

# Housed Today, Housed Tomorrow.



ENDING THE CYCLE OF  
HOMELESSNESS

# OBJECTIVES:

- 1) Describe the cycle of homelessness
- 2) Identify current contributing factors
- 3) Identify Practical Solutions

# TRIGGERS TO HOMELESSNESS

- JAIL
- FAMILY/FRIEND
- SHELTER
- STREETS

Waitlist for Housing

- INCREASED**
  - Police contact
  - Crisis System contact
  - Hospital admissions
  - Negative Social Network
  - Debt

- DECREASED**
  - Positive social support
  - Resources
  - Energy, hope
  - Connection to community

## CYCLE OF HOMELESSNESS

Eviction

### Frustrated Tenant

Hopeless, continues previous behaviors

### Frustrated Landlord

Upset neighbors, property destruction

### Frustrated Support Person

Little financial flexibility,  
burned bridges/fewer resources

- Negative Social Network
- Mis-developed social skills
- No/Negative employment history
- Increased Substance use/misuse/abuse
- Exacerbated mental and physical health
  - No sustainable income
- Current or previous legal issues
  - Few supports
- Stunted skills to care for apartment and/or home



**HOUSED!**



# Triggers to Homelessness

- ▶ Job loss
- ▶ Legal issues
- ▶ Addiction
- ▶ Mental health
- ▶ Eviction/Foreclosure
- ▶ Medical issues/debt

Streets

Friends

Family

Where  
will we  
go?

Jail

Treatment

Shelter

## What you Gain:

Police Contact  
Legal violations  
Crisis Center Contact  
Hospital admissions  
Negative Social Network  
Debt/ Bad Credit  
Increased drug/alcohol use  
Bad reputation  
Poor rental history  
Trauma

## What you lose:

Positive social support  
Community resources  
Connection to Community  
Income  
Pets  
Health  
ID, Birth Certificate  
Personal possessions (glasses)  
Energy  
Hope

You've been on the streets 14 months.

Learned to survive

You know who has your back

You know where to get your food

You know where you can stay without getting asked to move

You know which friends you can stay with for a night or 2

You know how to 'outsmart' the law

**HOUSED!**

**NOW WHAT?**



# Housed with...

Warrants, pending legal charges,

Poor rental history, debit,

Mis-developed social skills

No phone, ID, bed, furniture, and household goods

Negative support systems

No/Negative Employment history

No sustainable income

Exacerbated mental and physical health issues

Limited community resources, bad reputation

**Consequences of Homelessness  
aren't resolved by being housed**





Self efficacy

Increased responsibility

Sense of  
Security

“I miss my friends, they are my family”

“The walls are closing in on me”

“Thanks, but I still need to sleep  
outside”

loss of social status

Neighbors

“I’m not worthy of being housed.”

“I’m sure I’ll mess this up”

misunderstood  
by others

Anxiety, fear

“I need to help my friend, they helped  
me out when I was in need.”

“I’m so scared of when the other shoe  
will drop”

Triggers

claustrophobic

Decreased autonomy

feels “stupid”  
“overwhelmed”

Loneliness



# End up with:

## Frustrated Tenant

hopeless  
continue previous behaviors

## Frustrated Landlord

Upset neighbors  
property dysfunction  
property deterioration

## Frustrated Support People

Little financial flexibility  
Limited resources  
no community, time, money  
Not able to elicit change  
Systems or Individuals  
Dead Ends  
Burn out

EVICTED

# Other Contributions:

- ▶ Lack of affordable housing
- ▶ Limited number of landlords that accept subsidized housing
- ▶ Lack of contingency funds
- ▶ Unauthorized guests: Personally and legally
- ▶ Lack of education within in the communities
  - ▶ Not on the streets, but not as my neighbor
  - ▶ Others?



# Housed Today, Housed Tomorrow

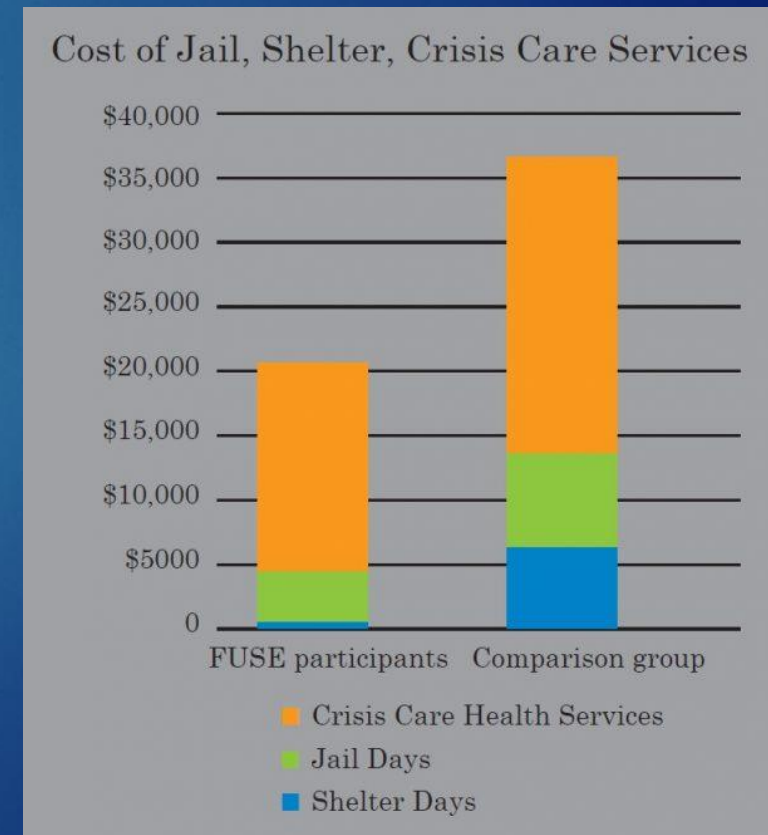
Practical and Research Driven  
Solutions

# Numbers, Research, Money

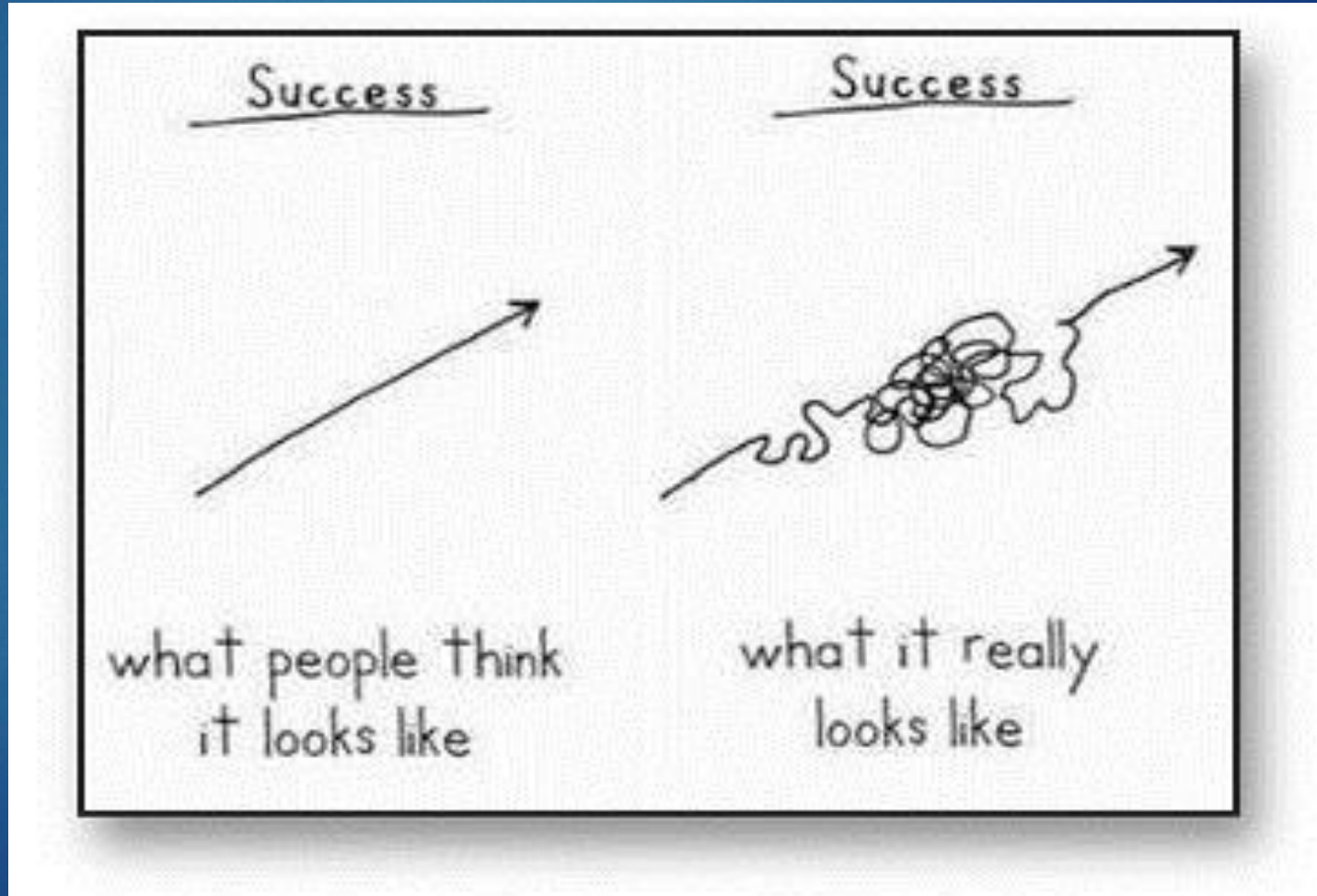
- ▶ One person experiencing street homelessness: \$35,000-\$150,000: incarceration, hospital, emergency systems, police/fire dept. contact.\*
- ▶ One person housed: \$13,000 - \$25,000\*
- ▶ FUSE: Program for “high utilizers” using the Housing First Model

All successful programs had  
similar KEY ingredients

Data cited from [www.usich.gov](http://www.usich.gov) US Interagency Council on Homelessness



# Keys to success





## Participant Support Services:

- ▶ Person Centered
- ▶ Housing First
- ▶ Motivational interviewing
- ▶ Physical and behavioral health services
- ▶ Trauma informed care
- ▶ RentWise
- ▶ Peer support
- ▶ Employment services
- ▶ Housekeeping
- ▶ Build communication skills
- ▶ How to be a good tenant
- ▶ Landlord laws
- ▶ Tenant Rights
- ▶ Social skills to interact with neighbors, landlord, employer
- ▶ Budgeting



# Key 1: Supporting Individuals

# Key 2: Community Response and Engagement

## Support Agencies

Funding,  
information sharing  
system,  
collaboration,

## Community:

Out reach, Renters  
Groups,  
destigmatize  
mental health,  
Legislative/ City  
Council investment  
Medicaid/behavior  
al health support

## Landlord:

Contingency funds,  
Liaison between  
caseworker and  
landlord, Transparent  
relationships,  
Education regarding  
Landlord/tenant laws,  
Meet with realtor  
groups

# Key 3: Participant Buy-in

- ▶ Building Positive Credit
  - ▶ Lease in their name
  - ▶ Utilities in their name
- ▶ Building Self-Efficacy
  - ▶ Community Engagement
  - ▶ Incremental Independence
- ▶ Increase Stability
  - ▶ Supportive Employment
  - ▶ Benefits analysis
  - ▶ Income



# Benefits of Sustained Housing

## WHAT'S GAINED:

Positive Self Efficacy

Realize full potential

Skills to be self reliant

Coping Skills

Positive Support System

Work productively

Positive contributions to communities

Services

Connecting with others

Staying positive

Improve Physical And Mental Health

Helping others (Peer Support)

Pride, Empowerment

## WHAT'S LOST:

Self doubt

Negative cycle

# Questions?

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