

1.01 Three Core Components that Put the Rapid in Rapid Re-Housing



2016 National
Conference on

ENDING FAMILY & YOUTH HOMELESSNESS

February 18–19, 2016
Oakland, California

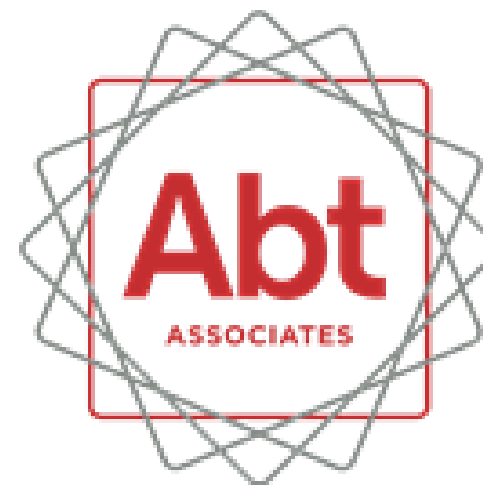
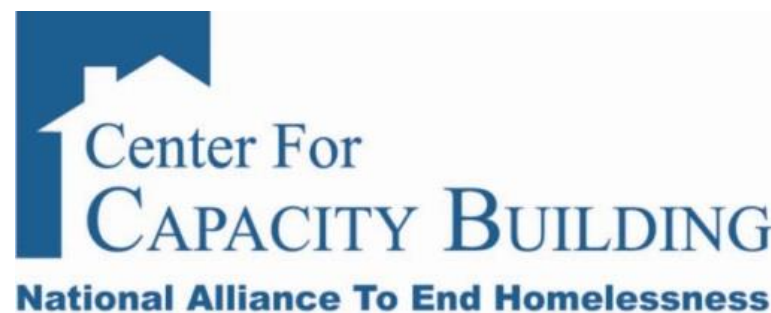
Speakers

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Who is Here?

Rapid re-housing is not a program, it is a critical system intervention to end homelessness



First Encounter

What Do You See?

Homeless man, age 52: showing up late to appointment, complaining, irritable, suspicious of your questions, argumentative, defensive, cynical, liquor on breath

Homeless woman, age 25: showing sadness, helplessness, hopelessness, panic, crying, worrying

Homeless mother of three, age 21: showing apathy, difficulty concentrating, forgetfulness, poor personal hygiene

Think About a Time in Your Life

You faced a very difficult situation

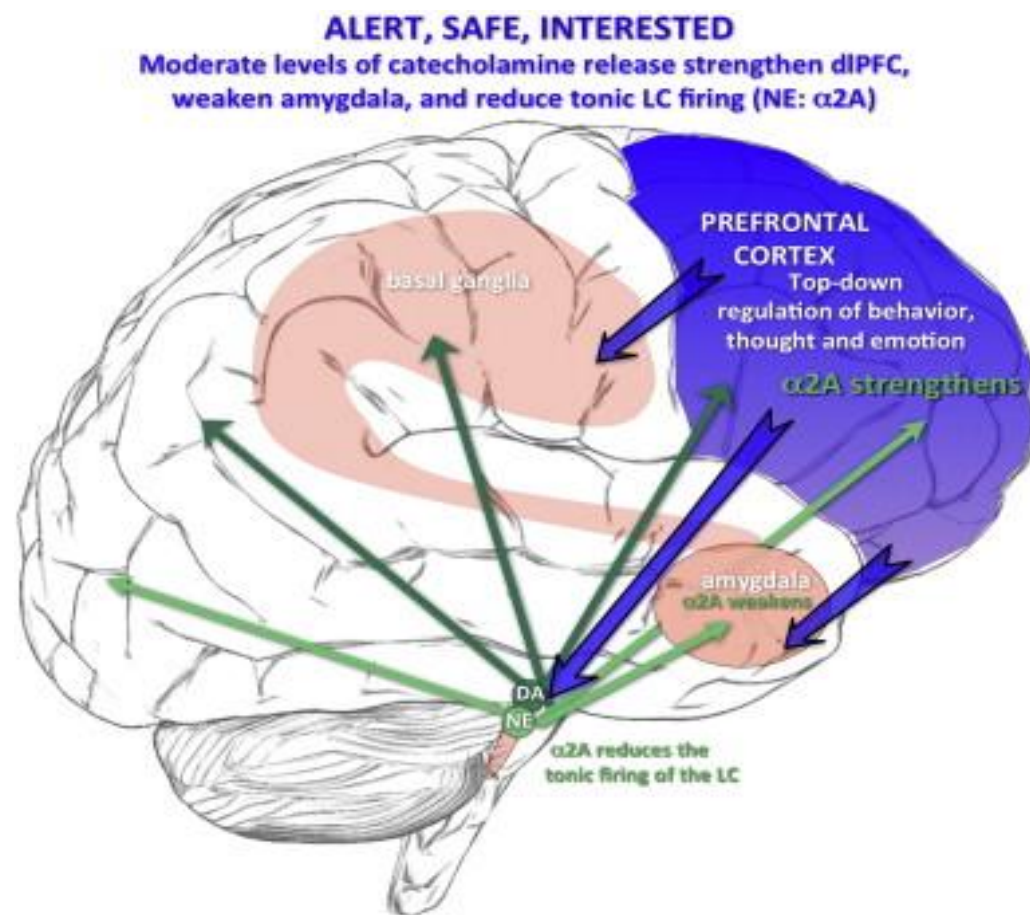
- It was very important AND
- You didn't have much (or any) control AND
- The problem(s) continued for more than a month

Remember how you felt and acted.

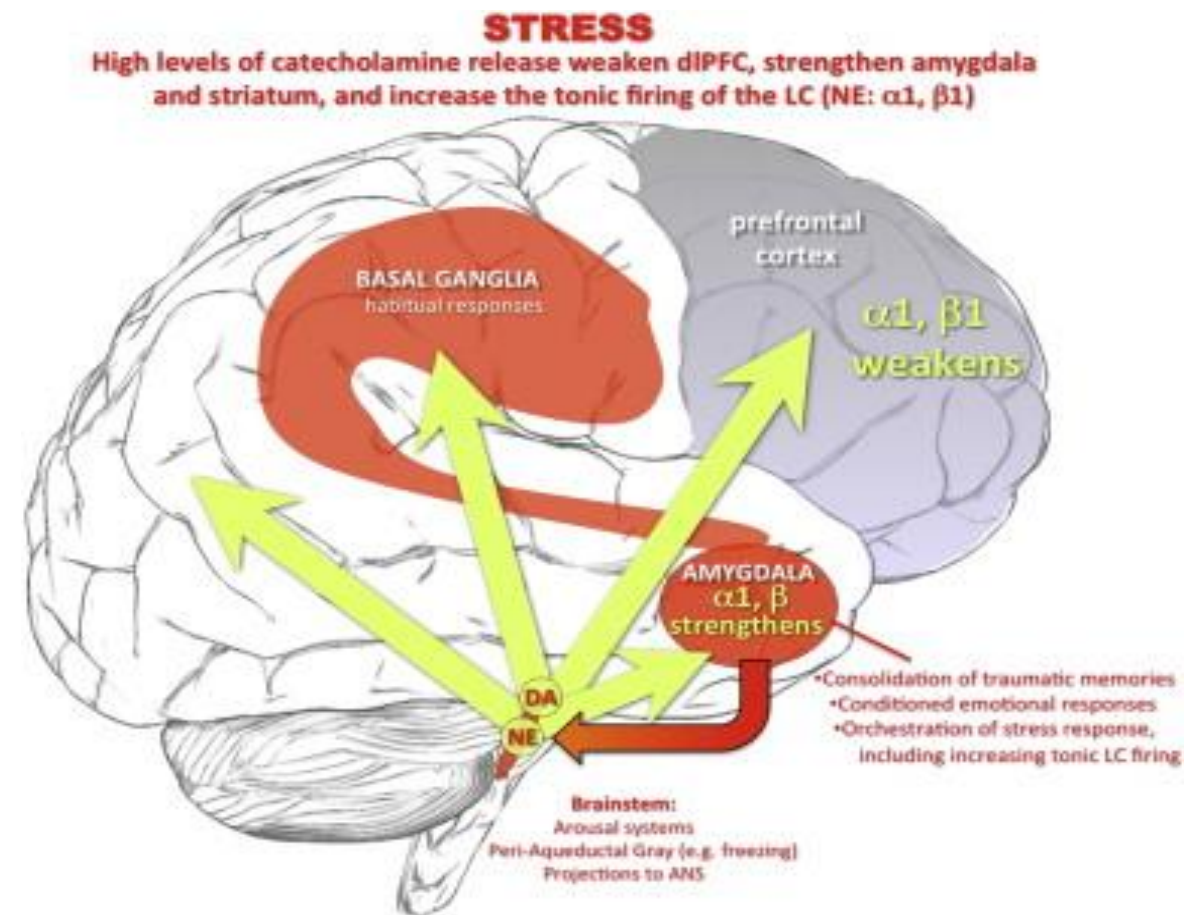
Circle all the words on the handout that describe your feelings and behaviors at that time

This is Your Brain!

Your Brain, Feeling Good



Your Brain on Stress!



The Impact of Stress Overload

Acute, **uncontrollable** stress exposure impairs **executive functions** by overriding signals of the prefrontal cortex.

Sustained stress exposure changes the architecture of the brain, more seriously weakening prefrontal cortex control and reducing **executive functioning**.

Executive Function

Executive function includes neurocognitive processes that enable us to:

Solve novel problems

Modify behavior in response to new information

Generate strategies for complex actions

Follow through with plans

Over-ride behavioral and emotional responses to engage in goal-directed behavior

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Implication for RRH

- Most people recover from stress overload when the stressor is removed. They recover slowly or quickly, completely or partially
- Mistaking stress overload for a mental illness or substance abuse disorder = failure to recognize resilience, strengths
- The stronger the stress response, the more the person may need direct assistance, limited goals and action steps
- Housing people rapidly is critical to reducing stress overload.

What Is Rapid Re-Housing?

- **Rapid:** (Adj.) Moving, acting, or occurring at great speed
- **Re-Housing:** (Verb) Provide (someone) with new housing
- **Rapid Re-Housing:** An intervention designed to help individuals and families to quickly exit homelessness and return to permanent housing

HEARTH Act

GOAL:

HEARTH Act – 30 days or less from homelessness into permanent housing

REALITY:

Housing location and placement process should begin as soon as person has been assessed and prevention and diversion have been eliminated

Why Rapid Re-Housing? The Results

- Reduced length of shelter stays frees up crisis beds for others in need
- Reduces the negative impacts of long-term homelessness
- Lower cost, better results than TH or ES

**HOUSED PEOPLE
ARE NOT HOMELESS**

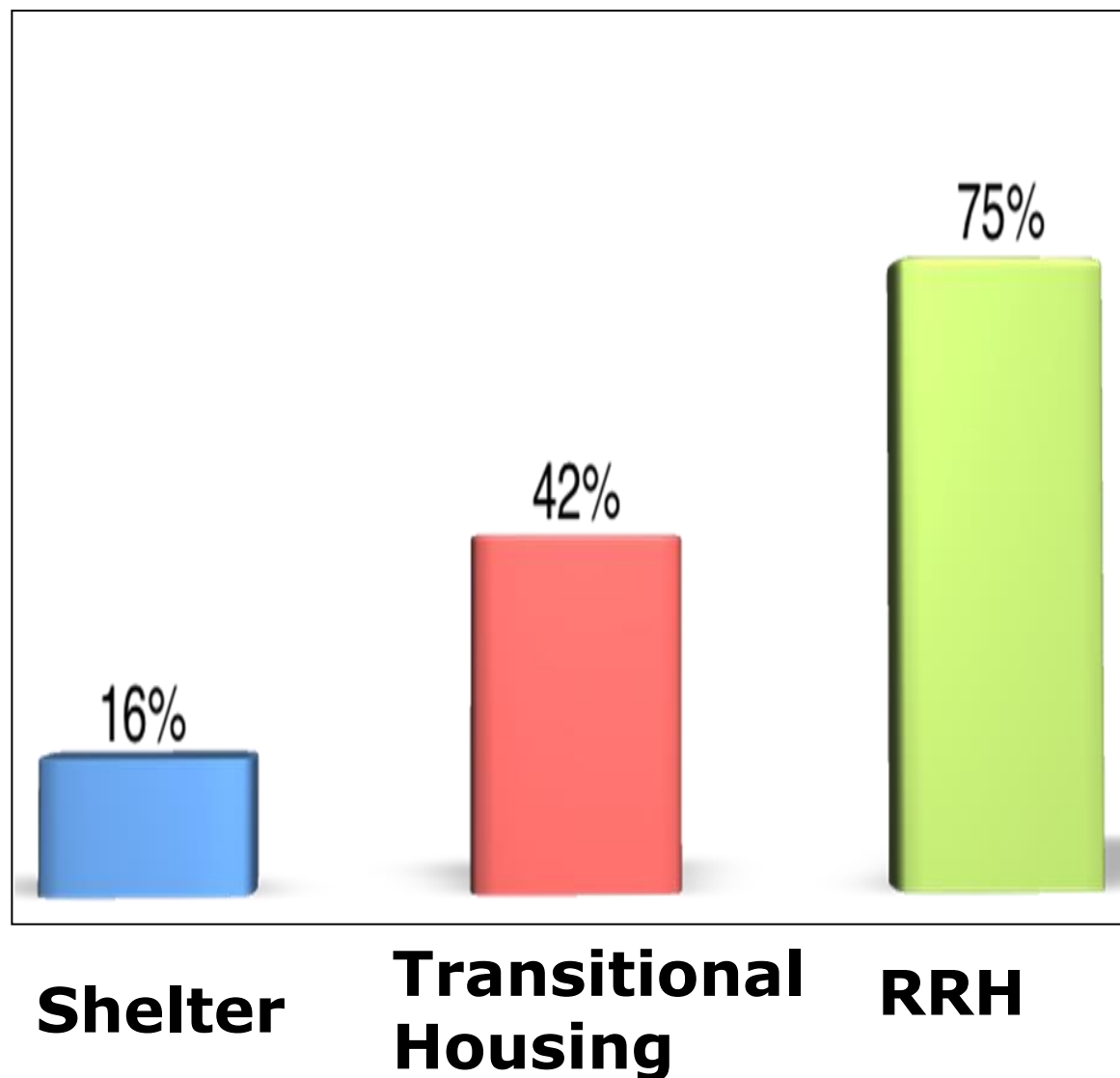
Why try rapid re-housing first?

- Research has found ***no characteristic*** (of clients or of the programs assisting them) that predicts who will succeed or return to homelessness
- The majority of persons who exit homelessness do not return, regardless of the type of assistance provided
- No one knows how to assess resiliency
- Progressive Engagement: RRH programs are flexible and individualized--offering longer or more intensive assistance when needed

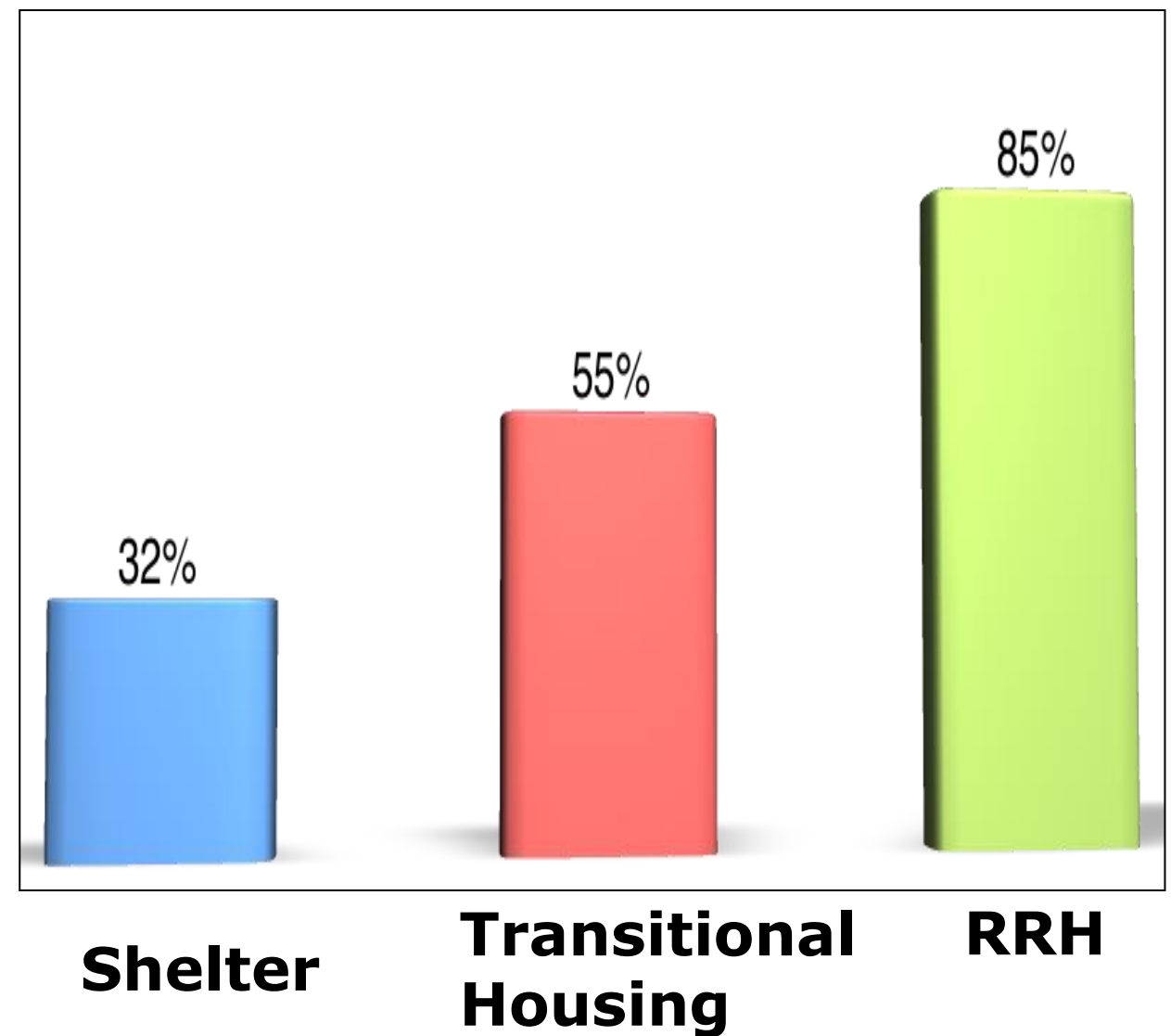
How do we know rapid re-housing works?

Average Rate of Exits to Permanent Housing

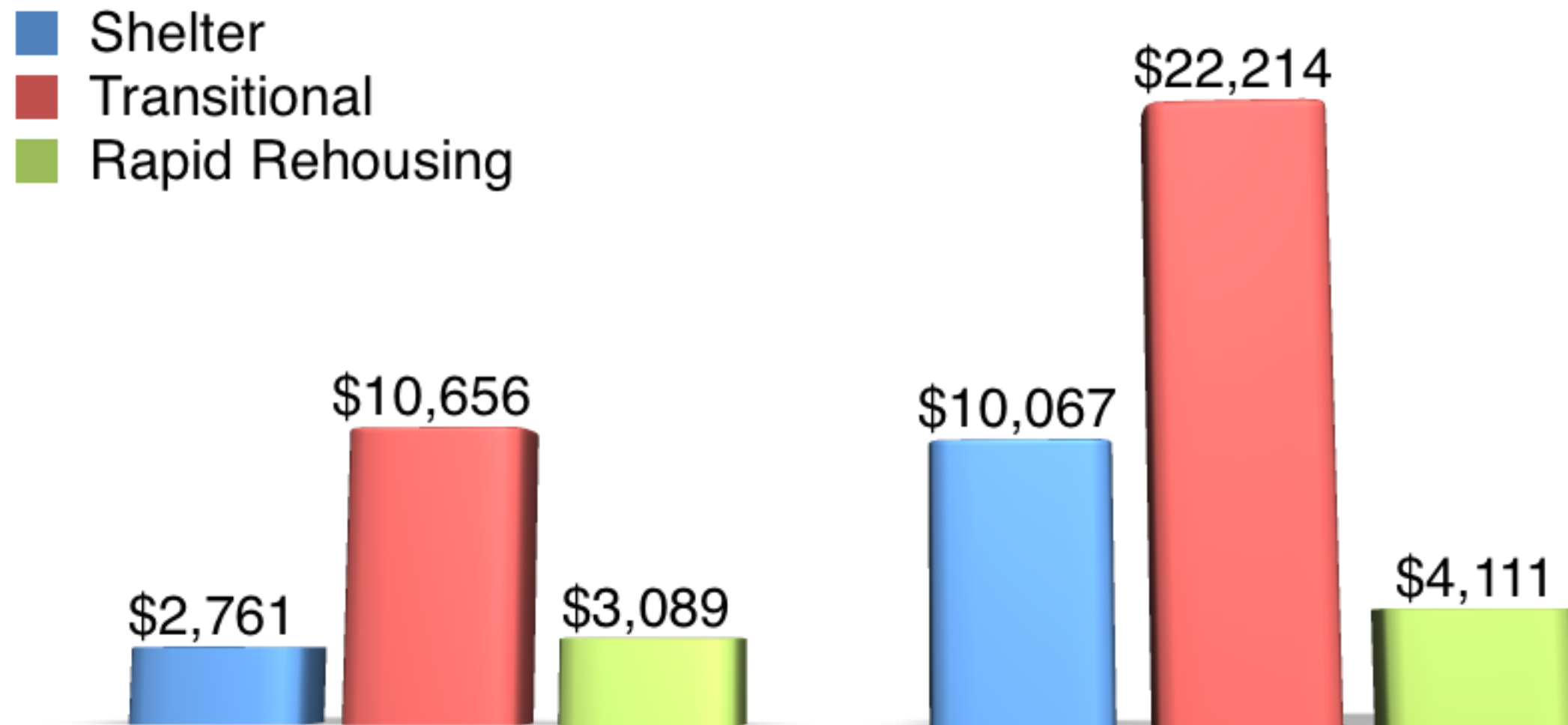
Singles



Families



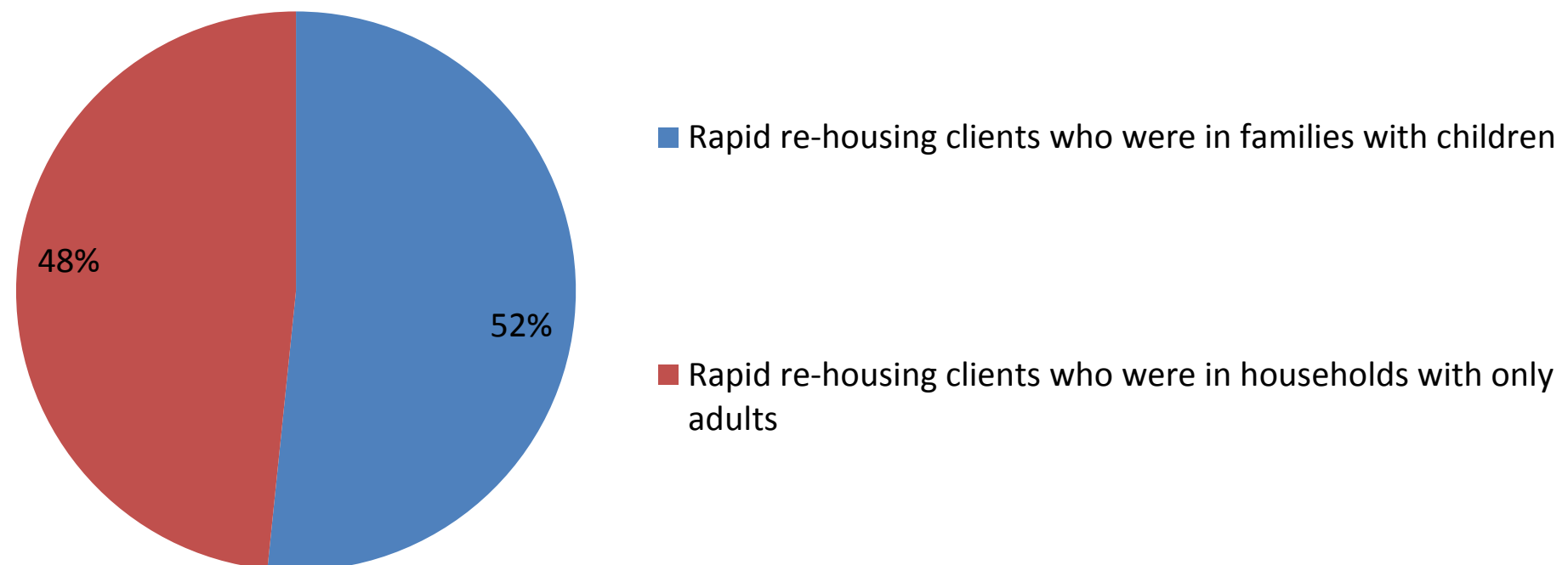
Average Cost Per Exit and Per PH Exit Families



Georgia ESG Rapid Re-Housing

In SFY 2015

- 90.18% exited to permanent housing
- 89.6% do not return to homelessness



Program Philosophy and Design

REMEMBER

Rapid Re-Housing Does

- Reduces the length of time people experience homelessness
- Minimize the negative impact of homelessness on their lives
- Assist people to access resources that can help with long term goals – if they choose

Rapid Re-Housing Does Not

- Eliminate poverty
- Assure people will have affordable housing
- Protect people from impact of life loses or bad choices
- Eliminate housing mobility

**HOUSED PEOPLE
ARE NOT HOMELESS**

Housing First

- ✓ Program eligibility criteria and screening do not include minimum income, a period of sobriety, a commitment to participate in treatment or other criteria designed to “predict” long-term stability
- ✓ Disabilities are assessed only when relevant to prioritize the most vulnerable; or when related to a person’s ability to access disability services or income benefits

Client Choice

- ✓ To the extent possible, people should be able to choose the type of housing they want
- ✓ Beyond services required by the funder, people choose the type of services they want, as well as the timing, sequence and provider of those services

Progressive Approach

The program provides

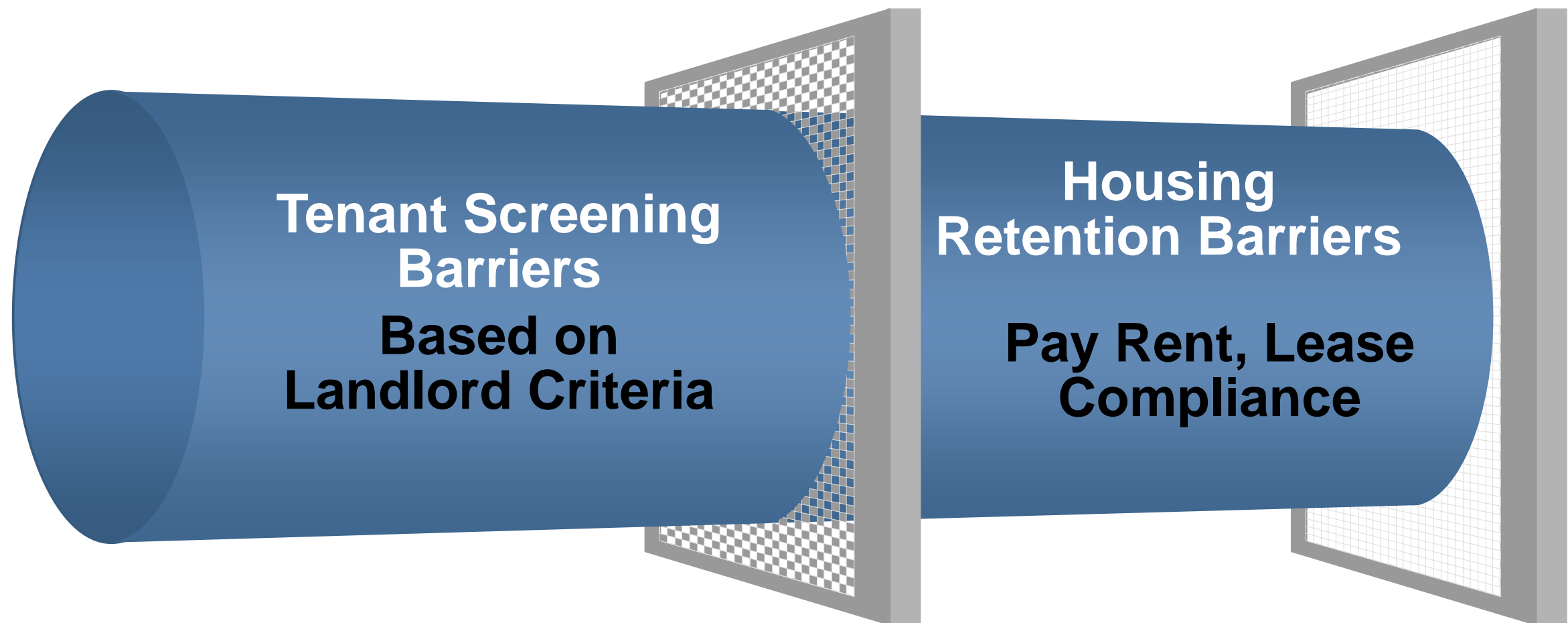
- The minimum level of case management and financial assistance necessary,
- For the minimum duration necessary
- Until the household has exited homelessness and is not at risk of homelessness in the near term

This means the program has defined a basic approach and can increase the intensity and duration of assistance when the person demonstrates a need

How To: Barrier Assessment

Obtain Housing

Maintain Housing



Path to Housing Stability

Program Best Practice

The Three Core

Components

Rapid Re-Housing (RRH)
ends homelessness for
families and individuals.

RRH HELPS



FIND HOUSING

Help people quickly find housing within one month or less.

PAY FOR HOUSING

Help people pay for housing short term; longer-term help an option.

STAY IN HOUSING

Help access services so people can stay in housing.

The **Core Components** of Rapid Re-Housing help people **find** housing fast, **pay** for housing, and **stay** in housing.

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FIND FAST HOUSING IDENTIFICATION



Build relationships with landlords to have access to as many housing units as possible.

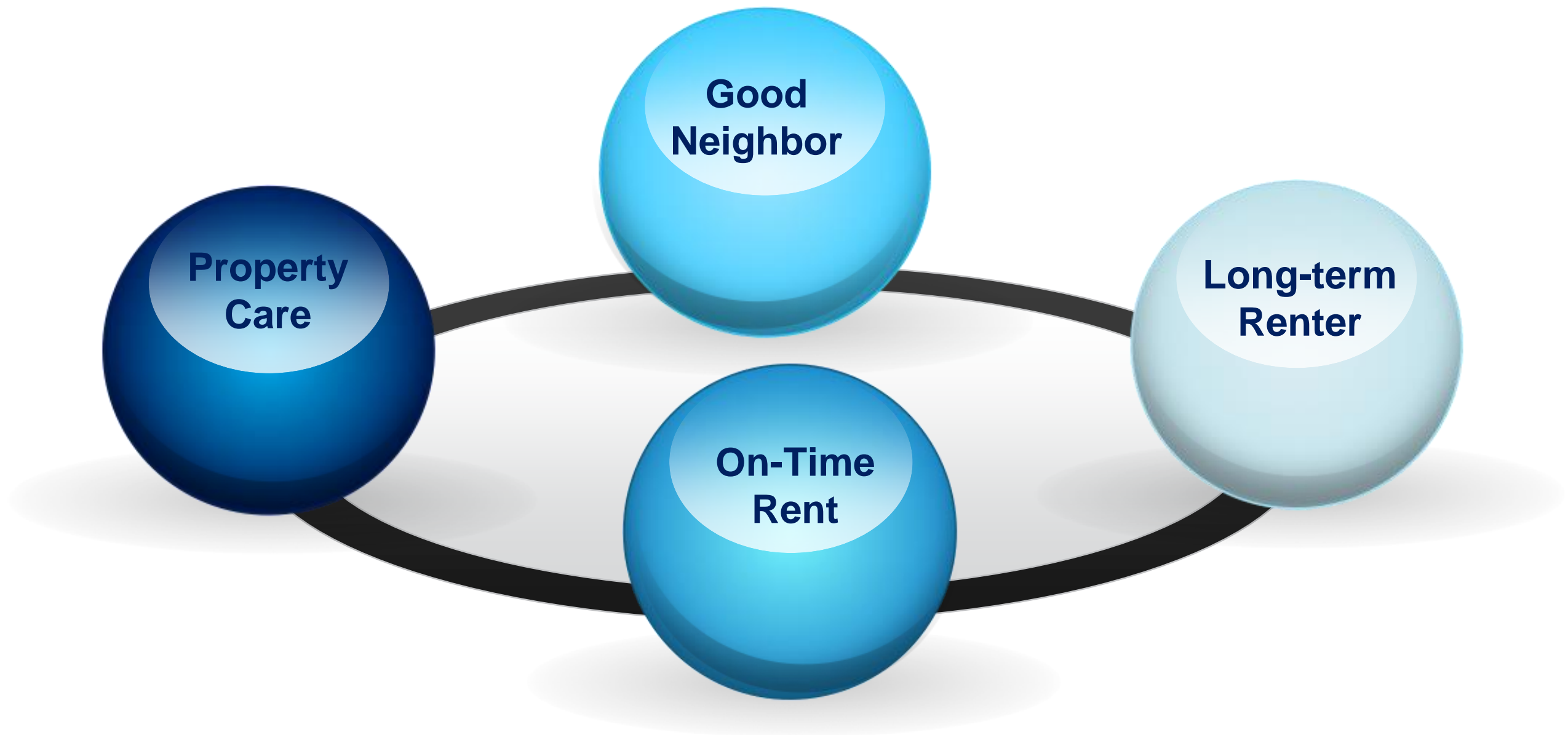
Find and secure housing as quickly as possible after a person or family becomes homeless.

Limit the time a family or individual spends homeless. Move people into housing within **30 days or less**.

Housing Identification Standards

- ❑ **Actively recruit and retain** landlords willing to rent to program participants who may otherwise fail to pass typical tenant screening criteria.
- ❑ Assist participants to secure housing that **can be maintained** after program exit.
- ❑ Help participants to secure **shared housing** including, including negotiating landlord approval, shared rent, etc.
- ❑ Help participants access **desirable units** (e.g. neighborhoods they want to live in, access to transportation, close to employment, safe).

Four Things Landlords Want



Leave no Stone Unturned

Diversify Your Methods for Outreach to Landlords



Landlord Incentives

Basic (for all program participants):

- Respond to landlord concerns about rent, lease, damage, conflict
- Home visits
- Assist with tenant move-out -- without eviction
- Fill vacancies with program participants

Enhanced (for participants with high barriers):

- Co-sign lease
- Pay or repair damage

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HELP PAY RENT AND MOVE-IN ASSISTANCE



Pay for security deposits, move-in expenses...

... and/or rent and utilities.

Length of assistance varies, but often **4 to 6 months**.

Rent and Move-In Assistance Standards

- ❑ Provide assistance necessary for participants to **move immediately out of homelessness and to stabilize** in permanent housing.
- ❑ Provide participants with the **minimum necessary** to maximize the number of households able to be served.
- ❑ Financial assistance is **not a standard “package”** and must be flexible enough to adjust to participants’ unique needs and resources, especially as participants’ financial circumstances or housing costs change.

Rent and Move-In Assistance

- Do not forget about consumer resiliency
- Financial assistance designed to pay for housing, not alleviate poverty
- Do not count on a permanent subsidy
- Progressive Engagement



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HELP STAY RAPID RE-HOUSING CASE MANAGEMENT AND SERVICES

Connect families and individuals to services and supports in the community.

Help resolve issues that may threaten housing stability, including conflicts with landlords.



Rapid Re-Housing Case Management and Services Standards

- ❑ Actively engage participants in **voluntary** case management and service participation.
- ❑ Case plans are focused on addressing **barriers to housing retention**
- ❑ Case plans summarize the steps both the case manager and the participant will take to achieve **the participant's immediate and short-term goals**.
- ❑ Case managers use a **strengths-based** approach empower clients.
- ❑ Help participants **build a support network** outside of program and connect with community resources and service options that continue beyond program's duration.
- ❑ Key to Success is Client Engagement and Natural Supports

Community Connections



Program Outcomes and Data

- **Length of Stay:** Amount of time it takes to re-house participants, from homeless episode (entry into shelter system) to exit to permanent housing
- **Permanent Housing Exits:** percent of households who remain in permanent housing at exit date from the rapid re-housing program
- **Returns to Homelessness:** percent of households in permanent housing at exit who return to homelessness in 12 months of exit
- **Efficiency:** Program cost (including all program costs) per household served

Summary

Rapid re-housing is not a program, it is a critical system intervention to end homelessness

Housed people are not homeless

The Core Components of Rapid Re-Housing help people:

- Find housing **fast**

- Pay for housing in the short term

- Stay in their housing

Want to Dig Deeper?

Suggested RRH Sessions

2.02 Show Me the Money: Creative Funding Strategies for Rapid Re-Housing

2.04 How to Recruit Landlords So They Don't Say "No"

M1.03 How Much? How Long? A First-Hand Account of the Progressive Engagement Model

M2.02 The Roadmap to Move from Transitional Housing to a Rapid Re-Housing Organization

M2.04 Closing a Case: Knowing When to End Rapid Re-Housing Assistance

3.02 Yes, You Can: Effective Rapid Re-Housing in Challenging Housing Markets

4.03 Essential Strategies for Serving Vulnerable Families with Rapid Re-Housing

4.10 Rapid Re-Housing Performance Benchmarks and Program Standards

5.02 Three Metrics You Need to Evaluate and Improve Your Rapid Re-Housing Programs

Questions

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