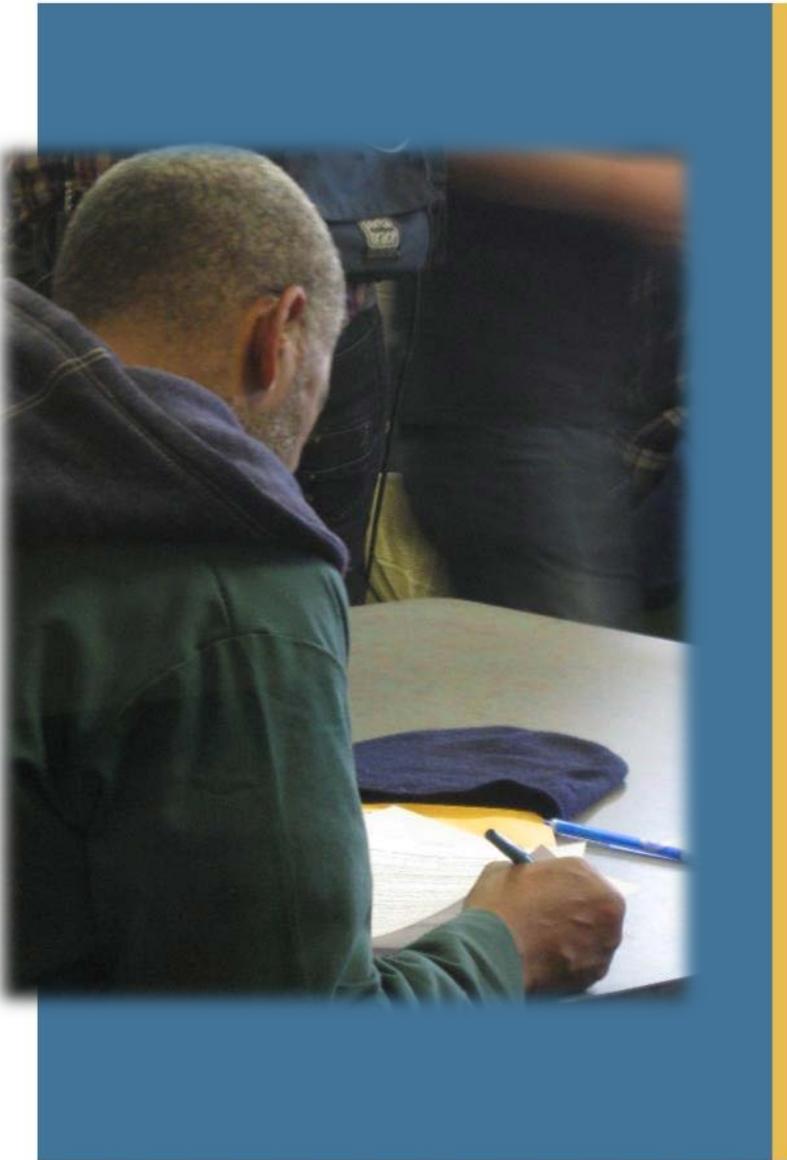
Federal Standards

When housing costs...

30% of income = **“housing burden”**

50% of income = **“severe burden”**

In many states, a one bedroom apartment costs **more than 100%** of an SSI check.



What do we mean by “homeless”? What is “housing instability”?

Homeless

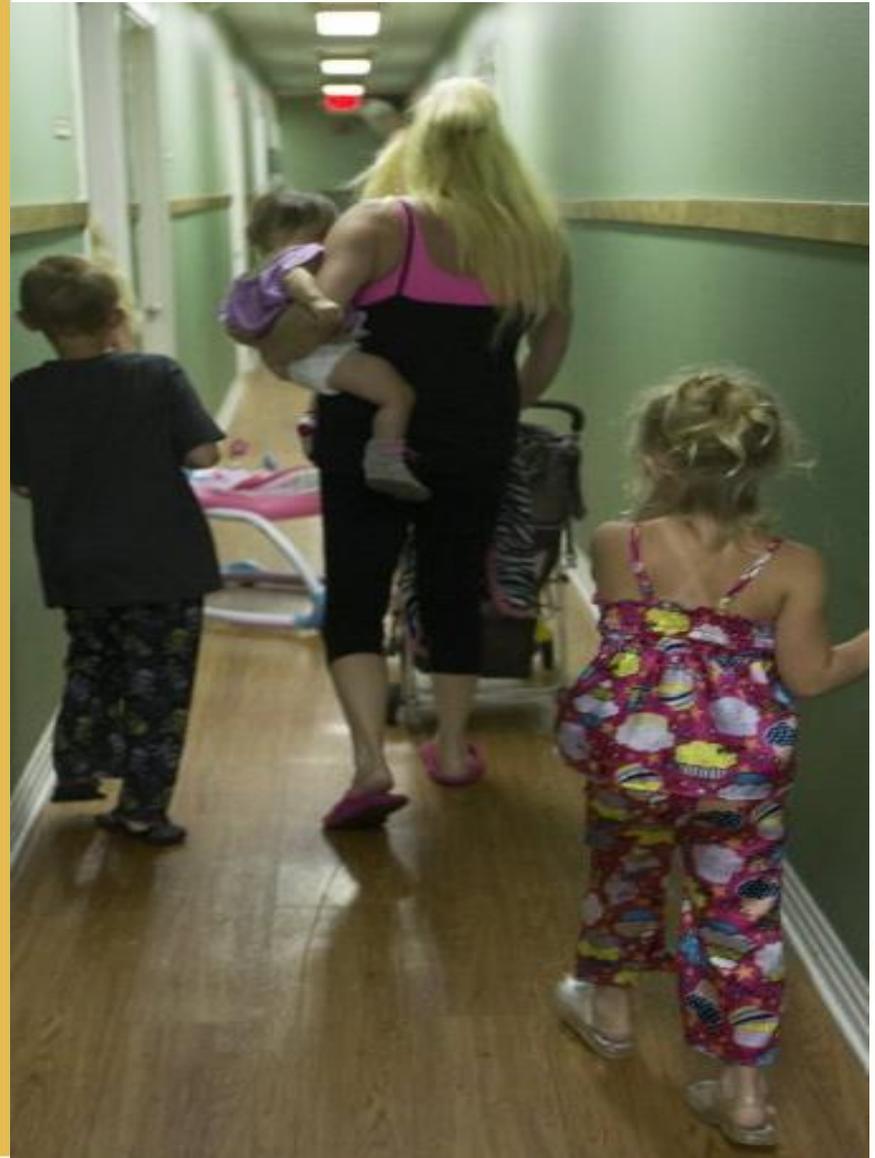
- Living outside
- Living in vehicle
- Emergency shelter
- Domestic violence shelter
- Motel paid by voucher
- Transitional housing program

Unstably Housed

- Friends/family: emergency or short term (couch surfing)
- Friends/family: long term
- Motel/hotel: paid by self
- Hospital
- Jail/prison
- Psychiatric treatment or substance use facility

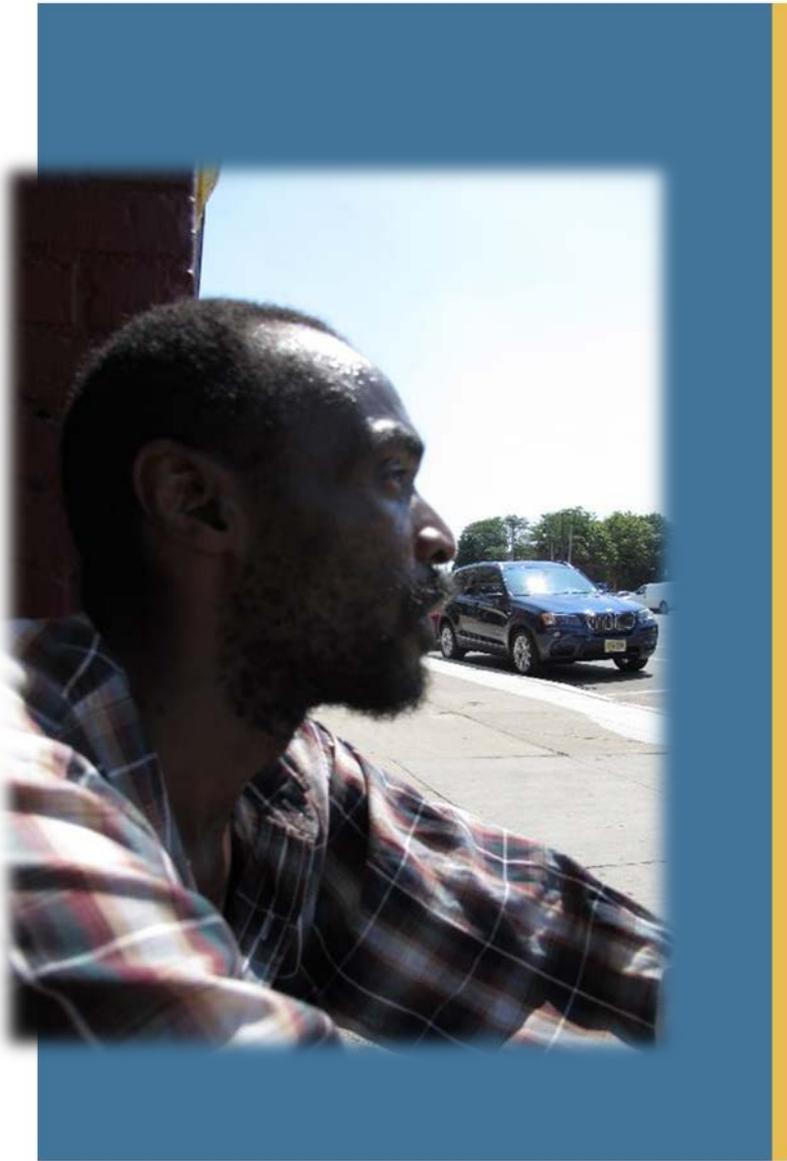
Circumstances that can lead to homelessness

- Conflict with family and/or friends
- Problems paying rent
- Incarceration
- Domestic violence
- Evicted for reasons other than rent
- Poverty / subsistence income



Factors that can impact housing stability

- Substance abuse
- Unemployment/underemployed
- Physical disability
- Mental illness
- HIV/aids
- Gambling
- Legal problems



Effects of homelessness - Health

- Cold injury
- Tuberculosis
- Sleep deprivation
- Mental illness
- Physical abuse
- Sexual assault
- Cardio-respiratory diseases
- Skin diseases
- Nutritional deficiencies
- Mortality
- HIV/AIDS
- Drug dependency



Effects of homelessness - Personal

- Loss of self esteem
- Becoming institutionalized
- Increase in substance misuse
- Loss of ability and will to care for oneself
- Danger of abuse and violence
- Increased chance of entering the criminal justice system
- Development of behavioral problems



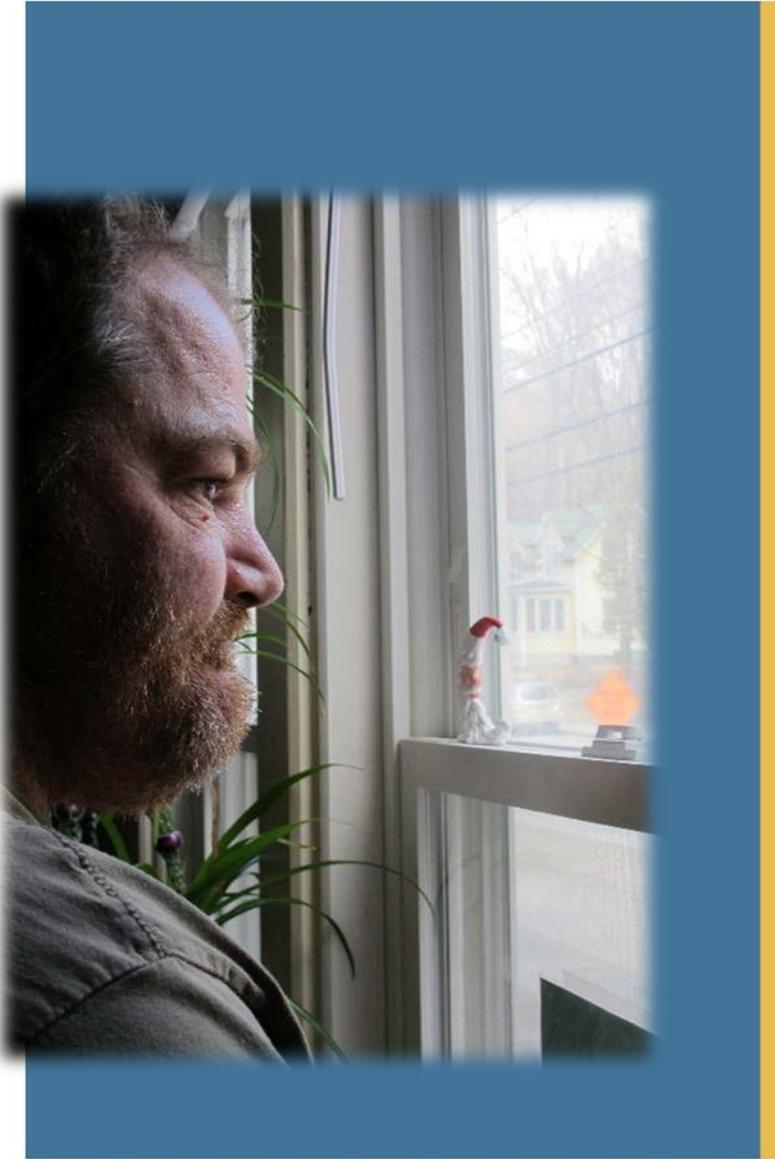
Factors that can increase risk of housing instability and homelessness



- Prejudice and discrimination (racial, cultural, linguistic, ...)
- Poverty / low income
- Social isolation marginalization
- Unaware of “Tenant Rights”
- Fear of consequences of seeking help
- Lack of educational and employment training
- Substance misuse and dependence, challenging behaviors and symptoms

Stable housing matters

- Without a secure place to live, people are unable to focus on improving any other part of their lives.
- People in stable housing show consistent improvement in areas such as health, reduced hospital stays, and reduced health care costs.



Importance of Housing Stability in Achieving Change and Recovery



COMMUNITY

Six Things **YOU** can do!



- Understand each individuals' housing and financial situations
- Include housing in each person's treatment plan
- Ask people what they need and what they want
- Provide ongoing support
- Understand that language matters to everyone
- **Get to know the resources in your area**



Learning about the **housing stability** of people you serve

Asking “Are you homeless?”
is **not** an effective approach.

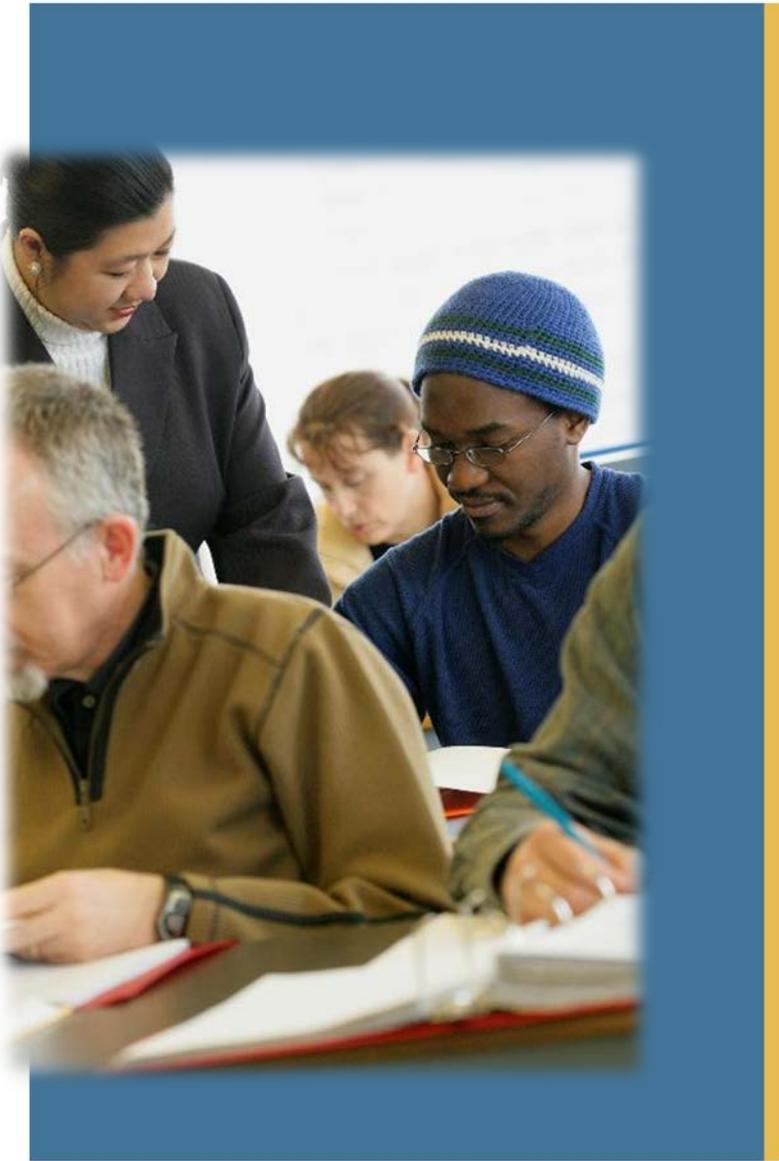


The Assessment Checklist for Homeless Family Providers

A comprehensive, evidence informed assessments of the families

Assessment Domains

- Family demographics
- Immediate safety needs
- Housing and homelessness
- Self sufficiency
- Service use
- Parent functioning
- Child development



Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score as of 10/24/06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household often ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you ever ...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you often feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you often feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents ever separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

Standardized Screening Instruments

Child development,
trauma, depression,
parenting, social
supports



Self-Rating Scale:

To use the assessment checklist:

- Place an X in the box for items that are absent.
- For each category - in the “self-rating” column - rate yourself as:
 - **Strong** if greater than 50% of the items in the category are checked as present on the program’s assessment protocol.
 - **Adequate** if 50% of the items listed under a category are checked.
 - **Needs Improvement** if less than 50% of items in a category are checked.
- Use the results to identify gaps in the assessment protocol.
- Add questions or add standard assessments where absent.

Assessment Checklist for Homelessness Family Providers

		Needs Improv ($<50\%$)
ics	<input type="checkbox"/> Identifying information <input type="checkbox"/> DOB <input type="checkbox"/> Gender <input type="checkbox"/> Marital status) <input type="checkbox"/> Veteran status <input type="checkbox"/> Race/ethnicity <input type="checkbox"/> Primary language <input type="checkbox"/> Family Composition <input type="checkbox"/> Pregnancy status <input type="checkbox"/> Custody status <input type="checkbox"/> Children's schools and grades	
ds	<input type="checkbox"/> Immediate/emergency needs <input type="checkbox"/> History of domestic violence <input type="checkbox"/> Current risk for DV/if have a restraining order <input type="checkbox"/> Risk of harm to self, or others, by any family member <input type="checkbox"/> Health/medical issue of any family members requiring attention	
d	<input type="checkbox"/> General housing questions: (e.g., Where did you stay last night? Can you return? Do you have a place you can stay?) <input type="checkbox"/> Housing history <input type="checkbox"/> Evictions <input type="checkbox"/> Residential Instability (e.g., # of moves in past year) <input type="checkbox"/> Homelessness history <input type="checkbox"/> Duration of previous homelessness <input type="checkbox"/> Housing needs and wants (location/community preference)	
ency	<input type="checkbox"/> Parents' employment and income <input type="checkbox"/> Benefits <input type="checkbox"/> Debt/credit history <input type="checkbox"/> Savings and payment plans <input type="checkbox"/> Highest level of education and current school <input type="checkbox"/> Employment history <input type="checkbox"/> Job skills <input type="checkbox"/> Preferences for next steps <input type="checkbox"/> Access to transportation <input type="checkbox"/> Child care needs	
e	<input type="checkbox"/> History with service providers <input type="checkbox"/> Health insurance <input type="checkbox"/> SSI benefits for all family members <input type="checkbox"/> Medical providers <input type="checkbox"/> Mental health providers <input type="checkbox"/> Substance use treatment	

	<input type="checkbox"/> History with service providers <input type="checkbox"/> Health insurance <input type="checkbox"/> SSI benefits for all family members <input type="checkbox"/> Medical providers <input type="checkbox"/> Mental health providers <input type="checkbox"/> Substance use treatment <input type="checkbox"/> Providers involved with children	
Functioning		
Health	<input type="checkbox"/> General health question (e.g., How is your health?) <input type="checkbox"/> Parent's physical health status (e.g., Illnesses/diagnoses) <input type="checkbox"/> Medications <input type="checkbox"/> HIV status <input type="checkbox"/> Disability status and supports	
Mental Health	<input type="checkbox"/> General mental health question (e.g., Do you have a mental health issue?) <input type="checkbox"/> Parent's mental health diagnosis <input type="checkbox"/> Medications taken for mental health disorder <input type="checkbox"/> History of hospitalizations for mental health issues	
Substance Use	<input type="checkbox"/> Parent's substance use history (e.g., How long? What type?) <input type="checkbox"/> Parent's current substance use (e.g. denied, sober, declined)	
	<input type="checkbox"/> Exposure to trauma in lifetime <input type="checkbox"/> Exposure to trauma as adult <input type="checkbox"/> PTSD and symptom severity	
	<input type="checkbox"/> Parent's criminal background (e.g., arrests, probation, charges)	
Supports	<input type="checkbox"/> General support question <input type="checkbox"/> Formal social supports (e.g., providers, community groups) <input type="checkbox"/> Informal supports (people who can be called upon to help)	
Parenting	<input type="checkbox"/> Parent's report of quality of relationship with each child <input type="checkbox"/> Parenting skills <input type="checkbox"/> Routines <input type="checkbox"/> Discipline methods	
Assessments		
Child Assessment	<input type="checkbox"/> Each child's developmental status <input type="checkbox"/> Physical health <input type="checkbox"/> Medical diagnosis <input type="checkbox"/> Mental health diagnosis <input type="checkbox"/> Learning needs <input type="checkbox"/> Special education services <input type="checkbox"/> Early intervention	
Standardized Assessments	<input type="checkbox"/> Standardized assessment protocol (e.g., Family VI-SPDAT) <input type="checkbox"/> Standardized depression and trauma screeners <input type="checkbox"/> Social support scale <input type="checkbox"/> Parenting instrument <input type="checkbox"/> Child development screener	

Resources

1. Henry M, Cortes A, Morris S. Washington: Department of Housing and Urban Development (US); 2013. The 2013 Annual Homeless Assessment Report (AHAR) to Congress. Part 1: point-in-time estimates of homelessness.
2. Fargo J, Metraux S, Byrne T, Munley E, Montgomery AE, Jones H, et al. Prevalence and risk of homelessness among U.S. veterans: a multisite investigation. *Prev Chronic Dis.* 2012;9:110–2.
3. Lindblom EN. Toward a comprehensive homelessness-prevention strategy. *Housing Policy Debate.* 1991;2:957–1025.
4. Shinn M, Baumohl J, Hopper K. The prevention of homelessness revisited. *Anal Soc Issues Public Policy.* 2001;1:95–127.
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Resources (page two)

6. Aidala AA, Lee G, Abramson DM, Messeri P, Siegler A. Housing need, housing assistance, and connection to HIV medical care. *AIDS Behav.* 2007;11(6 Suppl 1):S101–15. [PubMed]
7. North CS, Eyrich KM, Pollio DE, Foster DA, Cottler LB, Spitznagel EL. The Homeless Supplement to the Diagnostic Interview Schedule: test-retest analyses. *Int J Methods Psychiatr Res.* 2004;13:184–91. [PubMed]
8. Milby JB, Wallace D, Ward CL, Schumacher JE, Michael M. Towards a more sensitive assessment of homelessness: the Homelessness Severity Scale. *J Social Distress Homeless.* 2005;14:151–70.
9. Tsemberis S, McHugo G, Williams V, Hanrahan P, Stefancic A. Measuring homelessness and residential stability: the residential time-line follow-back inventory. *J Community Psych.* 2007;35:29–42.

Questions Discussion Comments





SAMHSA's

10 Principles
and
4 Dimensions
of Recovery in
Behavioral Health

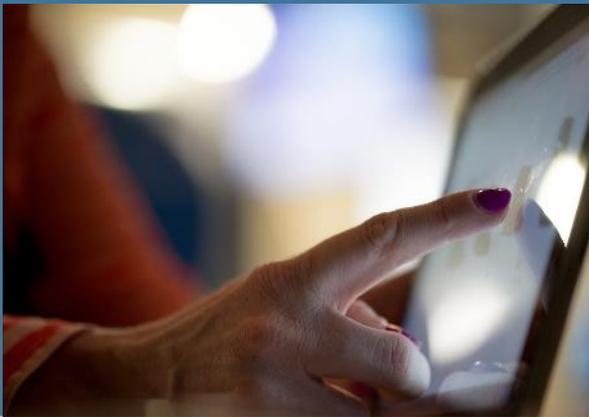
Recovery to Practice

Through education, training, and resources **SAMHSA's** Recovery to Practice (RTP) program supports the expansion and integration of recovery-oriented behavioral health care delivered in multiple service settings between multiple disciplines.



Free CME!

<https://www.samhsa.gov/recovery-to-practice>



Recovery to Practice offers *free* on-demand courses approved for continuing medical education (CME) courses.

Courses available now:

- Clinical Decision Support for Prescribers Treating Individuals with Co-occurring Disorders (2 courses; 1.5 CME each)

For more information or to register:

<https://www.samhsa.gov/recovery-to-practice/clinical-edu-opportunities-recovery-oriented-practice>

Want to continue your learning?

- 1** *Characteristics of Homeless Adults with Serious Mental Illness Served by a State Mental Health Transitional Shelter* <https://link.springer.com/article/10.1007/s10597-013-9607-5>
- 2** *Maslow and Mental Health Recovery: A Comparative Study of Homeless Programs for Adults with Serious Mental Illness* <https://link.springer.com/article/10.1007/s10488-014-0542-8>
- 3** *Full-Service Partnerships Among Adults with Serious Mental Illness in California: Impact on Utilization and Costs* <http://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201300380>
- 4** *Life Changes Among Homeless Persons With Mental Illness: A Longitudinal Study of Housing First and Usual Treatment*
<http://ps.psychiatryonline.org/doi/abs/10.1176/appi.ps.201400201>
- 5** *Writer Reflects on Meaning of Recovery* <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/writer-reflects-meaning-recovery>



Issue 12: September 2017

PRACTICING RECOVERY: Recovery-oriented Approaches to Housing Instability

Supports for Individuals with Serious Mental Illness Experiencing Housing Instability

A stable and safe place to live is a critical element to recovery for individuals diagnosed with serious mental illness (SMI). In fact, "Home" is one of the [four major dimensions](#) identified by SAMHSA that support a life in recovery. In addition, safe and affordable housing is a social determinant of health highlighted in the Office of Disease Prevention and Health Promotion's (ODPHP) [Healthy People 2020 program](#).

As such, providers want to pay as much attention to the housing situations of the people they serve as they pay to health, community supports, and other holistic factors. This issue of *Practicing Recovery* explores the clinical importance of safe and secure housing for individuals with mental health conditions and how you can understand, screen for, and assist those experiencing housing instability or homelessness. The following resources are a great starting point to help you learn more about how housing affects the people you serve and what you can do about it.

HUD Exchange

The U.S. Department of Housing and Urban Development's (HUD) [HUD Exchange](#) is an interactive website with resources and tools for understanding and applying for the many federal housing assistance programs, including [public housing and voucher programs](#). In addition, the site offers information on housing [grants](#) and education and [training](#) to learn more about HUD's services.

HUD Continuum of Care Program

The [Continuum of Care \(CoC\)](#) program funds local nonprofit and government programs and supports them in their efforts to re-house individuals and families experiencing homelessness in a timely way. The CoC does this by helping to cohesively coordinate services and programs at the local level, helping local organizations work together, and promoting access to other programs within the community. The CoC is often the first resource for providers or practitioners looking to help the people they serve access housing.

United States Interagency Council on Homelessness

The USICH is a partnership between 19 federal agencies and offices that lead the national effort to prevent and end homelessness in the U.S. USICH developed [Opening Doors](#), the nation's first comprehensive federal strategy to prevent and end homelessness.

SAMHSA Homeless Programs and Resources

SAMHSA offers a number of [homelessness prevention and support programs](#), including grant-funded programs for people [experiencing homelessness](#) and cooperative grant programs jointly funded by the SAMHSA [Center for Mental Health Services \(CMHS\)](#) and [Center for Substance Abuse Treatment \(CSAT\)](#) for people with behavioral health conditions who need permanent supportive housing.



RTP newsletter on housing instability

<http://www.samhsa.gov/recovery-to-practice>

Sign up to receive this free, informative newsletter on recovery-oriented practice every quarter.



Other resources

- The [VA Supportive Services for Veteran Families \(SSVF\) Homelessness Prevention \(HP\) Screening Toolkit](#). Validated tool for assessing homelessness among veterans most at-risk of becoming homeless.
- The [Minnesota Family Homeless Prevention and Assistance Program \(FHPAP\) screening tool](#) may help you better understand how to talk to people about their risk of homelessness.
- HUD Exchange recommends the [Barriers to Housing Stability Assessment](#)



SAMHSA Resources

HHRN Homepage:

- <https://www.samhsa.gov/homelessness-housing>

Projects for Assistance in Transition from Homelessness (PATH)

- <https://www.samhsa.gov/homelessness-programs-resources/grant-programs-services/path>

SSI/SSDI Outreach, Access, and Recovery (SOAR)

- <https://www.samhsa.gov/homelessness-programs-resources/grant-programs-services/soar>

United States Interagency Council on Homelessness

- <https://www.usich.gov/>
- <https://www.usich.gov/opening-doors>

HOMELESSNESS
Programs and Resources

SOAR
Visit SOAR Online

Key Strategies for Connecting
People Experiencing Homelessness
to Supplemental Security Income
(SSI) and Social Security Disability
Insurance (SSDI) Benefits

SAMHSA

RTP Quarterly Newsletter

To get your free subscription, go to

<http://www.samhsa.gov/recovery-to-practice>



Next RTP webinar
Wednesday, November 1st
1:00p – 2:00p ET

*Two faces of the same issue:
housing instability and homelessness
in rural and urban communities*

Watch your email for information coming soon!



RTP Training and Technical Assistance

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for upcoming
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Webinars

Click link ↓

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<http://www.surveygizmo.com/s3/3883190/Housing-Instability-Risk-How-to-Recognize-it-and-what-to-do-when-you-see-it>

Cont. Ed.

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