



**ANYTHING HELPS**

# **SUPPORTIVE OUTREACH**

An Evidence-Based Alternative to  
Sweeps



# **MIKE MATHIAS** NCPS, CRS

**FOUNDER/EXECUTIVE DIRECTOR**  
**ANYTHING HELPS**



- **Nationally Certified Peer Counselor**
- **Lived experience of unsheltered homelessness**
- **Frontline training instructor**
- **Supportive Housing Lead Fidelity Reviewer**
- **Community Resource Specialist**





# AH ANYTHING HELPS



## OUR MISSION & VISION

We create and clear paths to stability for the chronically homeless and advocate for a future where the minimum acceptable standard of living rises above the threshold where people are forced to live on the streets.

T R U S T  
T H R O U G H  
T R A N S P A R E N C Y

P R O G R E S S  
T H R O U G H  
P A R T N E R S H I P

C H A N G E  
T H R O U G H  
C O M M U N I T Y



# A COMPLEX ISSUE

- **Chronic homelessness increases ~15% annually\***
- **Four generations simultaneously on the streets**
- **Increased hostility toward unsheltered population**
- **Workforce burnout and turnover**



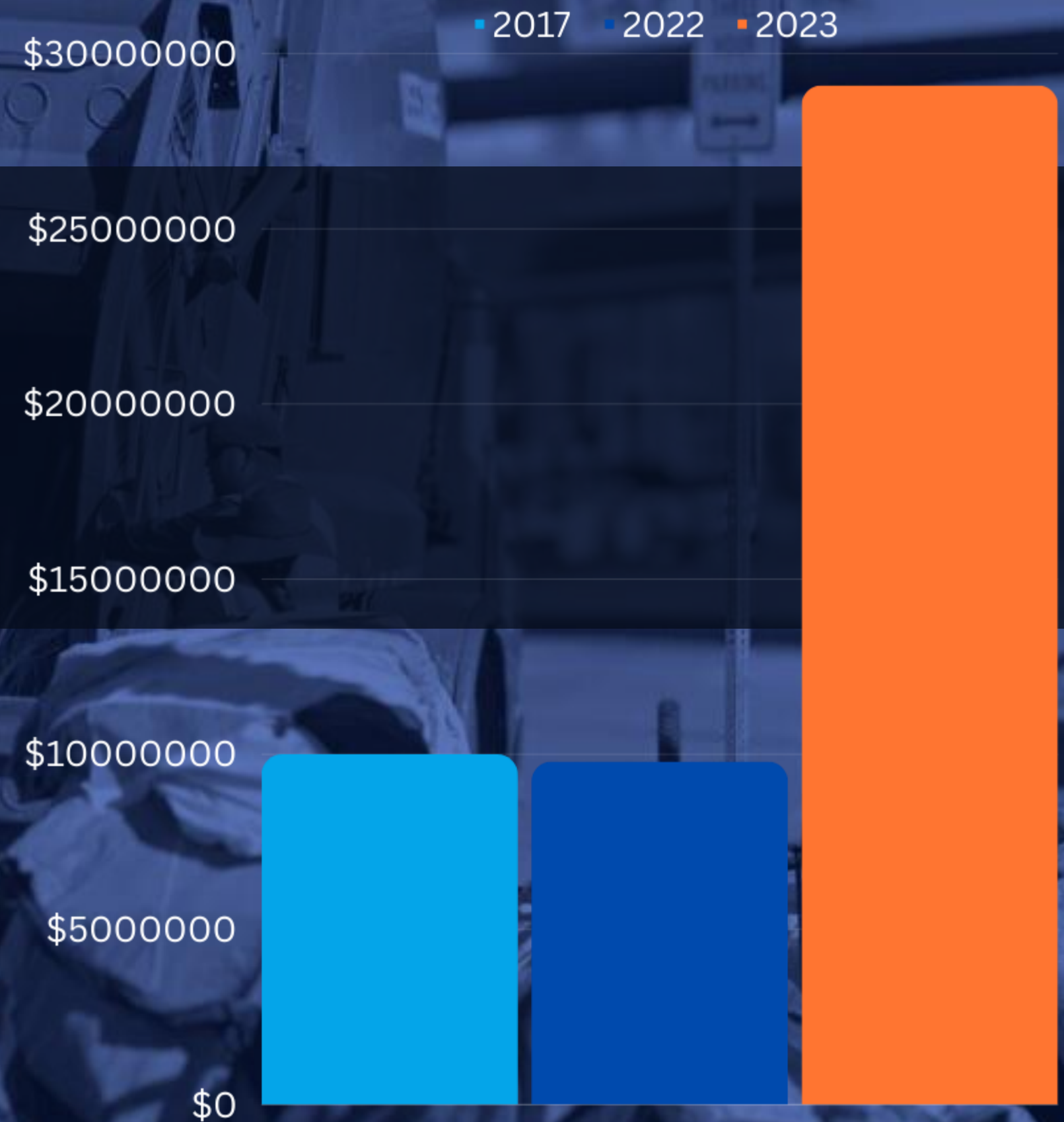
\*Based on 2022 HUD Data



# HOMELESS SWEEPS

## ARE EXPENSIVE

- Sweeps cost \$10 Million annually\*
- **\$29.1 million** in 2023\*
- Sweeps occur in Seattle most weekdays



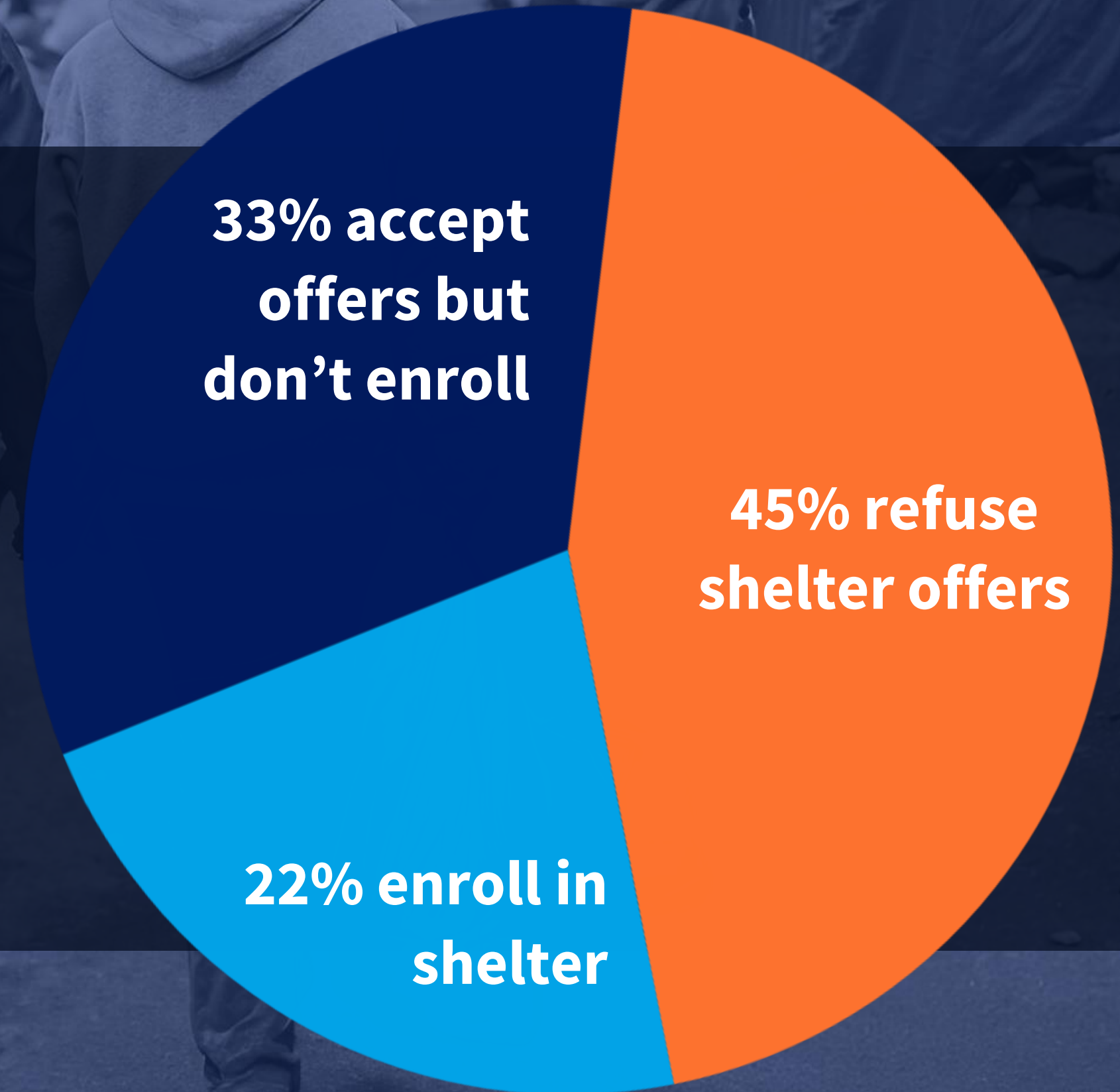
\*Based on data published to the homelessness dashboard by the City of Seattle, annual city budget announcements and Real Change investigative reporting.



# HOMELESS SWEEPS

ARE INEFFECTIVE

- **98%** state they would accept permanent housing
- **2021** - 1:5 people moved inside
- **2024** - **Less than 1:10**
- **Encampments provide benefits shelters don't**



Based on participatory action research by Anything Helps in 2021 and data published to the homelessness dashboard by the City of Seattle.





## THE VOICES OF LIVED EXPERIENCE

**“All I can say is that my fear of the unknown, of what might be waiting for me at that shelter, was worse than my fear of the known risk of staying on the street. That was where I was comfortable...people, we're creatures of habit. We can get comfortable in some of the most uncomfortable positions, and camp had become the lesser of two evils.”**

**-David  
Former Camp Resident**



# TEMPORARY FEELS PERMANENT

- Occupants per bed : 1.4
- **\$62,470** per person
- Average stay : **255 days**
- Housing is offered : **358 days**



\*Based on 2023 system performance data from the KCRHA

<https://kcrha.org/wp-content/uploads/2022/05/5.27.22-GC-Presentation-FY23-Budget-Proposal.pdf>



# PERMANENT FEELS TEMPORARY

- Only **0.7%** of EHV's utilized in first 6 months
- **65%** Evicted or pending eviction within first year
- **88%** of PSH residents ask to move before the end of their first lease

## CONCENTRATED POVERTY



## HIGH EVICTION RATES



## PLACES NOT PEOPLE



## NO SEPARATION OF HOUSING & SERVICES



## BURNT BRIDGES





# PATHWAYS HOUSING FIRST

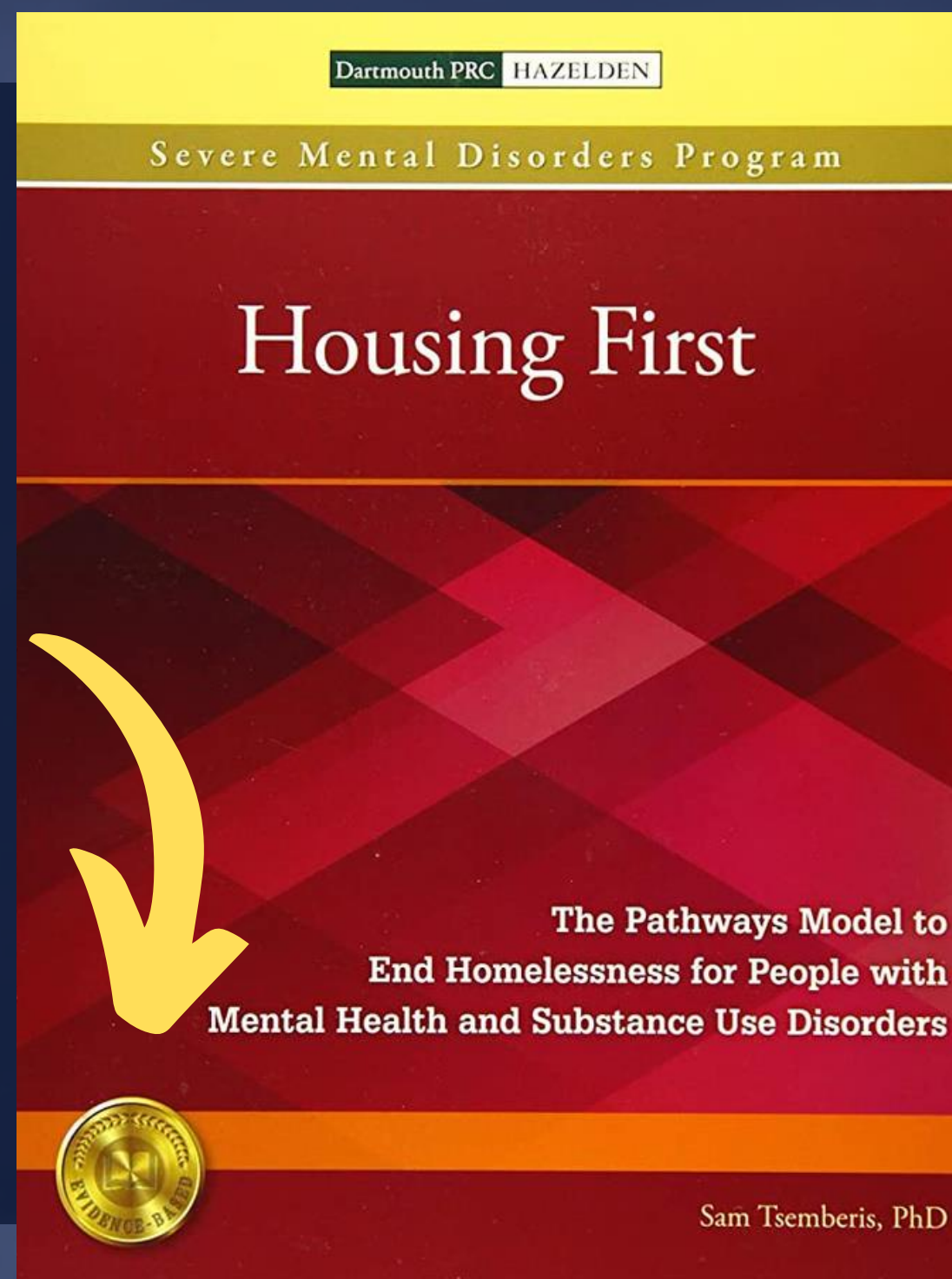
The **ONLY** evidence-based HF practice

Community-based treatment teams

Weekly housing visits

Separation of housing & services

Maximum fidelity score : 160



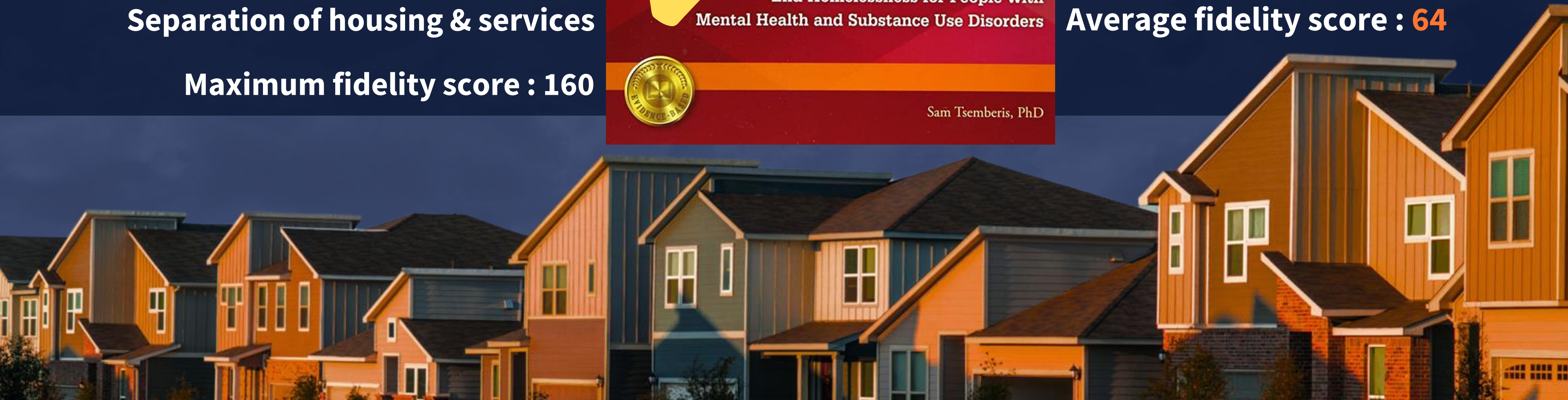
# IN KING COUNTY

Four teams (**360 people**)

No tenancy support

Services in housing

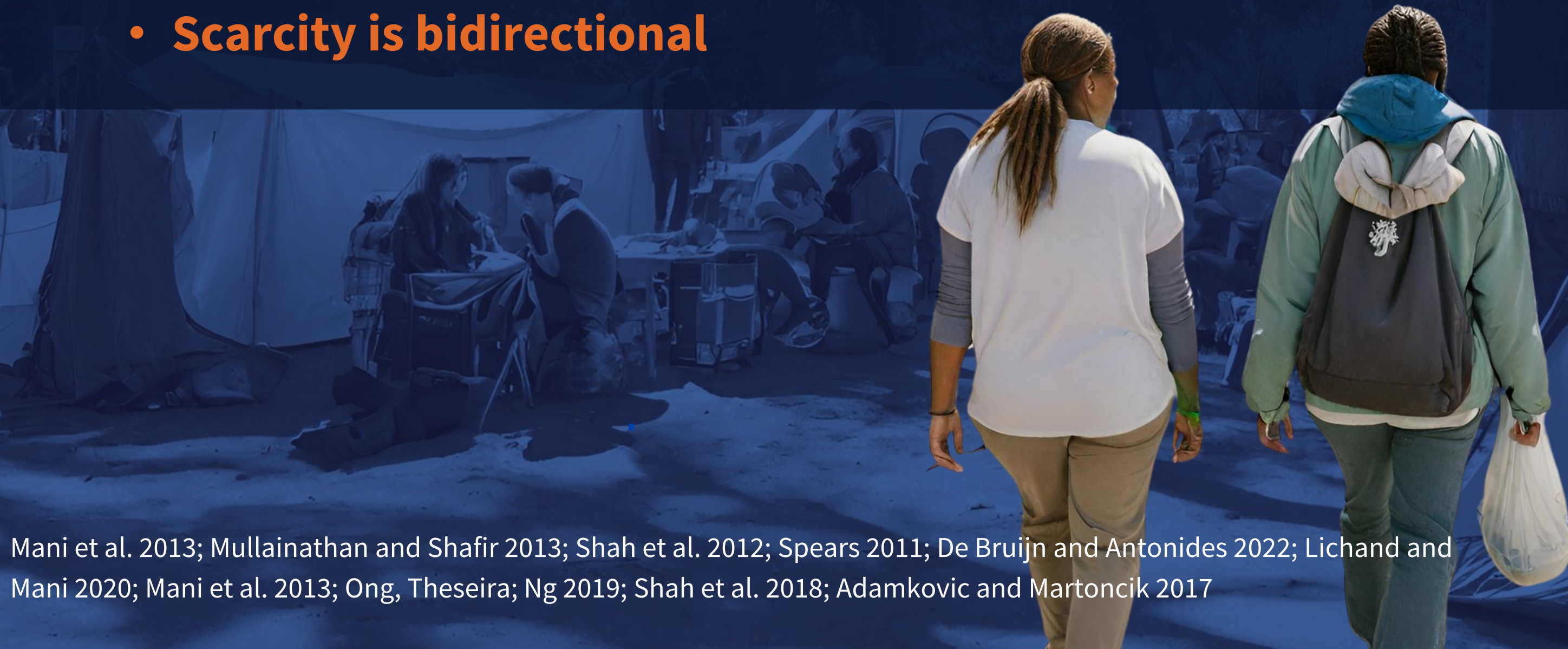
Average fidelity score : **64**





# THE SCARCITY MINDSET

- Having too little of something you need
- Reduces IQ by 14 - similar to intoxication
- Changes how we think, act, spend time
- **Scarcity is bidirectional**



Mani et al. 2013; Mullainathan and Shafir 2013; Shah et al. 2012; Spears 2011; De Bruijn and Antonides 2022; Lichand and Mani 2020; Mani et al. 2013; Ong, Theseira; Ng 2019; Shah et al. 2018; Adamkovic and Martoncik 2017



# MEETING HALFWAY

DOESN'T WORK

Impulsive & Hypervigilant

Exhausted  
& Emotional

Impaired &  
Crisis-Driven

Limited Sense of Time

EXECUTIVE FUNCTION

TRAUMA & ADDICTION

MENTAL/PHYSICAL HEALTH

SCARCITY

CHRONIC

SERVICE  
DELIVERY

Office-Based Appointments

Traditional Business Hours



**SERVICE  
DELIVERY**

Documentation

Bureaucracy

Disengagement

**TURNOVER**

Frustration

**BURNOUT**

Stagnation

**SCARCITY**

Inconsistency

**HIGH CASELOADS**

**EMPLOYMENT LENGTH**

**MEETING HALFWAY**

DOESN'T WORK



In the summer of 2021

**5 VOLUNTEERS**

set up a canopy

in an unsanctioned homeless encampment



**SUPPORTIVE  
OUTREACH**

**HOUSING** PEOPLE WHERE THEY ARE



**1**

---

**BRING  
SHELTER  
TO THE  
STREETS**

**2**

---

**MAKE  
ENDS  
MEET**

**3**

---

**TURN  
ADVERSARIES  
INTO  
ADVOCATES**

**SUPPORTIVE  
OUTREACH**

**HOUSING** PEOPLE WHERE THEY ARE



# DISASTER CASE MANAGEMENT

## SERVICES ON SITE

- Winter Clothes/Camp Gear
- ID/Residency/Notary
- Benefits/Insurance Enrollment
- Vet & Wound Care
- Appointment Assistance
- 

## Meals/Bathroom/ Hot Shower

## SITE ENHANCEMENTS

- Shelter Pads
- Housing Navigation
- Harm Reduction Supplies
- Power/Wifi
- Phone/Fax/Printer/Scanner/Copier
- 

## Housing Programs/Subsidies

## OFF-SITE SUPPORT

- Shelter Referrals/Hotel Vouchers
- Mailing Address
- Storage Units
- Mental Health Treatment/Detox/MAT
- Medical Accompaniment
-



• Campers

# SERVICES

OVER TIME

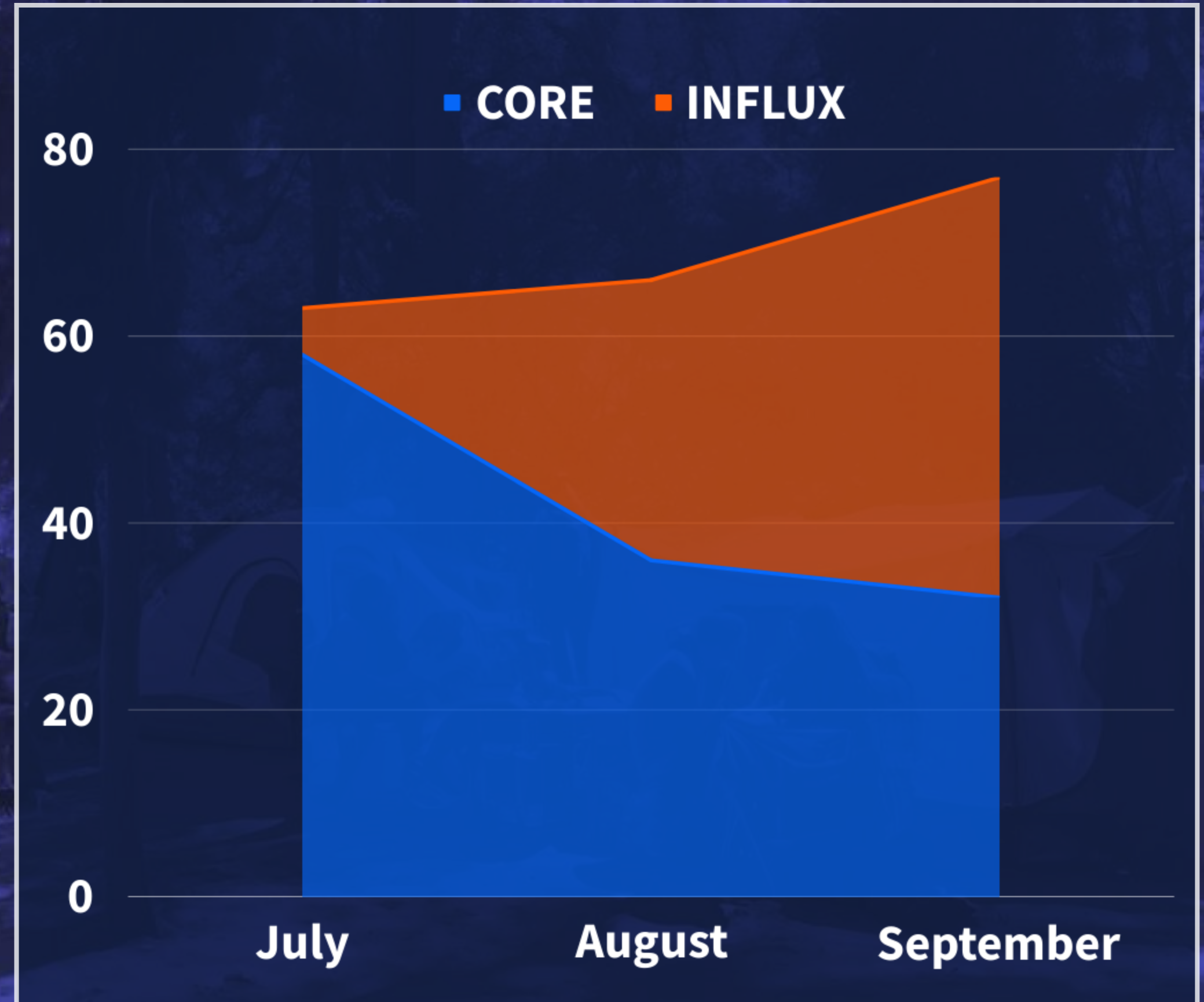




# POPULATION

OVER TIME

- Nearby sweeps cause influx
- Overall count increased
- Tent Consolidation Incentive





# SYSTEMS CHANGE

ICEBERG DIAGRAM

20% VISIBLE

80% INTERNAL

LEAST LEVERAGE

EVENTS

PATTERNS

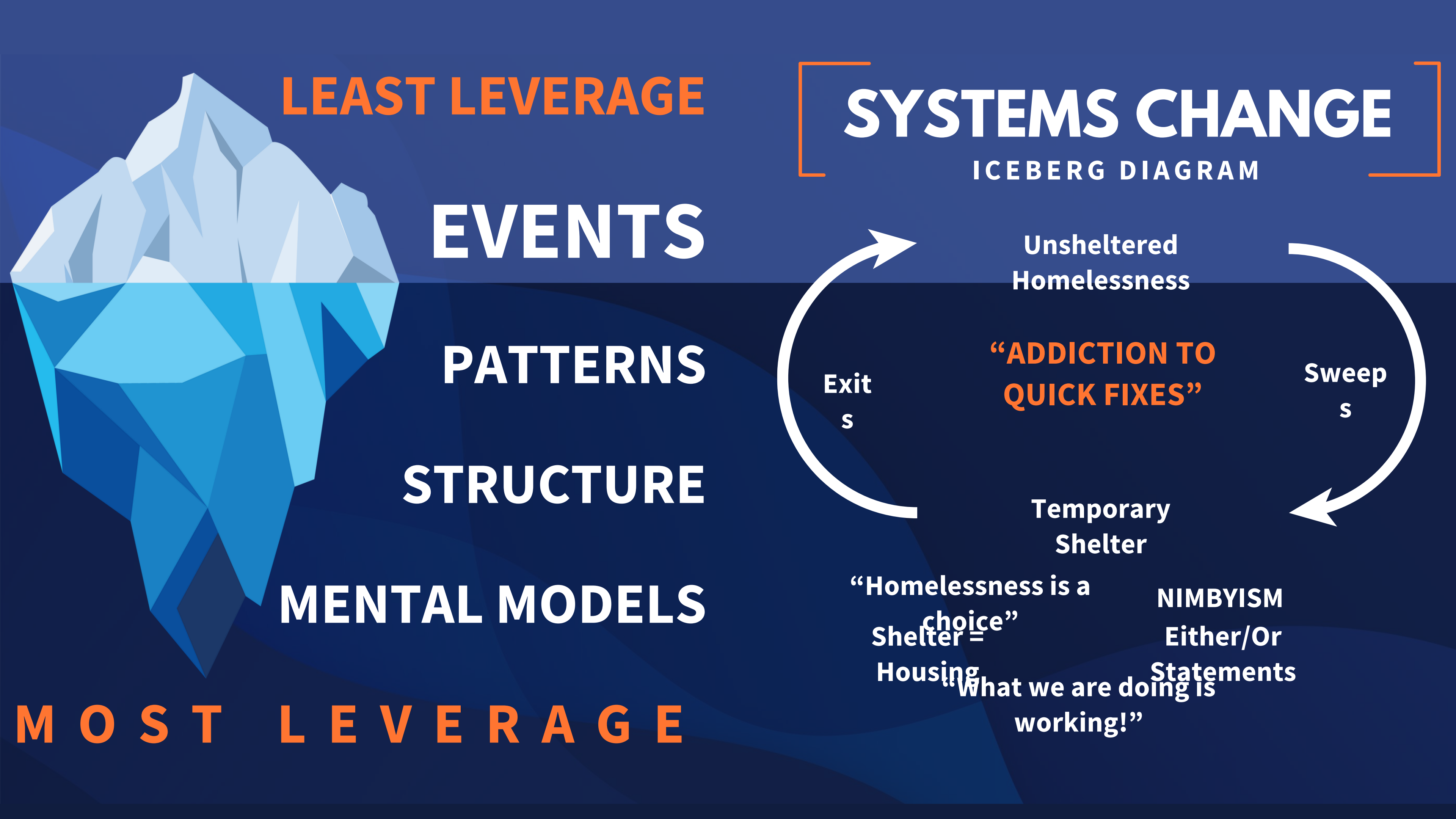
STRUCTURE

MENTAL MODELS

MOST LEVERAGE







LEAST LEVERAGE

# SYSTEMS CHANGE

ICEBERG DIAGRAM

EVENTS

PATTERNS

STRUCTURE

MENTAL MODELS

MOST LEVERAGE



Unsheltered Homelessness

“ADDICTION TO QUICK FIXES”

Sweep s

Temporary Shelter

Exit s

“Homelessness is a choice”  
Shelter = Housing

“What we are doing is working!”

NIMBYISM  
Either/Or  
Statements



# SYSTEMS CHANGE

ICEBERG DIAGRAM

LEAST LEVERAGE

EVENTS

Least Resistance

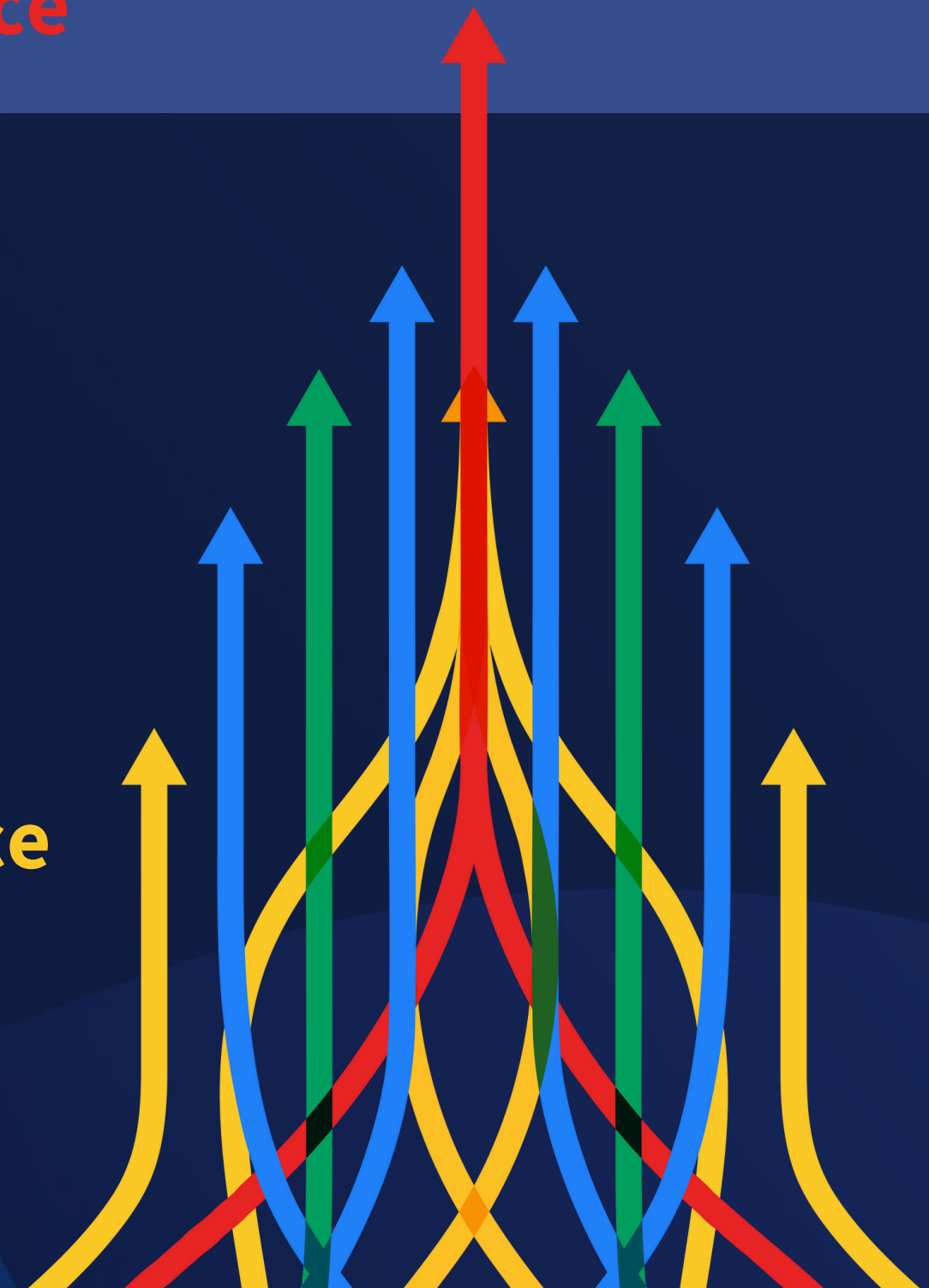
PATTERNS

STRUCTURE

MENTAL MODELS

Most Resistance

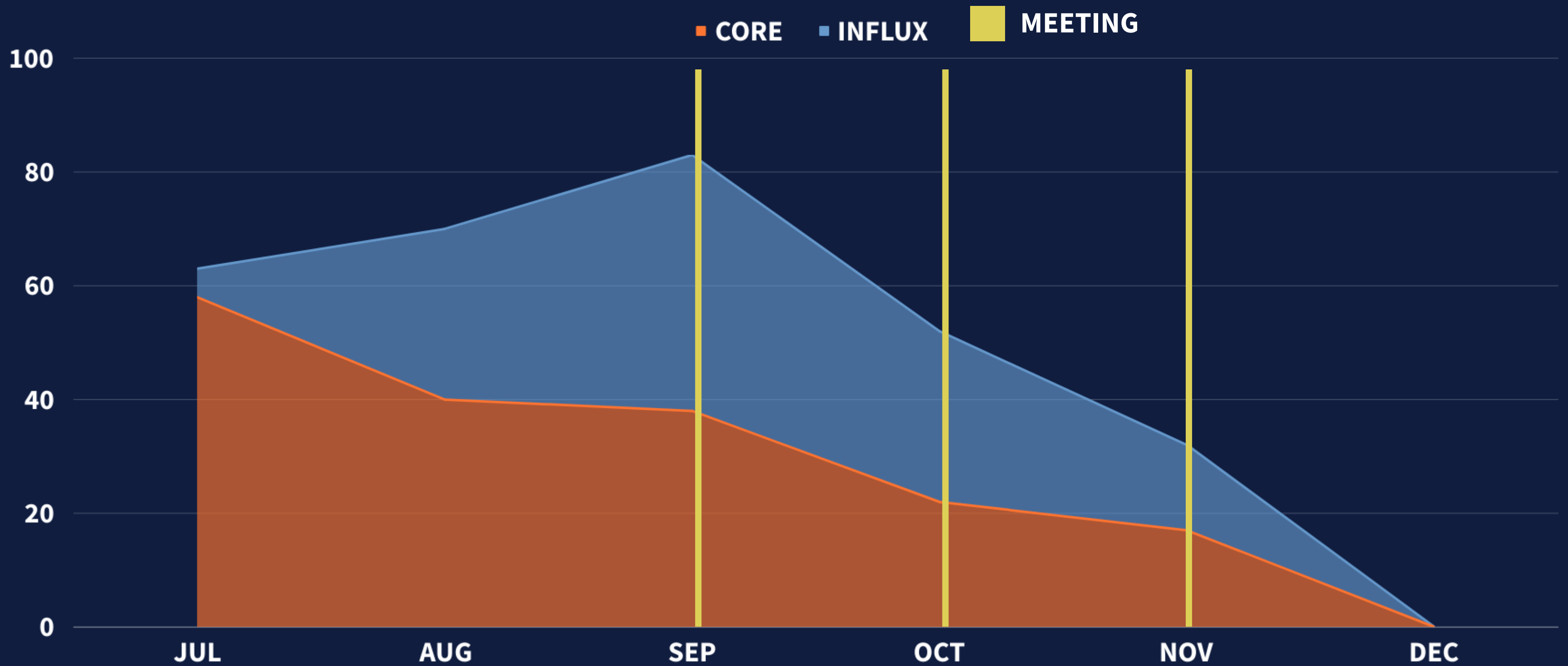
MOST LEVERAGE





# POPULATION

OVER TIME





# PILOT RESULTS & COMPARISON

CITY OF SEATTLE

**COVID HOTEL PROGRAM**

MAR 2021 - FEB 2022

SHELTERED: 213

PERMANENTLY HOUSED: 59

**\$15+  
MILLION**

- STAFFING
- HOTEL ROOMS
- SUBSIDIES



# PILOT RESULTS & COMPARISON

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- SUBSIDIES

KING COUNTY RHA

## PARTNERSHIP FOR ZERO

FEB 2022 - SEP 2023

SHELTERED: 96

PERMANENTLY HOUSED: 251

**\$20+**  
**MILLION**

- STAFFING
- SUBSIDIES
- LANDLORD INCENTIVES



# PILOT RESULTS & COMPARISON

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KING COUNTY RHA

## PARTNERSHIP FOR ZERO

FEB 2022 - SEP 2023

SHELTERED: 96

PERMANENTLY HOUSED: 303

**\$20+  
MILLION**

- STAFFING
- SUBSIDIES
- LANDLORD INCENTIVES

ANYTHING HELPS

## SUPPORTIVE OUTREACH

JUN 2021 - DEC 2022

SHELTERED: 21

PERMANENTLY HOUSED: 53

**\$63,308.55**

- FIVE VOLUNTEERS
- CLIENT-DRIVEN NEEDS
- PRE-EXISTING SUBSIDIES





# **ANYTHING HELPS** **SUPPORTIVE OUTREACH**

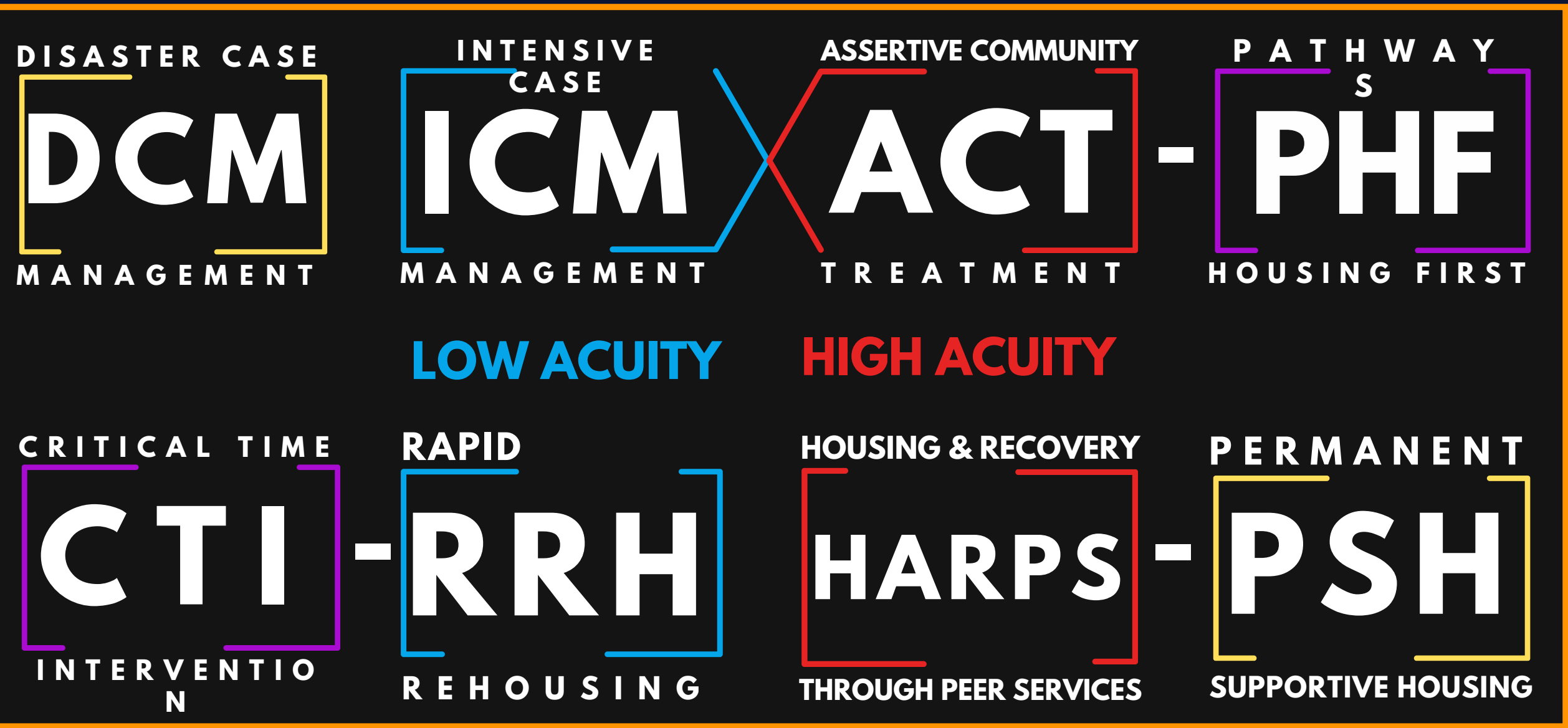
**Creating a replicable & scalable model**



# COMBINING EVIDENCE-BASED PRACTICES

## STAFFING

OUTREACH  
SERVICE  
MODEL



PROGRAM  
PHILOSOPHY

PHASED  
APPROACH

HOUSING  
SERVICE  
MODEL

## HOUSING



# COMPREHENSIVE CARE

OUTREACH  
SERVICE  
MODEL

DISASTER CASE  
**DCM**  
MANAGEMENT

STAFFING

INTENSIVE CASE  
**ICM**  
MANAGEMENT

ASSERTIVE COMMUNITY  
**ACT**  
TREATMENT

LOW ACUITYHIGH ACUITY

RAPID  
**RRH**  
REHOUSING

HOUSING & RECOVERY  
**HARPS**  
THROUGH PEER SERVICES

HOUSING

PATHWAYS  
**PHF**  
HOUSING FIRST

PROGRAM  
PHILOSOPHY

PHASED  
APPROACH

CRITICAL TIME  
**CTI**  
INTERVENTION

RAPID  
**RRH**  
REHOUSING

HOUSING & RECOVERY  
**HARPS**  
THROUGH PEER SERVICES

PERMANENT  
**PSH**  
SUPPORTIVE HOUSING

HOUSING  
SERVICE  
MODEL



# A COMMON PRACTICE

## STAFFING

OUTREACH  
SERVICE  
MODEL

DISASTER CASE  
**DCM**  
MANAGEMENT

INTENSIVE  
CASE  
**ICM**  
MANAGEMENT

ASSERTIVE COMMUNITY  
**ACT**  
TREATMENT

PATHWAYS  
**PHF**  
HOUSING FIRST

PROGRAM  
PHILOSOPHY

LOW ACUITY

HIGH ACUITY

PHASED  
APPROACH

CRITICAL TIME  
**CTI**  
INTERVENTION

RAPID  
**RRH**  
REHOUSING

HOUSING & RECOVERY  
**HARPS**  
THROUGH PEER SERVICES

PERMANENT  
**PSH**  
SUPPORTIVE HOUSING

HOUSING  
SERVICE  
MODEL

## HOUSING



# MORE THAN AN ALTERNATIVE

## STAFFING



## HOUSING



# TEAM ROLES & RESPONSIBILITIES

EACH TEAM MEETS DAILY AND BOTH TEAMS MEET WEEKLY

INTENSIVE CASE

ICM

MANAGEMENT

HOUSING SPECIALIST  
VOCATIONAL SPECIALIST  
RECOVERY COACH  
PEER COUNSELOR  
COMMUNITY LIAISON  
CAMP LIAISON

ASSERTIVE COMMUNITY

ACT

TREATMENT

SUD COUNSELOR  
Psychiatrist  
Nurse  
Social Worker  
CARE COORDINATOR  
peer counselor



**IMMEDIATE  
ACCESS TO  
HOUSING**

**P A T H W A Y S**  
**PHF**  
**H O U S I N G F I R S T**

**NO  
READINESS  
CONDITIONS**

**C R I T I C A L T I M E**  
**CTI**  
**I N T E R V E N T I O N**

**1**

**STABILIZATION**

**3**

**REHABILITATION**

**2**

**TRANSITION**

**N**



# PROGRAM OVERVIEW





# QUESTIONS

AND ANSWERS

# SWEETPEAS

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## IN SEATTLE

CONTACT

