Welcome to the Webinette!
September 13, 2016

Information on how to obtain your no-cost .5 NAADAC contact hour provided at the conclusion of this live webinar.

tools for treatment
Family-Centered Behavioral Health Support for Pregnant & Postpartum Women
ATTC | Center of Excellence

www.attcppwtools.org
ATTC Center of Excellence on Behavioral Health for Pregnant and Postpartum Women and Their Families

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ATTC Regional Center Partners:
Great Lakes ATTC
Mid-America ATTC
New England ATTC
Southeast ATTC

Purpose:
The Center was established to develop a family-centered national curricula, web-based toolkit, and provide support for national training and resource dissemination.
Supporting Recovery through Housing: Options and Innovations for Women and Families

Deborah (Deb) Werner, MA, PMP
Advocates for Human Potential, Inc.

CoE PPW Webinette #5
September 13, 2016
Webinette Overview

• Housing is important

• Women and families benefit from help accessing safe, affordable housing

• There are an array of community housing options available including recovery housing
Why talk about housing?
On a Single Night in Jan 2015

- 206,286 people were counted as homeless. This included 64,197 families with children. They represent 37 percent of all people experiencing homelessness. (Shivji, A. et al., 2015)

- Many women with SUDs are housed precariously.
Why is Housing Important?

Housing determines not only where you live but also where your children may be in school. It also determines access to services and mutual supports as well as employment opportunities.

Early findings of the MacArthur Foundation, *How Housing Matters to Families and Communities Research Initiative*, show that housing improves school performance, diminishes health problems, and reduces psychological stress.
What are some housing-related services women and families in treatment may need?
Housing-Related Services

• Access to immediate housing and/or emergency shelter
• Counseling and skill-building related to current living circumstances
• Tenant rights and responsibilities education and coaching
• Access to subsidy programs and housing counseling
• Assistance in locating safe, affordable housing
• Home-based case management, services, and supports, or alumni supports
The Primary Housing Problem

- A lack of affordable housing.
- One in four renter households earns less than 30% of area median income and cannot afford housing.
- An American household must earn at least $20.30 an hour to afford a modest, two-bedroom apartment without spending more than 30% of income on rent.

(National Low Income Housing Coalition, 2016)
What are housing options?
Community-based Housing

Developing a continuum of housing options for individuals and families with SUDs is an important part of Recovery-Oriented Systems of Care (ROSC).

SAMHSA has identified Home, Health, Purpose and Community as four pillars of recovery.

The continuum must include housing choice and safe, affordable housing.

Differentiating factors include integration, rights of tenancy, and control of the housing unit.
Housing Options

- Mainstream market rate housing
- Mainstream housing with subsidies
- Affordable housing projects
- Scattered site supportive housing
- Supportive housing projects
- Resident governed recovery housing
- Other recovery housing
- Other housing types
How is recovery housing unique?
Challenges for Some Formerly Homeless Women

- No one watching me or telling me what to do.
- I am lonely. This is boring.
- It is so quiet.
- How can I say no she/he/they can’t stay here?
- Uh-oh - the sink is leaking.
- How does this work?
- Rent is a lot of money.
- Establishing family routine is a challenge.
- I don’t know this neighborhood.
- My neighbors drink/use substances.
Recovery Housing: a spectrum of living environments that are free from alcohol and illicit drug use with a focus on peer support and connection to other recovery services and supports. – NARR, 2015
Recovery Housing is Community

- Mutuality (everyone gives/receives)
- Decision making
- Alcohol/drug free (safe)
- Encourages responsible, healthy living

Society for Community Research and Action, 2013
NARR 4 Levels – Staffing

Levels differ in:

Staffing

I

Peer elected officers

II

Senior resident / Peer House Manager

III

Supervision

IV

Supervision

Staff supervision e.g. ongoing skills development and support

NARR, 2015
NARR 4 Levels – Services

Levels differ in:

Service Bundles

I

Housing – safe, stable housing that is recovery supportive

Social Model – sociocultural elements & structure that promote ubiquitous support, accountability & connectedness

Peer Recovery Support
- Formal one-on-one (e.g. coaching)
- Formal groups (e.g. support groups)

Life skills
- e.g. job readiness, budgeting

Trend: IOP/PHP + RR

Clinical

NARR, 2015
Affordability

In general, housing is made affordable in two ways:

1. Existing market housing is made affordable through a subsidy, or
2. New affordable housing is developed

Funding sources are often more flexible than they look, are vulnerable to input, and can be combined in ways to create a robust inventory of affordable housing.
Making it Happen

**Structure**
- Who do you serve/want to serve and need
- Know your HUD Continuum of Care (CoC)
- Agency values and philosophy
- Funding and requirements
- Collaborations

**Approach**
- Tenancy law
- Leadership and decision-making approach
- Balancing rules and norms
- Risk
Recovery Housing Resources

National Alliance of Recovery Residences, www.narronline.org

Oxford House, www.oxfordhouse.org


Ohio Mental Health and Addiction Services, Recovery Housing web page, mha.ohio.gov/Default.aspx?tabid=753
Housing and Homeless Resources


SAMHSA Homeless Programs and Resources, www.samhsa.gov/homelessness-programs-resources

Corporation for Supportive Housing, www.csh.org

National Alliance to End Homelessness, www.naeh.org

National Low Income Housing Coalition, www.nlihc.org

HUD, Continuum of Care Program Toolkit, www.hudexchange.info/programs/coc/toolkit/
References


Thanks for Participating!

• By attending this **live webinette**, you are eligible to receive .5 NAADAC contact hour.

• In the next few days, the **ATTC Network Coordinating Office** will email you instructions on how to download your certificate of attendance.

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