

HOUSING AS A SOCIAL DETERMINANT OF HEALTH

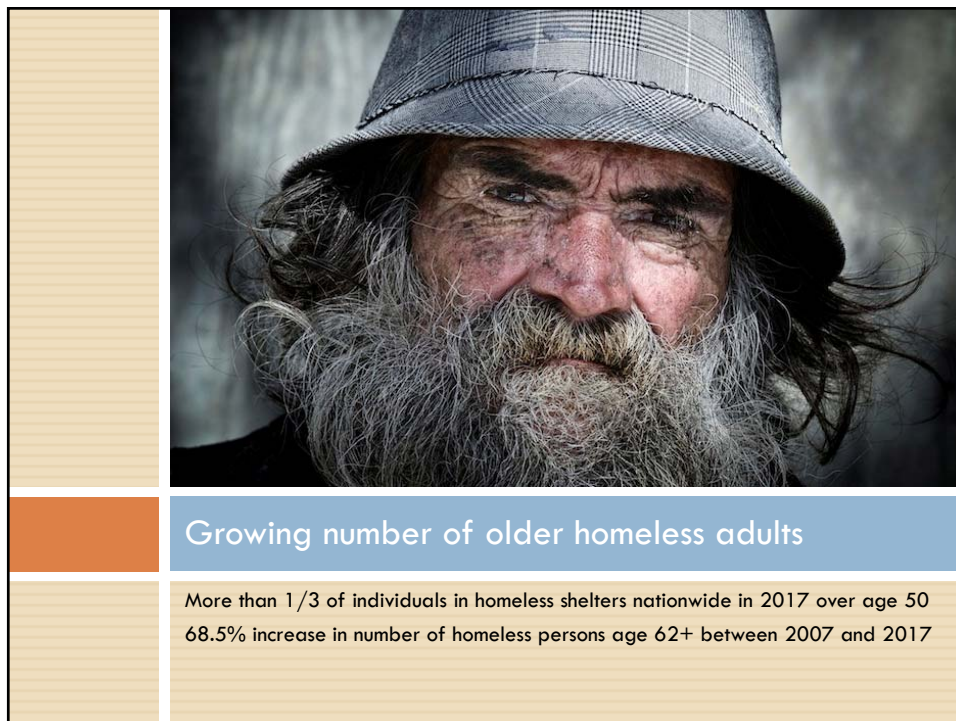
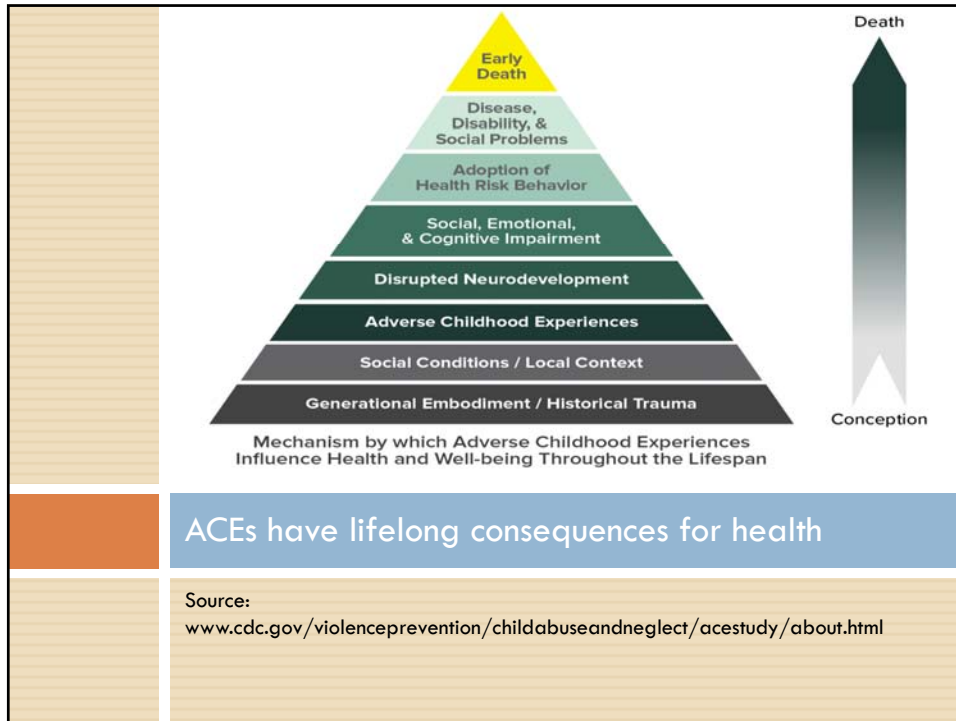
PARTNERSHIP HEALTHPLAN OF CA
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Homelessness has lasting consequences for health

High rates of housing instability associated with Adverse Childhood Experiences (ACES)
Toxic stress damages developing brains and metabolic changes lead to chronic illness
Health care providers should ask about housing stability as a "vital sign"



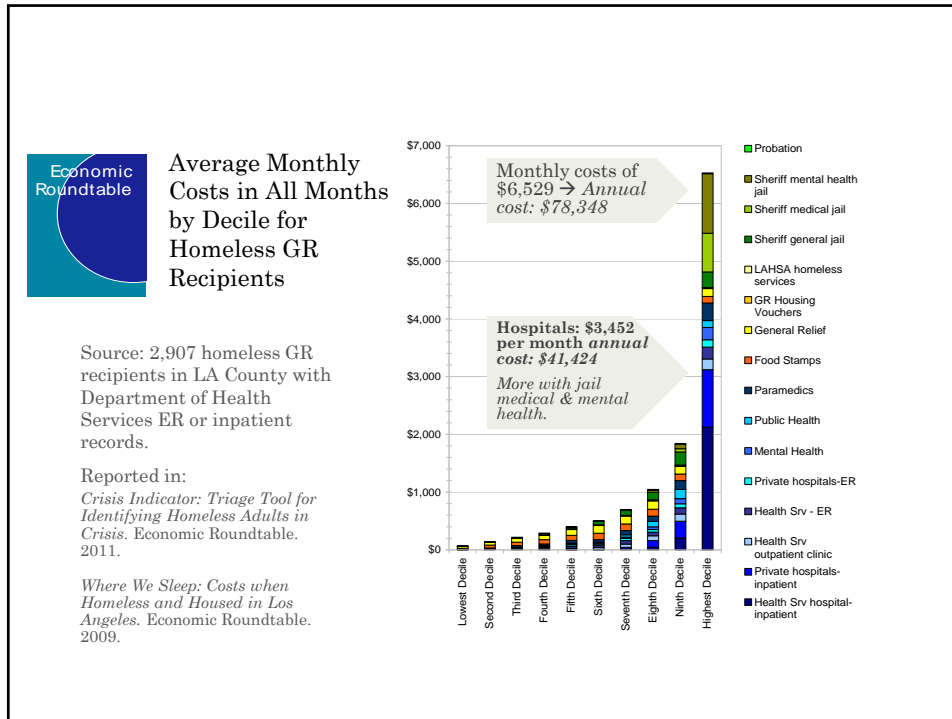


Health begins where we live ...

Safe, decent housing is a foundation for health

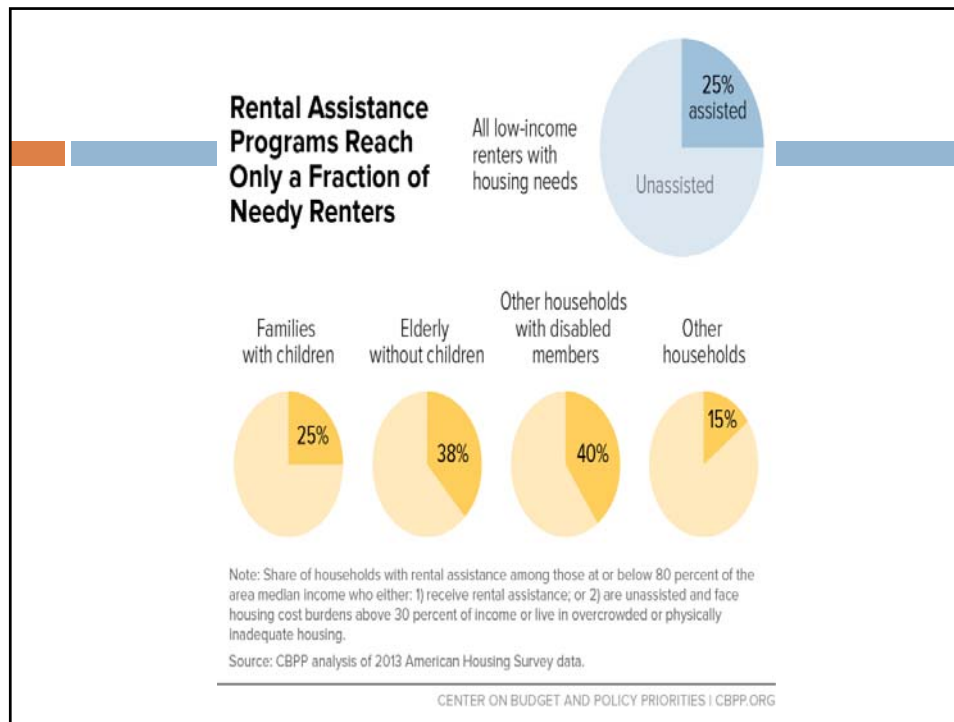
Some consequences of homelessness

- ❑ Delayed or interrupted access to appropriate care
- ❑ Health plans and providers cannot contact members
- ❑ Medications lost or not stored properly
- ❑ High risk behavior
- ❑ Frequent and avoidable emergency room visits, hospitalizations, and readmissions
- ❑ Limited engagement in treatment for mental health or substance use problems
- ❑ Exposure to violence, exploitation, victimization
- ❑ Stigma, shame, stress, hopelessness
- ❑ Increased mortality



What do health care providers need to know about housing?

- Housing is a social determinant of health BUT ...
- Unlike Medicaid eligibility, housing assistance is NOT an entitlement
 - 3/4 of low-income people who qualify for housing assistance do not get it
 - Waiting lists, preferences and set-asides
- 75% of extremely low income renter households pay more than half their income for rent



Learning to speak a new language

- Affordable housing
 - Income targeting, AMI, deeply affordable
- Supportive housing
 - Tenant-based and project-based rental assistance
 - Scattered sites, single site PSH, SROs
- Housing First
- Rapid Re-housing
- Emergency shelter & bridge housing
- Transitional housing & recovery housing
- Coordinated entry
- Financing is complex and involves multiple sources of funding for housing development, operating costs / rent subsidies, and services (if included)
 - Not a solo act: find good partners

What is “affordable housing”

- Affordability = tenants pay 30% of income for rent
- Affordable for whom?
 - Low Income Housing Tax Credit (LIHTC) program provides housing units for “lower income households” who earn less than 50% or 60% of Area Median Income (AMI)
 - Rents capped at 30% of this income
 - 50% AMI is \$30,000 for 1 person household in Vallejo; rent = \$750
 - Subsidized: Project-Based Rental Assistance and Housing Choice Vouchers (“Section 8”); tenants contribute rent = 30% of income
 - “Deeply affordable housing” = affordable for Extremely Low Income (ELI) people who earn less than 30% of AMI
 - 30% AMI for 1 person = \$18,000 in Vallejo, \$13,650 in Fortuna

Defining Supportive Housing

Permanent affordable housing with combined supports for independent living

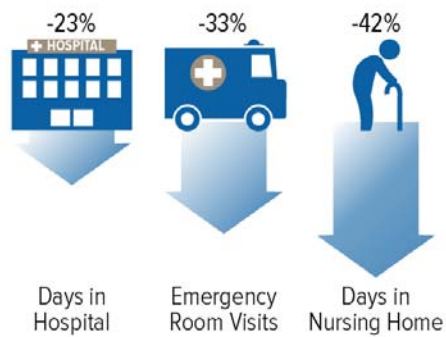
- Housing is permanent, meaning each tenant may stay as long as he or she pays rent and complies with terms of lease or rental agreement
- Housing is affordable, meaning each tenant pays no more than 30% to 50% of household income
- Tenants have access to an array of support services that are intended to support housing stability, recovery and wellness, but participation in support services is not a requirement for tenancy
- Options available for adults who are single, those who choose to share housing, transition aged youth, and the most vulnerable families with children
- Housing First models provide access for people with long histories of homelessness and significant obstacles to housing stability

Rx for Home



Supportive Housing Can Produce Health Care Savings

Combining affordable housing with intensive services for a high-needs group saved an average of over \$6,000 a year per person in health care



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Impact Of Supportive Housing

- Supportive housing significantly reduces the need for costly emergency care and hospitalizations
 - 56% fewer emergency room visits and 44% fewer inpatient admissions in San Francisco
- Health outcomes improve with better engagement in more appropriate outpatient care
 - Access to primary care and engagement in recovery services
 - Medication adherence and enhanced motivation to change
 - Reduced mortality and viral load for people with HIV

Rapid Re-housing

- Identify housing options
 - Recruit landlords willing to provide housing opportunities to people experiencing homelessness
 - Assist households to find and secure housing
- Rent and move-in assistance
 - Time-limited financial assistance for deposits and moving costs, utility assistance, rental assistance
- Case management and supportive services
 - Help to address barriers to housing (legal, credit)
 - Help to negotiate lease agreements and resolve crises
 - Connections to ongoing supports in community
 - Opportunities to increase incomes

Recovery Housing

- Abstinence-focused and peer-supported community for people recovering from substance use issues
 - ▣ Transitional housing and/or permanent supportive housing
- Best practices
 - ▣ Support for recovery with focus on health, home, purpose, and community
 - ▣ Decisions based on needs and preferences of people being served
 - ▣ Meaningful choice for people in all stages of recovery
 - Low-barrier program design
 - Accommodate Medication Assisted Treatment
 - Anticipate relapse
 - ▣ Emphasis on long-term housing stability and minimize returns to homelessness

Finding the best match ...

- Affordable housing (“service enriched” – or not)
 - Permanent Supportive Housing
 - Rapid re-housing
 - Problem-solving to facilitate connections with family & friends
- Other options are usually temporary and/or licensed
- Emergency Shelter
 - Medical respite / recuperative care
 - Bridge Housing
 - ▣ while waiting / searching for permanent housing
 - Hotels / motels
 - Transitional Housing
 - Recovery Housing/ Sober Living
 - Residential Care Facilities / Board and Care

We know what is needed

- Housing is a social determinant of health
- Rx= make housing available as quickly as possible
 - ▣ Offer people with complex health and social problems the support they need to get and keep housing
 - ▣ Multi-disciplinary services for health, behavioral health, and support for housing stability
 - ▣ Frequent, face to face contact to engage people, build trust and motivate change
- Focus the most expensive housing and services on people who really need these interventions
 - ▣ Use data and assessment tools to prioritize based on vulnerability and/or cost and potential for savings

Tips for Health Care Providers

- Identifying consumers who are homeless or at risk
 - ▣ Use ICD-10 code Z59.0 = homelessness
- Understand the housing and homeless assistance systems
 - ▣ Where are the housing resources?
 - ▣ Coordinated entry systems – new and evolving
- Permanent Supportive Housing
 - ▣ For whom is it appropriate / potentially available?

Things to consider

- What does the consumer want?
- Affordability
 - Is the rent subsidized?
 - Does the consumer have options for increasing income?
- Temporary / permanent
 - Will the consumer's needs and options change or is this a temporary fix to a long-term problem?
- Privacy, autonomy, and program rules
- Supports linked to housing
- Eligibility criteria and priorities for available housing

Supporting the Whole Person

- Respond to individual preferences and goals
- Help people get and keep housing
 - Outreach and assertive, patient engagement to overcome barriers resulting from isolation and symptoms of mental illness or addiction
 - Trauma informed services establish trust and restore hope
 - Enhancing motivation to change harmful / risky behaviors
 - Integrated care for medical, mental health, and substance use problems
 - Practical support to meet basic needs
 - Skill-building for community living
 - Peer support
 - Access to income, benefits and employment opportunities

Where are the housing resources?

- Continuum of Care (CoC) = federal funding and local forum to plan and coordinate homeless assistance
- Public Housing Authorities
 - ▣ Housing Choice Vouchers and Public Housing developments
 - ▣ May adopt homeless preferences and manage special programs
- County Mental Health system resources
 - ▣ No Place Like Home
 - ▣ MHSAs housing and services linked to other housing resources
- State & federal funding for affordable and supportive housing
- Federal programs to end veterans homelessness
 - ▣ VASH = permanent supportive housing
 - ▣ SSVF = rapid re-housing and homeless prevention
- County health departments, local government investments – in some counties and cities

Local plans and priorities

- Making homelessness brief and rare
- Coordinated entry systems
 - ▣ Prioritizing the most vulnerable and high-cost homeless people for permanent supportive housing
 - ▣ Matching people to the most appropriate intervention
- Public Housing Authorities (PHAs) – Administrative Plans
 - ▣ Establish preferences and other criteria for tenant selection
- No Place Like Home
- Whole Person Care Pilots



Whole Person Care + Housing

WPC \$ for service bundles

- Outreach to homeless people with health needs
- Housing navigation: help with applications and search for housing
- Intensive case management services (housing stabilization supports) for tenants in supportive housing

Other \$ for rent

- Public Housing Authority vouchers
- State funding to local governments
- Federal and local programs (CoC)
- Housing Flex Fund



PHC Local Innovation Grants for Housing

Helping local partners create housing and deliver housing facilitation supports for PHC members

\$25 million in grants awarded 2017-2019

Local innovation grants at work

Affordable & supportive housing

- Funds to purchase land, apartment building, house for shared living
- Pre-development costs so that new supportive housing projects can get additional funding
- Renovations or construction costs

Facilitating access to housing

- Housing navigation and case management services to find and keep housing
- Flexible funds for move-in and rental assistance

Some lessons learned

Creating housing

- Starter funding & partners willing to take a risk can be catalyst
- Housing First approach makes it possible to engage people who have significant challenges to stability – building relationships & peer support helps people change behaviors and be good neighbors

Flexible funds and supports

- Clients often need one-time help with furniture, move-in costs, or paying arrears to avoid returning to homelessness
- A small amount of flexible funding covers gaps left by other funding sources
- It helps to have staff with property management experience

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