



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

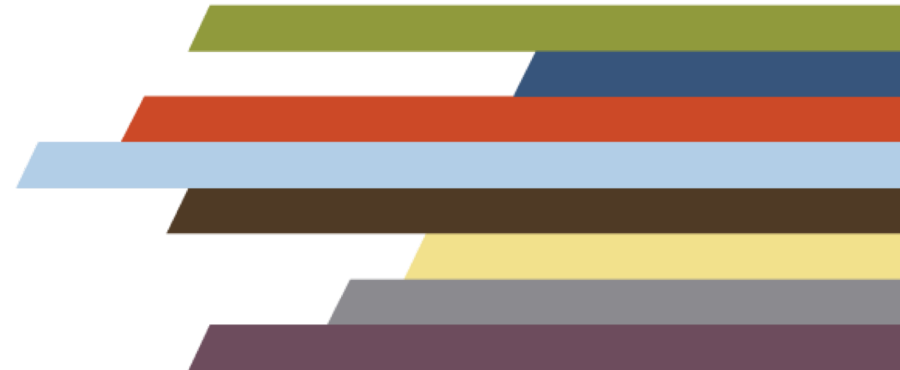
# Permanent Supportive Housing: Practices that Support Independent Community Living

Anthony Zazzarino, PhD, LPC, ACS, CPRP

Dawn Reinhardt-Wood, MA, CPRP

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and  
Counseling Professions



# Grow Your Knowledge and Skills



Keep up with the latest effective practices, resources, and technologies!

**Subscribe** to receive our mailings. All activities are free!

<https://bit.ly/2mpmpMb>

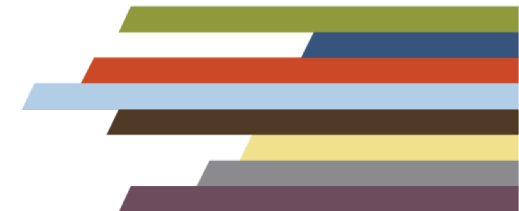


Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Upcoming Webinars

- **Illness Management and Recovery**  
Tuesday 3/10/20 1:00 – 2:30 ET
- **Peer Provided Services**  
Thursday 3/31/20 1:00 – 2:30 ET - NEW DATE
- **Supervision of Peer Providers**  
April 2020 TBA
- **Role of Health and Wellness in Recovery**  
Thursday 4/23/20 1:00 – 2:30 ET
- **Role of Religion and Spirituality in Recovery**  
Thursday 5/7/20 1:00 – 2:30 ET
- **Recovery in the Hispanic and Latinx Community**  
Thursday 5/21/20 1:00 – 2:30 ET

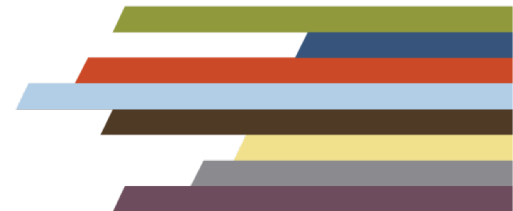


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Feedback

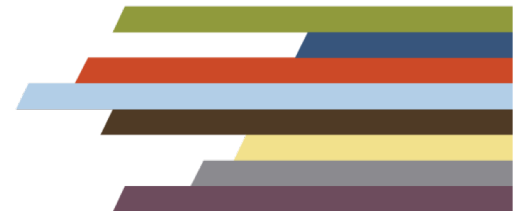
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. **Therefore, your feedback counts!**



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

THANKS!

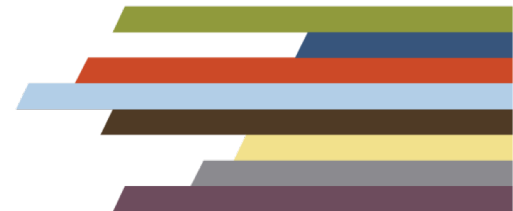


Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Your Interactions with Us

- Question and Answers
  - Q & A will occur at the end of the call.
  - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
  - Throughout the webinar, we will be asking for your input.
  - Please use the Chat or Poll features in Zoom located on the task bar.

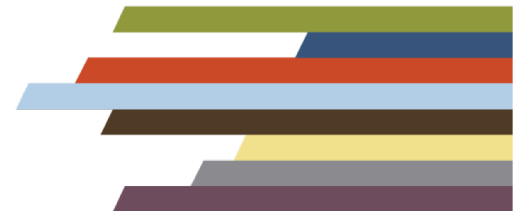


Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



**Anthony  
Zazzarino**



**Dawn  
Reinhardt-Wood**



# Session Objectives

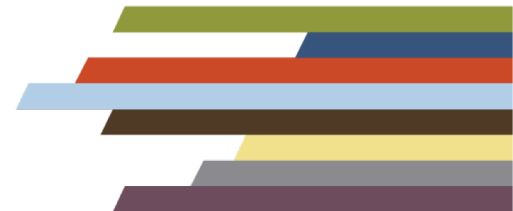
1. Describe Permanent Supportive Housing (PSH)
2. Describe how PSH can support a recovery journey
3. Identify the evidence-based and promising practices that can support PSH



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Permanent Supportive Housing

Housing  
Stability

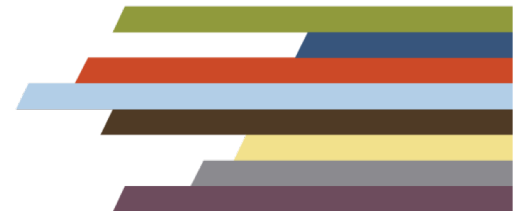
Reduce  
Homelessness



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



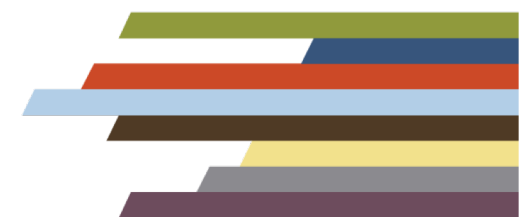
# Major PSH Services



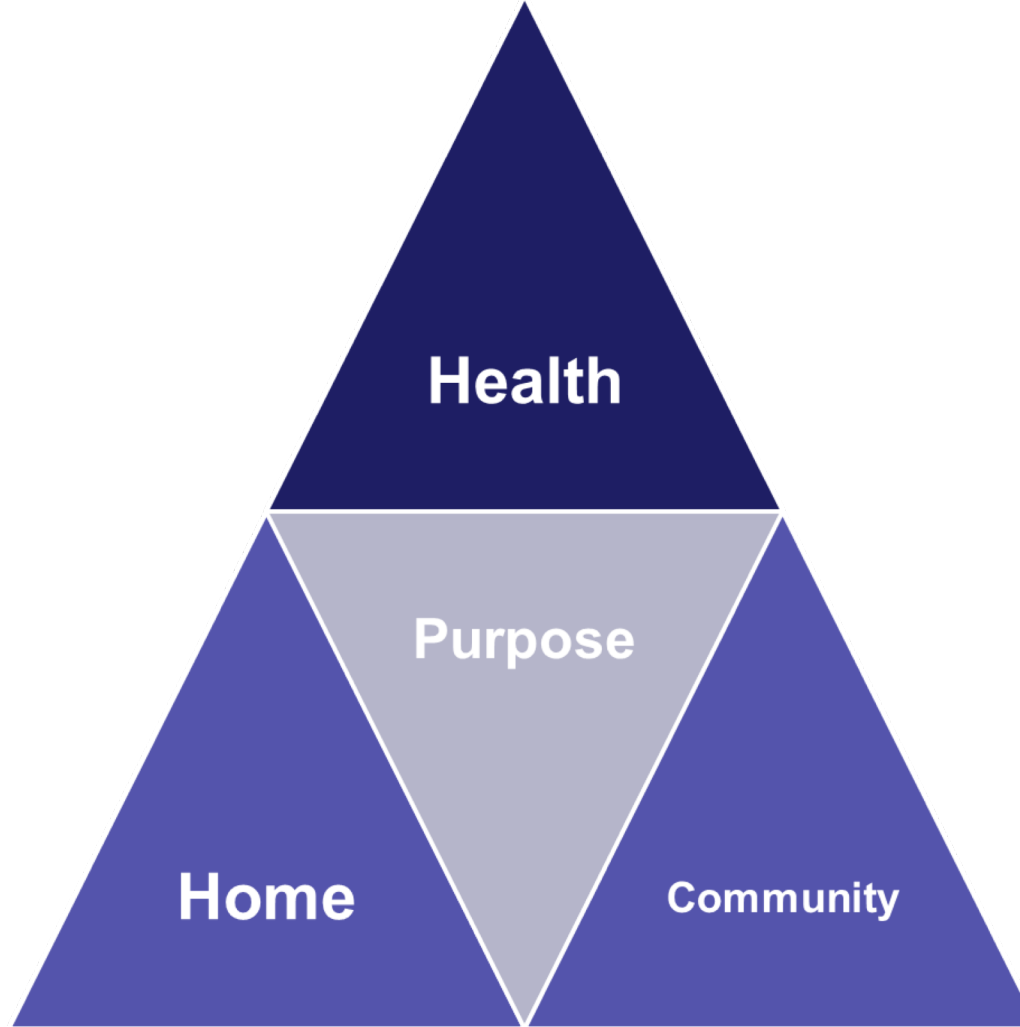
Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Mental Illness and Recovery



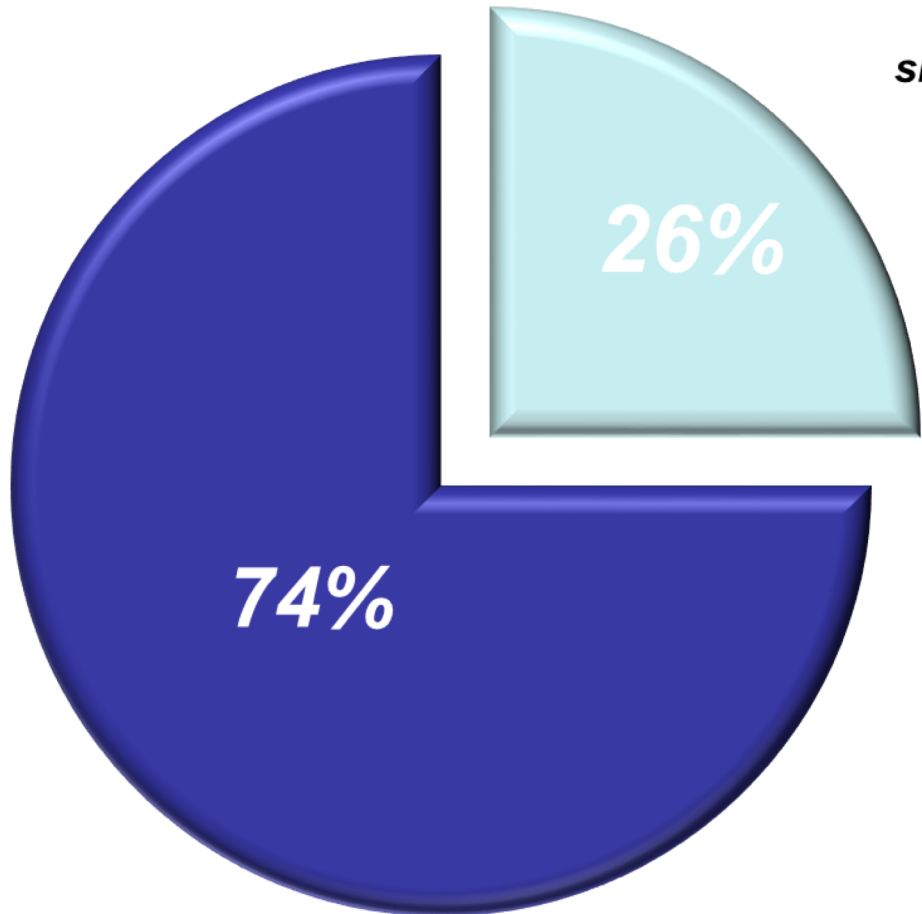
Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



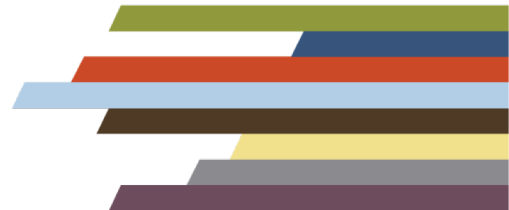
# Homelessness & Mental Illness



*Proportion of emergency-sheltered homeless individuals with mental illness*

- Mental Illness
- No Mental Illness

(U.S. Dept. of HUD, 2011)



# PSH Core Values & Principles

Choice of Housing

Separation of housing from support services

Decent, safe & affordable housing

Integrated amongst individuals without disability

Access/equality in housing process

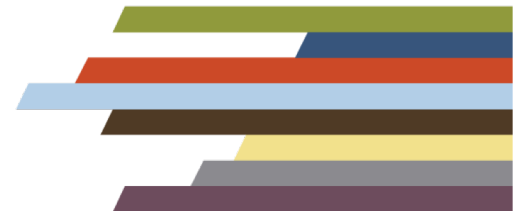
Flexibility in utilization/intensity of services



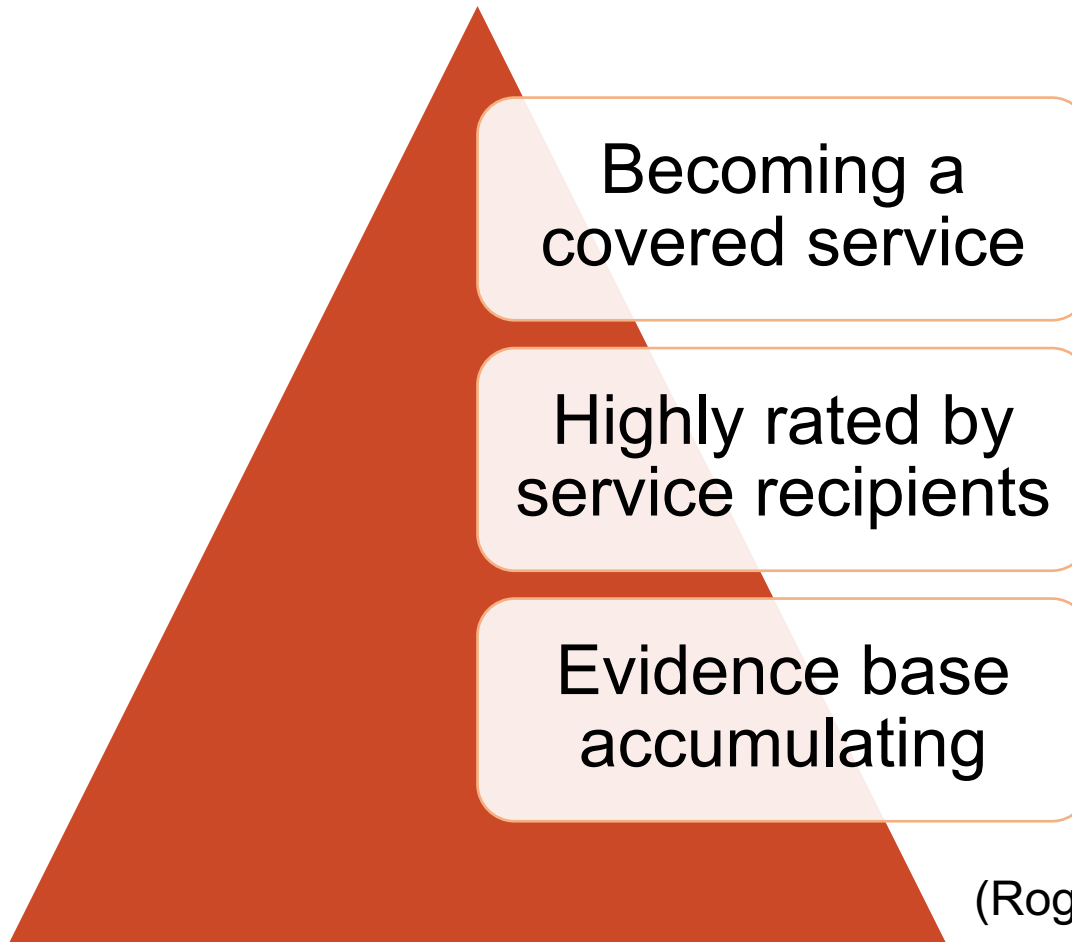
Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# PSH Works!



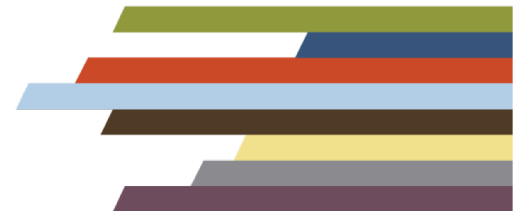
(Rog et al, 2014)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



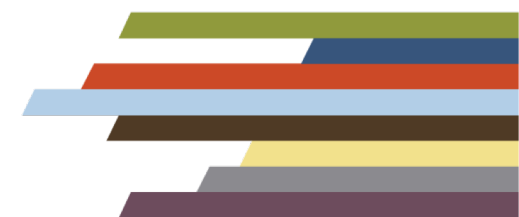
# Intentional Interactions



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Skill Training

Many people living with  
chronic mental illness  
lack critical skills

Skill deficits interfere  
with successful  
community integration

Skill deficits create  
barriers to achievement  
of rehabilitation goals

Skill deficits may result  
in ongoing dependency  
on staff

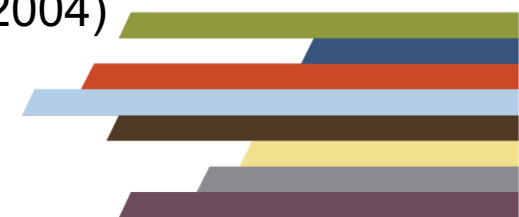
(Bellack et al., 2004)



Northeast and Caribbean (HHS Region 2)

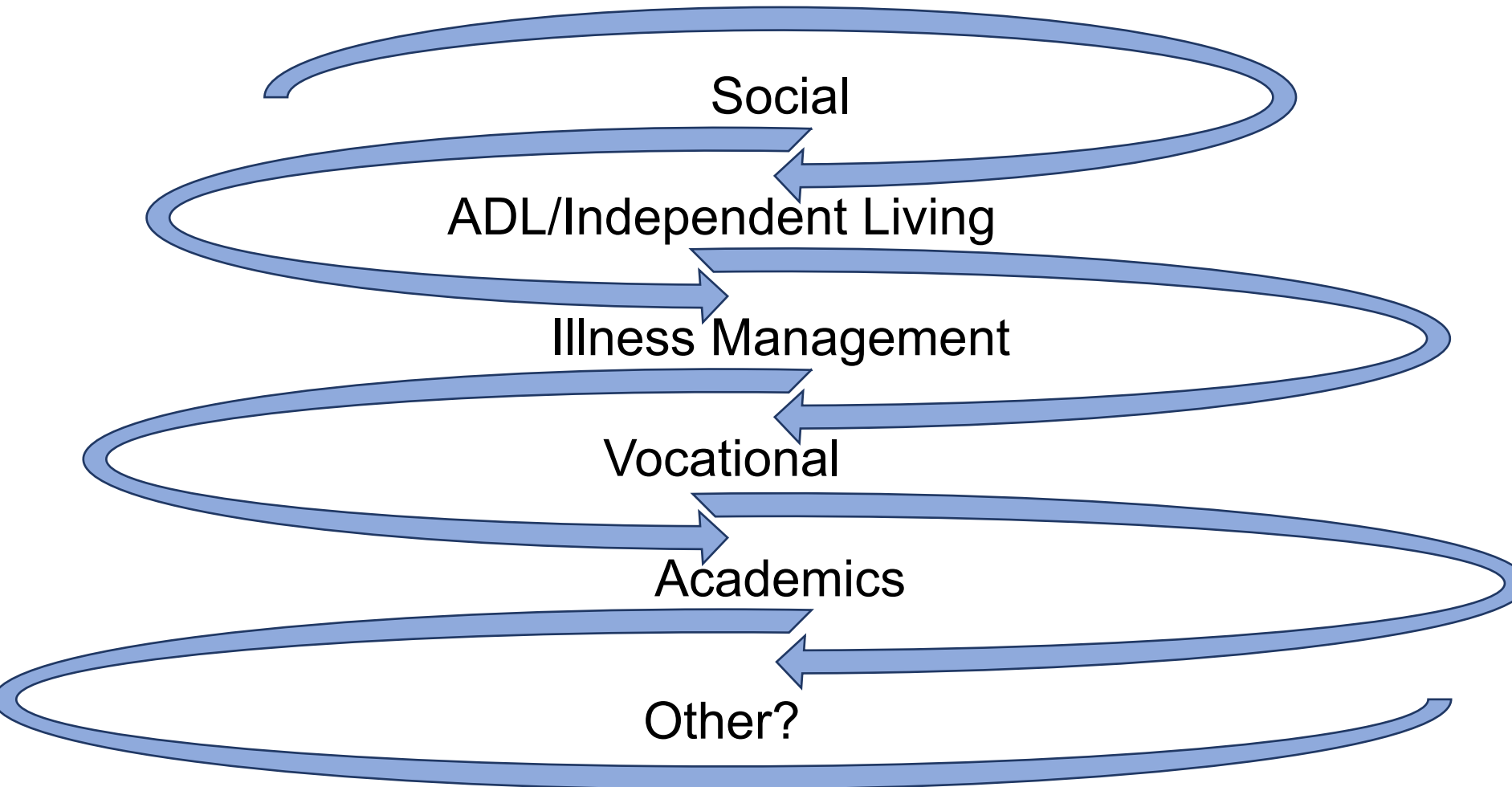
**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

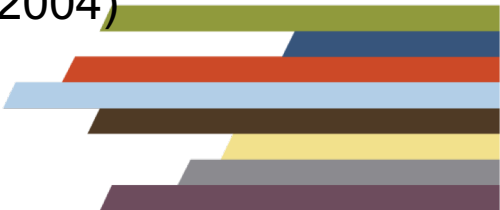




# Different Types of Skills



(Bellack et al., 2004)



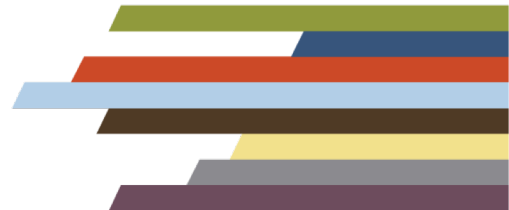
# Skills/Services for Tenancy



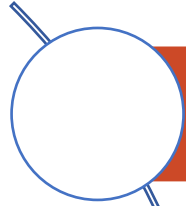
Northeast and Caribbean (HHS Region 2)

**MHTTC**

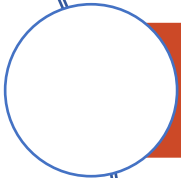
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



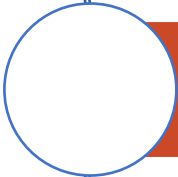
# Housing Aspect of PSH



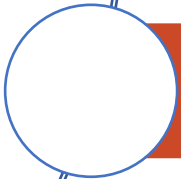
Tenants have a lease in their name - have full rights of tenancy under landlord-tenant law.



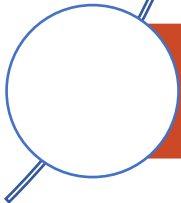
Leases lack provisions that would not be found in leases held by someone who does not have a psychiatric disability.



Housing is not time-limited, and the lease is renewable at tenants' and owners' option.



Housing is integrated. Tenants have the opportunity to interact with neighbors who do not have psychiatric disabilities.



Housing is affordable - tenants pay no more than 30% of income toward rent and utilities.

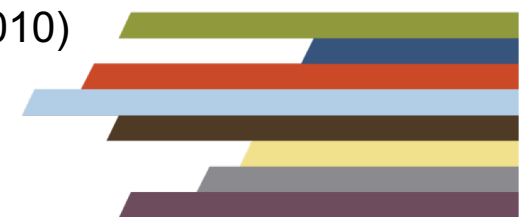


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

(SAMHSA, 2010)



# Typical Approaches to PSH

Project-  
based rental  
assistance

Sponsor-  
based rental  
assistance

Tenant-  
based rental  
assistance

Single-site  
housing

Scattered-  
site housing



(SAMHSA, 2010)

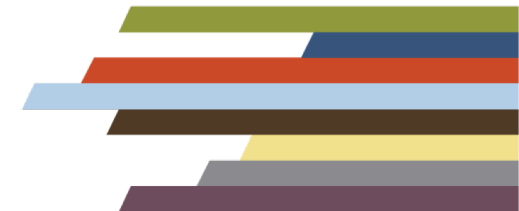


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Rental Assistance Programs



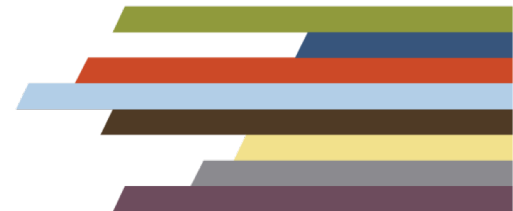
**Section 8 Vouchers**  
**HUD's CoC Program**  
**Local and State Subsidies**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Challenges with Vouchers

- 1 Navigating a multi-layered application process
- 2 Miss advertisements for waitlist openings
- 3 Locating people when time to update status or offer voucher
- 4 Lack of documentation and identification to apply
- 5 Scheduling and keeping appointments
- 6 Past criminal history or eviction history

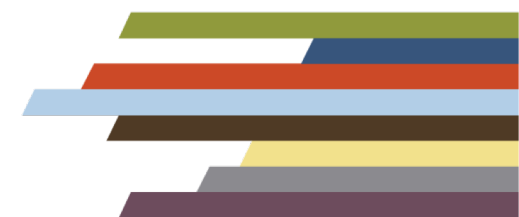


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Challenges Locating Apartment

Communicating  
with landlords

Passing  
screenings and  
background  
checks

Accessible  
transportation

Security  
deposits and  
first month's rent

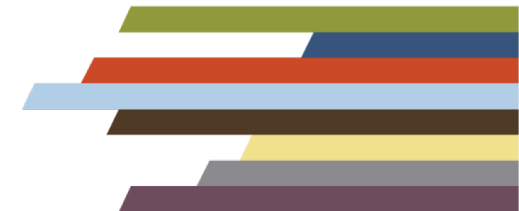
Continuing  
engagement  
throughout the  
process



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





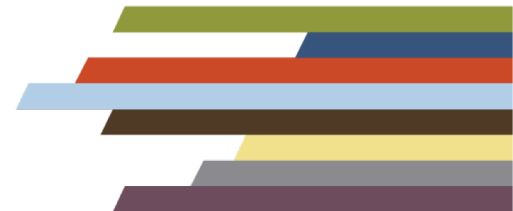
THANK YOU!



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Contact us!

By phone: (908) 889-2552

Email:

[northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)

Website:

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

Subscribe to Receive Emails:

<https://bit.ly/2mpmpMb>

All Event are FREE!

Like and follow us on Facebook!

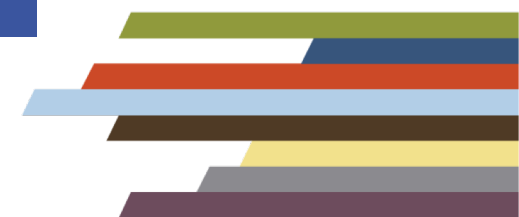
**Northeast & Caribbean MHTTC**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# References & Resources

Bellack, A. S., Mueser, K. T., Gingerich S., & Agresta, J. (2004). Social skills training for schizophrenia. Guilford Press.

Rog, D., Marshall, T., Dougherty, R., George, R., Daniels, A., Shoma Ghose, S., & Delphin-Rittmon, M. (2014). Permanent supportive housing: Assessing the evidence. *Psychiatric Services*, 65(3), 287-294.

Substance Abuse and Mental Health Services Administration (2010). *Permanent Supportive Housing: Tools for Tenants*. HHS Pub. No. SMA-10-4509, Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2010.

SAMHSA Permanent Supportive Housing Toolkit:  
<https://store.samhsa.gov/product/Permanent-Supportive-Housing-Evidence-Based-Practices-EBP-KIT/SMA10-4509>

SAMHSA Housing and Shelter: <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/housing-shelter>



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

