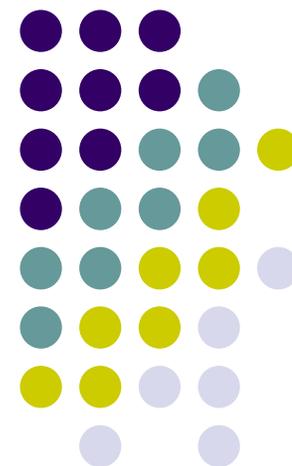


Technology, and examples of specific population served in Supportive Housing Programs

12/7/12 New England Housing Network
Conference

Presented by: Cullen Ryan, MA
Executive Director
Community Housing of Maine





Models matched with populations

- Homeless Veterans: TSH – GPD; PSH – 1BR units in small multi-family apartment buildings ideally with a community room. CHOM has 37 units, 4 under development.
- DV: TSH – 1,2,3-BR apartments in multifamily apartment buildings; PSH 1,2,3-BR apartments – same. Both benefit from a nearby community room for developing empowerment skills. Two year model generally works well for establishing and practicing empowered approach to relationships. 28 units, 4 under development.
- Substance Use Disorders/SPMI – Dually diagnosed: TSH – SRO's, 1BR, family housing. Two year model generally works well for establishing and practicing sobriety, SPMI is a variable. 20 units, including one Oxford House Model.

Models matched with populations – cont.



- DD/ID – Group Homes, Congregate in apartments, 1 bedroom units. 19 units.
- SPMI – Group Homes, Family housing including single family homes (former group homes converted), one bedroom apartments in clusters. 27 units.
- Homeless combined, various reasons – 1 to 3 bedroom units. 127 units.
- LIHTC with Supportive Housing infusion – 3 projects, two under development. Two more existing seeking supportive housing infusion. Number varies. Can create a very successful community inclusion model of a community within a community.
- HUD 811 – One for SPMI, one for DD/ID. 9 units.



Technology

- Under development is a 7 unit building for people largely in their 20's with Cerebral Palsy.
- These people were isolated in elderly nursing care facilities; roommate with person in 90's with dementia or Alzheimer's.
- 7 x 1 bedroom apartments with community room and staff area.
- Ceiling tracking system for easy mobility support.
- Cameras in common areas of apartments, motion detectors in private areas.
- Communication devices.
- Door openers tied to sensors on electric wheelchairs.
- 2 blocks from downtown – able to freely access community without support.
- Friends next door, but privacy if desired, no need for staff hovering.
- Minimum paid support, maximum natural support and independence



Lessons learned

- Collaborations and partnerships are key to success.
- Relationship work with each tenant is critical to engineering success.
- Group support translates to multi-family units. Stuck with 4-6 units. 4 definitely creates community.
- Support is the key tool for success; the housing provides stability so that support can work.
- Engineering success – relationship and empowerment are key to success.

Examples of CHOM's Housing Programs for people in recovery: Observations



- Group support is pivotal to success. It is enhanced by natural support formed by sharing a building or household, and commonalities rooted in recovery.
- Connections to the broader community, including AA/NA, etc., is consistent with success.
- The longer the stable transition, the more likely permanent stability is achieved. It takes significant time to overcome patterns like substance abuse, and replace them with healthy patterns of utilizing support, being honest and direct, and maintaining sobriety.
- We can help engineer success.

CHOM Housing Programs VS. Independent Apartments

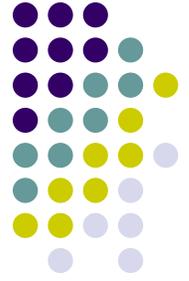


- Support every day
- Reminders of what keeps people healthy and responsible.
- Apartments can be isolating unless interconnected with services and sobriety community.



Conclusions

- People who experience homelessness have numerous issues underlying their homelessness. Poverty is a common denominator. Housing success depends on stability, relationships, and support with those issues. Success with sobriety appears to be very similar.
- It is the support that allows people success in housing; it is the housing that allows that support to be delivered efficiently and effectively.
- Negative self-esteem and isolation frequently accompany homelessness. Everything we do can positively affect self-esteem, and promote successful communication and productive relationships; these are the antidotes.
- People who have not been successful in housing often require us meeting them where they are at, and adjusting along the way. Flexibility is key, but it must be rooted in relationship to be effective.



Cullen Ryan
Executive Director

cullen@chomhousing.org

309 Cumberland Ave Suite #203
Portland, ME 04101

www.chomhousing.org

(office) 207-879-0347
(fax) 207-879-0348