

Shared Housing Training

A special thanks to our Presenting Sponsors:



Presenters:

Jamie Taylor, PhD
President/Founder
Shared Housing Institute



Shared Housing Institute

CCEH ATI

Shared Housing Training

May 17, 2023

The Shared Housing Institute partners with a dynamic network of shared housing experts to increase housing options grounded on client choice, and effective community-building.



Why Shared Housing Now!

What we are facing:



Decrease in
affordable
housing
options



Increased homelessness
and length of time in
homelessness

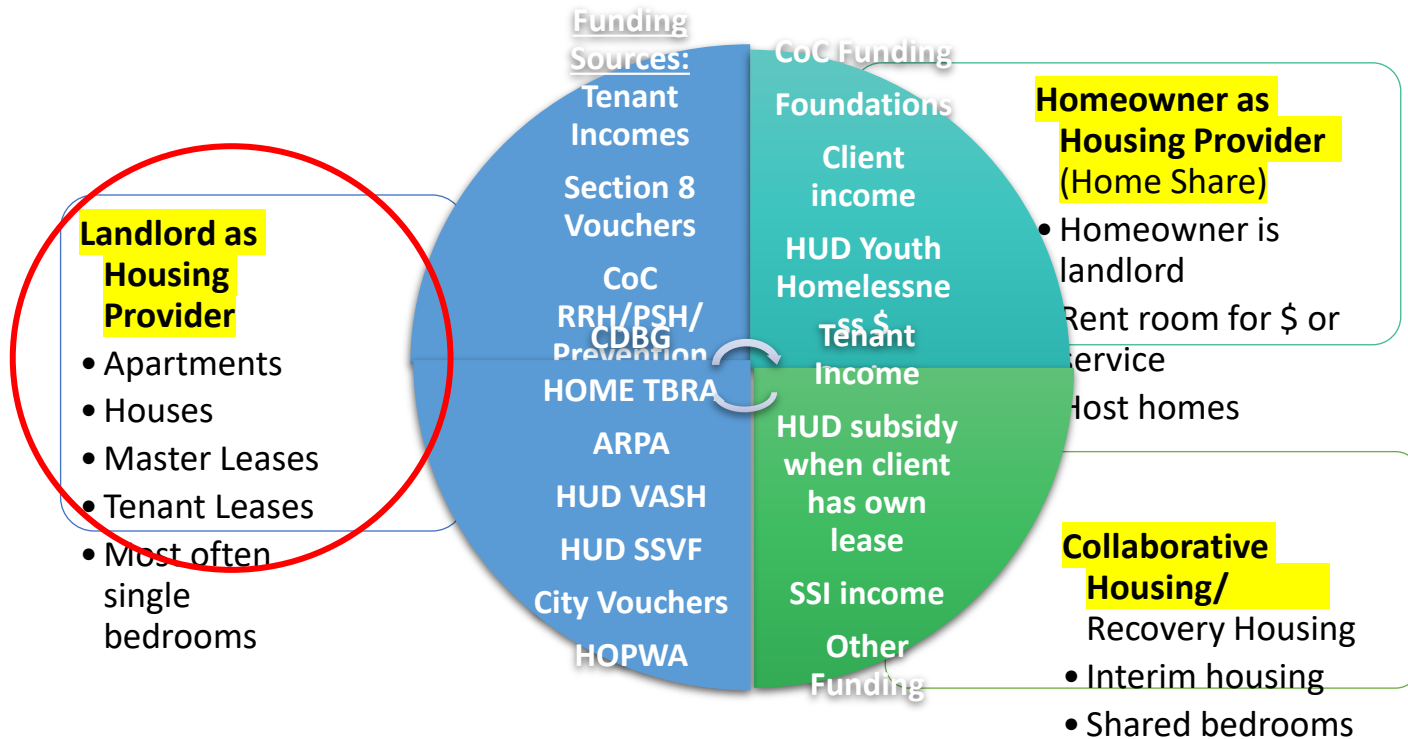
What shared housing offers:

- Opens-up affordable housing options, split rent reduces individual rent burdens
- More housing options reduces length of time to move-in
- Opportunity to decrease isolation and increase self-determination

Shared housing is a norm – a common option - in the private housing market!



Shared housing has many types





What does Shared Housing do?

- Maximizes access to existing 2-, 3-, and 4-bedroom housing options for ending homelessness

What is Shared Housing as permanent housing?

- Two or more unrelated tenants who share common living space (most often have their own room)



SHARED HOUSING PROVIDERS?



*“What we do while
we’re waiting for
the world to change.”*

Jim O’Connell
Healthcare for the Homeless

Loneliness and isolation are significantly prevalent in unhoused populations.

May 2023, the U.S. Surgeon General report on the epidemic of loneliness in the United States - a pervasive lack of social connection increases risk for premature death to levels comparable to smoking 15 cigarettes a day.

Full Advisory, [Our Epidemic of Loneliness and Isolation](#), national strategies:

- Strengthening social infrastructure (parks, libraries, public programs).
- Enacting pro-connection public policies
- Mobilizing the health sector to address the medical conditions caused from loneliness.
- Reforming digital environments to "critically evaluate our relationship with technology."
- Deepening our knowledge through more robust research into the issue.
- **Cultivating a culture of connection.**



Shared Housing Impacts

Shared Housing
Placements and Returns to
Homelessness
(reported July 2020)

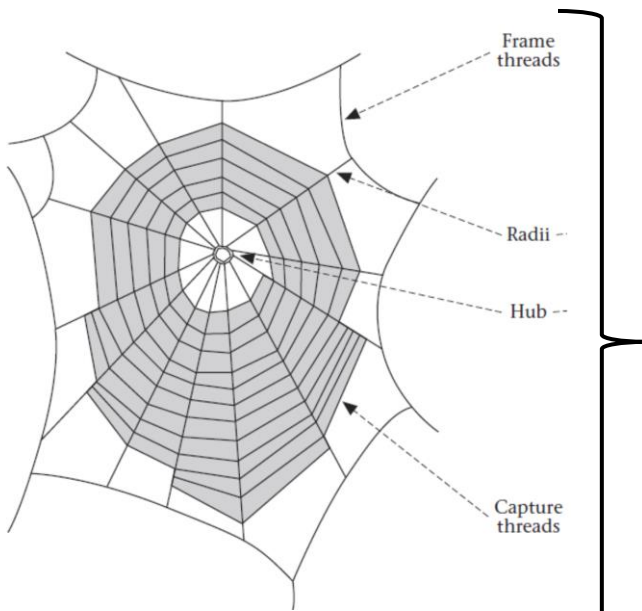
Organization	Location	Shared Housing Funding Source	Shared Housing Target Population	Year for data – begin Shared Housing	Total # in shared housing since 2017	Rate of Return to Homeless
MICAH	Fredericksburg, VA	PSH / RRH	Single Adults	2018	225	7%
Palm Beach County	Palm Beach County, FL	RRH	Youth	2017	258	9%
Illumination Foundation	Orange County, CA	PSH	Single Adults-Chronic Homeless	2017	250	9%
Pacific House	Fairfield County, CT	PSH	Single Adults-Chronic Homeless	2017	61	5%
PATH LA	Los Angeles County, CA	RRH	Single Adults	2017	179	9%
BACS	Oakland, CA	RRH	Single Adults-Chronic Homeless	2017	2000	10%

Key Findings about Effective Shared Housing Programs

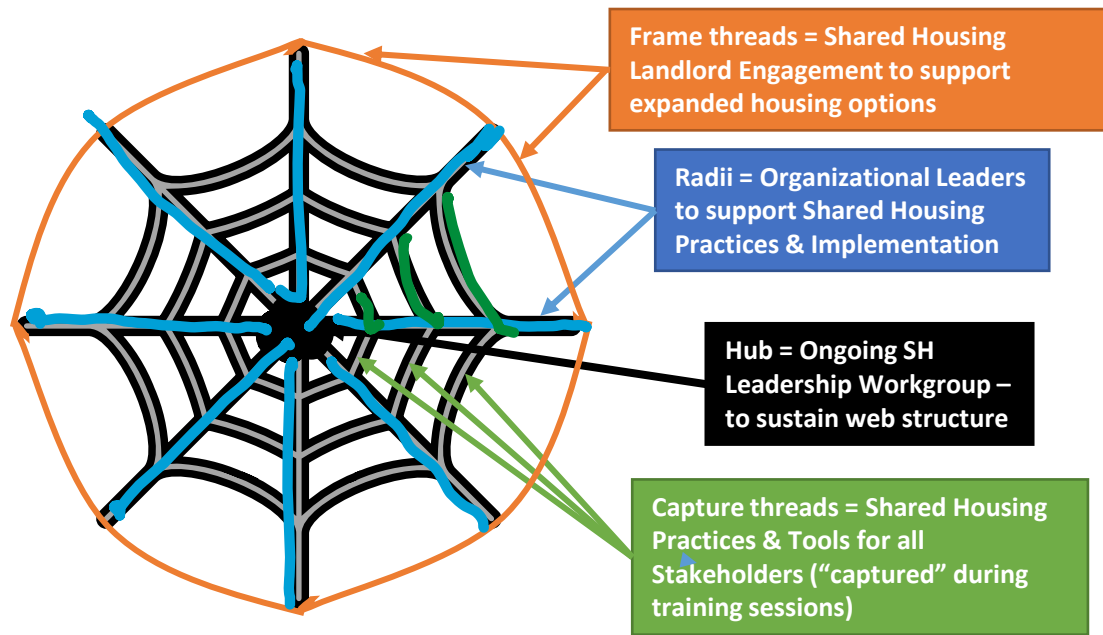
- 1. All types of populations are successfully served by shared housing *when* Client-Centered principles are the foundation**
 - Shared Housing works for people with Serious Mental Illness and/or Substance Use when supported with Housing First/client-choice wrap-around services.
- 2. There is no standardized / fidelity model of shared housing**



**Shared Housing
Institute**

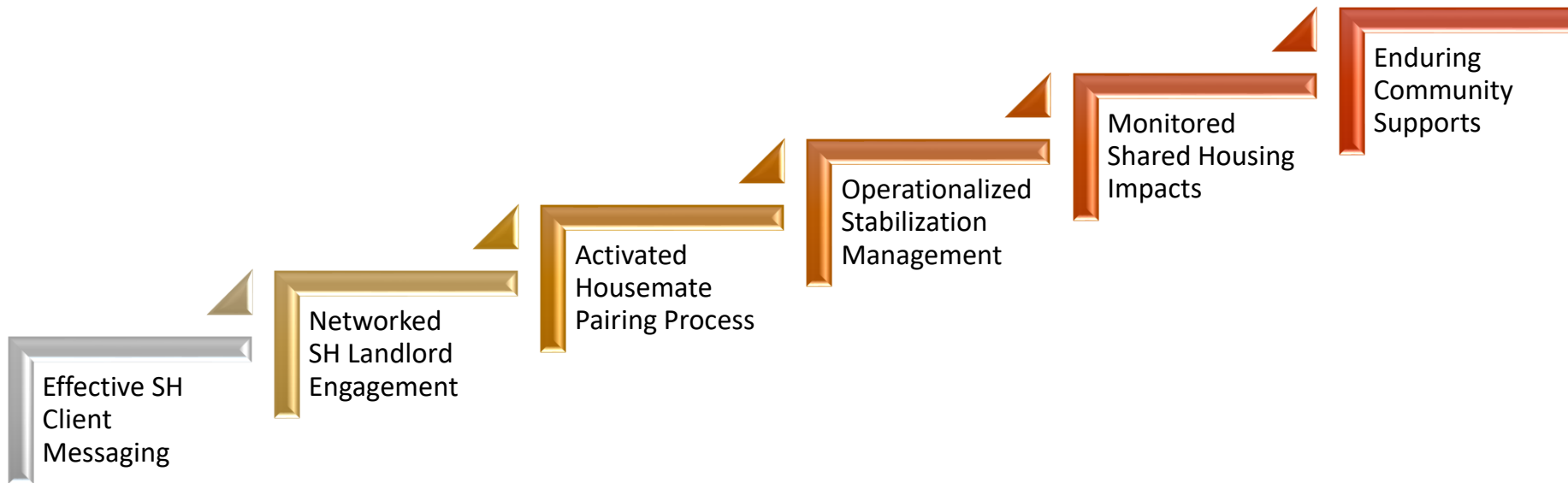


Spider Web Metaphor for Shared Housing Culture Change Framework



System “Web” Goal: to offer shared housing options as a client-centered norm across all programs

Key System Components of Shared Housing



**Intro SH Housemate Resource
Booklet and Website Tools
- Shared Housing Messaging**



SHARED HOUSING RESOURCE GUIDE

FOR SYSTEMS ENDING HOMELESSNESS



MAKING HOUSING OPTIONS A REALITY

STAFF - Shared Housing Process

[Shared Housing Overview](#)

[SH Rent Determination](#)

[Shared Housing FAQs](#)

[Client Messaging Process](#)

[Housemate Survey](#)

[Housemate Pairing Process](#)

CLIENT - Shared Housing Tools

[Budget Tool](#)

[Housemate Pairing Questions](#)

[Housemate Agreement](#)

[Conflict Resolution/De-escalation](#)

HOUSEMATE RESOURCES

LIVING WELL WITH OTHERS

A Harmony Book for Housemates



Role Play Demo – Client Messaging using Motivational Interviewing Techniques (OARS)

- **OARS: Open Questions** - Open questions invite others to “tell their story” in their own words without leading them in a specific direction.
- **OARS: Affirmations** - Affirmations are statements and gestures that recognize client strengths and acknowledge behaviors that lead in the direction of positive change, no matter how big or small.
- **OARS: Reflective Listening (3 ways):**
 - **1) Repeating or rephrasing:** Listener repeats, rephrases what the speaker has said.
 - **2) Paraphrasing:** Listener makes a restatement of speaker’s meaning.
 - **3) Reflection of feeling.**
- **OARS: Summarizing** – “Let me see if I understand so far.”; “Here is what I’ve heard”. “Tell me if I’ve missed anything”.



- **Case workers either support these needs and have a positive impact on motivation, or thwart these needs and have a detrimental impact on client wellness in every setting.**

Training Role Play: Case worker and Client

(Participants pair-off in two's A's and B's)

Round 1 – B is a client who is pretty open to SH

Client unaware of SH but open – Purpose: for staff to practice empathy and understanding, then appropriately answer questions and fears a client may have around shared housing. Let client know there is support. • Client demonstrates confusion and anxiety about having to find someone to live with

Round 2 – A is the client who is skeptical of SH Client resistant/suspicious—

Purpose: for staff to practice empathy and understanding of a client's hesitancy and resistance towards shared housing. Gain trust so they will be more open to hearing the advantages of SH.

Housemate Pairing Process

Housemate Pairing Process

Always Ask First:

Do you know anyone you would want to live with?

If natural network housemate choice, support Meet and Greet with Housemate Pairing Questions. If not, deploy Housemate Survey, then support Meet and Greet once housemate match is made.

smartsheet

CT CANs Housemate Pairing Survey

HMIS ID

Client First and Last Name

Date of Birth

1. What regions of Connecticut would you be comfortable living in? *

2. What gender would you be most comfortable with in a housemate? *

3. Check top 3 concerns about future housemates: *

4. Do you have a specific person/people in mind you would consider living with? *

Other Comments
If "Other" was selected as a top 3 concern above, please add the concern.

Please explain to client that by completing this form, they grant permission for their information to be shared with others seeking a housemate.

Staff name completing this form *
By typing your name here, the staff confirms that they have been given verbal permission by the client to share their information.

Date *

3. Check top 3 concerns about future housemates: *

- Having friends over all the time
- Loud music/TV/noise
- Not being respectful
- Not being open-minded/Not prejudiced
- Not being neat and clean
- Using alcohol
- Other

Housemate Pairing Tools

Name: _____ Age: _____ Today's Date: _____

Instructions: You have this opportunity to choose a housemate. Based on your preferences, potential housemates will be matched for you to then meet in-person.

1. Do you have a specific person/s in mind with whom you would like to live? If yes, are they currently experiencing homelessness?
2. What gender would you be most comfortable living with?
 - Male
 - Female
 - I am comfortable living with any gender, including transgender and gender non-conforming.
3. Are you comfortable living with someone who has criminal history or sex offender status? (Felonies, 290 status, etc.)
4. Please indicate your position about common housemate preferences, choose best choice:

	Not tolerable	Willing to discuss	Completely Fine
Loud Music			
Having Friends Over Often			
Overnight Visitors			
Drugs &/or Alcohol			
Smoking			
Pets			
Write-in Other Concern:			
Other Concern:			

5. What neighborhoods would you want to live in?
6. Are you restricted from living in certain areas?
7. What is the highest rent level you are willing to pay, including utilities?

smartsheet

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2. What gender would you be most comfortable with in a housemate? *

3. Check top 3 concerns about future housemates: *

4. Do you have a specific person/people in mind you would consider living with? *

Other Comments
 If "Other" was selected as a top 3 concern above, please add the concern here.

Housemate Pairing Questions (explore in any order)

What are some of your favorite meals?	What is your favorite type of music?	Do you like loud music?
How often will you be inviting visitors over?	Are you an early bird or a night owl?	Are you a messy person, neat freak or in-between?
Do you clean up after cooking and eating?	Do you clean the bathroom/shower after use?	Do you drink alcohol? Smoke? Drugs?
Do you have any allergies? Food restrictions?	How do you feel about visitors? What are your hobbies?	Do you have a significant other?
What can we do if we don't like each other's visitors?	Would you prefer your home to find in a good housemate?	Are you willing to talk out issues?
Are you a light or heavy sleeper?	Do you have any controversial political or personal views?	Would you mind having a pet in the house? Pet visit?
Do you recharge your energy with quiet time, social time, or both?	If you have a pet, what's it like? Can we meet before move-in?	What do you do for work, or volunteer? Your schedule?
Are you vaccinated for COVID?	Do you have any irritation triggers we should discuss?	Do you have any medical conditions to know about?
OTHER QUESTIONS?	What is the rent level you are willing to pay? Neighborhood?	Do you have a criminal history or sex offender status?

Training Role Play: Housemate Pairing

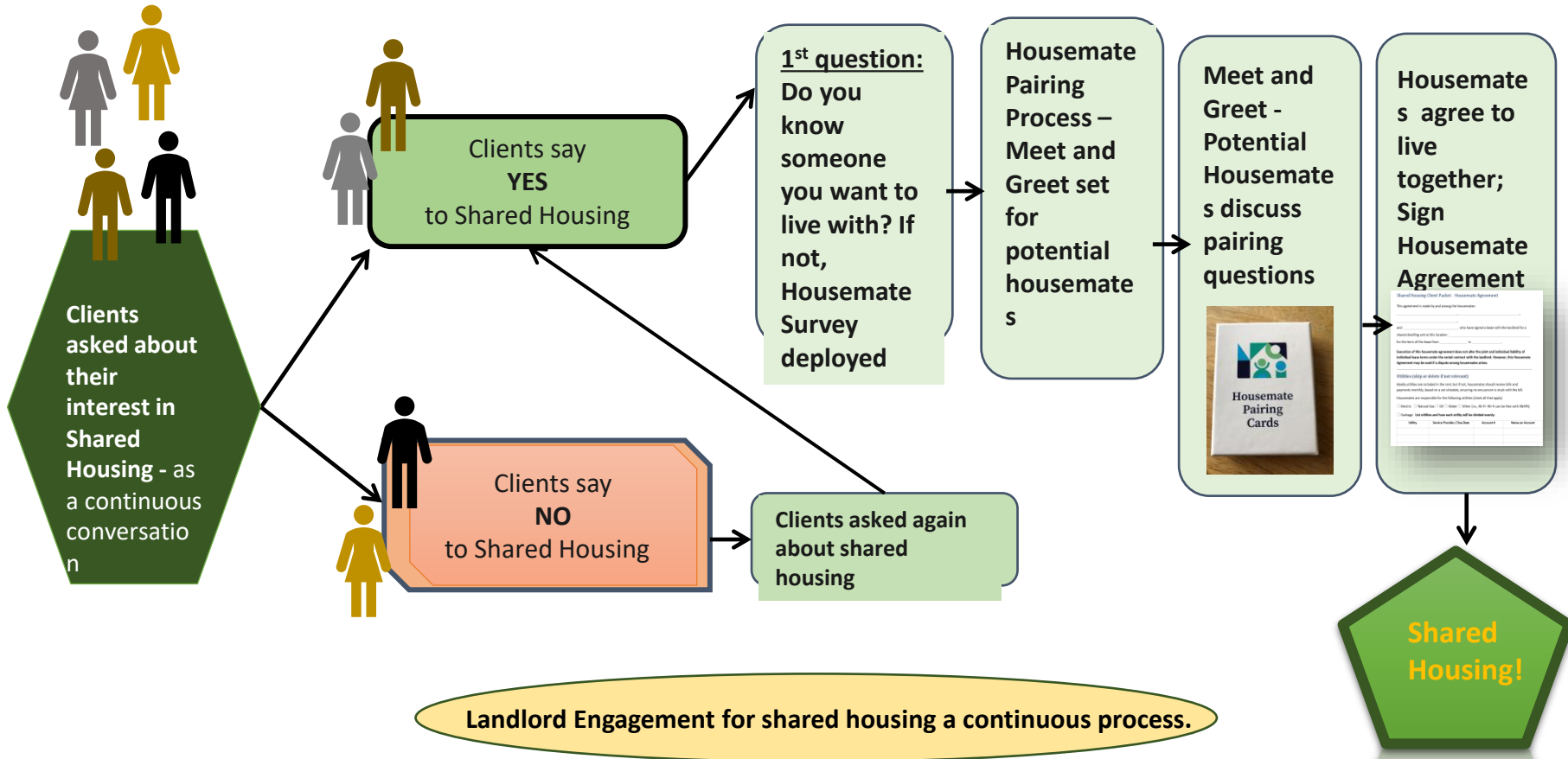
Demo Role Play – Housemate Pairing with Potential Housemates

Participant Role Play: Turn to 2, 3 or 4 other people near you.

Use Housemate Resource Booklet, discuss Shared Living Preferences with potential housemate. Identify your ‘deal breakers’ and accommodations.

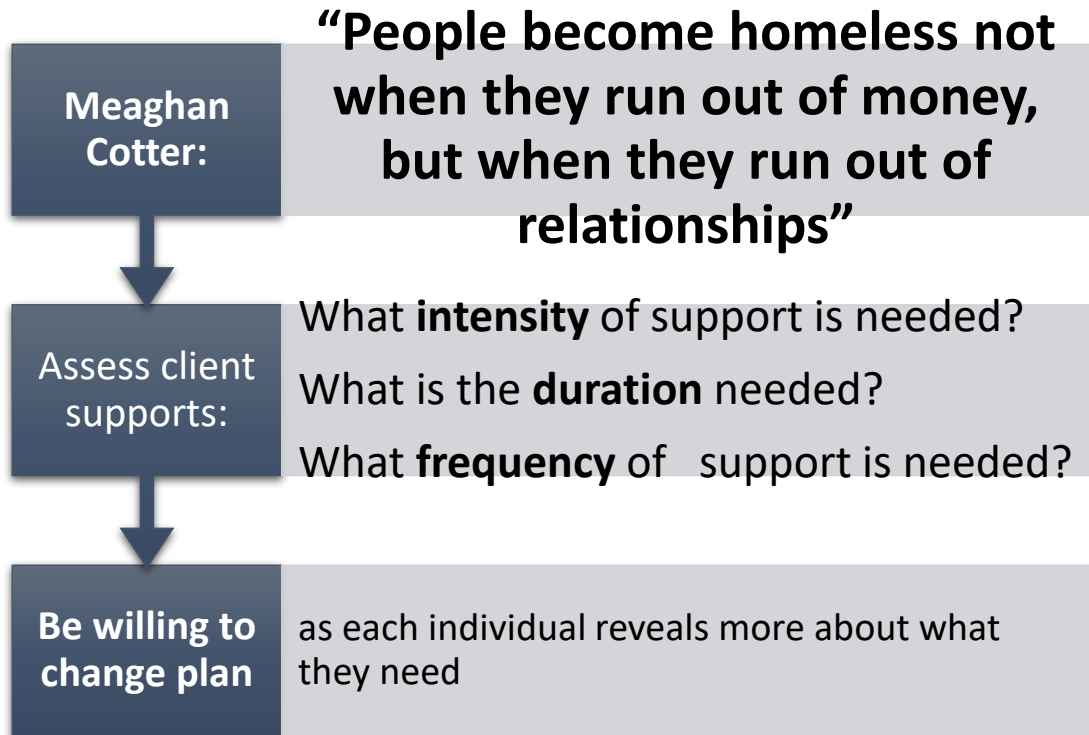
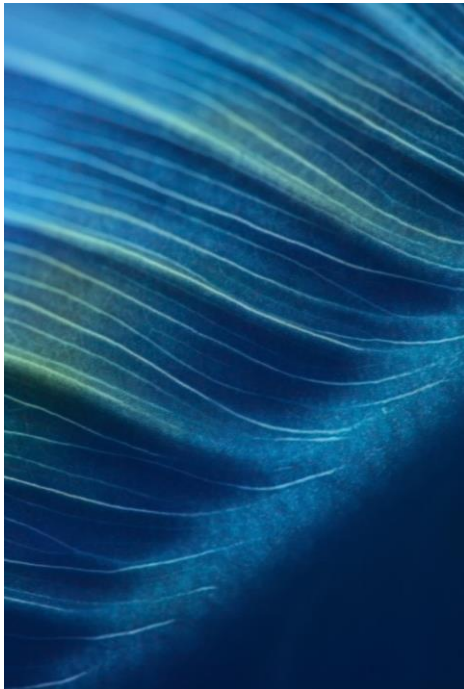
If choosing to be housemates, discuss accommodations in the **Housemate Agreement!**

Use Case Example: Shared Housing Process



Housing Stabilization

Shared Housing and Community Supports - *“Begin with the end in mind”*



Source: Micah Ministries

SH Community Connections Tool

Community Connections begin right away once in housing to:

- empower clients to identify their own community connection goals
- clients self-identify what motivates them to achieve their own goals and monitor progress

Shared Housing Community Connections

Community relationships are the most important ingredient for ongoing housing stability. The existence of meaningful relationships supports each person's sense of autonomy, competence, and connectedness, profoundly impacting overall wellness. Our connection to natural and community supports promotes the process of adapting new patterns of behavior and improving housing stability.

Support options found in every community include: self-help groups, libraries, 12-step meetings, faith-based communities, mental health skill building supports, outdoor clubs, local adult education classes, meet-up activity groups, nature parks, etc. Understanding how wellness, community connections and supports impact our housing stability means understanding a framework for wellness.

8 Dimensions of Wellness have been defined as: Emotional; financial; social; spiritual; occupational; physical; intellectual; and environmental health.

For every individual, these dimensions are interconnected, with an imbalance in one area impacting the stability of other areas. **The ability to make choices that promote balance and support the attainment of personal goals is essential for long-term housing stability.**

People empowered to identify their own next steps in each of the 8 dimensions of wellness and health increase housing stability.



In Eight Dimensions

Personal Wellness Plan (reevaluate in 4 months)

Emotional, physical, social, and occupational wellness are all essential components for good health and stable housing.

Are you supporting your Emotional Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I can name two people I can call for help or support.			
I can name two people I have helped in the last 30 days.			
I speak to a friend at least once per day (via phone or in-person).			

Are you supporting your Physical Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I know how to reach my doctor if I have any health concerns.			
I regularly purchase fruits and vegetables and actively monitor my diet.			
I exercise or takes walks with myself, a group, or a friend regularly.			

Are you supporting your Social Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I am regularly in touch with my family and/or friends.			
I try to help my family and friends in different ways.			
I am involved in at least one community organization, social program, and/or attend community events.			

Are you supporting your Occupational Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I attend a full-time job or have a volunteering commitment.			
I can name two things I participate in outside of my home that give me fulfillment.			
I am committed to learning a new skill - exploring my purpose.			

My recent achievements in attaining wellness:

-
-
-

My new goals and action steps (set hope-to-achieve dates):

-
-
-

Key challenges to achieving my goals:

-
-
-

Resources to help me achieve my goals (community or faith-based centers, self-help groups, library programs, parks, wellness care, mental health care, etc.):

-
-
-

Celebrate your success!

Scaling SH Caseworker Interactions with SH Tools

	Phase 1 Approx. 1 st two months	Phase 2 Approx. 2 nd - 3 rd months	Phase 3 Approx. 4 th – 6 th months
Visits:	Weekly or bi-weekly	Bi-weekly	Monthly or as needed
<u>Case Worker Tasks</u>	<ul style="list-style-type: none"> • (Frequency based on tenant/household need) • Assess client strengths using MI skills • Establish housing stabilization plan • Begin linkage to community supports 	<ul style="list-style-type: none"> • Continue assessment of client community connections • Empower client to prioritize goals for community connections • Role-play and encourage self-advocacy 	<ul style="list-style-type: none"> • Ensure community connections are evolving • Support client to monitor own community connection goals • Acknowledge housemates don't have to be friends, just need stable household
Shared Housing Tools	<p>Shared Housing tools</p> <ol style="list-style-type: none"> 1. Housemate Agreement 2. Community Connections Plan 3. Living Well with Others Book for each housemate 	<p>Shared Housing tools</p> <ol style="list-style-type: none"> 1. Revisit Community Connections Plan 2. Review Housemate Agreement 3. LWWO book <ul style="list-style-type: none"> - Conflict Management - Anger Management 	<p>Shared Housing tools</p> <ol style="list-style-type: none"> 1. Revisit Community Connections Plan 2. Review Housemate Agreement 3. Promote shared games, conflict management, Storytelling, Cooking

Shared Housing Resources for Special Populations

Behavioral Health	<u>Shared Housing and Behavioral Health – BACS Presenter Jamie Almanza, CEO</u>
Youth	<u>Youth and Shared Housing - Palm Beach County Presenters</u>
Veterans	<u>SSVF Shared Housing Toolkit</u>
Elderly / Newly Homeless	How will you target shared housing to the elderly? What data could you use to identify newly homeless populations who have income and/or SSI and could choose shared housing if they knew about it?

Review
Landlord Engagement, HUD
Rules for Shared Housing and
Rent Determination
on Shared Housing Institute
website



Shared Housing Institute

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Questions?

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