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# Developing a Housing Plan

## Rapid Re-Housing Programs DOH

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# Agenda

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- Introductions
- Getting to the Plan
  - Engagement
  - Education and Preferences
  - Assessment
  - Goal Development and Preferences
    - Goals and Case Study
  - Motivational Techniques
  - Connecting to Resources
- Planning Process
- Harm Reduction: addressing barriers to tenancy
- Wrap up



# Introductions

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- Andrea White, Housing Innovations
- Liz Isaacs, Housing innovations
- DOH
- In the chat box:
  - Introduce yourself, your name, your agency or role, and your favorite place to relax



# Introduction

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The housing plan guides the work with each individual tenant in Rapid Re-Housing

The plan is a working document that evolves with each person / family

The plan is developed from the on-going assessment, client input and goals, discussions with the team and community resources and the work together.

Housing planning can provide the structure for each person /family to reach goals and address barriers to maintain housing long-term

# Service Planning Process

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# Engagement

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Engagement begins the first time you meet a person

It begins wherever a person has the first contact

Engagement is a way of being with a person, it sets the tone for all future interactions

We listen to each person's story, why they came to us, what their concerns are, what they want.

We evaluate each person, assessing what they tell us, where they live, how they interact with their surroundings

We seek information from HMIS and other providers that have had interactions with each person

## The Relationship



- Engage and establish a working relationship
- Identify what each person wants and what they are feeling
- Explain the RRH program and how you can help.
- Small goals are appropriate for the start
- As small things are achieved, confidence and trust grows
- Building motivation for a home and connecting it to the person's goals is the worker's focus during engagement

# Assessment

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- Assessment is a process not an event
- Allow the information to unfold over time and update
- As each person experiences challenges and progress the assessment will deepen
- Assessments must be updated at a minimum before each plan is developed – think every two months for RRH
- Assessments are developed through observation, conversation, consultation and worker skills



# Assessment: Understand Housing and Homeless History

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## Housing History –

- Places lived, with whom (last 5 years)
- Experience as a leaseholder
- How did the person secure goods and services
- Roles and responsibilities
- What worked
- What didn't



## Homelessness History -

- Cause of initial episode
- Length of time homeless
- How did people get the resources they needed?
- Places stayed
- Routine
- Supports

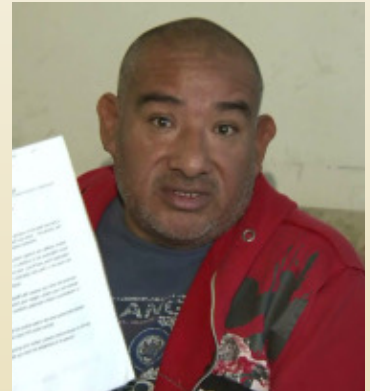
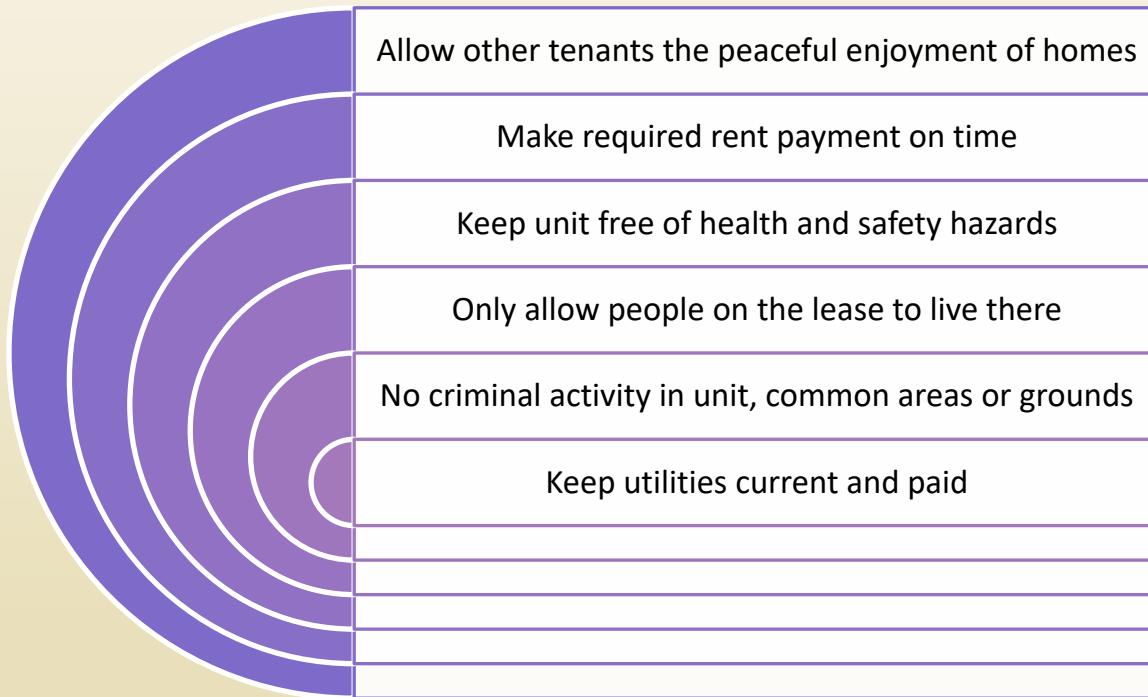
# Discussion

- PLEASE TURN ON YOUR CAMERAS
- What kind of income and housing, homelessness histories are you seeing?
- How did people generate income in the past?
- What kind of roles do people have while homeless?
- How is housing-RRH success connected to people's personal goals?



# Education: Obligations of a Lease/Tenancy

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# Rights of Tenancy

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- Right to privacy – no entering apartment without permission or emergency
- Right to safe and well-maintained housing – repairs and safety considerations
- Right to due process – no eviction without proper process



# Goal Based Strategies

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- Work from each person's own experience and values
- Elicit and listen to the person and reflect back to clarify and check understanding
- Goal setting is an individual process
- Empathize about goal setting and unmet goals
- Listen to resident's perception of past successes and struggles in reaching goals
- List and discuss strengths that may facilitate reaching goals
- Remember income and housing is often key to most long-term goals

# Goals

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- What would each person like their life to look like?
- Reflect on what worked in the past and preferences.
- Homeless Crisis may limit person's ability to think long term – start small
- Let people dream a bit – what is their ideal, what do they have now, what would they accept
- Frame questions as goal statements – **how much money will you need in housing –**
- Identify what is negotiable and what is not
- See options available as step towards goal
- Ask what they hope to get by achieving goal – **so that.....**

# Clarify What You Can Offer

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- Role of the worker

- Note Specific tasks

- Housing Expectations

- Expectations of tenancy
    - Rent payment
    - Quiet enjoyment
    - Maintaining apartment -\$

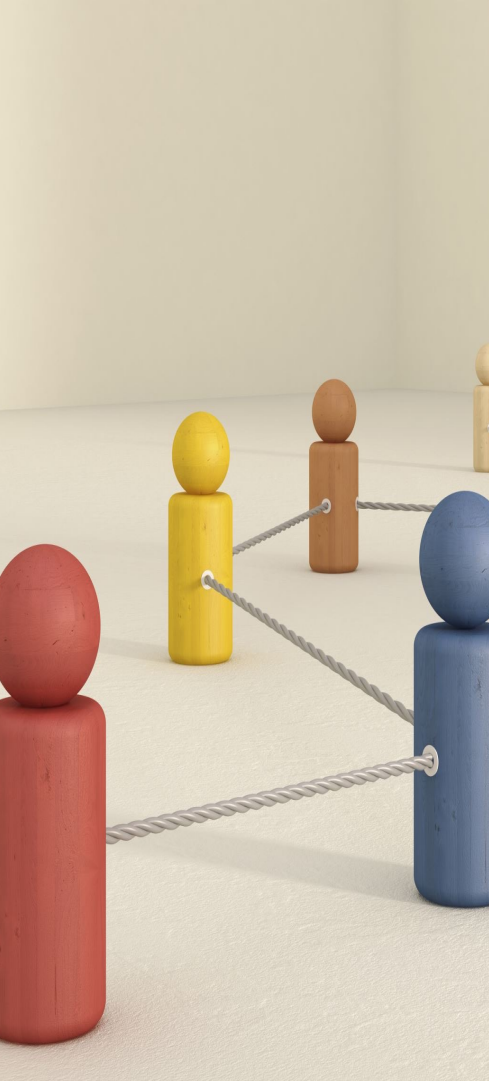
- RRH

- Short Term program
    - Limited rent subsidy – increase income
    - Report income at least every three month
    - Connect to resources for long term stability

- Process and timelines

- <https://ctlawhelp.org/en/state-benefits-cash-assistance-welfare>





## Skills and Resources for Housing: in

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- A key step in the housing process is access to income
- Some people will need more assistance to make these connections
- The process to increase income includes:
  - Educate on the Options to increase income
  - Mentor/Teach on how to make the Connections
  - Provide Support for follow through
  - Connect the steps to goals (both long and short term) to maintain motivation
  - Debrief successes and/or setbacks
  - Mark progress



# Focused Service Planning

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Limit the areas of  
intervention

Focus on pressing  
needs that impact  
Housing Retention

Relate all  
interventions to  
long term goals

Be aware this  
may not be a  
linear process

Connect to  
sustainable  
resources

# Plans

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The [RRH Ops Guide](#) says that providers can use the above or another format as long as it has these components:

Sample Plans will be added to the Chat

Measurable goals pertaining to housing, such as moving into housing, maintaining housing, and increasing income;

- Action steps for the participant;
- Action steps for the case manager;
- Timelines for each step;
- Monthly progress review;
- Updates at least every 90 days; and
- Sign-off by participant, case manager and supervisor.



# Motivation

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**Recognize Competence:** Identifying skills that will help people access and maintain housing is important.

**Person Centered:** Rank the importance of needs and goals connect addressing barriers to the things Veterans find most important

**Reflect information to affirm it is heard:** This may be the start of the conversation.

Address barriers in context of goals (housing, employments, money)

**Support Choice:** acknowledge choice and always try to explore more than one option.

# Strategies to Reach Goals

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Just as goals are individualized so are strategies towards goals

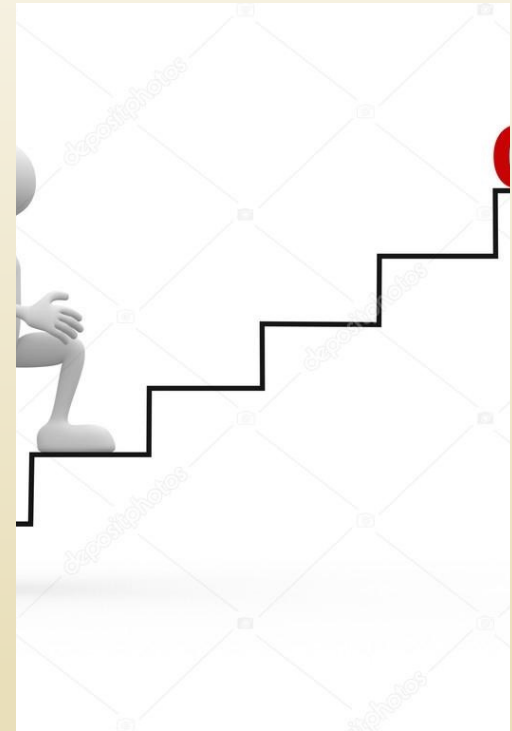
One path will not work for all people, it has to be right for the tenant you are serving

As we identify strategies we are not always going to find the most effective one on the first try

We may know in our experience what will work best, and each tenant will be able to identify what will work best from their experience


We have to try to come together, honoring each tenant's individual experience

Look at Plan



# Harm Reduction Used for Housing Stability

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Harm Reduction (HR) is a perspective and a set of practical strategies to reduce the negative consequences of drug use and other problem behaviors, incorporating a spectrum of strategies from modifying to stopping the behavior.

Harm reduction goal here is to prevent housing loss.

# Harm Reduction Eviction Prevention Strategies

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- Representative payee, fiduciaries or automated rent payments
- Connect to free resources to stretch budget - food, clothing, library, etc.
- Plan to increase income and resources and budget for “recreation”
- Shop at discount stores
- Plan for how to socialize without disturbing neighbors
- Carpets, drapes, headphones, air purifiers, fans
- Activities for children and child-care
- Connection to faith community
- Alternative strategies for substance use
- Adding people to the lease
- Engagement in meaningful and purposeful activity
- Find another unit and landlord agreement to end the lease – “no harm, no foul” but.....
- **Type in the chat other harm reduction eviction prevention strategies you have used.**



## Harm Reduction Plan to Prevent Eviction – Example

Housing Risk	Options	Factors in favor	Factors against	Non-negotiable
Tenant is bringing friends into apartment. They are loud and the apartment is crowded. Landlord is complaining as are other tenants	Kick them out	<ul style="list-style-type: none"> <li>Landlord and other tenants happy so can stay in apartment</li> </ul>	I would miss my friends I owe them Afraid to kick them out I don't know how to do that	<ul style="list-style-type: none"> <li>Only people on the lease can live in apartment</li> <li>I need to see my friends</li> </ul>
	Add friend to lease	<ul style="list-style-type: none"> <li>I wouldn't be lonely</li> <li>I wouldn't be lonely</li> </ul>	<ul style="list-style-type: none"> <li>I want my own apartment</li> <li>People would pay landlord and not me</li> </ul>	<ul style="list-style-type: none"> <li>All tenants must be on the lease</li> <li>I want my own apartment</li> </ul>
	Help friends by helping them with housing	<ul style="list-style-type: none"> <li>Pay the debt</li> <li>We could visit</li> <li>Have apartment to myself</li> </ul>	<ul style="list-style-type: none"> <li>Lonely</li> <li>They wouldn't see me if had own apartment</li> <li>How can I do that</li> </ul>	23



## Breakouts - Harm Reduction Plan

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***Meet people  
where they are,  
but don't leave  
them where they  
are.***

- Breakout into groups of 3, join a group
- One is participant/tenant; one is staff person and one is observer
- Using the template provided, develop a Harm Reduction plan with a current participant.
- Identify risk/barrier to stable housing and options to mitigate/ eliminate the risk
- Observer gives feedback/suggestions



# Closing

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Service Planning is a part of a process that includes engagement, assessment, goal setting and planning

The connection of client goals and experiences to the planning is key

The connection of the plan to the work allows for clients to take the lessons learned and apply them

Plans are made in the context of the program we are operating – maintaining place in the community

The goal is to develop a predictable and person-centered process that can provide guidance for the work