



MHTTCs provide technical assistance across mental health prevention, treatment, and recovery supports. In addition, each Center has an Area of Focus for which they serve as experts, develop national products, and host a webpage. This summary highlights our Area of Focus throughout this grant cycle.

The Northeast & Caribbean MHTTC serves New York, New Jersey, Puerto Rico, and the US Virgin Islands, providing training, technical assistance, and resource dissemination to support and enhance the mental health workforce.

The Northeast & Caribbean MHTTC is located at Rutgers, the State University of New Jersey, School of Health Professions, Department of Psychiatric Rehabilitation and Counseling Professions.

## SUPPORTED HOUSING

Since deinstitutionalization in the 1960s and 1970s, finding permanent housing in the community has been a top priority for those living with a serious mental health condition. Living in the community provides opportunities for recovery including employment, education, social relationships, and community inclusion. However, there are barriers for this population to not only obtaining housing but remaining stably housed. Providing support to people with mental health conditions living in the community can aid in skill building that is essential to living independently. Permanent Supportive Housing is an evidence-based practice that has been shown to help people live in the community by building independent living skills.

The Northeast and Caribbean MHTTC in the Rutgers Department of Psychiatric Rehabilitation and Counseling Professions believes Permanent Supportive Housing is a critical intervention that supports recovery from serious mental illnesses. It aligns with the values of Psychiatric Rehabilitation and the belief that recovery is possible. The Northeast and Caribbean MHTTC has expertise in Supportive Housing as a result of the Department's role as a training and TA center on Supporting Housing within New Jersey, multiple staff with experience providing evidence-based housing services, and researchers conducting studies on the topic.

## WHAT WE'VE DONE:

To expand the behavioral workforce's knowledge and use of Permanent Supportive Housing we have delivered trainings and webinars on the practice and facilitated learning communities to support related skills, including working with landlords, within a supportive environment in which providers can learn from each other as well as our experts.

### **Permanent Supportive Housing: Practices that Support Independent Community Living**

*According to SAMHSA, "Permanent Supportive Housing offers voluntary, flexible supports to help people with psychiatric disabilities choose, get, and keep housing that is decent, safe, affordable, and integrated into the community." This webinar describes permanent supportive housing, how supportive housing can support recovery, and the evidence-based and promising practices that can support housing.*

### **Supportive Housing Virtual Learning Community: Introduction to Supportive Housing**

*The Supportive Housing Virtual Learning Community (VLC) facilitated learning about long-standing and emerging challenges in Supportive Housing using both interactive learning sessions and an online forum for interaction and engagement. Goals included understanding their role and the role of landlords, learning strategies to retain and train staff, mastering outreach techniques, and recognizing the importance of tenancy skills and the ability to utilize skills training techniques more effectively.*

## WHAT WE'VE DONE (CONTINUED)

### Housing Supports: Working with Landlords to Improve Permanent Supportive Housing Tenancy: The Housing Supports Virtual Learning Community (VLC)

*This Virtual Learning Community supports understanding of permanent supportive housing, housing first and its core principles, the role of landlords, building effective relationships with landlords, the importance of tenancy skills, advocacy role and the rights of tenants, and crisis management techniques to enhance safety of tenants, landlords, and staff.*

### Flourishing at Work: Supportive Housing Support Community

*Supportive housing providers during the pandemic were challenged with continuing to provide services and supports while maintaining the safety of residents and themselves. To help administrators and supervisors develop strategies to support their staff we provided a series of sessions on Flourishing at work. These sessions addressed building resilience, finding one's strengths, self-compassion, and building a flourishing plan.*

## OUTCOMES

Over 85 participants engaged in our activities related to Permanent Supportive Housing. Participants have been overwhelmingly satisfied with our activities.

95%

satisfied with overall quality

95%

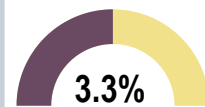
would recommend to colleagues

90%

info will benefit development

76%

will use info in practice



PERCENTAGE THE AREA OF FOCUS RANKS IN NEEDS ASSESSMENT

17 EVENTS OFFERED RELATED TO AREA OF FOCUS



3 PRODUCTS RELATED TO AREA OF FOCUS



## VOICES FROM THE FIELD

“

*“It helps to know that other agencies have similar challenges and barriers.”*

*“I learned about their definition of supportive housing and how it can differ from organization to organization. I think the different backgrounds give a glimpse into how supportive housing can be viewed.”*

*“I liked hearing about the different perspectives of other providers.”*

*“I like that it is a community of providers that understand the population we serve.”*

*“Great series in general. Great interactions.”*

*“The trainings had a great pace, engagement with participants, and great instructors.”*

”

### QUESTIONS?

- [northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)
- [mhttcnetwork.org/centers/content/northeast-caribbean-mhttc](https://mhttcnetwork.org/centers/content/northeast-caribbean-mhttc)
- [bit.ly/3WYjyq4](https://bit.ly/3WYjyq4)



Follow us on Facebook



Follow us on Twitter



Sign up for our newsletter

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration