Housing and Mental Illness

May 28, 2019
# Housing Instability Webinar Series

<table>
<thead>
<tr>
<th>Part 1: The Intersection between Health and Housing</th>
<th>Wednesday, November 14, 2018</th>
<th>Click here to view webinar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2: Navigating the Shelter System</td>
<td>Wednesday, December 12, 2018</td>
<td>Click here to view webinar</td>
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<tr>
<td>Part 3: Permanent and Supportive Housing</td>
<td>Wednesday, January 16, 2019</td>
<td>Click here to view webinar</td>
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<tr>
<td>Part 4: Affordable Housing</td>
<td>Wednesday, January 30, 2019</td>
<td>Click here to view webinar</td>
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<tr>
<td>Part 5: Eviction Prevention</td>
<td>Wednesday, February 20, 2019</td>
<td>Click here to view webinar</td>
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Developed in partnership with 1199SEIU Training and Employment Funds
Upcoming Housing Workshops

Housing and Youth
Wednesday, June 12th | 9:00am - 11:00am
1283 York Avenue, 3rd Floor, Room A-301
Click here to Register

Housing and Justice-Involved
Wednesday, June 26th | 9:00am - 11:00am
1283 York Avenue, 3rd Floor, Room A-301
Click here to Register

All are welcome to attend.
Limited seating for each workshop.
<table>
<thead>
<tr>
<th>Workshop Agenda</th>
<th>Facilitator(s)</th>
<th>Time</th>
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<tbody>
<tr>
<td>Check-In &amp; Introductions</td>
<td>Patricia and Bonnie</td>
<td>9:00am - 9:10am</td>
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<tr>
<td>Overview of Housing Services</td>
<td>Bonnie</td>
<td>9:10am - 9:30am</td>
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<tr>
<td>ACMH (Landscape of mental health and housing needs, challenges of housing patients with a mental illness, assessing for housing needs)</td>
<td>ACMH</td>
<td>9:30am - 10:00am</td>
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<tr>
<td>Break</td>
<td>All</td>
<td>10:00am - 10:10am</td>
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<tr>
<td>ACMH (Engaging patients around housing needs, resources, supportive housing)</td>
<td>ACMH</td>
<td>10:10am – 10:30am</td>
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<tr>
<td>Q&amp;A / Open Discussion</td>
<td>All</td>
<td>10:30am – 10:50am</td>
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<tr>
<td>Evaluations</td>
<td>All</td>
<td>10:50am - 11:00am</td>
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Learning Objectives

Attendees will be able to:

• Describe the housing challenges for populations with mental illness
• Assess for housing instability for patients/clients with a mental health needs
• Engage this population around their housing needs
• Utilize resources and tools to assist populations with mental illness and housing needs
Mental Illness and Homelessness in NYC

- Homelessness crisis emerged in the 1970s and 1980s
  - Deinstitutionalization of psychiatric patients from New York State hospitals
  - Dramatic reduction of single room occupancy (SRO) units
- In May 2019, there were **58,224 homeless people** sleeping each night in the New York City municipal shelter system
- On January 22nd, 2018 the City counted **3,675 unsheltered individuals** on NYC streets and subways
- Majority of street homeless New Yorkers are people living with mental illness or other severe health problems.
  - Compared to homeless families, **homeless single adults have much higher rates** of SMI, SUD, and other severe health problems.
- There are **21,640 units of housing** for people with mental illness in NYC
  - [OMH Residential Program Indicators](#)
Glossary

• **COD**: Co-occurring disorder (2 or more of substance use, mental health, physical, or cognitive disorders)
• **CR/SRO**: Community Residences/Single Room Occupancy
• **DHS**: New York City Department of Homeless Services
• **DV**: Domestic Violence
• **DOH**: State Department of Health
• **HASA**: New York City HIV/AIDS Services Administration
• **HH**: Health Home
• **HCR**: State Department of Homes & Community Renewal
• **HDC**: New York City Housing Development Corporation
• **HFA**: State Housing Finance Agency
• **HRA**: New York City Human Resources Administration
• **HUD**: U.S. Department of Housing and Urban Development
• **Level 1 Housing**: for consumers who are not able to live independently. They are categorized as long term care, with on-site supervision.
• **Level 2**: for consumers who need assistance with developing independent living skills. There is a high level of support and supervision.
• **MCO**: Managed Care Organization
• **MICA**: Mentally Ill and Chemically Addicted
• **MLTC**: Managed Long-Term Care
• **MRT**: Medicaid Redesign Team
• **OASAS**: State Office of Alcohol and Substance Abuse Services
• **OMH**: State Office of Mental Health
• **OTDA**: State Office of Temporary and Disability Assistance
• **PPS**: Performing Provider System
• **SH**: Supportive Housing
• **SMI**: Serious Mental Illness
• **SNF**: Skilled Nursing Facility
• **SPMI**: Serious & Persistent Mental Illness
• **SUD**: Substance Use Disorder
Continuum of Shelter/Housing in New York City

Residential Programs

Street Outreach
Emergency Shelter
Transitional Programs
Permanent Supportive Housing
Affordable Housing
Market Housing

Housing

Other

• Jail*
• Nursing Home*
• Hospital*
## Street Outreach

### Designated Homeless Outreach Teams (HOME-STAT)

- **Bronx**: BronxWorks
- **Brooklyn**: Breaking Ground
- **Manhattan**: Manhattan Outreach Consortium
  - CUCS
  - Breaking Ground
  - Goddard Riverside
- **Queens**: Breaking Ground
- **Staten Island**: Project Hospitality
- **MTA Subway System**: BRC, 212-533-5151
  - Can reach any outreach team by calling 311

### Code Blue/Code Red

- **Code Blue**
  - Temperature falls below 32 degrees or wind chill below 0 degrees (Fahrenheit).
  - Ice storms or freezing rain OR snow greater than 6 inches.
- **Code Red**
  - Heat index of 90 degrees is predicted by the National Weather Service with in 24 hours.
# Emergency Shelter

<table>
<thead>
<tr>
<th>Drop-In Centers</th>
<th>Information</th>
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<tr>
<td><strong>• Provide hot meals, showers, laundry, clothing, medical care, recreational space.</strong> <em>Typically no sleep-in beds. Connects people with case managers. For chronically street homeless, or other hard-to-reach homeless</em>&lt;br&gt;<strong>• Referrals from street outreach; drop-in center</strong>&lt;br&gt;<strong>• Locations</strong></td>
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<td><strong>Manhattan:</strong> Mainchance 120 East 32nd St. in East Midtown; Subway: 6 to 33rd St. 212-883-0680 Ext. 108&lt;br&gt;<strong>Manhattan:</strong> Olivieri Center 257 West 30th St. near Penn Station; Subway: 1/2/3/A/C/E to 34th St. Penn Station&lt;br&gt;<strong>Bronx:</strong> The Living Room 800 Barretto St., Bronx; Subway: 6 to Hunts Point Ave.&lt;br&gt;<strong>Brooklyn:</strong> The Gathering Place 2402 Atlantic Ave. in Brooklyn; Subway: A to Broadway Junction&lt;br&gt;<strong>Staten Island:</strong> Project Hospitality 25 Central Ave. in Staten Island</td>
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# Emergency Shelter

NYC Department of Homeless Services (DHS) Shelter

- Centralized intake process for men, women and families
- Intake process to be deemed homeless and eligible for shelter. Client is assigned to one shelter
- Shelter Intake Centers:
  - Adult Men
    - 30th Street, 400-430 East 30th St./1st Ave., Manhattan; Subway: 6 to 28th St.
  - Adult Women
    - Franklin Shelter, 1122 Franklin Ave., Bronx; Subway: 2/5 to 149th St., then #55 bus to 166th St. & 3rd Ave. or the #21 bus to 166th St. & Boston Road
    - HELP Women’s Center: 116 Williams Ave., Brooklyn; Subway: C to Liberty Ave.
  - Adult families with no children under 21 years old
    - Adult Family Intake Center (AFIC): 400-430 East 29th St., Manhattan; Subway: 6 to 28th St.
  - Families with children under 21 AND pregnant women
    - Prevention Assistance and Temporary Housing Office (PATH): 151 East 151st St., Bronx; Subway: 2, 4 or 5 to 149th St. – Grand Concourse.
# Emergency Shelter

## DHS Single Adult Shelter
- >140 single adult shelters citywide, some are designated as mental health shelters
- Dormitory style
- 10 pm Curfew
- Services: bed, meals, laundry, case management, housing placement, employment assistance

## DHS Family Shelters
- >160 shelters citywide for families with children under 21
- Private family units subject to inspection at any time
- 10 pm curfew; 9 pm children must be in unit with responsible adult
- Visitors in common areas only, not the unit
- Average length of stay over 400 days
- Must meet additional criteria for rental subsidies
- Services: bed, meals, laundry, case management, housing placement, employment assistance

## DHS Adult Families
- 24 shelters citywide
- Defined as legally married or domestically partnered, medical dependence, children over 21, sibling, grandparent, aunt/uncle, or caretaker role
- Single rooms, 10 pm curfew
- Services: bed, meals, laundry, case management, housing placement, employment assistance
## Transitional Programs

| Safe Haven (congregate) | • Housing and rehab services for hard to reach homeless population with SMI who aren't engaged in conventional housing/outpatient treatment  
| | • Outreach teams are usually the portals of entry for Safe Havens  
<table>
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<th>• NYC DHS</th>
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| Crisis Respite Centers (congregate) | • Alternative to hospitalization for people experiencing emotional crises.  
| | • Stays for up to one week with access to group, recreational, peer support activities  
| | • **Manhattan**: Community Access, Inc. - Crisis Respite Center  
| | 315 2nd Avenue New York, NY 10003, **Phone**: 646-257-5665, x 8401; [Website](#)  
| | • **Bronx**: Riverdale Mental Health Association - Crisis Respite Center  
| | 640-642 West 232nd Street Bronx, NY 10463, **Phone**: 718-884-2992  
| | • **Brooklyn**: Services for the Underserved - Crisis Respite Center  
| | 2118 Union Street Brooklyn, NY 11212, **Phone**: 347-505-0870  
| | • **Queens**: Transitional Services For New York - Crisis Respite Center  
| | 80-45 Winchster Blvd. Queens Village, NY 11427, **Phone**: 718-464-0375  
| | • NYC DOHMH |
| Apartment Treatment (Scattered-site and congregate) | • Shared apartments in community for individuals with SMI or SUD who have moderate to high ADL skills. Staff visits as necessary to provide rehabilitative services designed to improve functioning and develop greater independence within 18-24 months  
| | • Typically 18+, Level II, must have Medicaid and/or SSI, SSD or be on public assistance.  
| | • NYC – HRA 2010e; NYS - OMH; Operated by non-profit agencies |
## Transitional Programs

| **Congregate Treatment**  
*congregate*) | • A single site residence that provides group living for adults, three meals a day, 24 hours per day supervision/staff, and rehabilitative activities.  
• Typically 18+, Level II, Some providers require NY/NY eligibility  
• OMH, OASAS |
| --- | --- |
| **Community Residences/Single Room Occupancy**  
*(CR SRO)*  
*congregate*) | • Chronically homeless, SPMI or SUD single adults with moderate ADL skills. Preference for those discharged from long-term psychiatric hospitalization. Some require NY/NY eligibility  
• Usually 2-5 years before they transition to more independent living. Level II  
• Some providers require a period of sobriety prior to admission and some insight into MH  
• OMH |
| **Adult Care Facilities** | • **Adult Homes (AH):** Established and operated for the purpose of providing long-term residential care, room, board, housekeeping, personal care, and supervision to five or more adults unrelated to the operator.  
• **Residences for Adults (RFA):** Established and operated for the purpose of providing long-term residential care, room, board, housekeeping, case management, activities and supervision to five or more adults, unrelated to the operator, who are unable or substantially unable to live independently.  
• For adult care, must apply to the individual, privately-owned facility |
# Supportive Housing

| Supported /Single Room Occupancy *(congregate)* | • Permanent housing in SRO buildings. Chronically homeless single adults diagnosed with SPMI or diagnosed as mentally ill and may also have a substance use disorder.  
• Some providers require a certain period of sobriety prior to admission and some insight into MH  
• NYC – DOHMH, DHS, HASA; OMH  
• HRA 2010e applications required for special needs tenants only |
|---|---|
| Supported *(scattered-site)* | • Permanent, independent level of housing, single or shared apartments.  
• Clients pay 30% of their income towards rent and utilities and hold own lease or provider’s sublease  
• Must be able to live relatively independently and be psychiatrically stable  
• OMH |
| Shelter + Care ➔ Continuum of Care *(CoC)* Program | • Provides rental assistance with supportive services for homeless and disabled persons and their families.  
• For homeless persons with disabilities, (SMI, SUD, AIDS or related diseases) and their families who are living in places not intended for human habitation  
• NYC – HPD |
## Supportive Housing

| NY/NY I, II | • Affordable housing tied with supportive services for SPMI, street or shelter homeless  
| • NYC – HRA 2010e |
| NY/NY III (scattered-site or congregate) | • Affordable housing tied with supportive services  
• **Population A**: Chronically homeless single adults who suffer from a serious mental illness or who are diagnosed as mentally ill and chemically addicted (MICA).  
• **Population B**: Single adults who are presently living in NYS-operated psychiatric centers or State-operated transitional residences and who could live independently in the community if provided with supportive housing and who would be at risk of street or sheltered homelessness if discharged without supportive housing. Includes single adults designated as “nursing home remedy members” who were living in a NYS-operated psychiatric center or State-operated transitional residence immediately prior to their current nursing home placement and are at risk of homelessness if discharged without supportive housing.  
• **Population C**: Young adults with SMI or Severe Emotional Disturbance who are at risk of homelessness  
• **Population D**: Chronically homeless families, or families at serious risk of becoming chronically homeless, in which the head of the household suffers from a serious mental illness or a MICA disorder.  
• NYC – HRA 2010e |
## Supportive Housing

| NYC 15/15 (scattered-site or congregate) | • Commitment by Mayor of 15,000 units of supportive housing over 15 years  
• Services funding for chronically homeless single adults (Population 1) or families with children (Population 2) with a head of household with SMI and/or substance abuse disorder  
• NYC HRA |
| --- | --- |
| Empire State Supportive Housing Initiative (ESSHI) | • Commitment by Governor of 20,000 units of supportive housing over 15 years  
• Category for those with serious mental illness (SMI)  
• Doesn’t have same chronic homeless requirement as traditional supportive housing  
• 25% of units must be set aside for those who are also high utilizers of Medicaid  
• Currently is not accessed through CAPS but is moving in that direction |
| Medicaid Redesign Team (MRT) | • OMH Rental Subsidies for single adults with SMI and/or substance abuse problem who are high cost Medicaid recipients.  
• Housing rental subsidies and case management for up to 350 units statewide and 350 units in Brooklyn  
• [OMH Adult Housing](#)  
• NYC – HRA 2010e |
NYC Coordinated Assessment and Placement System (CAPS)

- CAPS is NYC’s initiative to meet the HUD requirement of Coordinated Entry to ensure we are serving the most vulnerable clients and placing them into permanent housing
- Beginning with PSH but intent is to expand to other types of housing
- HRA leading CAPS development in PACTWeb
- Coordinated Assessment Survey is the entry point to CAPS
  - Universal assessment tool to determine potential eligibility for housing and/or rental subsidies
  - Required before beginning 2010e
- Standardized Vulnerability Assessment (SVA) prioritizes people as High, Medium or Low based on Medicaid utilization, systems contacts, and functional impairments
Resources

- Supportive Housing Network of New York – Looking for Housing
- OMH Guidelines to be considered adult with SPMI
- CUCS Housing Resource Center
  - Supportive Housing Options for People with Mental Illness
  - NYC Housing Vacancy Update
## Vacancy Information for Manhattan

**As of May 20, 2019**

### Adult Home-Level II

<table>
<thead>
<tr>
<th>Eligibility</th>
<th>F</th>
<th>M</th>
<th>U</th>
<th>W</th>
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### Apartment Treatment-Level II

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### Congregate Support (CR/SRO)-Level II

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<th>Eligibility</th>
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<td>Comumlinne - 530 West 173rd Street Residence</td>
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</table>
| Comunlinne - W. 173rd Street Residence | MH | 0 | 0 | 0 | I | A | Contact Shamecca Paul at (212) 543-3001, ext. 3211. Mailed applications from Manhattan
Eviction Prevention: Homebase

• Not a housing program, but a resource center. Meant for families on the brink of homelessness.

• Homebase will help develop a personalized action plan to overcome an immediate housing crisis and achieve stability.

• Eligibility includes:
  • Imminent risk of entering the NYC shelter system
  • Low-income
  • Wanting to remain stably housed in the community

Call 311 to make a referral
NEW YORK PRESBYTERIAN

Mental Health Housing Workshop

Presented by ACMH

Katherine Durkin, Kearyann Austin & Yveline Merisier
Current Landscape

- 78,676 Homeless in NYC
- 5% (3,933) are unsheltered
- 1/3 (25,963) of total homeless population diagnosed with serious mental illness
- 32,000 supportive housing units in NYC currently
- Goal by 2030 to add 15,000 supportive housing units starting 2015

Sources
- Treatment Advocacy Center
- U.S. Department of Housing & Urban Development (HUD)
- AM Network
Challenges of Housing Mentally Ill Patients

- Lack of Appropriate Vacancies
  - Eligibility
- Support needed
Challenges of Housing Mentally Ill Patients

• Patient’s abilities & preferences
  • ADLs
  • Patient’s history
  • Location
  • Shared vs Single
Challenges of Housing Mentally Ill Patients

- Patient’s expectations
- Return to previous housing
- Rent
- Building/Residence Amenities
- Program Rules
Assessing for Housing Needs

• Is your patient discharge ready?

• Ability to Function in Community

• What supports will the patient need?
ACMH Housing & Program Services

- ACMH offers Mental Health housing and support services
  - Transitional Community Residence
  - Treatment Apartment Programs
  - Supported Permanent Apartments
  - Care Management Services
  - Short-Term Crisis Respite
  - Home and Community Based Services (HCBS)
ACMH Supportive Housing

• **Transitional Community Residence** serve individuals formerly homeless or leaving hospital settings, State Psychiatric Centers or incarceration. They provide on-site case management support with services such as medication management, community integration, symptom management and meals.

• Congregate Treatment in Hamilton Heights

• Community Residential SRO in Washington Heights, Harlem and Queens
ACMH Supportive Housing

- **Treatment Apartments** are licensed by OMH and their function is to provide rehabilitative mental health services in leased apartments in Manhattan, Queens and the Bronx. These individuals are seen several times a week to ensure safety and well-being.

- **Supported Permanent Apartments** provide permanent housing with support from Case Managers in apartments that are leased in Manhattan, Queens and the Bronx. These individuals are seen monthly and as needed as they are more independent and are more stable to have jobs and be more independent in the community.
ACMH Community Program Services

- **Care Management Services** serves to help clients manage chronic mental health, substance use, and have medical conditions. The program provides outreach, and coordination of services to ensure their clients are utilizing resources appropriately. Care managers are able to assist with housing, making sure clients attend appointments, and navigate the community appropriately.

- **Short-Term Crisis Respite** provides program participants (guests) with supportive peer counseling. Guests can use respite services to prevent ER visits for people with a psychiatric diagnosis who are experiencing a crisis, and who are not a danger to themselves or others. Respite service is designed to avoid ER visits. Staffed by trained peer counselors with lived experience of the mental health system, Crisis Respite offers coping strategies and support in a home-like environment. Following hospitalization, Crisis Respite can serve as a step-down between hospital and home.

- **Home and Community Based Services** offers Psychosocial Rehabilitation, Family Support and Training Services, Habilitation /Residential Support Services, Peer Empowerment Services, and Short-Term Crisis Respite. Staff offers supportive services in a community setting where ever the client is comfortable.
Supportive Housing Services

• Patients & staff work together to create individualized support plans to address needs & goals

• Services:

  • Self-Advocacy
  • Symptom Management
  • Medication Management
  • Health Services

  • Daily Living Skills
  • Socialization
  • Community Integration
  • Substance Abuse
Patient Engagement

• Client-centered approach
• Goal-oriented
• Patients receive support from:
  • Case Manager
  • Program Specialist
  • Peer Program Specialist
• Transitional Programs vs. Permanent Programs
  • Frequency of meetings
  • Patient functioning
Transitional Housing Programs

- Patients in transitional housing programs:
  - Obtain permanent housing in two years
- Mental Health Housing Resources
  - HRA 2010E w/ supporting documents
  - CUCS Vacancy Update
  - CUCS SPOA
- Housing Availability
  - Limited availability of studios & single units
Supportive Housing Resource

• Center for Urban Community Services (CUCS)
  • www.cucs.org

• Supportive Housing Network of NY (SHNNY)
  • www.shnny.org

• New York City Department of Homeless Services
THANK YOU

Supportive Housing & HCBS
Shareen Loubeau & Katherine Durkin
212-274-8558 Ext. 215 or 233

Short-Term Crisis Respite and Transitional Step-Down Housing
Kearyann Austin
212-253-6377 ext. 406

Care Management Services
Kelcey O’Donnell & Martha Bak (Manhattan/Bronx)
212-543-0592 Ext. 303/308
Antonio Frias (Queens): 212-543-0592 Ext. 312
Thank you!
(and Evaluations)