



# THE SECOND YEAR

## 2008 PROGRESS REPORT FOR SACRAMENTO'S 10-YEAR PLAN TO END CHRONIC HOMELESSNESS

### OUR MISSION

*To prevent, and eventually eliminate, chronic homelessness by providing permanent housing and coordinated services to help individuals*



MICHELLE ROSE

She came to Sacramento Homeless Connect because she had a flat tire on her bike. Before the day was out, Michelle Rose had a place to live.

Michelle is a bright-eyed, well-spoken, 40-something woman. She once owned her own home, held a management position at a salon, and was married. Michelle managed a rental property with her husband and was able to save money to support her family and animals.

Michelle's husband squandered the family finances and became increasingly controlling and abusive. After Michelle lost her job, the rental property had to be sold, and then their house was foreclosed on. After eight years of emotional and physical abuse, Michelle left her husband and became homeless.

Michelle was living in her car for nearly 4 months when she heard about Homeless Connect through the Volunteers of America Bannon Street Shelter.

Using the "Housing First" strategy, Michelle was housed directly from Homeless Connect through Sacramento Self-Help Housing (SSHH). Michelle lives in a house with three roommates, whom she says feel like a family to her. Michelle has maintained housing for the last year, graduated from the Women's Empowerment program, and now volunteers at the program advocating for homeless women.



### ENDING CHRONIC HOMELESSNESS INITIATIVE

TIM BROWN, DIRECTOR  
 SUSANNA CURRY, PROJECT COORDINATOR  
 APRIL TALLY, MSW INTERN  
 MERRIL LAVEZZO, AMERICORPS VISTA  
 JULIA ACUÑA, AMERICORPS VISTA  
 909 12th Street, Suite 200, Sacramento CA 95814  
 (916) 447-7063 x334, scurry@communitycouncil.org  
[www.communitycouncil.org/homelessplan](http://www.communitycouncil.org/homelessplan)  
 (A partnership with the Community Service Planning Council)

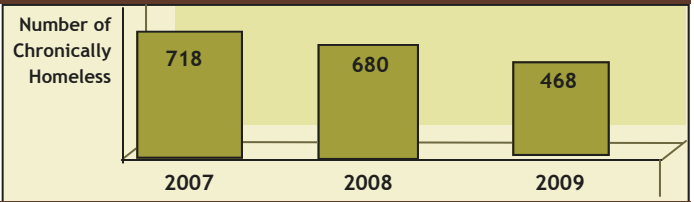
### CHRONIC HOMELESSNESS DECREASED 35% 2007 TO 2009

On January 27<sup>th</sup> 2009 the Sacramento County Department of Human Assistance organized the county's annual count of homeless people, mobilizing approximately 400 volunteers to cover over 70 areas of the county known to have homeless people.

The results show an amazing 35% decrease in chronically homeless individuals. We believe the decrease in chronic homelessness is directly related to housing 320 homeless individuals.

Unfortunately, the rate for overall homelessness is up by 14%. It is likely that the increase in overall homelessness is more directly related to the downturn in our economy.

	Year			
	2007	2008	2009	% Change
<b>Chronic Homelessness</b>	718	680	468	-35%
<b>Overall Homelessness</b>	2452	2678	2800	+14%



### 320 CHRONICALLY HOMELESS HOUSED SINCE 2007

Sacramento's City Council and County Board of Supervisors unanimously adopted the 10-Year Plan to End Chronic Homelessness in the fall of 2006 with the goal of providing 1,600 chronic homeless individuals with permanent housing (PSH) and supportive services over ten years.

In 2008, 149 chronically homeless people were moved directly from the streets or shelters into permanent supportive housing.

#### **Housing Goals for the First Three Years of the Plan:**

- Goal:** Lease 218 new permanent housing opportunities.
- Results:** 171 leased units/beds of PSH created in first two years and another 40 units are in the pipeline for 2009.
- Goal:** Develop 280 units of permanent housing for chronically homeless people.
- Results:** 127 newly developed permanent units were created in the first two years, and another 212 units are in the pipeline for 2010.

A total of 298 PSH units have been created in the first two years of the 10-Year Plan, and chronic homelessness has decreased by 35%.

# SECOND YEAR REPORT 10-YEAR PLAN TO END CHRONIC HOMELESSNESS



Our Partners—  
Making wellness and hope a priority for  
chronically homeless individuals.

## Sutter Medical Center Sacramento invests \$400,000 per year in T3 Program

T3 is an innovative collaborative program partnering Sutter Medical Center Sacramento with The Effort, Inc. The motivation for the program was originally generated by the fact that Sacramento's hospital emergency rooms (ERs) were sometimes so impacted that patients had to be diverted to other ERs.

Sutter Medical Center Sacramento and The Effort, Inc. designed a frequent users initiative that would appropriately "Triage" non-urgent patients in the ER, "Transport" these non-urgent patients ten blocks to The Effort's primary care clinic, and "Treat" the patient with both primary medical and behavioral health (mental health and substance-use disorders) treatment. Hence "T3" equals Triage, Transport, Treat. The T3 program is funded by Sutter Medical Center Sacramento, and capitalizes on the unique blend of services and relationships that Sutter and The Effort maintain. ER and T3 staff work seamlessly around the clock to ensure that patients who may be eligible for T3 are identified and assessed whenever they are found.

The T3 program's relationship with Sacramento's 10-Year Plan to End Chronic Homelessness cannot go unnoticed. Over 70% of T3 referrals have been chronically homeless. As a result, the introduction of such a service-rich program to T3 clients' lives has been tremendous. The T3 program maintains a house for temporary accommodation and works closely to house clients in an appropriate accommodation. This has been aided by the addition of progressive housing projects. Most notably, the Martin Luther King Village where The Effort is a lead service provider, has developed a satellite Medical Clinic, and is supporting housing placement for a number of T3 clients.

T3's outcomes indicate that the program is a great success. In the first year alone, the program brought about a 54% reduction in non-urgent ER utilization, a 35 day average reduction in inpatient hospital stays, and 80% of T3 clients have shown a significant reduction in substance abuse.

## The Road to Success—"Susie"

Susie is a 45 year old homeless woman who has been engaged in the T3 program for two months. Susie's entry into the T3 program was unusual as her potential for the T3 program was initially noticed by the two young children of an administrator at The Effort. The children had come to know Susie on a daily basis as the person who diligently went through all of the recycling bins on their street, and one day exhorted their father to address the fact that "*she looks like she does not have a home - and she needs one.*" Their father interviewed Susie briefly on the street, determined her T3 eligibility, and invited her to come to The Effort's clinic to learn about the program and utilize the medical clinic versus the Sutter ER. Susie kept her appointment and enrolled in the T3 program.

Susie is a gentle, hard working woman. She has suffered quietly with a serious mental illness for many years, an illness that tends to make her suspicious about others, and inclined to avoid contact, and "keep a low profile." She draws her disability money from her payee on a monthly basis, using it to pay for a motel for a few weeks. When her motel money is spent she lives on the streets for the remainder of the month. As noted above, her diligence at recycling reveals a strong "work ethic" and her very real attempt to be self-sufficient.

Susie lives with various chronic medical conditions. All of these are exacerbated by her homelessness, which cause acute flare ups that she has traditionally addressed through non-urgent care at the ER and exemplify the slogan "*homelessness is the 5<sup>th</sup> vital sign*" - referring to dangerous inter-play between medical and homeless status. In her short tenure in the T3 program, Susie has engaged in The Effort's medical clinic, all of her conditions have been stabilized, and she has determined to maintain her connection with the clinic. With her mental health issues medically stable, she is considering counseling to build her self-esteem and interpersonal skills, and she is receiving vocational support. Most importantly, Susie's case management team have submitted a successful application for her to move into a cottage at the Martin Luther King Village, where she is due to start living in February 2009.



## Core Strategies of the 10-Year Plan

Sacramento's 10-Year Plan to End Chronic Homelessness is based on national research documenting success across the country of the strategies of **Housing First** and **Permanent Supportive Housing** for **Chronically Homeless** people.

A **Chronically Homeless** person is defined as a single person with a disability who has been homeless for a year or more or who has been homeless four or more times in the last three years.

**Housing First** programs are a nationally recognized best practice for many chronically homeless people. The strategy offers permanent housing to disabled homeless people without expecting them to have solved their addictions or mental health problems. Clients are moved into permanent housing and then provided with voluntary services and treatments to help them improve their lives. Access to housing is not dependent upon compliance or success with treatment or case management.

**Permanent Supportive Housing (PSH)** is a critical part of our plan to solve chronic homelessness. PSH is permanent housing that is affordable to extremely low income people, is occupied by people with disabilities, and is supported by a treatment and case management services.

Like most other jurisdictions, Sacramento currently has a wide array of shelter and transitional housing programs for homeless adults and families. But, we have very few PSH units based on the Housing First model. Our planning efforts assume that we need to develop about 1600 PSH units during the next ten years (2007-2017) in order to end chronic homelessness.





## Martin Luther King Village

Martin Luther King Village, the Sacramento area's largest permanent supportive housing, opened its doors to residents on December 1, 2008. The village has welcomed its first 25 residents, with more tenants arriving everyday.

Martin Luther King Village provides long-term, community-based housing with supportive services for homeless people with disabilities. This type of supportive housing enables special needs populations to live as independently as possible in a permanent setting, using the "Housing First" model. Supportive services are provided by The Effort and Turning Point Community Programs.

The village in south Sacramento, a development of Mercy Housing California, has 80 units, with 45 units designated for the chronically homeless. Construction began in the summer of 2007 and was completed December 2008. The project was funded in part with money from redevelopment tax increment funds from Sacramento Housing and Redevelopment Agency and Mental Health Services Act (MHSA) funds.

**Owner/Developer:** Mercy Housing California

### Key Features and Innovations

*Services offered on-site to tenants:*

- The Pathways to Success After Homelessness program (provided by Turning Point Community)
- Intensive wraparound services to tenants who need the services.
- On-site Federally Qualified Health Center satellite office operated by The Effort.
- Case management; independent living skills training; employment services; mental health services (including Turning Point's psychiatrist and nurse); and referrals to other medical, educational, and community resources.

## Challenges for 2009

During the current economic recession, the number of homeless people is increasing across our country and in our community. Extremely high unemployment rates and the foreclosure crisis have hit families hard. Families who have never experienced homelessness are showing up at our shelters. While chronic homelessness decreased by 35% the number of homeless people overall grew by 14% and family shelters report as much as a four-fold increase in the numbers of families turned away from shelters in the last 18 months.

In addition to more homeless people on our streets, the economic crisis has led to severe cuts in human service programs that serve homeless people. Governor Schwarzenegger vetoed funding of the AB 2034 Mental Health/Housing Program in 2007 that cut services and housing to almost 300 disabled homeless people in Sacramento County.

- Mental health programs are taking substantial budget cuts in 2008 and 2009. Our goal of increased outreach is moving in the wrong direction as mental health outreach positions are being eliminated.
- The new housing programs that should have been under construction at the time of this writing are in limbo waiting for tax credit investors to come back into the market.
- Our family emergency shelters in Sacramento lost \$200,000 in staff funding when the governor vetoed state Emergency Housing and Assistance Program (EHAP) funds from the budget this year.

These are only a few examples of reductions in crucial services and private investment, which present huge challenges to the continued success of the 10-Year Plan. There is some hope, however in the federal stimulus funding that will come to our community in 2009.

## Sacramento Mental Health Services Act Funding

The Mental Health Services Act (MHSA) established permanent funding for mental health services and vastly improved the delivery and availability of community mental health services in California. In Sacramento, it has provided hundreds of rental homes integrated into communities around our region, thus combating the stigma and isolation of mental illness. We are very thankful for the vision of Senator Steinberg, President Pro-Tem of the California Senate, who is the author of a series of laws providing services and homes for homeless persons who are mentally ill, resulting in Proposition 63, the Mental Health Services Act.

### MHSA Projects in Sacramento:

- Total (approximate) dollars designated for PSH: \$13 million
- Total number of developments: 6
- Total number of units: 93
- Number of family units: 8
- Number of projects operating: 2
  1. Ardenaire
  2. Martin Luther King Village
- Ardenaire: 19 units (3 family)
- MLK: 30 units (15 filled; remainder by mid-April)
- Number of chronic homeless: 30 (projected - it could be more)

## New on the Horizon for 2009

### The 2009 Sacramento Homeless Connect is Ramping Up!

#### SACRAMENTO



#### HOMELESS CONNECT

The planning committee is meeting this month to begin work on the 2009 Homeless Connect event happening May 30<sup>th</sup> at Sacramento City College. The event provides services for homeless people in a consumer-centric "one-stop-shop" format.

It is modeled after the national Project Homeless Connect and provides an opportunity for homeless guests to be linked to housing and employment programs, receive legal, medical, dental and quality of life assistance while enjoying food and entertainment.

### The Faith & Homeless Families Initiative

The Faith & Homeless Families Initiative (F&HFI) targets families that need a helping hand out of homelessness through the gift of housing with mentors to guide them along the way.

The F&HFI is based on developing relationships between families and groups of volunteer mentors from the faith community. All types of faith communities are welcome and encouraged to participate in the program

#### Goals

- Recruit mentors from congregations to help homeless families
- Deliver short term rent assistance and seven mentoring sessions over six months to families.

# SECOND YEAR REPORT 10-YEAR PLAN TO END CHRONIC HOMELESSNESS

## Sacramento Welcomes New Leadership of The 10-Year Plan to End Chronic Homelessness

The Policy Board provides community accountability, oversight and advocacy for homeless housing and services.

Our new Policy Board members are:

- Mayor Kevin Johnson, City of Sacramento
- Jayna Karpinski-Costa, Councilmember, City of Citrus Heights
- Fred Teichert, Teichert Foundation
- Matt Mahood, Sacramento Metropolitan Chamber of Commerce
- Rebecca Hahn, Formerly homeless individual
- Capt. Jacqueline Dowden, Sacramento City Police Department

The Interagency Council to End Homelessness (ICEH) is composed of more than 30 members representing the critical housing and services sectors which must come together in new partnerships to end chronic homelessness.

Our new Interagency Council members:

- Patrick Mangan, Division Manager, Sacramento County Department of Mental Health
- Bruce Jackson, County Veterans Service Office
- Michael Lazar, Transitional Living and Community Support
- John Krintz, Sacramento Homeless Organizing Committee
- Tracie Rice-Bailey, Sacramento Homeless Organizing Committee
- Sandra Hamameh, Sacramento Housing Alliance

## Criminal Justice

The Sacramento District Attorney, Downtown Partnership, County Jail, Sacramento Police Department and the Volunteers of America (VOA) Detox Center started a collaborative program called the Serial Inebriate Program (SIP) in May 2006. The SIP program targeted chronic substance abusers in the central city that had 25 or more arrests and admissions to jail or detox facilities in the previous 12-month period. Individuals who fit the criteria were offered a sentence of 120 days in jail, to be served by successfully participating in a 90-day detox program run by the VOA.

The Criminal Justice Committee of the ECHI collaborated to provide permanent supportive housing to SIP graduates and the Sutter Community Benefits Grants Program and the Sacramento County Department of Behavioral Health agreed to provide case management funds to Sacramento Self-Help Housing, which will also provide the housing to eight SIP graduates over a 12-month period. This pilot program successfully houses 80% of these clients and demonstrates the cost effectiveness of moving them from the streets to housing.

## Good News from the SSI Task Force

The Supplemental Security Income (SSI) Task Force Committee was formed as part of the ICEH to assist homeless individuals with disabilities, and utilizing the "SSI Outreach, Access and Recovery" (SOAR) model to increase approval rates. The SOAR model will help the disabled obtain a stable income source, leading to housing and medical benefits, resulting in a savings to the community.

The hard work of Marty Keale, Sonia Labrado, and the Capitol Community Health Network and other local service providers, five SSI applications were processed in 2008. With more staff to assist with interviews, medical record collection, and other essential aspects of the process, the number of the successful SSI applications will substantially increase. Cheers to the dedication of this committee!

## Federal Agency Reports Chronic Homelessness Down - Investments Up Nationally

The United States Interagency Council on Homelessness (USICH), reports an overall reduction in homelessness of 12% between 2005-2007. In addition, during the same period, there was a 30% decline in "chronic homelessness" from approximately 176,000 people from 124,000 communities. Additionally, from 1997-2008, there has been a 40% drop in the number of homeless veterans, from approximately 250,000 to 160,000.

The decline in chronic homelessness between 2005-2007

• Sacramento	5%	• Atlanta	8%
• Washington, DC	5.5%	• NYC	25%
• Denver	36%	• San Francisco	38%
• Dallas	43%	• Philadelphia	50%
• Contra Costa	55%	• Miami	66%

USICH reports that these decreases are due to unprecedented political will to end and prevent homelessness coupled with increased targeted federal homeless assistance investments. Currently there are over 850 Mayors and County Executives that have or have in progress over 350 10-Year plans to end homelessness.

USICH states that helping to galvanize this political will is the realization of the "economic consequences of homelessness." In other words, the cost of doing nothing about homelessness is not nothing. Elected officials understand that there are tremendous costs borne to the public health and criminal justice systems if they fail to build enough affordable housing in their communities.

Currently, there are over 65 cost studies on comparing the costs of creating permanent housing to the costs to these other public systems. Seattle/King County has saved over \$2.5 million through the "Housing First" approach, compared to the costs of emergency medical care of homeless people, detoxification centers and jail. Finally, Mayor Hickenlooper of Denver, recently announced that they reinvested \$20 million in savings to the public health systems to create 200 new units of permanent housing.

## First Ever Sacramento Homeless Connect a Success!

On May 31, 2008, the first ever Sacramento Homeless Connect took place at the Homeless Winter Shelter at Cal Expo. Co-chaired by Former Sacramento Mayor Heather Fargo and Supervisor Roger Dickinson and organized by the Ending Chronic Homelessness Initiative in partnership with the Community Services Planning Council, the Salvation Army, and over forty other partners, the event provided services for homeless people in a consumer-centric "one stop shop" format. Over 600 homeless neighbors, 200 community volunteers and 160 staff representing 50 different public and private agencies attended the event.

Service highlights included:

- 40 people housed/sheltered on the day of the event
- 204 screened by a dentist
- 157 received eyeglasses
- 46 received an HIV test
- 139 received a free DMV identification card
- 80 received legal counseling
- 57 began or checked the status of an SSI application

We'd like to thank all of the members of the community who supported Sacramento Homeless Connect, including our sponsors: Volunteers of America, Salvation Army, Sierra Health Foundation, Golden One Credit Union, Wells Fargo, the Department of Human Assistance, Sacramento Housing and Redevelopment Agency, Cal Expo, Loaves & Fishes, UC Davis Health System, Sutter Health, HomeAid Sacramento, St. John's Shelter for Women and Children, Councilmember Bonnie Pannell, Senator Dianne Feinstein, Lutheran Social Services of Northern California, CARES, Consumer Self Help Housing, Sacramento Housing Alliance, Sacramento Regional Transit, Senator Darrell Steinberg, Supervisor Jimmie Yee, and Councilmember Steve Cohn.