



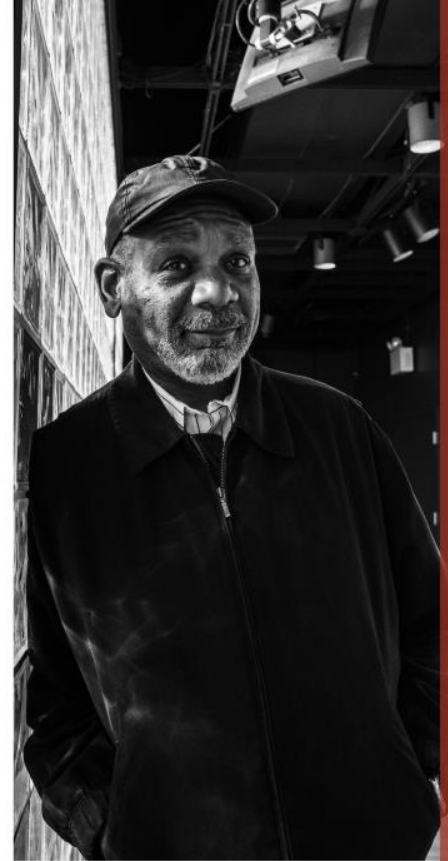
Learn From People Who Do This Work Every Day

Community Inclusion in Homelessness Recovery

Ending Homelessness is more than
providing an apartment

Rob Wetherington & Zack Hill

www.HousingFirstUniversity.org



Learning Objectives

By the end of the session, attendees will be able to

- ☐ Articulate Community Inclusion as a key strategy in high fidelity Housing First practice
- ☐ Understand the impact of social isolation on health and wellbeing
- ☐ Identify the 12 domains of Community Inclusion and explain their relevance to recovery from the experience of homelessness



Overview

**Review
Housing
First**

**Principles
Of
Recovery**

**Community
Inclusion and
Isolation**

Who We Are & What We Do

Rob Wetherington, MA, MHA

Started working with homeless adults in 2007 and have been developing creative ways to build connections since. Master of Arts in Urban Studies with emphasis on Community Development. Drawn towards people otherwise pushed to the fringes.



Who We Are & What We Do

Zack Hill

Joined PTHPA in 2019 and worked on several clinical teams. Joined the Community Inclusion Department to start our Advocacy programming as well as a pilot Alumni project to help participants exit our services. Passionate about Housing First, housing as a human right, harm reduction and working towards the abolition of oppression.



High Fidelity Housing First

Placing a person in an apartment may just be the easiest part of the work we do.

- ☐ It takes time
- ☐ Don't force anyone to do anything
- ☐ Build positive connections

The hard work involves making that house a home as the person develops more ownership and direction of their life.

- ☐ Model good choices
- ☐ Expand locus of control
- ☐ Become active in treatment

Recovery is Possible

Housing First is More Than Just Housing

Rehabilitate and habilitate

The people we serve can develop independent living skills

We Hold Hope & Encourage Change

Agency culture carries a lot more weight than anyone expects

Recovery Happens in Many Ways

Celebrate the little wins while partnering the journey

Respectfully Addressing Trauma

Removing one hurdle often reveals others



Principles of Recovery

SAMHSA Guiding Principles of Recovery

Recovery...

- emerges from hope
- is person-driven
- occurs via many pathways
- is holistic
- is supported by peers and allies
- is supported through relationship and social networks
- is culturally-based and influenced
- is supported by addressing trauma
- involves individual, family, and community strengths and responsibility
- is based on respect

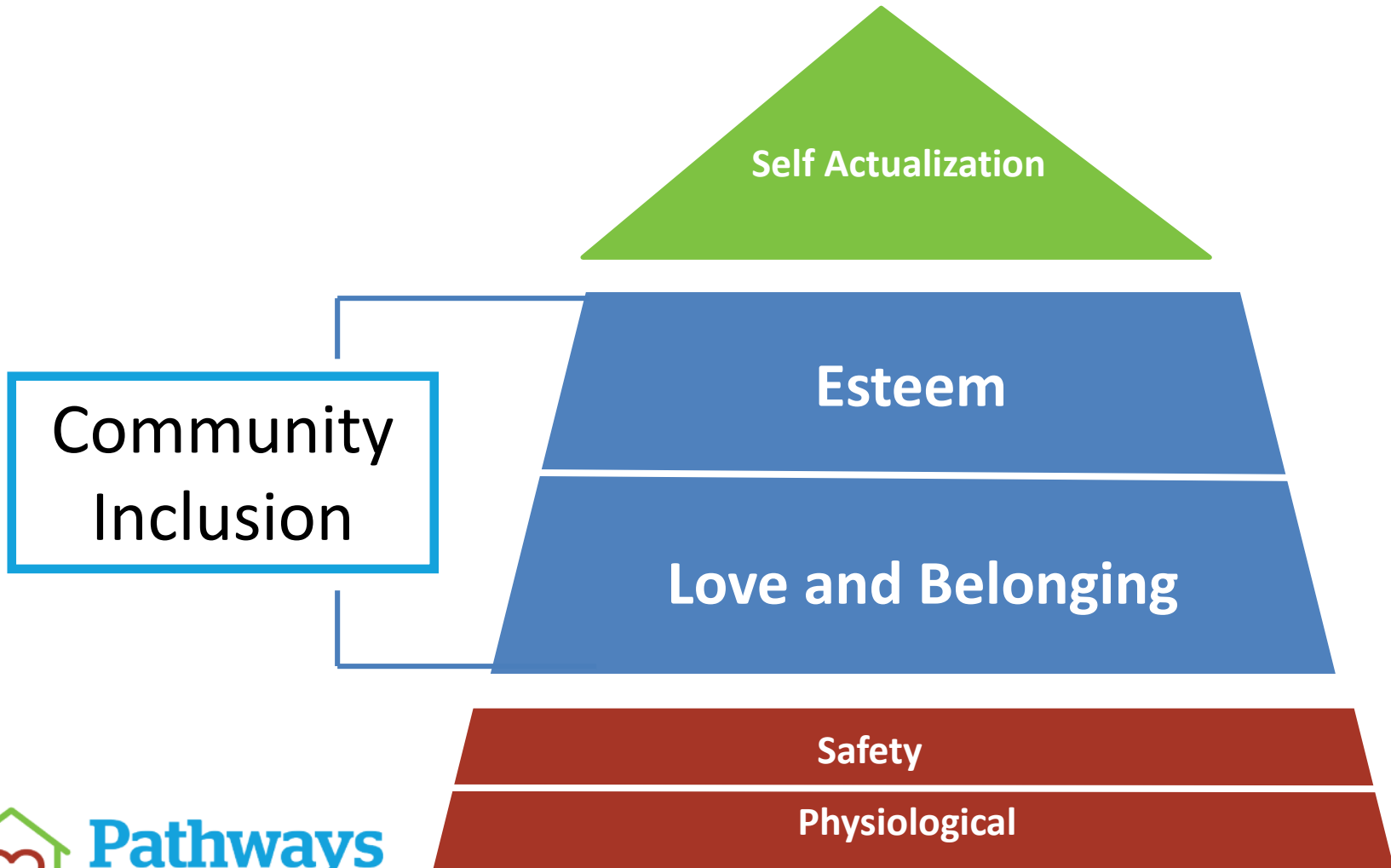
We Work with People

Often, service providers get caught up in the day-to-day and forget who it is we're working with

- ☐ Program participants draw from rich experiences
- ☐ Have lived full and autonomous lives
- ☐ Make independent choices
- ☐ Our role is to support & encourage

Community Inclusion

Hierarchy of Needs



Addressing Isolation

Social Model of Disability

We don't inherently consider someone living with a disability

50% Less Social Connections

Who do you see and where do you see them?

50% of social connections are paid staff

Are we always conscious of what we're bringing to these interactions?

We play a large role in participants lives

Heavy Lifting



A Life of Quality

Domains of Community Inclusion

Housing
Health and Wellness
Finances
Peer Supports
Employment
Education

Religion/Spirituality
Civic Life
Leisure and Recreation
Family
Friendships
Intimate Relationships

What Does it Look Like For You?

Let's check in on the work you do and the people you serve.

- ☐ Can you see the different levels of Maslow's Hierarchy of Need in the work? How might that be related to isolation?
- ☐ How do you engage your service recipients regarding the Domains of Community Inclusion?



Recovery in Action: PTHPA Alumni Program

- ☐ Began laying groundwork in 2020 and launched in January 2021
- ☐ 10 Participants were tracked for May 2021 graduation
- ☐ September 2021 8 participants graduated (1 lost voucher & 1 passed away)
- ☐ 11 Participants are on track for a 2022 graduation

Recovery in Action: PTHPA Alumni Program

Logistical Barriers

- ☐ Landlords reluctant to accept PHA vouchers
- ☐ Availability of vouchers is inconsistent
- ☐ Our citywide client management system is not built to discharge people from services except for death

Things to Remember

Participants Are Strong

Lived Full Lives

Experiences

Thrivers

Deserve
Respect

Our Attitudes Matter

Hard Work

Know Our
Limits

Treatment
Team

Find Common Ground

Building
Relationships

Genuine
Conversations

Model

We Want to Help

Remember
Why

Advocate in
Community

Reclaiming
Lives

Resources & Further Reading:

- Baron, R.C. (January 2018). Jump-starting community living and participation: A toolkit for promoting inclusion in community life. The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities. Retrieved on January 4, 2021, from <http://www.tucollaborative.org/wp-content/uploads/Jump-Starting-Community-Living-andParticipation.pdf>
- Baumgartner, J. N., and Burns, J. K. (2014). Measuring social inclusion—a key outcome in global mental health, International Journal of Epidemiology, Volume 43, Issue 2, Pages 354–364. <https://doi.org/10.1093/ije/dyt224>
- Burns-Lynch, B., Salzer, M. S., and Baron, R. (2011). Managing Risk in Community Integration: Promoting the Dignity of Risk and Supporting Personal Choice. <https://www.mhanational.org/sites/default/files/2019-07/Community%20Inclusion%20from%20the%20Perspective%20of%20Caregivers%20FINAL.pdf>
- Plotnick, D. and Kennedy, J. (2016). Community Inclusion from the Perspective of Caregivers of People with Psychiatric Disabilities. Mental Health America, Alexandria, VA. <https://www.mhanational.org/sites/default/files/2019-07/Community%20Inclusion%20from%20the%20Perspective%20of%20Caregivers%20FINAL.pdf>
- Salzer, Mark S. (2018). Life in the Community Like Everyone Else: Fundamentals of Community Inclusion and Participation for Individuals With Serious Mental Illnesses. <https://inaps.memberclicks.net/assets/Salzer%20inaps%20Dec%202018.pdf>
- The Temple University Collaborative on Community Inclusion – Basics/Fundamentals of Community Inclusion. <http://www.tucollaborative.org/fundamentals-community-inclusion/>





PRESENTERS:



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Learn From People Who Do This Work Every Day

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