5.9 Housing the Most Vulnerable Families

Living in Communities: The Power of Housing and Time-Limited Case Management Support

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The Universe of Housing Options?

Rapid Rehousing
Permanent Supportive Housing

WHAT ABOUT THE FAMILIES IN THE MIDDLE?
Home To Stay: Foundation-Funded Pilot Project

- Launched in 2010
- Is a partnership between
  - Robin Hood Foundation
  - NYC Department of Homeless Services
  - Center for Urban Community Services
  - Jericho Project and Women in Need
- Targets chronically and episodically homeless families who return to shelter from subsidized and unsubsidized housing
- Provides support services targeting families while in shelter and providing individualized, strengths-based case management
- Uses the evidence-based practices Critical Time Intervention and Motivational Interviewing

Home to Stay Pilot – Case Management Model & Program Goals

**Program Model:** Services informed by the Critical Time Intervention model
- goal of moving into permanent housing
- caseloads of 10 to 15 clients per worker
- connecting to appropriate community resources
- attaining housing stability within 9 months of securing housing
- individualized service plans developed collaboratively with family

**Program Goals**
1. Remain stably housed and do not return to the city’s shelter system
2. Connect to community-based resources aimed at maintaining housing stability: physical health, mental health, substance abuse, employment, education, community and social support, legal
3. Increase income to 200% of rent and/or obtain housing subsidy, if eligible and available
4. Exit from service program within 9 months of moving into permanent housing
Home to Stay Pilot Program Results

- In general, Home to Stay program outcomes are better than standard service outcomes
  - True even when controlling for timeframe and for presence of rental subsidy.
- Recent shelter Home to Stay entrants had significantly better outcomes than recent shelter entrants receiving standard services.
  - However, older-entry families did not see any statistical difference with housing vouchers and Home to Stay case management.
- Return to shelter rate is less than 20%.
  - Those families who do return to shelter remain housed for an average of 414 days before re-entry.

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Living in Communities - From *Pilot* to *Permanent*

**What’s Different?**

1. LINC is a city-funded housing voucher managed in a partnership between three separate New York City agencies.
   - Department of Homeless Services (DHS)
   - Housing Preservation and Development (HPD)
   - Human Resources Administration (HRA)
2. Recertification is required to maintain the subsidy
3. Case management services are initiated in shelter or after a family is housed.
4. The 9-month CTI timeline is the same as in Home to Stay, but the length of each phase may change based on the time required for a family to move out of shelter.
Living in Communities - From **Pilot** to **Permanent**

**What makes LINC unique?**

- Home to Stay research pilot became an evidence-based practice for targeting resources to families; now that practice will be broadly applied.
- Program evaluation was a central element of the pilot design; now integral to program implementation.
- Unique opportunity to transition a foundation-funded pilot into a fully funded city program.
- Demonstrates creative use of housing dollars for an unmet need by City and State governments.

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**Thank You.**

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CTI APPROACH

CTI is focused on:

- strengthening community linkages
- limiting areas of focus to 2-3 areas essential to making the transition successful
- gradually transferring care from CTI Worker to community
- alternative to traditional approach of building skills, by linking the person to community supports that can do so

RECENT RESEARCH & APPLICATION OF CTI:

**CTI–Task Shifting (CTI-TS) Study: Galea & Susser, 2012-2016.** A multi-country pilot in Rio de Janeiro in Brazil, Santiago in Chile, and Buenos Aires in Argentina includes both mental health & peer support workers to improve quality of life and reduce unmet needs.

**CTI-Hoarding Disorder Study: Rodriguez, 2013** - Aim of study to test whether the adapted CTI-HD reduces the risk of homelessness for people with hoarding disorder who have been threatened with eviction.

**CTI Netherlands Shelter Study: Wolf, 2010-2013** - Two randomized trials

- 1. assessed effectiveness of CTI in improving housing and other outcomes in people from nine adult homeless shelters.
- 2. The Women’s Shelter Sector Trial assessed the effectiveness of CTI in improving quality of life in women from eight domestic violence shelters.
**RECENT RESEARCH & APPLICATION OF CTI:**

**CTI for Severely Mentally Ill Released Prisoners, 2012** - Trial at three prisons in Manchester, Leeds and Brixton to test the effectiveness of CTI in improving engagement with services and reducing re-offending.


**CTI-Intensive Housing Support Program, Carmody, 2010-2013** Australia - first time that an agency’s electronic medical records were used for generating fidelity ratings.

**CTI-Brazil, 2010** - Test feasibility of implementing adapted CTI for Brazilian context [problems of violence, drug use & unemployment in Rio’s favelas are concrete obstacles to continuity of mental health care].

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**MOTIVATIONAL INTERVIEWING RESOURCES**


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