Programming for
Low Demand Housing Programs

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Overview

- An Assumption about Programming to Avoid

- Are Groups and Classes Compulsory?

- Focus on Getting and Staying Housed Instead of Treatment

- Working with Veterans in the Earliest Stages of Recovery and Stages of Change

- Helping Veterans to Establish Personal and Workable Goals

- Assisting Veterans Who Have Lost Their Housing Multiple Times Due to Money Management Issues

- Typical Programs, Groups, and Classes

- Core Values of Programming in Low Demand Programs

An Assumption to Avoid

- Low Demand does not mean that clients are not interested in participating in services, classes, groups, and/or other structured activities

- Be proactive in providing a variety of meaningful activities

- Routinely post, update, and announce the schedule activities

- Be proactive in engaging residents in services, classes, groups, and/or other activities

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Are Groups and Classes Compulsory?

- A core value of the Low Demand Model is to encourage but not demand

- Negative sanctions, especially dismissal from the program, should not be used to motivate residents to attend programming and classes

- Don't wait for residents to come to your group or class, reach out and engage them, make them feel welcome

- Help the resident find groups and classes that are meaningful to them

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Focus on Getting and Staying Housed Instead of Treatment

- Keep the program focused on assisting Veterans with the challenges of accessing and getting what they need to move onto permanent housing
    - Housing application
    - Housing search
    - Finances
    - Resolving legal issues
    - Acquiring basic household items
    - Emotional and social support for the process

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Working with Veterans in the Earliest Stages of Recovery and Stages of Change

- Listen to the resident's goals

- Build trust

- Keep the steps small and the goals realistic

- Reinforce the small steps of recovery goals

- Support residents through the predictable setbacks and help them stay focused on **THEIR** goals

Helping Veterans to Establish Personal and Workable Goals

- Residents in early recovery are often in a pre-contemplative stage of change

- Be patient while residents determine if this program will work for them

- Listen to <u>the resident's goals</u> for achieving housing stability

- Negotiate reasonable goals that can be achieved

- Seize opportunities to provide reinforcement and support for each small step of goal achievement

Assisting Veterans Who Have Lost Their Housing Multiple Times Due to Money Management Issues

- One of the top reasons that residents lose housing

- Budgeting and money management classes

- Harm reduction approaches to financial management

- Help residents accept fiduciary services

More details in: "Quick Guide to Assist Homeless Veterans with Financial Management and Fiduciary Services": https://www.va.gov/HOMELESS/nchav/models/GPD-LD_TA.asp

Typical Programs, Groups, Classes, and Structured Activities Provided in Low Demand Homeless Programs

- Housing Options and Process

- Financial Management and Budgeting

- Repairing Credit

- Securing Furniture and Household Items

- Managing Addiction and Mental Health Issues

- Relapse Management

- Building a Satisfying Social Life and Leisure Time

- Addressing Spiritual Needs

Programming Continued

- Social Events and Outings

- Anger Management

- Securing Income through Employment and/or Benefits

- Nutrition and Cooking for One

- Managing the Landlord/Tenant Relationship

- Legal Assistance and Resolving Warrants, Child Support Arrears, and Past Debts

- Overdose Kits and Preventing Death from Overdoses

Core Values of Programming in Low Demand Housing Programs

- Encourage

- Engage

- Motivate

- But Do Not Force or Apply Negative Sanctions

Questions? / Discussion