

Housing as a Pathway: A Longitudinal Evaluation of Housing First Outcomes in Louisville, KY

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Background

- In 2008, Family Health Centers-Phoenix, a Health Care for the Homeless project in Louisville, KY received a five year SAMHSA Supportive Services in Housing Grant for the implementation of a Housing First project.
- The project will have received approximately \$2 million from SAMHSA between years 2008-2014 and has housed 144 homeless adults.

Project Evaluation

- SAMHSA requires its grantees to employ a project evaluator to track project outcomes as part of the Government Performance Results Act (GPRA).
- GPRA surveys are required of all participants at intake, six-months after entry, and at exit.
- GPRA results are used by the project evaluator biannually to track project outcomes.

Project Goals

- Provide permanent supportive housing to project participants (PSH).
- Project participants will experience sobriety and/or a reduction in substance abuse.
- Project participants will improve their emotional and physical well-being.
- Project participants will obtain stable employment and disability benefits.
- Project participants will reduce their involvement with the criminal justice system.

Challenges with GPRA Tool

- Challenges in addressing goals from appropriate perspective.
 - How do you measure substance use/mental health recovery in ways that capture the impact of harm reduction practices?
- GPRA relies on self-report. Discomfort answering questions can skew accuracy of responses (underreporting use).
- A six-month evaluation fails to address long-term nature of PSH. Housing is permanent and outcomes will not be immediate. Changes may reverse over time (honeymoon period).

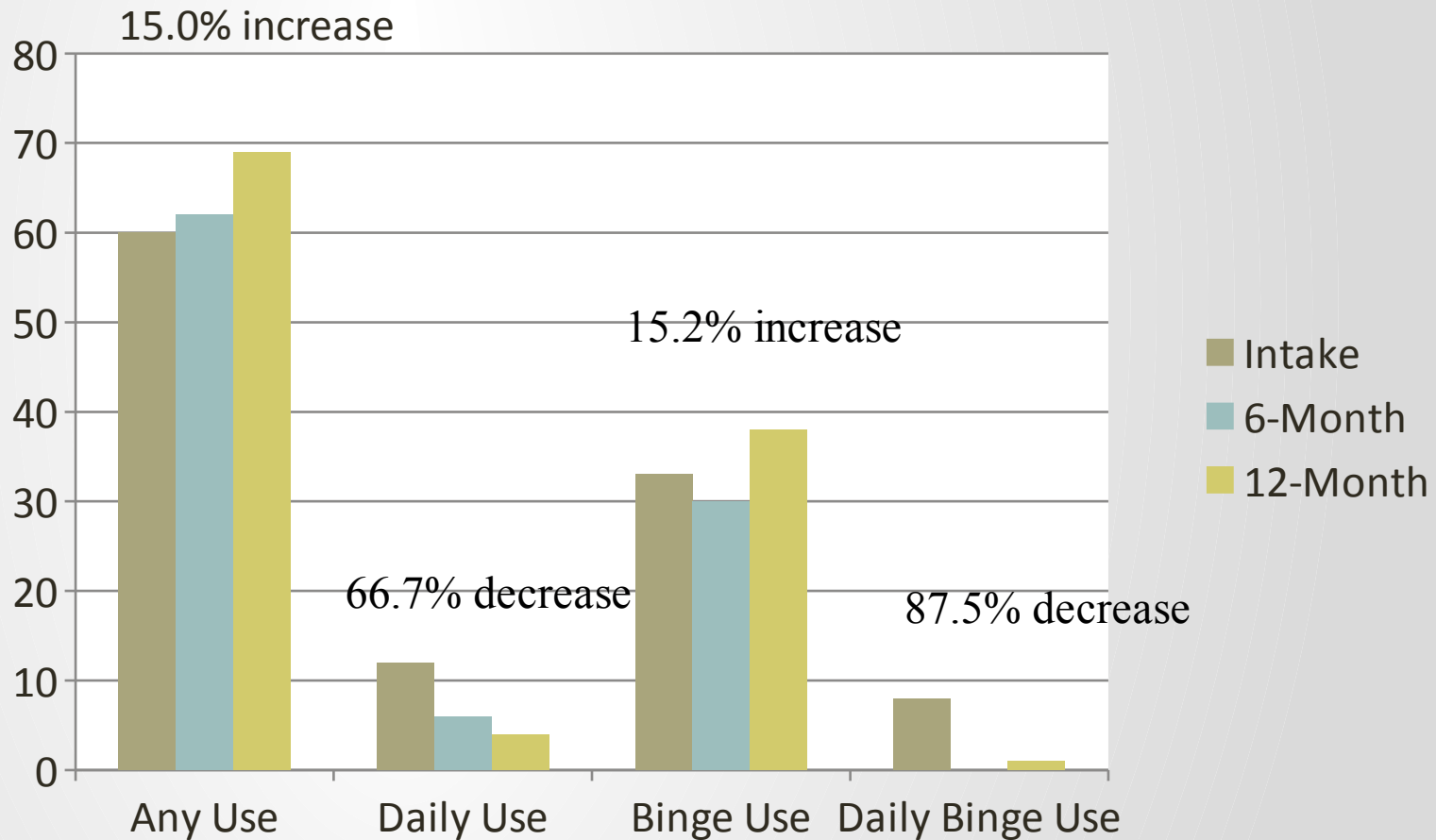
Project Evaluation Opportunities

- Multi-dimensional questions allow outcomes to be examined from multiple perspectives.
- Flexibility of funding allows GPRA to be used to track outcomes beyond the 6-month follow-up requirement (follow-ups throughout a participant's entire time in the project).
- Evaluation staff can tailor outcomes tracking to fit unique needs of project.
 - Consumer choice, fidelity to Housing First, etc.

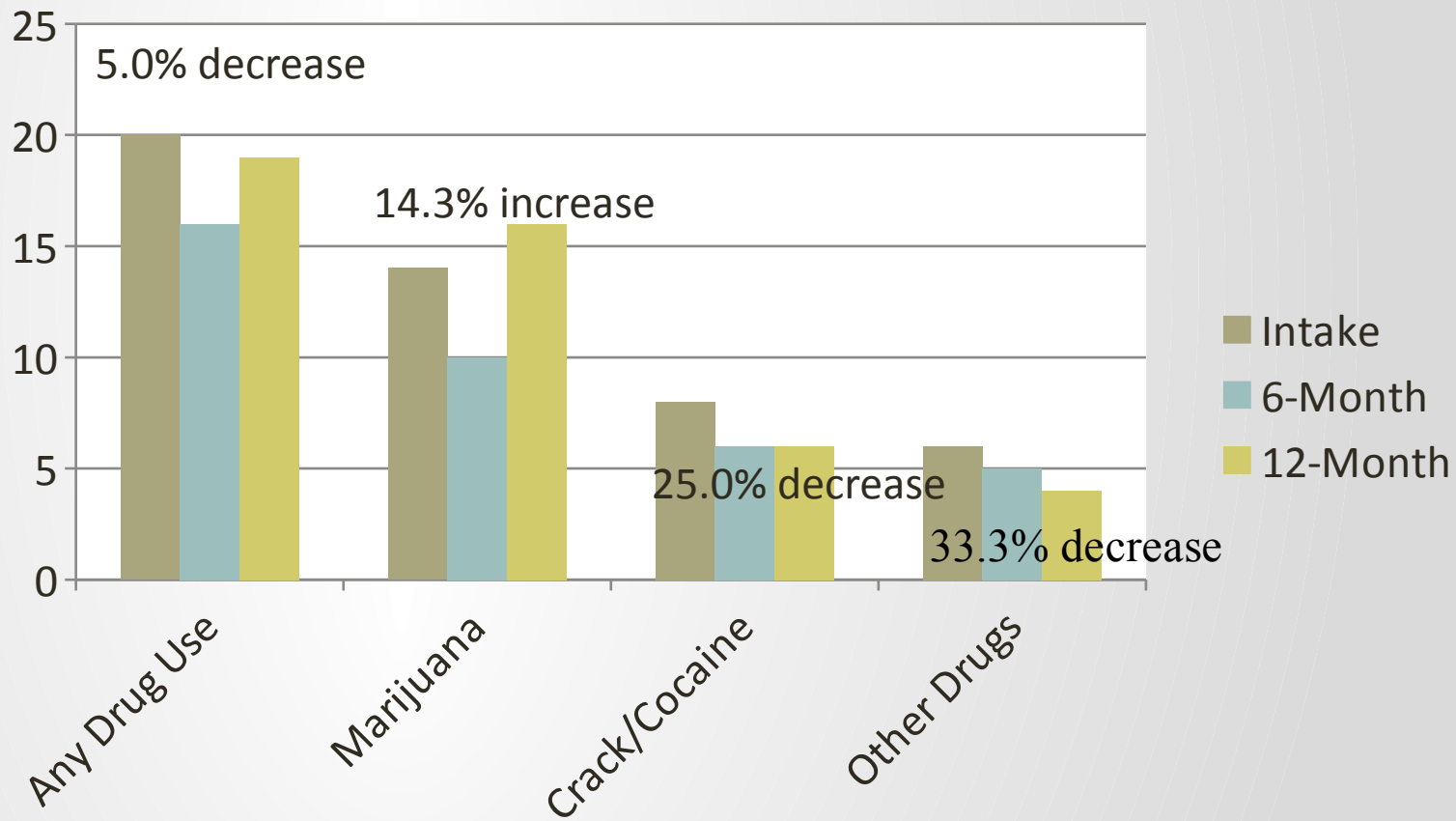
Looking at Outcomes

- As of March 31, 2013, 104 project participants had completed GPRA follow-up surveys.
- This data provides the necessary elements to conduct a longitudinal analysis for participants in their first year of participation.

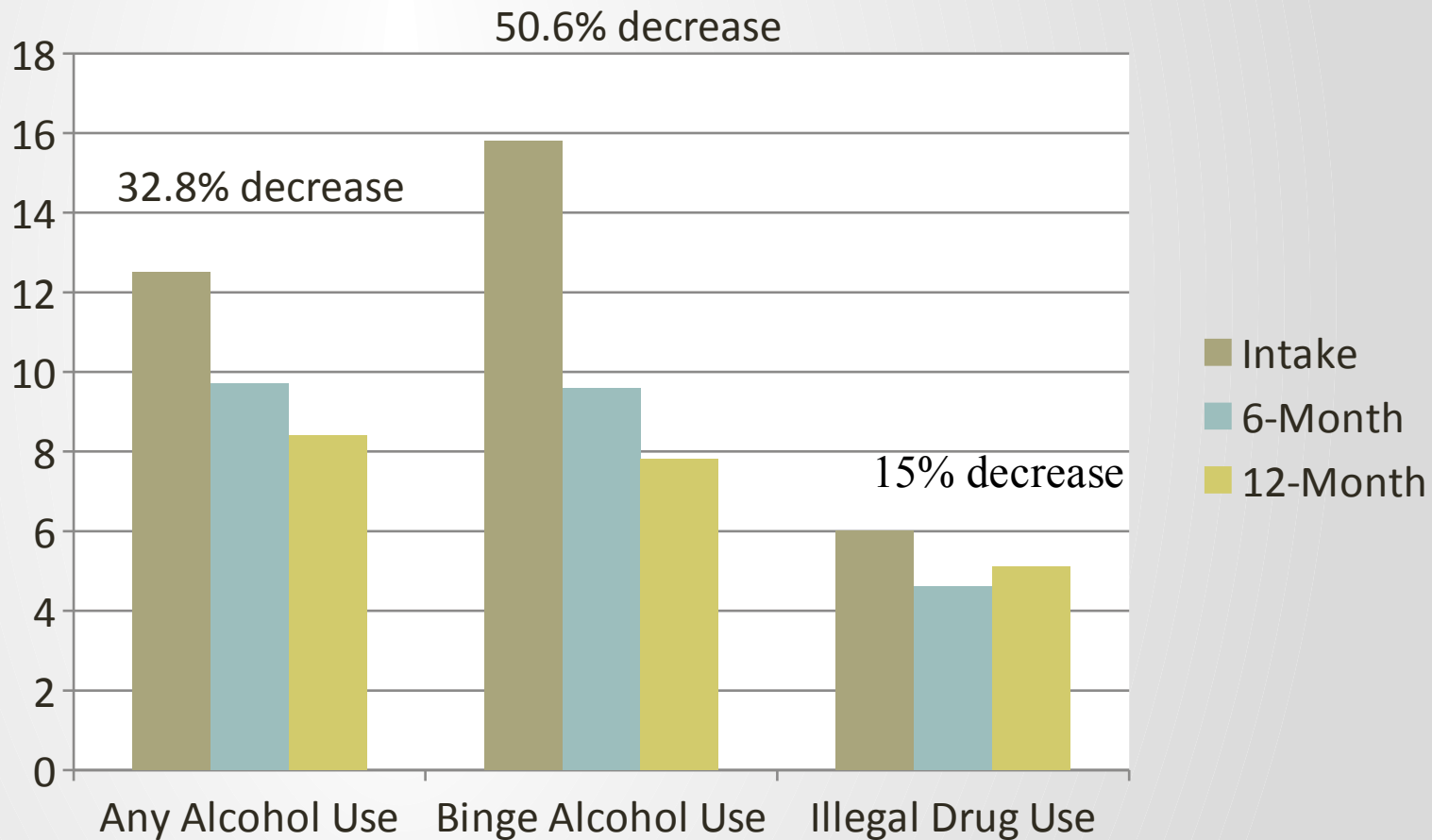
Number of Participants Reporting Alcohol Use



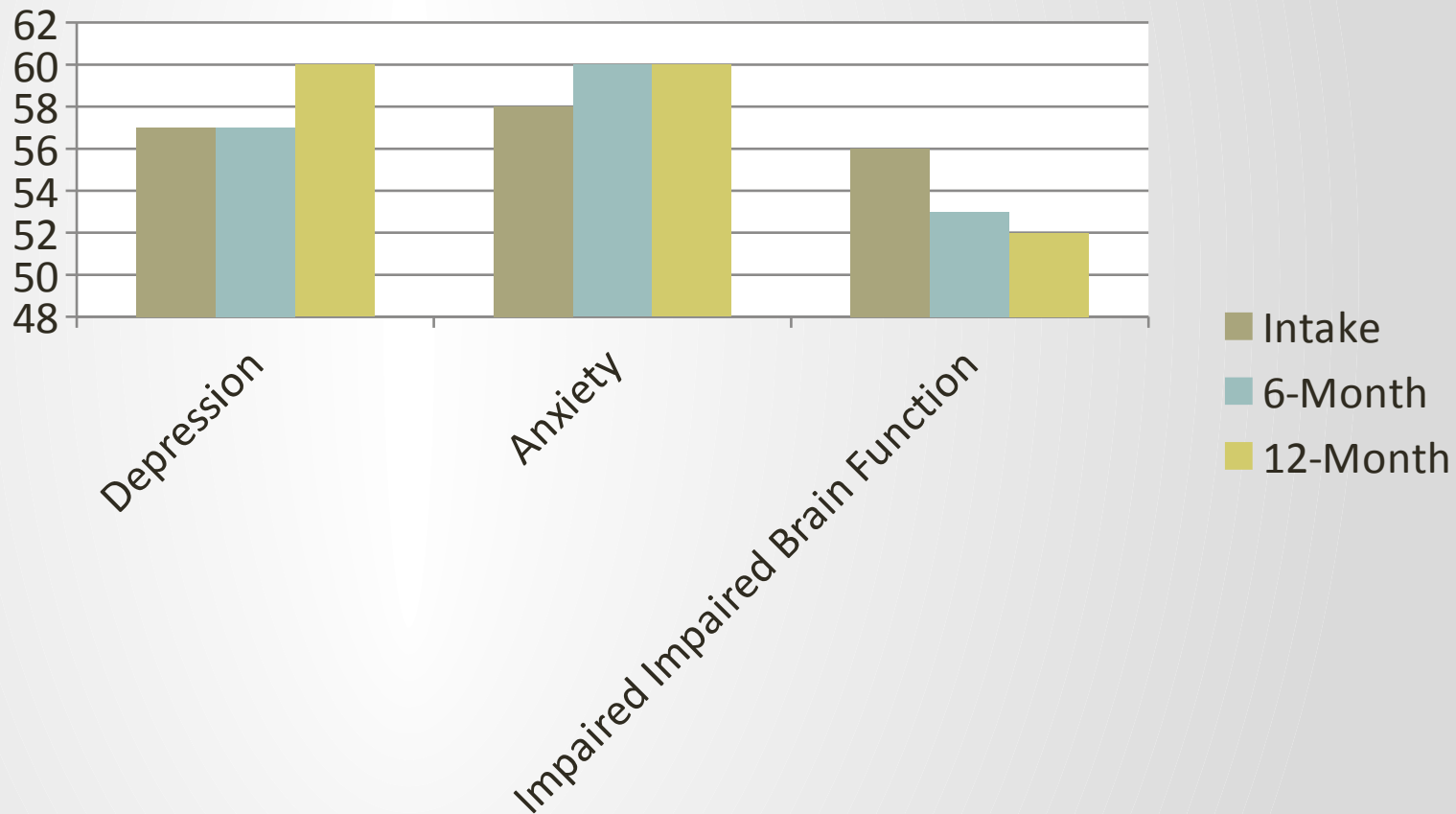
Participants Reporting Illegal Drug Use



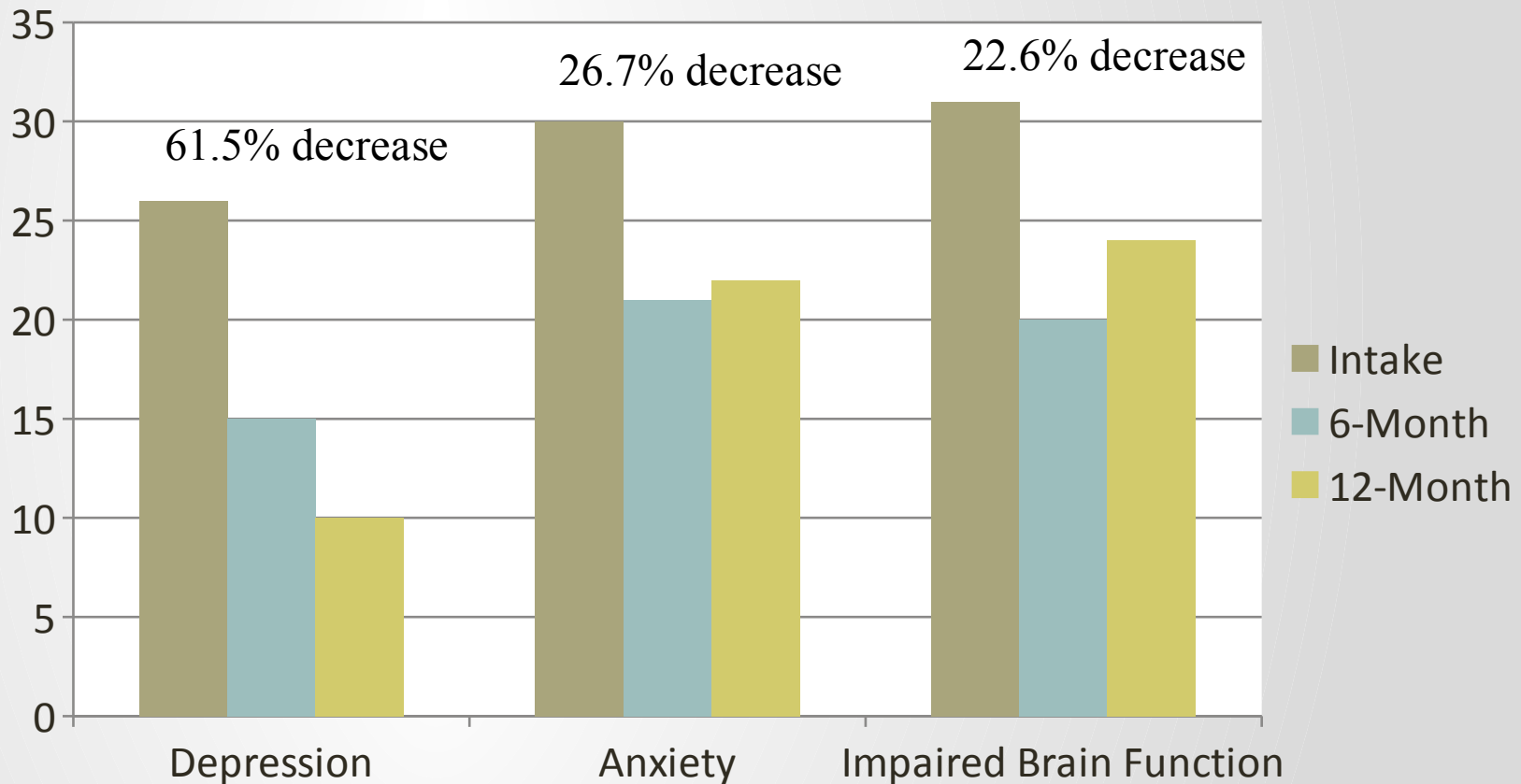
Mean Days of Substance Use



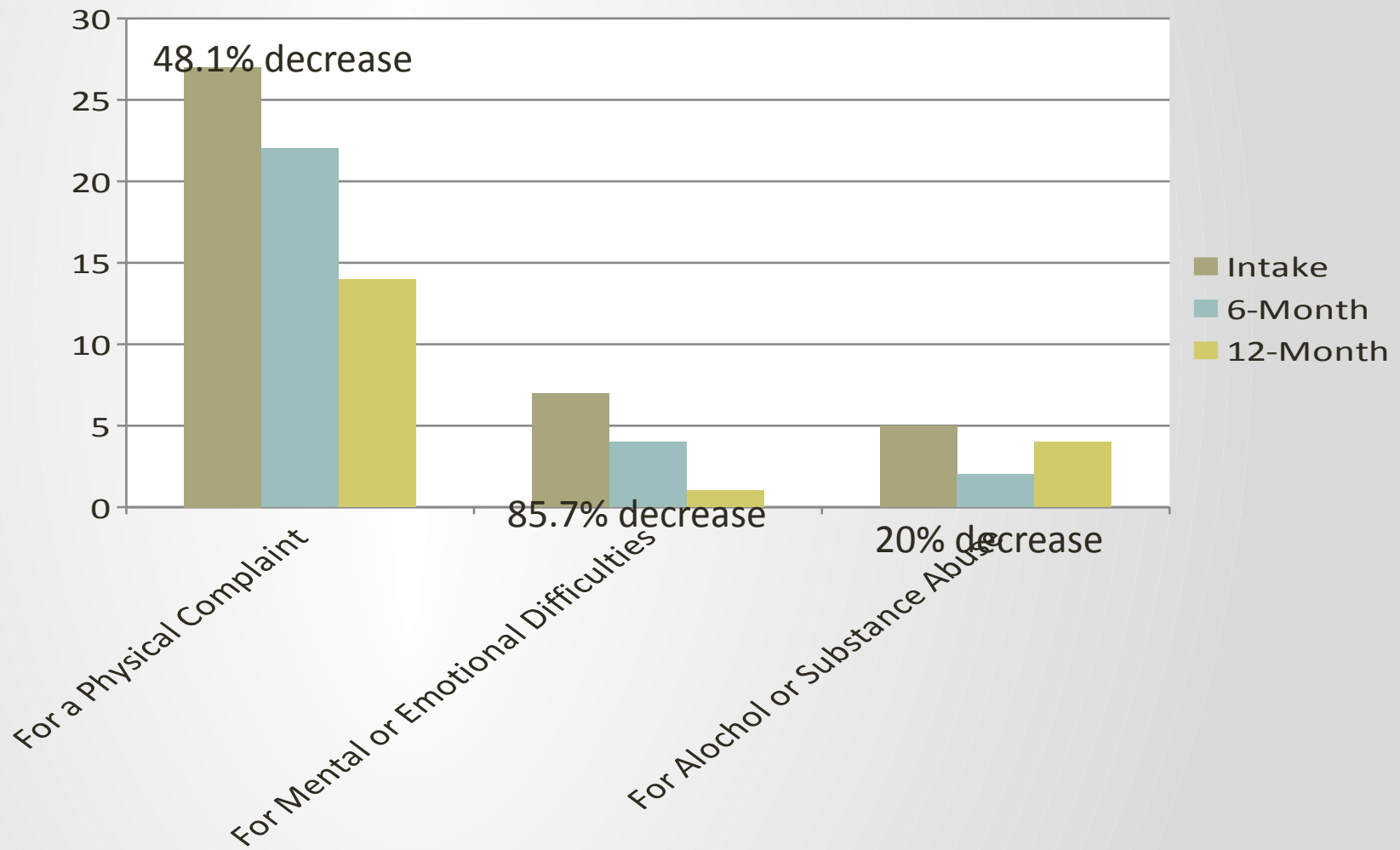
Participants Experiencing Mental Health Symptoms



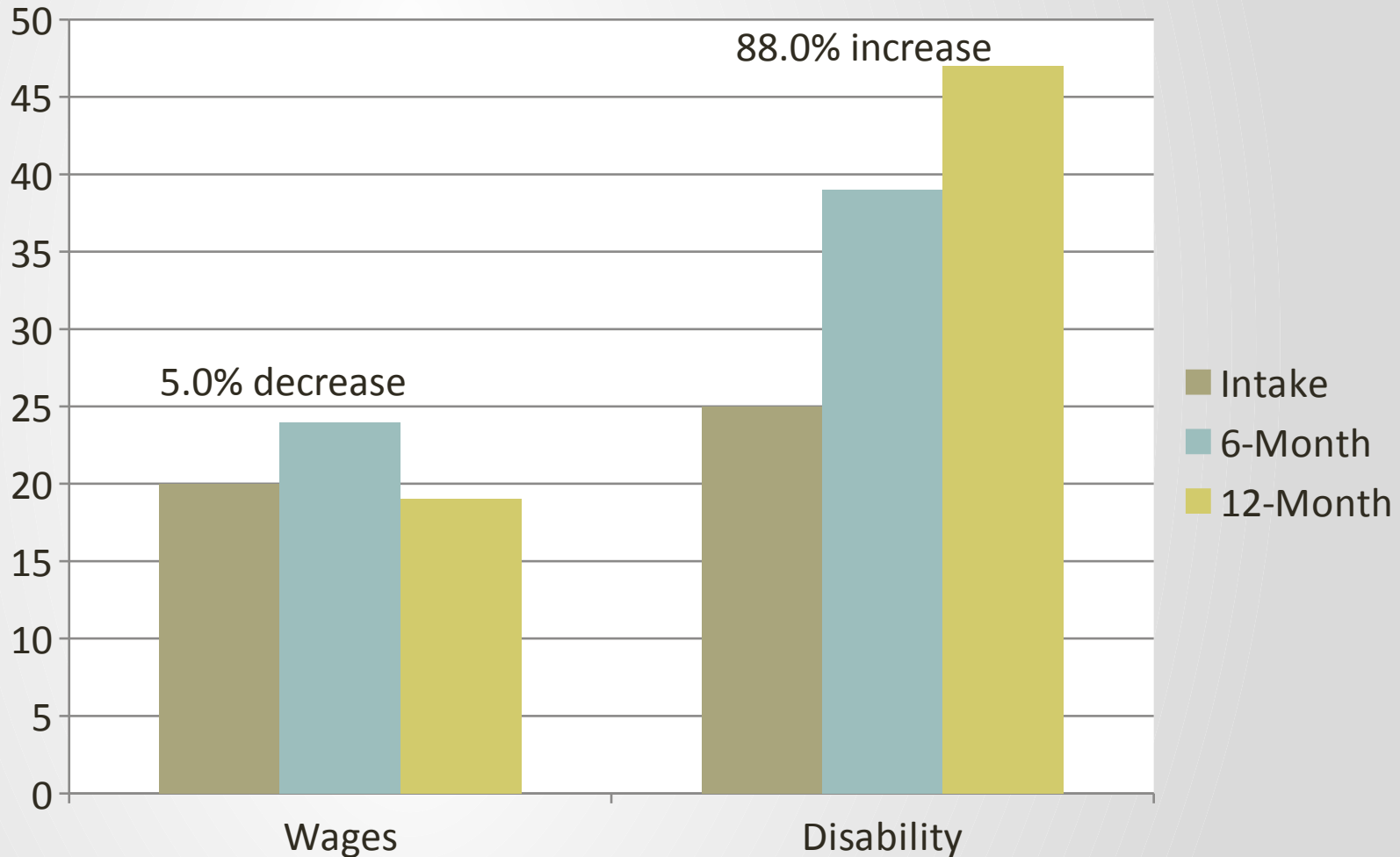
Participants Reporting Daily Occurrence of Symptoms



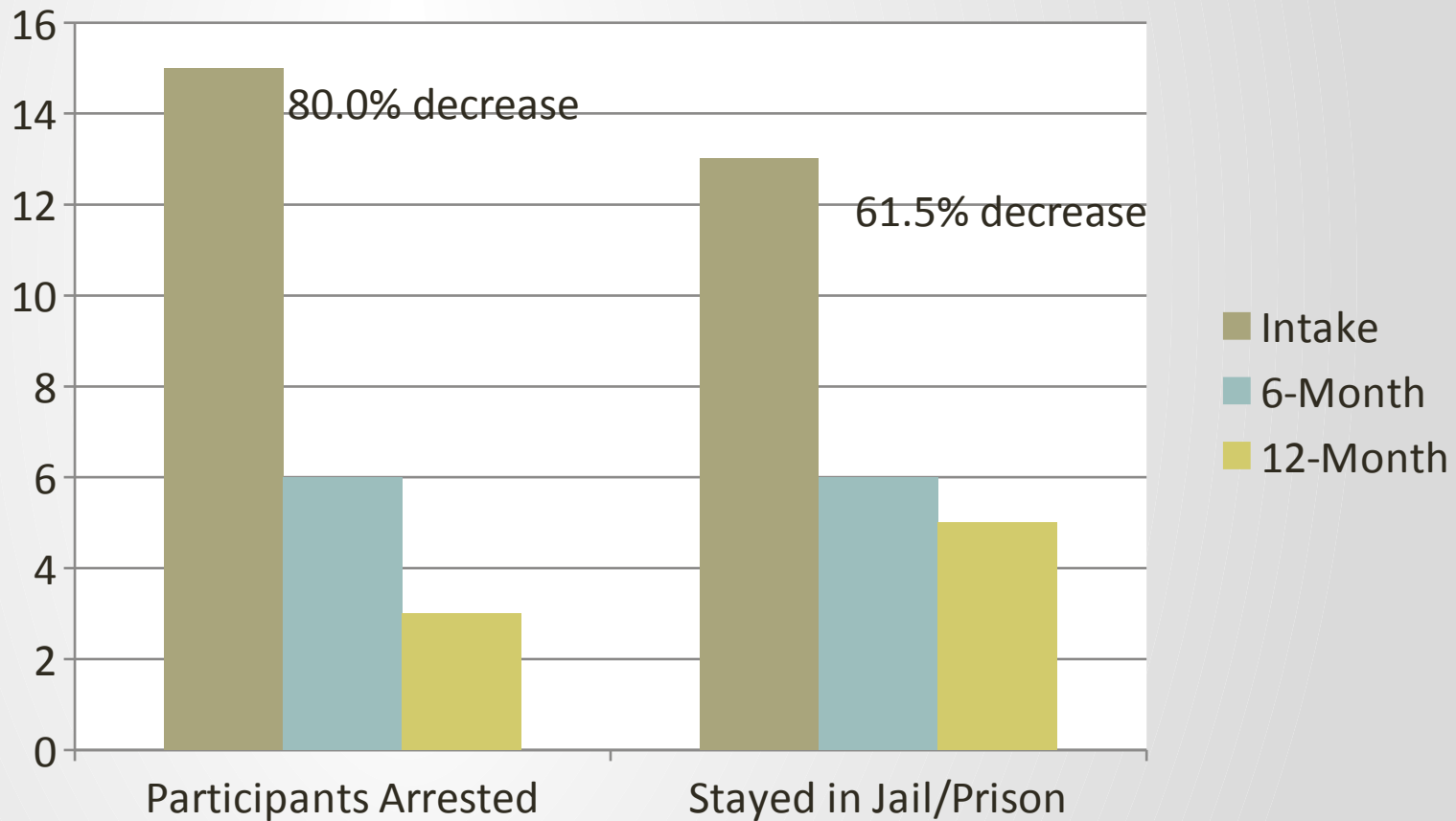
Participants Reporting Emergency Room Use



Participants with Income



Criminal Involvement



Opportunities

- Allows for data-driven clinical improvements.
 - Identify trends and challenges in recovery (when is relapse likely to occur).
- Strengthens organizational capacity to raise funds for the service continuation/expansion.
 - Second \$1.5 million SAMHSA grant awarded in 2011
 - Previous data used to set targets for new grant.
- Provides opportunities for publicity and examples to other providers.

Obstacles/Barriers to Evaluation

- Expense of long-term data collection.
 - Grant expiration date: September 30, 2013
 - One-year extension
- Failure to follow-up with discharged participants.
 - Results may be biased because we don't know what happened to those who did not make it to 12-month follow-up.
- Further research required to explain trends.

Housing: Incentive? Or Solution?

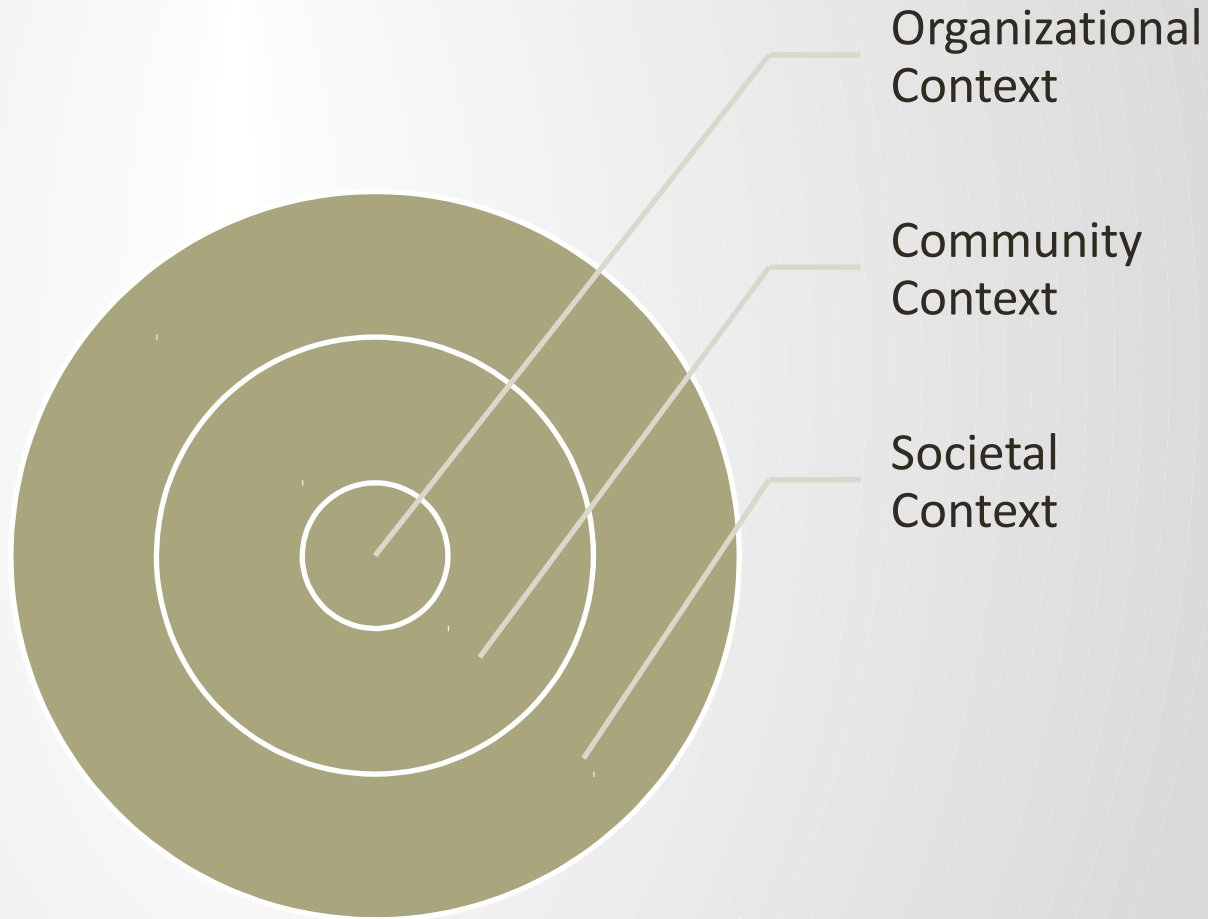


All Things Considered, 3/31/09

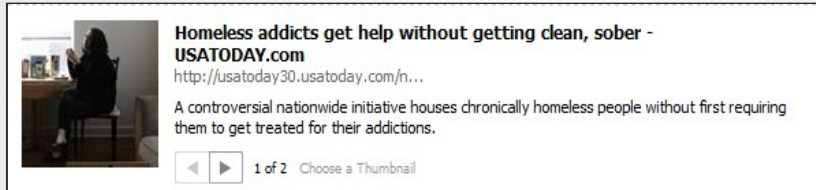


Source: www.housingfirst.fi/files/1272/373/Housing_First.jpg

Evidence-Informed Practice



Housing First Makes National Headlines...



“The move is indicative of area social-service providers' growing use of the Housing First model, a national standard used to identify and get aid to the most vulnerable homeless men and women.” (7/25/13)



“Joe Lhota, the leading Republican candidate, is endorsing the proposal by the Housing First coalition—a plan that would require a \$356 million annual increase over the city's current spending projections.” (8/13/13)



“Initial findings on 'housing first' programs, such as Project 50 in Los Angeles, show that they may be a solution to chronic homelessness and possibly save taxpayer money.” (8/15/10)

... and the Hometown News!

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Homeless project puts housing first

Radical approach pays off

11:02 PM, Jan. 20, 2011

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Louis E. Franklin was living in an emergency shelter - unable to find a permanent job or home for more than three decades - when Louisville advocates for the homeless helped set him up in a subsidized apartment in Crescent Hill about five months ago.

After years of wandering the country, working odd jobs and fighting an alcohol problem, "I'm out of the chaos," Franklin said.

The 58-year-old is part of an innovative two-year-old Louisville program designed to get chronically homeless people into permanent housing even if they haven't conquered problems, such as alcoholism, that had left them ...



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Growing Body of Evidence Informs Practice Nationwide

Google housing first

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Articles [Housing first, consumer choice, and harm reduction for homeless individuals with a dual diagnosis](#) [HTML] from nih.gov
S Tsemberis, L Gulcur, M Nakae - Journal Information, 2004 - ajph.aphublications.org
Objectives. We examined the longitudinal effects of a **Housing First** program for homeless, mentally ill individuals' on those individuals' consumer choice, **housing** stability, substance use, treatment utilization, and psychiatric symptoms. Methods. Two hundred twenty-five
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[Housing first services for people who are homeless with co-occurring substance abuse](#)
DK Padgett, L Gulcur, S Tsemberis - Research on Social Work ..., 2006 - rsw.sagepub.com
Abstract The literature on homeless adults with severe mental illness is generally silent on a critical issue surrounding service delivery—the contrast between **housing first** and treatment **first** program philosophies. This study draws on data from a longitudinal experiment ...
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[Housing, hospitalization, and cost outcomes for homeless individuals with participating in continuum of care and housing first programmes](#)
L Gulcur, A Stefancic, M Shinn... - ... of Community & ..., 2003 - Wiley Online Library
Abstract This article compares two approaches to **housing** chronically homeless individuals with psychiatric disabilities and often substance abuse. The experimental **Housing First** programme offered immediate access to independent **housing** without requiring ...
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[Housing first for long-term shelter dwellers with psychiatric disabilities in a four-year study of housing access and retention](#)
A Stefancic, S Tsemberis - The Journal of Primary Prevention, 2007 - ScienceDirect.com

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Spotlight: Housing First Works
Authors: CHAS Staff
Family Health Centers-Louisville **Housing First** Project for Homeless Adults (**Housing First**), of Louisville, Kentucky, was awarded a SAMHSA treatment for the homeless grant on September 30, 2008. **Housing First** is a consumer driven EBP that emphasizes the provision of **housing** as the first priority of treatment for homeless persons with mental health and/or substance abuse disorders (co-occurring disorders). Because a stable living en...
Tags: kentucky; housing first; co-occurring disorders; recovery; grantee spotlight

Rural Success with Housing First
Authors: Evans, Wendy Grace
Publication Date: 2012
Pathways Vermont is demonstrating that **Housing First** can have the same success rate in a rural area as it does in urban areas. Executive Director Hilary Melton, who has been working with this model since the 1990s, shares how creative use of tele-health and a commitment to providing everyone they serve with a home and intensive services is the key to their success.
Tags: feature; housing first; rural; tele-health; co-occurring

Housing First: A Special Report
Authors: National Public Radio (NPR)
Publication Date: 2007
Housing First is a yearlong special reporting project by a team of NPR News radio and Web Journalists. Through extensive coverage on-air and online, **Housing First** will explore why it's so difficult for Americans with special needs to find good **housing** — and how the lack of **housing** often stymies their efforts to join, and flourish in, the mainstream of society. (Authors)
Tags: housing first; housing

Housing First: An Interview with Sam Tsemberis
Authors: Evans, Wendy Grace
Publication Date: 2012
Dr. Sam Tsemberis is the founder of Pathways to **Housing**, Inc., a non-profit organization that originated the **Housing First** program. **Housing First** is a highly effective **housing** and support services model that is used all over the U.S. in both urban and rural areas. Sam discusses the history of **Housing First**, which is based on the principles of client choice and offers **housing** as a basic human right to people with co-occur...
Tags: feature; housing first; supportive services; permanent supportive **housing**

Housing First in Huntington, West Virginia
Authors: Burns, Anna
Publication Date: 2013

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SAMHSA Spotlight

<http://homeless.samhsa.gov/resource/spotlight-housing-first-works-50661.aspx>

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Spotlight: Housing First Works

Author(s): CHAB Staff

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Description: Family Health Centers-Louisville Housing First Project for Homeless Adults (Housing First), of Louisville, Kentucky, was awarded a SAMHSA treatment for the homeless grant on September 30, 2008. Housing First is a consumer driven EBP that emphasizes the provision of housing as the first priority of treatment for homeless persons with mental health and/or substance abuse disorders (co-occurring disorders). Because a stable living environment is viewed as essential for meaningful recovery, housing is provided independent of mental health, substance abuse, and other services. Staff also practice Motivational Interviewing to encourage participants to explore their ambivalence about substance abuse and other problems and develop independent paths to recovery.

Content:



Family Health Centers, Inc.

Housing First participants work with case managers to find scattered site private market apartments where they live independently. In addition to case management, participants receive access to a range of substance abuse and mental health treatment options that assist them in pursuing



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SAMSHA Grant Oversight/Steering Committee



Questions?

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