

# Transforming Service Delivery Models in Permanent Supportive Housing

# Our Team Presenting Today

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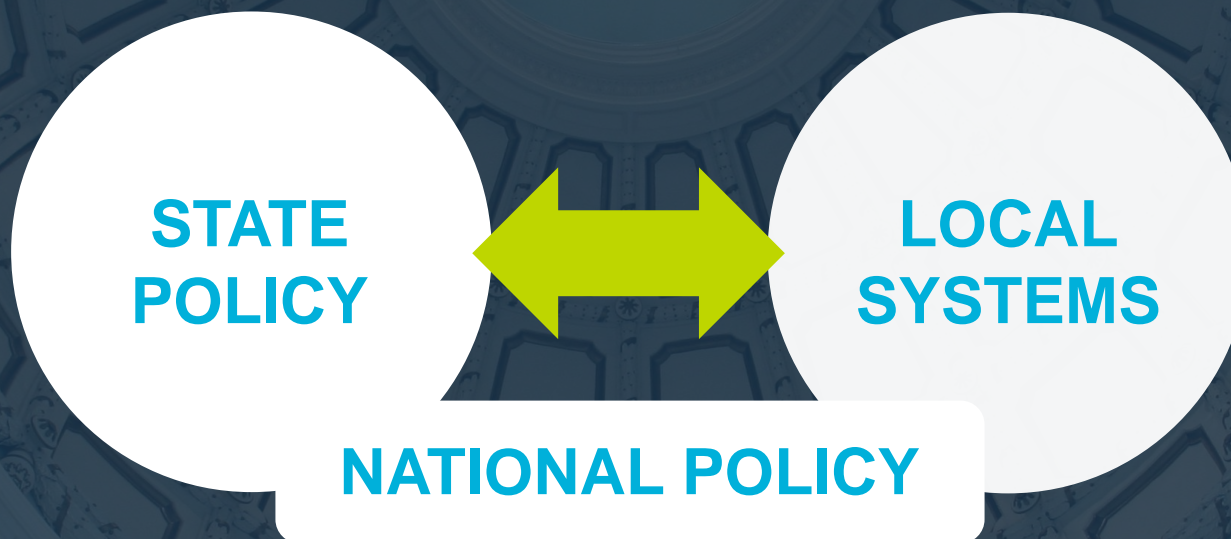
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# Vision, Mission, Core Change Strategy

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**Vision:** We envision Texas to be the national leader in treating people with mental health needs.

**Mission Statement:** Independent and nonpartisan, the Meadows Mental Health Policy Institute works at the intersection of policy and programs to create equitable systemic changes so all people in Texas, the nation, and the world can obtain the health care they need.



# Learning Objectives

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## 01

**Understand Housing First Assertive Community Treatment and Intensive Case Management as behavioral health best practices for those in permanent supportive housing.**

## 02

**Understand the importance of building strong community partnership across housing, behavioral health and medical providers to provide quality housing and supportive services.**

## 03

**How to make Housing First ACT and ICM teams financially sustainable while housing the highest behavioral health crisis utilizers in our communities.**

# Understanding the Issue

- People with mental illness and substance use disorders who are also experiencing homelessness are living in communities across the country. Characteristics vary from person to person as does the causes of chronic homelessness, which are complex and multifaceted.
- We recognize that homelessness is not an individual problem but a societal one that requires a collective effort to solve.
- Addressing homelessness requires a multi-dimensional approach that addresses both the immediate needs of people experiencing homelessness and the underlying causes of homelessness, while providing the necessary behavioral health supports for people to thrive and reach their full potential.



# Prevalence of Individuals Experiencing Homelessness in Dallas County (2022)

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- Estimating the number of people experiencing homelessness is *challenging* for several reasons, such as transience, hidden homelessness (those living in cars, couch-surfing, etc.), and stigma around identifying as homelessness
- Chronic Population Point-in-Time Count 2022: 1,009 people (557 unsheltered, 452 sheltered)
- We estimate that roughly **7,000** people in Dallas County experience homelessness over the course of the year

Point-in-Time Count (2022)

3,996

Our Annual Estimate

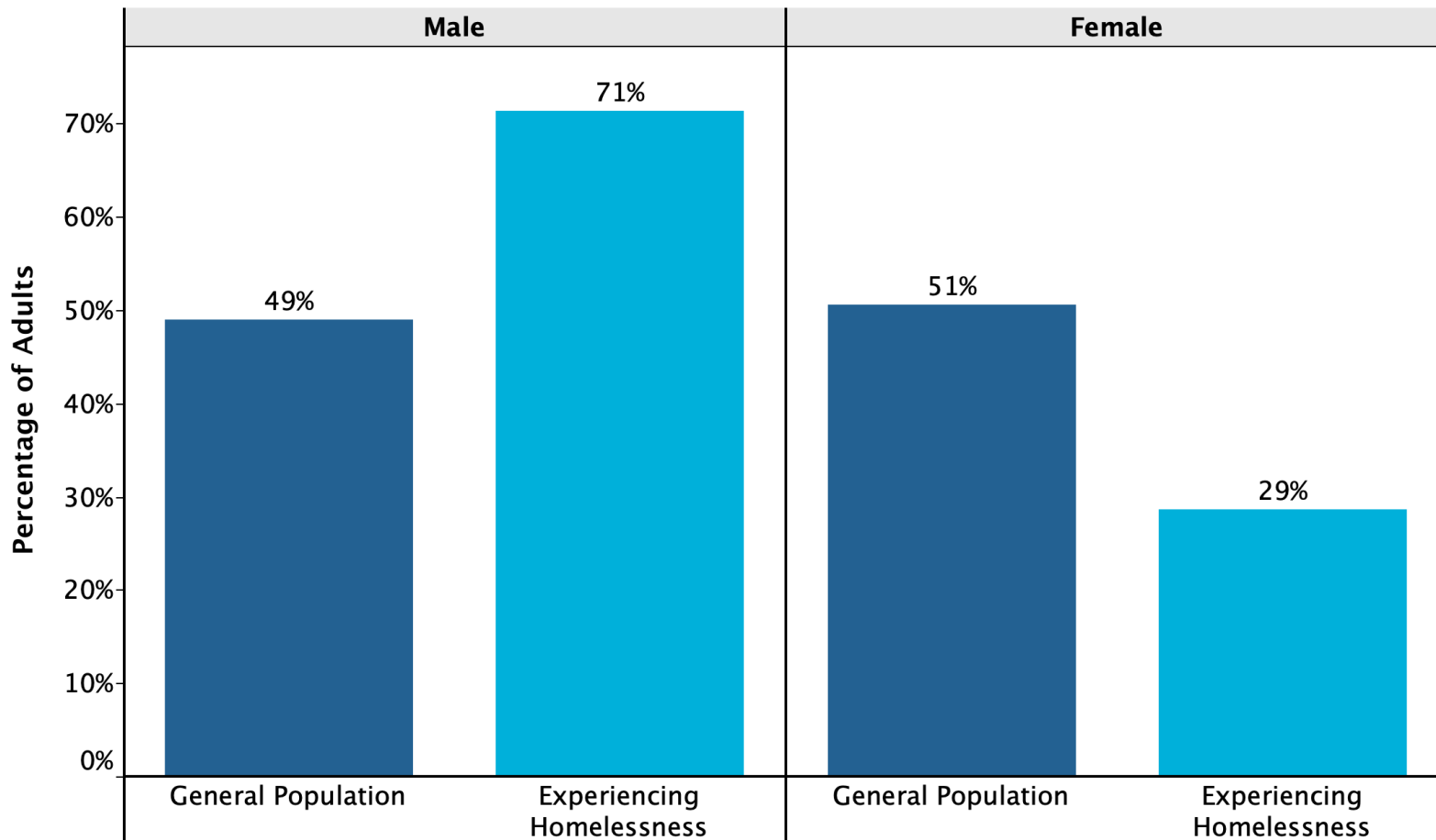
7,000

# Estimated Demographic Characteristics of Individuals Experiencing Homelessness (2022)

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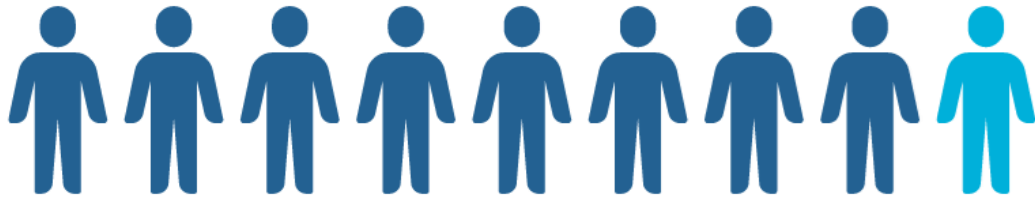
When comparing the annual homeless population to Dallas County generally....

- Children and youth (<18) were slightly *less likely* to experience homelessness
- Males were *more likely* to experience homelessness than females
- African Americans were *overrepresented* among those who experience homelessness

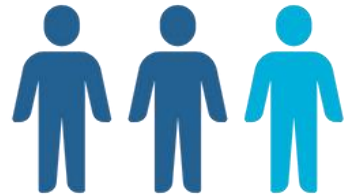


# Prevalence of Mental Health and Substance Use Disorders<sup>18</sup> Among Adults Experiencing Homelessness (2022)

- Serious Mental Illness (SMI) and substance use disorders (SUD) are *more common* in adults who experience homelessness compared to the adults in the general population.
- Adults experiencing homeless have approximately...



**8x** the rate of SMI



**2x** the rate of SUD

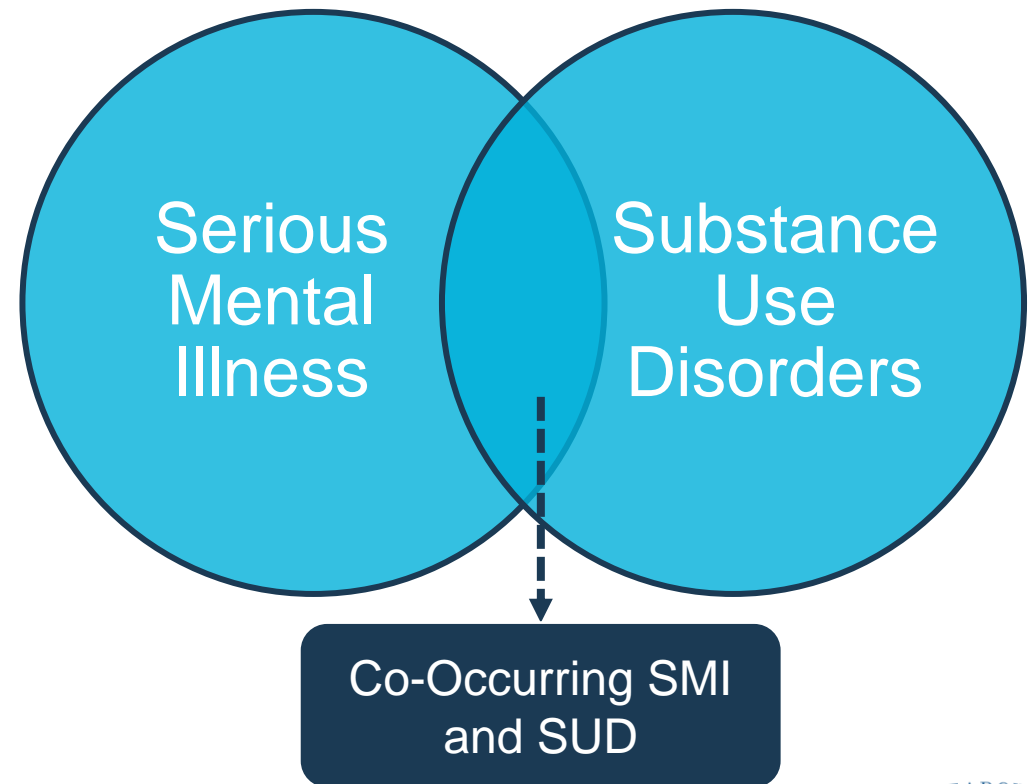
...compared to the general population.



# Prevalence of Mental Health and Substance Use Disorders<sup>19</sup> Among Adults Experiencing Homelessness (2022)

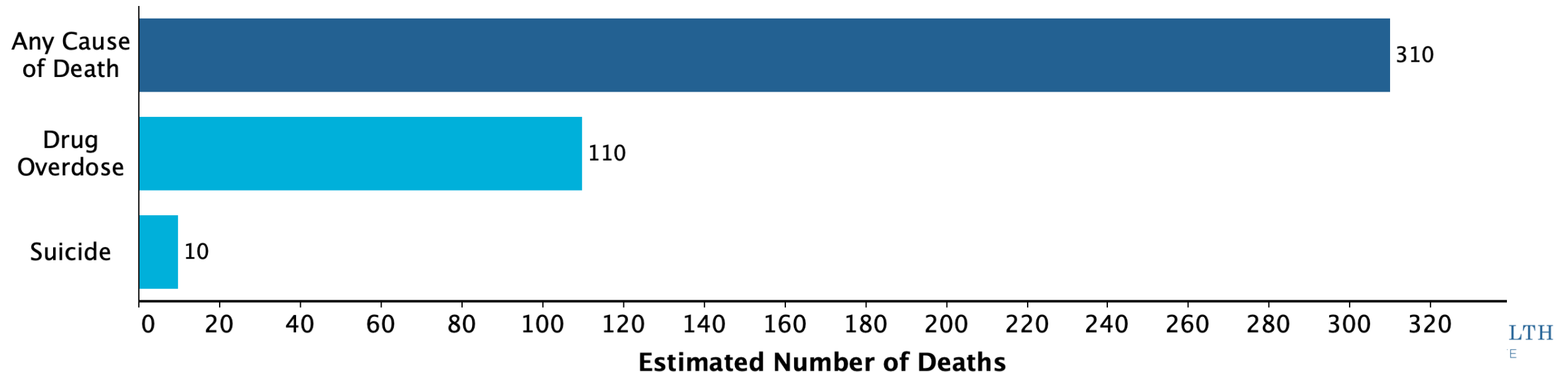
Of the approximately **6,200 adults** who experienced homelessness in Dallas County in 2022, we estimate:

- **40%** have **serious mental illness** (2,500 adults)
- **32%** have **substance use disorder (SUD)** (2,000 adults)
  - 16% had an alcohol-related SUD
  - 24% had a drug-related SUD
- **15%** had **co-occurring** serious mental illness and substance use disorders (900 adults)



# Mortality Among Adults Who Experienced Homelessness<sup>10</sup> in Dallas County (2022)

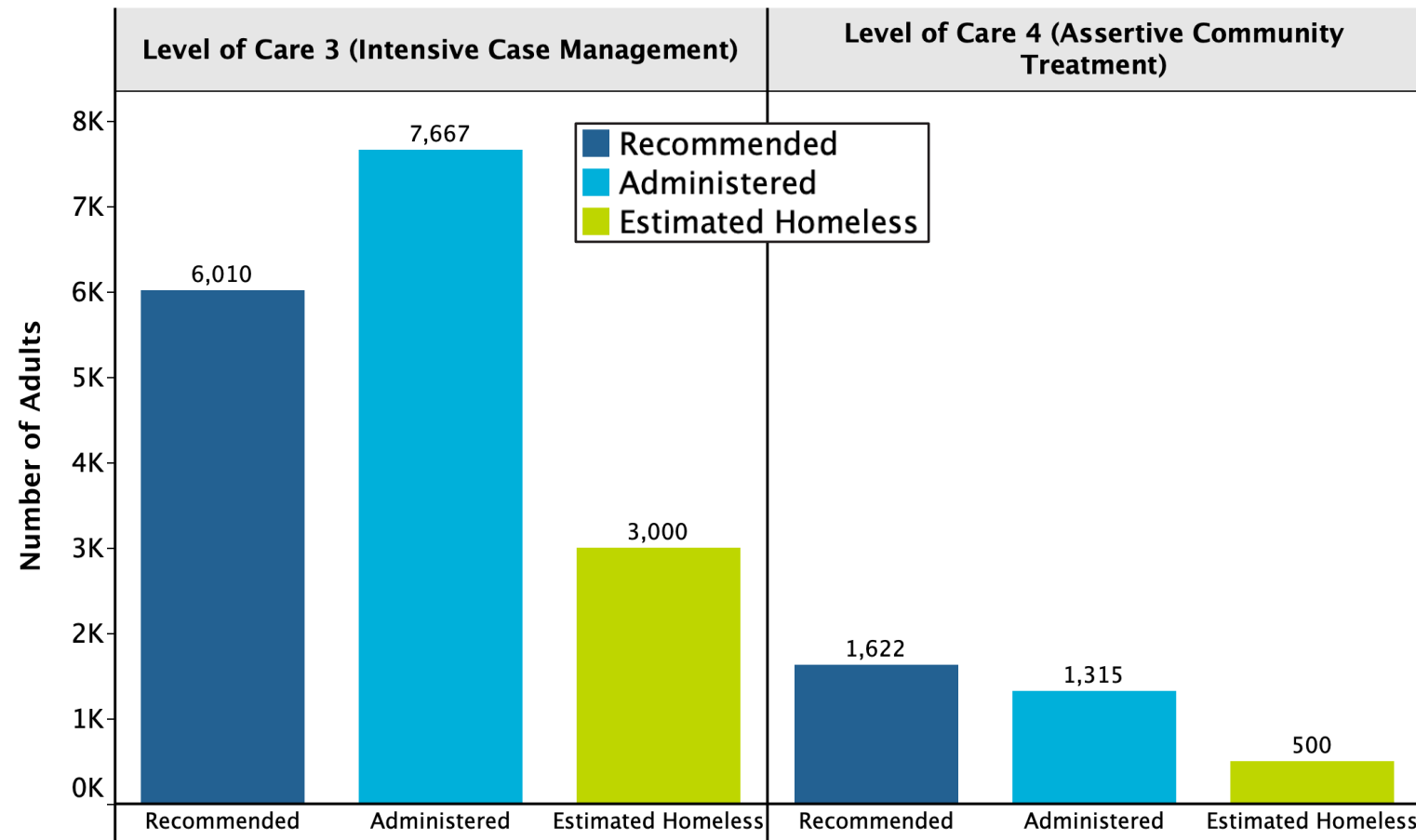
- As with SMI and SUD, the rate of mortality among individuals experiencing homelessness is *higher* than the general population.
- Approximately 310 people died while experiencing homelessness in 2022.
  - $\frac{1}{3}$  of those deaths (110 deaths) were due to **drug overdose** and 10 deaths from **suicide**.



# Assertive Community Treatment (ACT) Teams Have Limited Capacity (FY 2021)

In the broader North Texas Behavioral Health Authority service region in FY 2021...

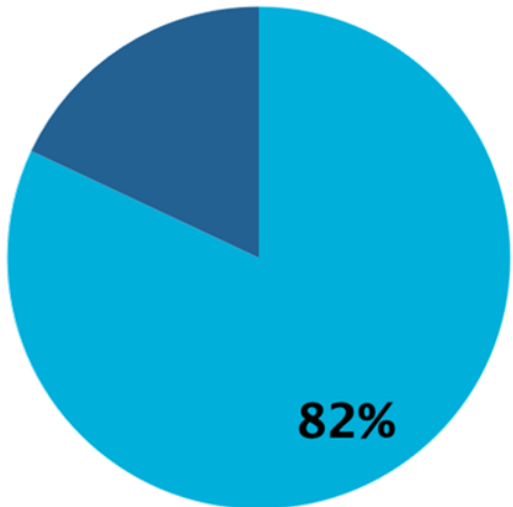
- Assertive Community Treatment (ACT) was administered **19% fewer times** than recommended
- Intensive care management (ICM) was administered **more often** than recommended
- Unhoused individuals represent just under 40% of ACT and ICM recipients
- Only 55% of unhoused individuals are connected to care.



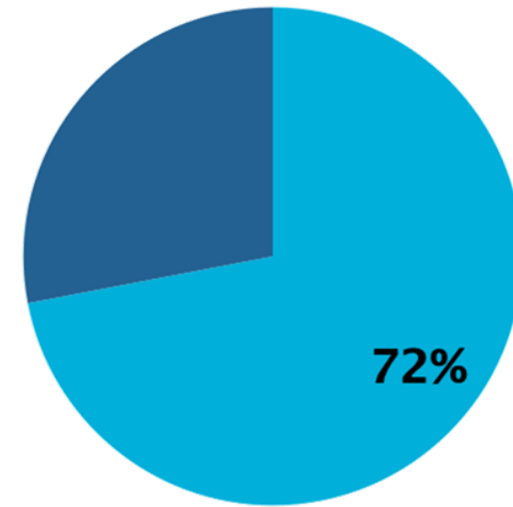
# Dallas County Emergency Department Use among People Experiencing Homelessness (2022)

Of the **1,356** unduplicated patients experiencing homelessness who were treated in the emergency department at Parkland Memorial Hospital in 2022...

82% had an identified mental illness



72% had a substance use disorder



# The Complexity of Homelessness: What Causes It?

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## Financial

- Loss of job / income
- Low-paying jobs / stagnant wages
- Limited education
- Poverty
- Economic inequality



## Housing Availability

- Lack of affordable housing
- Suboptimal location of housing
- Housing instability
- Eviction
- Housing restrictions



## Healthcare

- Lack of access
- Poor health / disability
- Mental illness
- Substance use
- Lack of access to treatment



## Family Instability

- Divorce / breakup
- Domestic violence
- Family disagreements
- Death of a loved one
- Childhood abuse or neglect



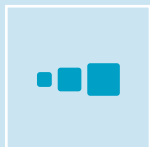
## Other Reasons

- Systemic racism
- Incarceration / criminal record
- Natural disasters
- Unreliable transportation
- ...and more



# Expansion of PSH in Dallas and Collin Counties

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Rapidly expand PSH inventory by **2,000** units over five years using acquisition, development, rehabilitation, and conversion of existing market rental units.



Augment and integrate existing housing-based services with medical and behavioral health teams as a part of a comprehensive care plan to improve the health of medically vulnerable individuals experiencing chronic homelessness.



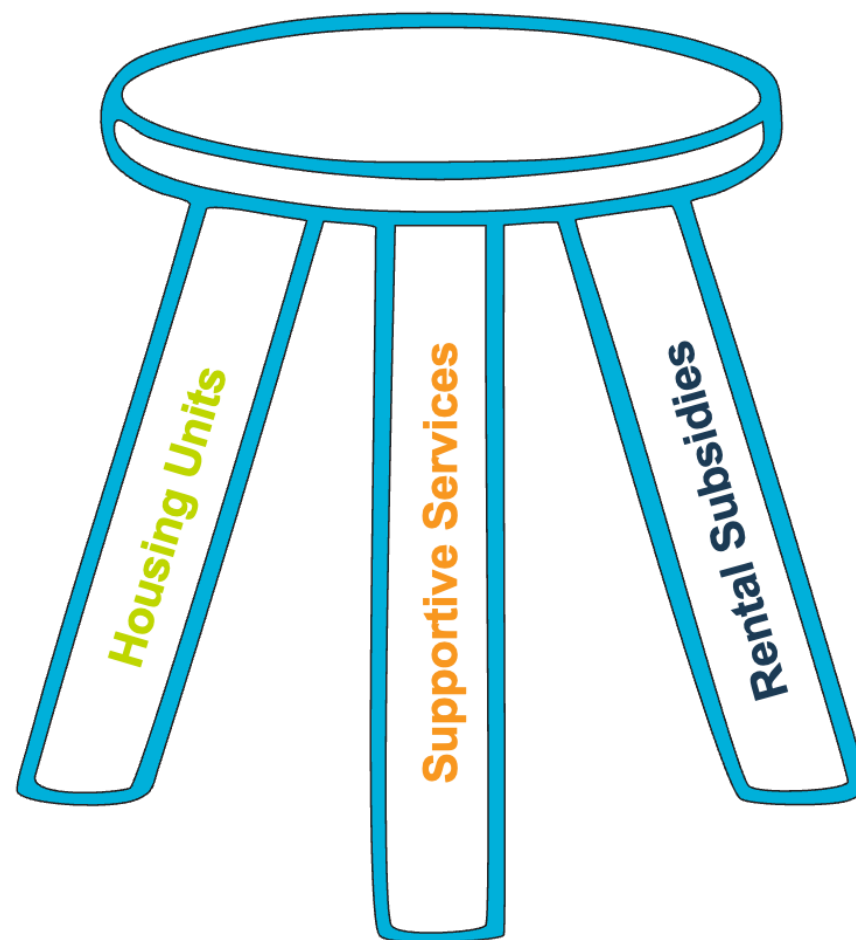
Catalyze a sustainable public funding model for integrated health and housing stabilization services within PSH.



# Vision for Scaling Supportive Services in PSH

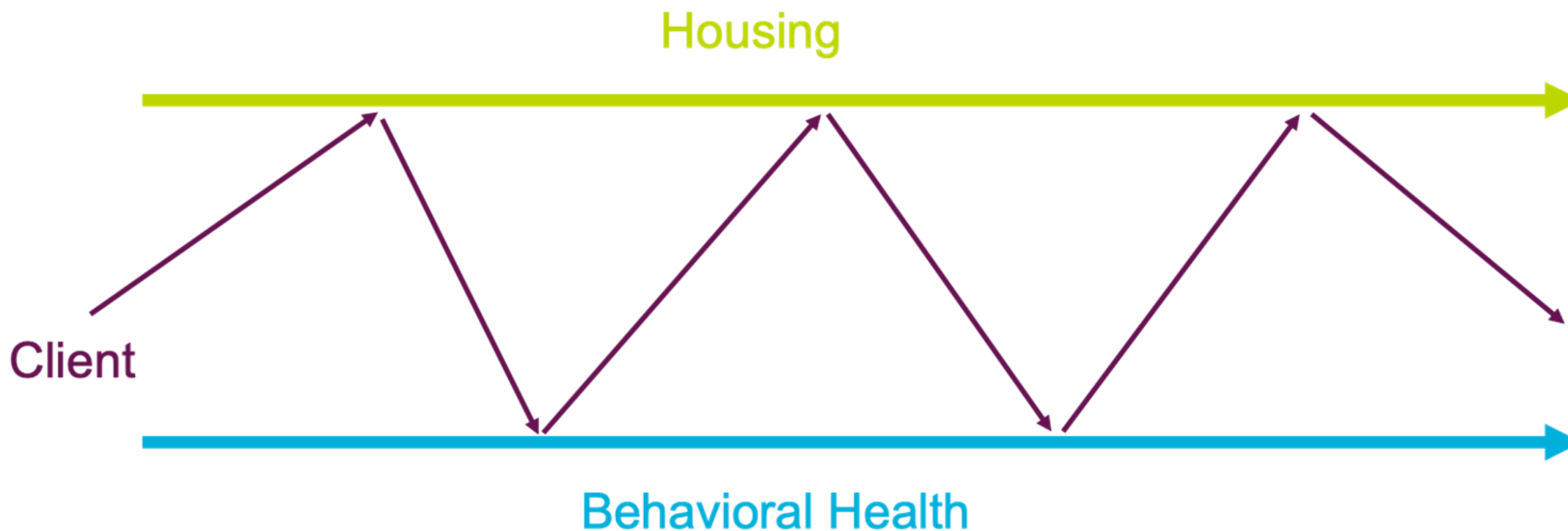
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- **Standardize a comprehensive supportive service model** and full integration with housing case management.
- **Create a sustainable** supportive services financing strategy.
- Enhanced **health care collaborations**, leverage community resources, expand private and public partnerships, and develop relationships with MCO's.

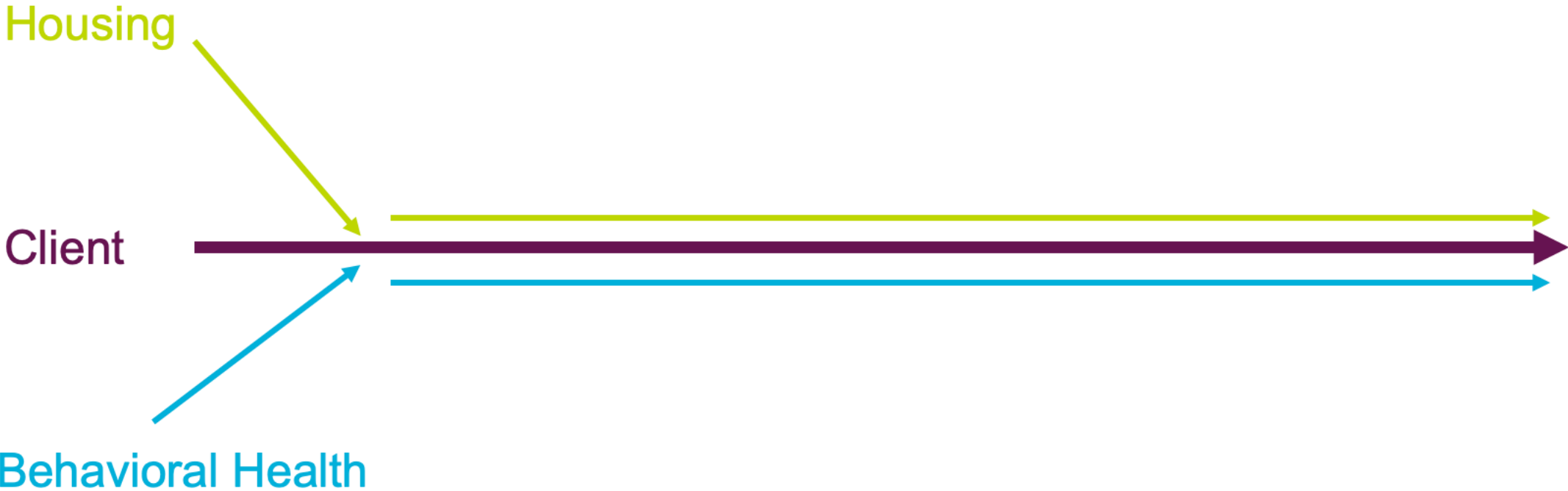


# Traditional Service Delivery

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# Housing First with Supportive Services

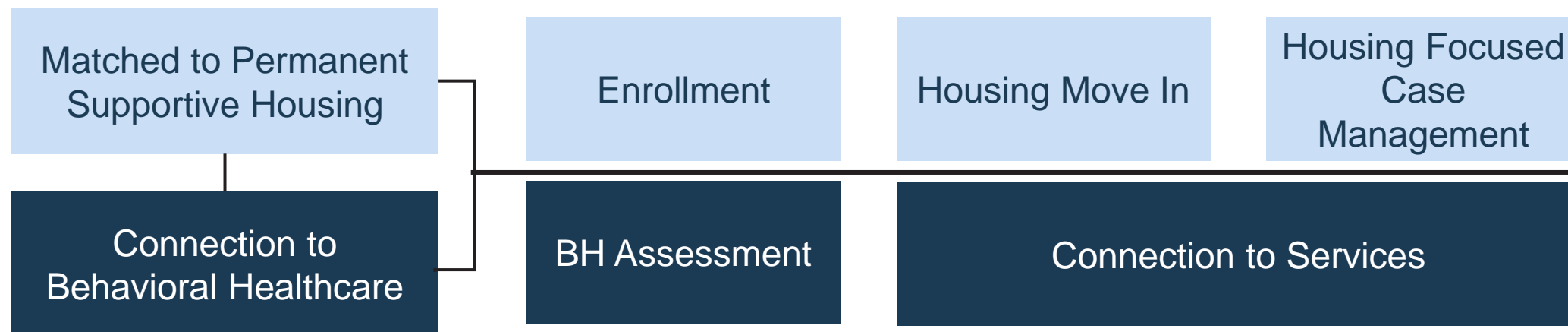


# Goals for Scaling Supportive Services in PSH

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Improve health and housing outcomes among people experiencing chronic homelessness through access to comprehensive care:

- Integrate and coordinate with behavioral health/health at point of engagement
- Make connections to services early
- Create teams dedicated to serving this population to ensure ease of access



# Eligibility Requirements

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Experiencing homelessness



Severe mental illness



Express interest in participating in the program – not necessary initially but over time.



Agreement to weekly check-ins with a team member. Program must respect choice and self determination and use progressive engagement and motivational interventions as needed.



For individuals with moderate mental health condition, or serious mental illness in sustained recovery who need case management services and assistance throughout their housing and recovery process.



ACT- At least 3 inpatient psychiatric hospitalizations in the past 12 months, or at least 2 readmission to a psychiatric hospital within 30 days, or utilization of crisis services at least 3 times in any 30-day period within the past 6 months.

# Housing First Assertive Community Treatment

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- Focuses on high acuity PSH individuals
- Provides evidence-based ACT services to unhoused individuals with severe mental illness, often with co-occurring physical health and substance use disorders
- Recovery oriented services

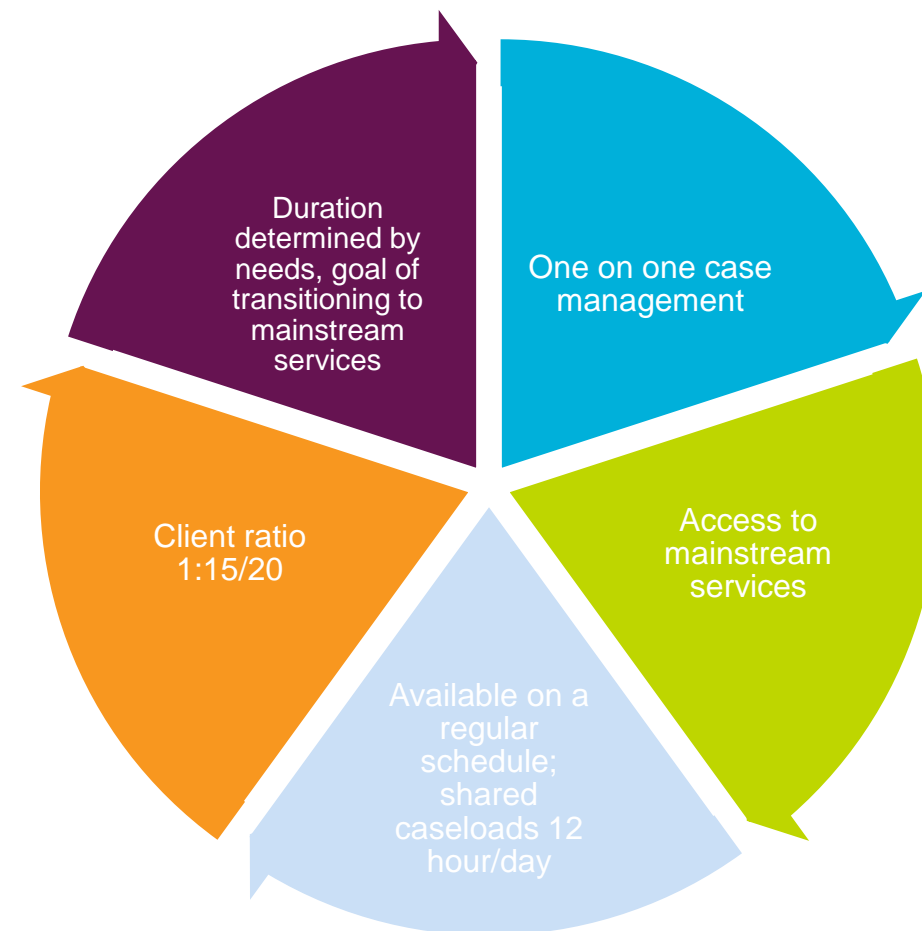




# Intensive Case Management

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- Focuses on lower acuity individuals who need intensive support, for a shorter period.
- Coordinated approach that engages providers, family, crisis intervention, mental health, substance use, medical, vocational and educational supports in the community.
- Recovery oriented services



# SSDI/SSI Outreach, Access, and Recovery (SOAR)

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SSI/SSDI and insurance benefits are a critical step

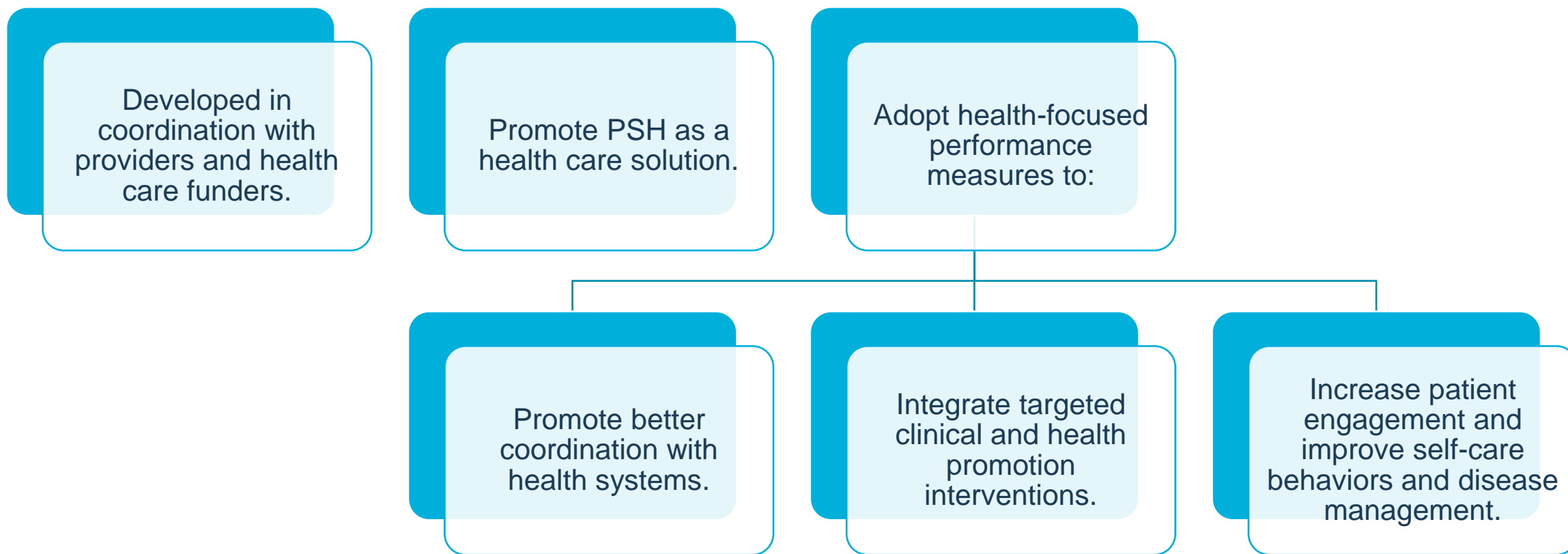
ACT and ICM teams help people navigate the benefits process through the national SOAR program

SOAR-trained case managers provide SSI/SSDI application assistance

Increased access to income and health care benefits can help people experiencing homelessness maintain stable housing and consistent medical and behavioral health care

# Program Measures

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# Program Measures

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**Reduction in hospitalizations and crisis utilization**

**Achievement of personal goals, increased life satisfaction**

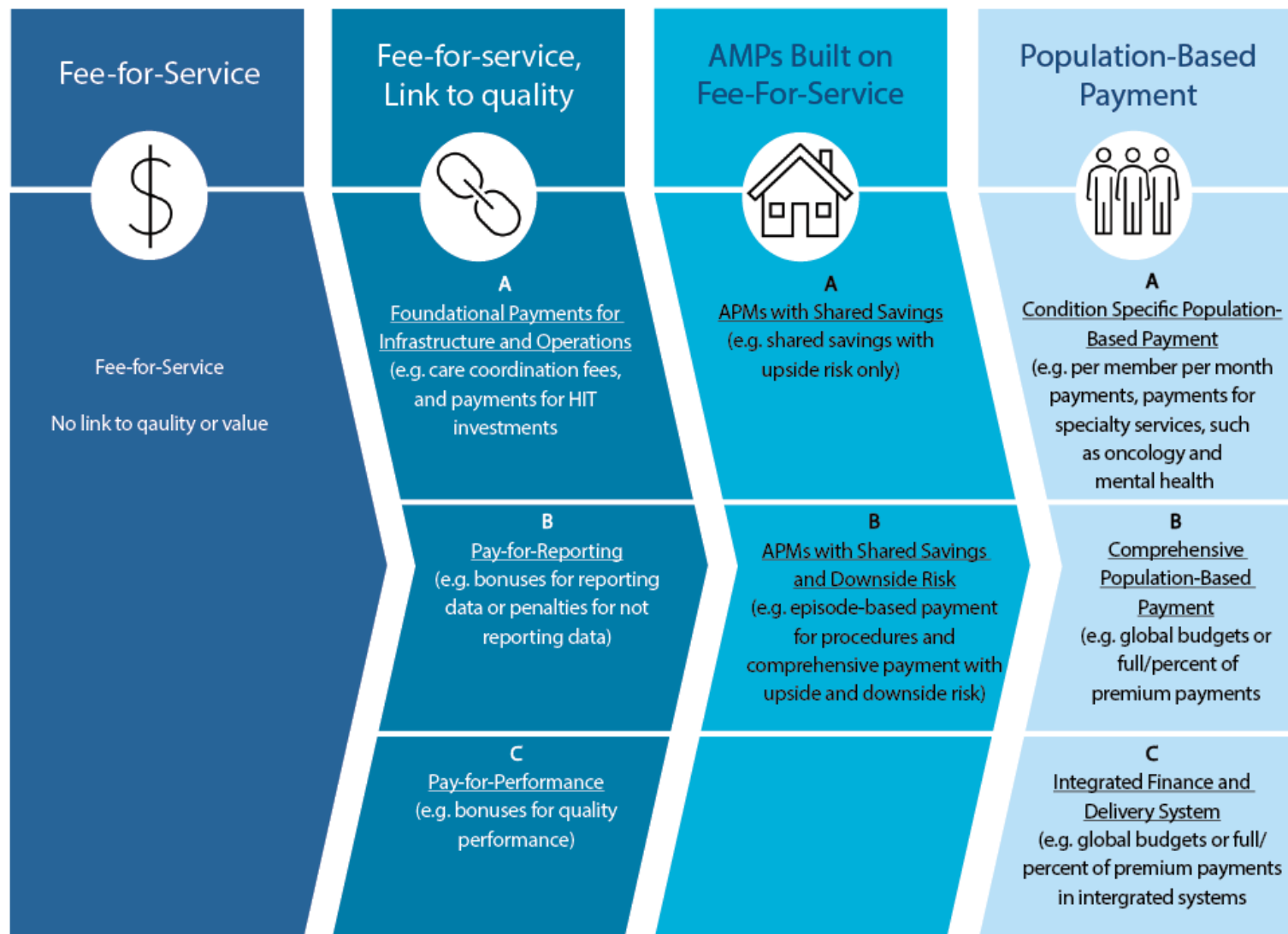
**Increase income/benefits/ medical coverage**

**Housing stability**

**Reduction of justice involvement**

# Alternative Payment Model Framework

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## Our Partners

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# Questions

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# Thank You!

For more information visit [mmhpi.org](http://mmhpi.org).



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