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FRANK & SHERRI'S
FACT SHEET SUPPORTIVE HOUSING 2022

Washington State Health Care Authority

Housing to support Behavioral Health Recovery

Background

The research is clear. Homelessness, and unstable housing contribute to poor health. Homelessness is traumatic and cyclical; it puts people at risk for physical and mental health conditions and substance use disorders. Nearly 1 in 5 adults in Washington State has a behavioral health diagnosis, and 1 in 25 has a serious mental health condition. About 1 in 11 adults has a substance use disorder, and, on any given day, more than 50,000 people in the state are receiving treatment.

Supportive Housing services

These services identify people in need, help them obtain safe and affordable housing, and provide support so they can maintain housing. They do not replace services that are currently available, and they do not pay for room and board. The goal is to match people to independent housing that meets their needs and provide them with any services wanted to keep that housing long-term. These innovative services are demonstrating the positive health effects safe, secure housing can provide to people in need.

SAMHSA's evidence based

The goal of the supportive housing is to help people live healthier lives by addressing their housing needs. Using evidence-based programs increases the likelihood of success – for people and for the many available programs.

The DBHR housing models are evidence-based programs that use quality improvement tools called fidelity scales to track performance against model standards. The goal is to improve services and achieve better housing.

Quality improvement efforts include incentivizing fidelity reviews and asking partners to participate in our cross-site learning collaborative. The standards ensure consistent, updated, quality expectations for permanent supportive housing services while providing guidance and pathways for improvement.

SAMHSA's Permanent Supportive Housing (PSH) toolkit outlines the essential components for supportive housing services and programs for people living with behavioral health obstacles. The toolkit discusses how to develop and integrate evidence-based programs in mental health systems. SAMHSA's EBP is based on seven (7) dimensions of permanent supportive housing:

- Choice of Housing
- Separation of Housing and Services
- Decent, Safe, and Affordable
- Housing Integration
- Rights of Tenancy
- Access to Housing
- Flexible, Voluntary, Services

Housing first, what is it and why is it important?

Housing first is an approach that prioritizes providing permanent housing to people experiencing homelessness, thus ending their homelessness and serving as a platform from which they can pursue personal goals and improve their quality of life. Housing First does not mandate participation in services either before obtaining housing or in order to retain housing.

The Housing First approach views housing as the foundation for life improvement and enables access to permanent housing without prerequisites or conditions beyond those of a typical renter. Supportive services are offered to support people with housing stability and individual well-being, but participation is not required as services have been found to be more effective when a person chooses to engage.

Supportive housing programs serve people with specific needs, including those who have been staying in residential care facilities and those who have experienced homelessness.

DBHR training opportunities.

The DBHR training team is available for on-site (within restrictions around COVID-19) or virtual trainings and technical assistance for supportive housing. These trainings include one on one agency focused trainings, regional events and monthly webinars that focus on skill-building and resource topics.

Training and technical assistance resources (described above) are available to help providers learn more about evidence-based practices, the importance of implementing continuous quality improvement strategies, and how to prepare for quality improvement standards. Additionally, shared learning opportunities are available for interested providers. These opportunities include trainings and reviews that promote the development of a learning community for the pursuit of evidence-based practices.

DBHR Supportive Housing program

- PATH (Projects for Assistance in Transition from Homelessness) – Homeless Outreach
- Peer Pathfinder -Homeless Outreach (opioid use target)
- Forensic PATH – Trueblood Settlement – Homeless Outreach
- Forensic HARPS – Trueblood Settlement – Long-term Supportive Housing
- HARPS (Housing and Recovery through Peer Services) – Long-term Permanent Supportive housing
- FCS (Foundational Community Supports) – Long term Permanent Supportive Housing
- FCS Supportive Housing Transitional Assistance Program- short-term, flexible transitional assistance program that aims to support FCS-SH-eligible individuals along their path to housing stability. Funding aims to reduce or remove barriers to affordable housing while facilitating linkages to community activities, services, and supports founded on a participant's preferences along the way.

DBHR Supportive Housing team

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