

Permanent Supportive Housing Information Sheet

What is Permanent Supportive Housing (PSH)?

PSH is an evidence-based practice, centered on the philosophy that people with disabilities can live and thrive in their own housing, regardless of their support needs.

Core elements of PSH include:

- Rights of tenancy – Individuals sign a lease and enjoy the same rights and obligations of tenancy as the general population.
- Choice of housing – Choice includes preferences such as convenience to transportation, physical and behavioral health services, family, shopping, and other essentials.
- Decent, safe, and affordable housing – Tenants pay no more than 30 percent of their income toward rent plus basic utilities. Rental assistance through HUD, state-funded Linkages, and other housing programs subsidizes rent.
- Housing integration – Scattered-site housing is preferable to congregate settings.
- Functional separation of housing and services – Property management functions (reviewing rental applications, collecting rent, eviction/renewal decisions) operate independently of support services (pre-tenancy and tenancy sustaining activities).
- Access to housing – Housing is not based on accepting supportive services.
- Flexible, voluntary, and recovery focused services – Tenants choose which supportive services will help them succeed in their desired housing. Services are tailored toward recovery, improved functioning, and life satisfaction.

What difference does PSH make?

- Better population health outcomes – Providing housing and flexible supports lead to significant improvements in physical and behavioral health. Draft data from a five-year study of a peer-delivered PSH model in Santa Fe shows:¹
 - PSH associated with good to excellent overall health at 6 and 12 month reassessments
 - Overall health of individuals receiving PSH was higher than the comparison group that received no housing
 - Lower psychological distress at 6 month reassessment
 - Less bothersome symptoms at 6 month reassessment
 - Housing satisfaction significantly correlated with positive outcomes
- Cost efficiency – A 2013 UNM study of Albuquerque supportive housing showed cost savings of \$12,831.68 per person through reduced use of shelters, emergency rooms, crisis services, and detention facilities.²

¹ Crisanti, Annette, Daniele Duran, R. Neil Greene, Jessica Reno, Carol Luna-Anderson, Deborah Altschul, *A Longitudinal Analysis of Peer-Delivered Permanent Supportive Housing: Impact of Housing on Mental and Overall Health in a Rural, Ethnically Diverse Population.*

- Housing stability – On average, 88% of individuals in the state Linkages PSH program remain housed after one year.
- Federal compliance – PSH complies with the U.S. Supreme Court’s decision in *Olmstead v. L.C.* that individuals with disabilities must be accorded the ability to live in the most integrated setting possible.

What PSH programs does the state of New Mexico currently fund?

- Linkages rental assistance and support services – 165 units
- Transitions rental assistance and support services – 20 units
- Local Lead Agency support for Low Income Housing Tax Credit, Special Needs Units – 509 units

Who does PSH currently assist in New Mexico?

- Homeless (including precariously housed)
- Behavioral health and/or other disabilities
- Extremely Low income
- Youths aged 18-21 transitioning out of CYFD Juvenile Justice or Protective Services (Transitions)

Why include PSH incentives in the 1115 Demonstration Waiver revision?

- We can tailor it to the behavioral health population we believe would be best served by PSH.
- We could choose to allow MCOs to target individuals with both developmental disability and behavioral health conditions.
- We can include all pre-tenancy/transition services, tenancy sustaining services, and state-level housing-related collaborative activities recommended in CMS Information Bulletin dated June 26, 2015.
- We can use the opportunity to evaluate the potential health improvements and cost savings of PSH based on defined outcomes.

What are the challenges to inclusion of PSH incentives in the 1115 Demonstration Waiver revision?

- Shortages of affordable housing in many communities
- Selecting mechanisms for financing housing and services
- Identification of MCO target population of members
- Obtaining CMS approval
- Establishing outcomes for measuring success of the PSH incentives

² Guerin, Paul and Alexandra Tonigan, *Report in Brief: City of Albuquerque Heading Home Cost Study*, University of New Mexico Institute for Social Research, September 2013.