



CONTRA COSTA CONTINUUM OF CARE QUARTERLY MEETING MINUTES

The Contra Costa Continuum of Care provides a forum for communication and coordination about the implementation of the County's Strategic Plan to prevent and end homelessness, and for orchestrating a vision on ending homelessness in the County, educating the community on homeless issues, and advocating on federal, state, and local policy issues affecting people who are homeless or at-risk of homelessness.

Date, Time: Friday, July 21, 2017 10:00am – 12:00pm

Location: ZA Room, 30 Muir Road, Martinez, CA 94553

1. Welcome and Introductions

- Call to order by Teri House, Vice-Chair

2. Point-in-Time Count Report

- Jaime Jenett, H3
- Background on PIT Count
 - Do general count of homeless on one day in time (shelters and on the streets)
 - Volunteers conducting surveys
- 1,607 persons literally homeless
 - 30% homeless for the first time
 - 50% unsheltered
 - 84 families (with 160 minors)
 - 99 veterans (86% homeless for one year or more)
- Community only has capacity to house 41% of those single adults in need
- 80% of people who needed housing lost housing in Contra Costa (runs contrary to the narrative we typically hear about the homeless population coming from other places)
- Special Senior data from service transaction data in Homeless Management Information System. See attached for handout.

3. Panel Discussion on Seniors

- Moderator: Debbie Toth
- Introductions
 - Debbie Toth, Choice in Aging
 - Mission: to keep people in place
 - Has two primary programs:
 - Nursing programs for living independently
 - California Community Transitions: moving people from skilled nursing facilities into independent community living with nursing supports
 - Call main number to get connected with social worker



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- Covered by Medi-Cal
- See brochures online
- Ellie Shirgul, Older Adult Mental Health in Contra Costa
 - Programs
 - Intensive Care Management for older adults with mental health concerns, not dementia as primary health concern
 - i. Mobile teams
 - ii. Access Services: 925-521-5640
 - IMPACT Program: depression/anxiety treatment using 3 physicians collocates in community providing evidence based psychotherapy and case management
 - Senior Peer Counseling for persons with mild mental health issues (grief and loss, isolation) for 3 primary communities; lay counseling for adults over 55
 - i. Free service with no insurance requirement
 - Aging in Place Program monthly meeting
 - Behavioral Health Access: 888-678-7277
 - Behavioral health
- Verna Haas, Contra Costa Senior Legal Services
 - Located in Concord
 - Free legal services to seniors 60+
 - <http://www.ccls.org/>
 - Services
 - Direct legal services (eviction defense, consumer defense (i.e., debt), Incapacity planning (powers of attorney, trusts, etc.)—located in various areas
 - Clinics
 - Education and Outreach
 - New initiative: over \$1 million grant to address elder abuse—will have 1 full time attorney
 - i. Coordinated to Family Justice Center, Adult Protective Services
- Carolyn Bookhart, Resources for Community Development
 - Develop and own long term permanently affordable rental housing
 - Also work in Alameda and other counties
 - 20 developments in Contra Costa
 - Serve various populations: families, seniors, disabilities, formerly homeless
 - Many buildings have supportive services in building
 - RCD also partners with various other agencies
 - Income range: 0-50% AMI



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- Access: www.rcdhousing.org link to “Find Housing” (and search by housing or project type)
- Other options
 - SAHA
 - Eden Housing
- Megan Monahan, Contra Costa County Shelter
 - Most seniors referred from Respite Center and CORE Outreach
 - Many challenges and many causes (partner/spousal death, increased rent, no or limited family support)
 - Access: 925-646-5082
- Nhang Luong, Area Agency on Aging within Employment and Human Services Department
 - Create system of supportive services to help seniors remain in home and out of premature
 - Federal funding, which includes supportive services, direct services
 - Programs
 - Information and Assistance Helpline: 800-510-2020
 - i. Similar to 2-1-1 as access point to referrals and services
 - ii. Staffed by social workers
 - iii. Intake for in home support services and Adult Protective Services
 - Supportive and Direct Services
- Overview, Moderator Debbie Toth
 - Demographics of seniors:
 - CA Department of Finance has demographics for aging population across CA
 - Population expected to grow over 150% by 2060
 - As this happens, increasing risks of elder abuse, burden on health care
 - Issues/Challenges:
 - Transportation
 - Higher disability rate in CA than any other state
 - No real system but various methods of access
 - Resources: 800-510-2020 or 2-1-1
 - Housing: 2-1-1 and CORE
- Discussion
 - Nhang Luong, Area Agency on Aging: *Additional causes for local seniors’ homelessness and housing instability*
 - New homeless seniors increasing
 - Isolated seniors live alone
 - Increasing financial disparities



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- Elder Index: how much it costs to meet basic needs
 - Single elder living alone: more than \$26,000
 - However, there is an income gap
 - i. Median social security income: \$11,000
 - Monthly income primarily goes to rent
 - Drastic differences among minorities and women—largest segment economically insecure
 - i. Latinos, Blacks, women
- Fixed incomes means affordable housing is needed
 - Employment and other development programs don't work as solution
 - Problems go beyond this economic insecurity
- Verna Haas, Contra Costa Senior Legal Services: *What does population look like and why is legal help important?*
 - Persons on the verge of losing their housing
 - Description of the persons
 - 62% had incomes less than \$2000
 - 70% women
 - 40% minorities
 - 50% disabled
 - 10% over 80, even in their nineties
 - 74% single
 - Why legal assistance can make a difference
 - Keeping credit history, evictions, other things preserves possibility still be eligible for help and housing in future
 - Single individuals have a lot more challenges
 - Typical victim of financial elder abuse
 - Women
 - Persons over 80
 - Persons who live alone
 - Persons who require assistance in home care more likely
- Ellie Shirgul, Older Adult Mental Health: *How mental health plays a role and compounds the issue.*
 - Support is important with mental health and for aging—hard to navigate system and understand supports/health care or system
 - Many persons used to have caregiver
 - Persons who are isolated
 - Important to have persons with them who can advocate or provide insight and daily living
 - Provider does home visits, assist with case management (IHSS, MSSP), limited transportation
 - New transportation subcommittee—need advocates



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- Assist with connecting them to friends/relatives to be independent and maintain that skill
- Can step up services, can assist with placement, can provide payee services (via County), boarding care for persons with disabilities
- Megan Monahan, Contra Costa County Shelter: *How do people find housing, what does the county make available?*
 - Case plans and housing
 - Help with benefits, and other services
 - No wait list because CORE and coordinated entry centralizes the shelter process
 - 2-1-1 is best way to access county shelters but for housing providers
 - Most persons over 50 or 60—out of two county shelters more than half are seniors
- Carolyn Bookhart, Resources for Community Development (RCD): *What are other housing options?*
 - RCD provides independent living but units may serve persons with additional services (chronic health conditions, assistance with daily activities, etc.)
 - Eligibility would include ability to connect with case manager to describe needs for aging in place
 - It is worth getting on waitlist because there is turnover and opportunity for housing
 - Other buildings allow for support to age in place with increasing services over time
 - Variety of non senior affordable housing developments, some units may be funded through mental health or other county or relevant funding—targeted to persons coming out of homelessness, with mental health concerns, etc.
- *What are we doing to change situation? Advocacy opportunities?*
 - Carolyn Bookhart, RCD
 - Cobble together multiple sources of funding to build and support housing developments
 - State level initiatives
 - i. HCD
 - ii. 2018 bond: new money for more funding to build housing
 - 1. EBHO (ongoing campaigns)
 - 2. Nonprofit Housing Association of CA (ongoing campaigns)
 - County level initiatives
 - i. Alameda and Santa Clara passed bond initiatives



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- ii. This would be good for Contra Costa
 - Focus discussion on seniors, particularly considering the growth of the senior populations compared to the amount of funding going towards families
 - i. Inconsistency in where
 - Ensuring Opportunity: how to be effective and advocate (ongoing campaigns)
 - Nhang Luong, Area Agency on Aging: *Other ways to create available housing*
 - Initiative: shared housing programs
 - See Marin and San Francisco examples
 - Pending in Contra Costa—hiring now
 - Senior with housing get matched with roommate
 - Benefit: addresses some of the isolation and associated issues
 - i. Helps with support for day to day chores
 - ii. Helps with peer support
 - iii. Helps homeowners with extra income to promote economic security for seniors
 - Junior Accessory Dwelling Units
 - Another way to get more housing on the market
 - Helps address the issue of senior isolation
- Q&A
 - John Eckstrom: What SHELTER, Inc. is seeing
 - Definite increase (mental health and veterans)
 - Most being referred through prevention program focused on rental assistance
 - Will provide assistance for several months (rental assistance) then have check in to sustain livelihood, if at risk refer them to other programs
 - Receive MHSA dollars for housing
 - Goes back to need for affordable and market rate housing
 - Moderator: Other barriers panel knows about that prevents sufficient housing for this population?
 - Funding
 - Timing of funding
 - Planning department (permits)
 - Various challenges (mental health, etc.)
 - No economic contingency in county to take care of population
 - Policy—money, infrastructure, tec.
 - Education
 - Siloes—think about, be informed about the issues and resources available



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- Advocacy
 - Best to be specific about what you need, not just more housing—speak to specific legislative pieces, funding streams, sources, how entities can specifically address different aspects
- EBHO: 4 page brochure is useful tool to help those searching for housing
- Laguna Honda Model is needed for placement for persons with dementia and no place to go once unable to live independently
- State requires acuity screening for highest need populations and not those persons who needed housing before they become acute; unfortunately money did not change so persons low acuity became high acuity when wait list got shuffled based on this policy
- 85 new units of affordable housing for seniors and vets becoming available via SAHA, Tabora Gardens—opening up in spring 2018, applications open in December 2017 (50% less AMI)
- Choice in Aging looking to build replicable model housing for 62-82 units (range of types of units, with wraparound services and on site services) for aging in place
- Developing task measure (at county or state level) to focus on senior housing
- Help line has workshop on Wednesdays to teach seniors how to apply for subsidized housing, use of internet to search for market rate housing, housing outside of County too (this is a gap—seniors don't know how to look for housing)
- What about seniors with addiction problems?
- How to learn about these programs?
 - Right now there is a single best senior portal: 800-510-2020
 - 2-1-1 knows and can provide referrals for senior issue calls
- Does 2-1-1 and 800# cover all the senior resources discussed?
 - Yes--everything
 - 2-1-1 can provide support and get everyone connected
 - 18% of calls were from seniors
 - 800# is senior specific
 - 2-1-1 is national in scope
 - Text: 898-211 for 2-1-1 help via text
- When and where is streamlined process for applications available?
 - RCD has online process now

4. Nuts & Bolts

- HUD FY2017 CoC Program NOFA has been released
 - Email sent to the community with details
 - Anyone interested in applying should attend the TA workshop on Tuesday August 1, 2017, 11:00AM-1:00PM, Location TBD



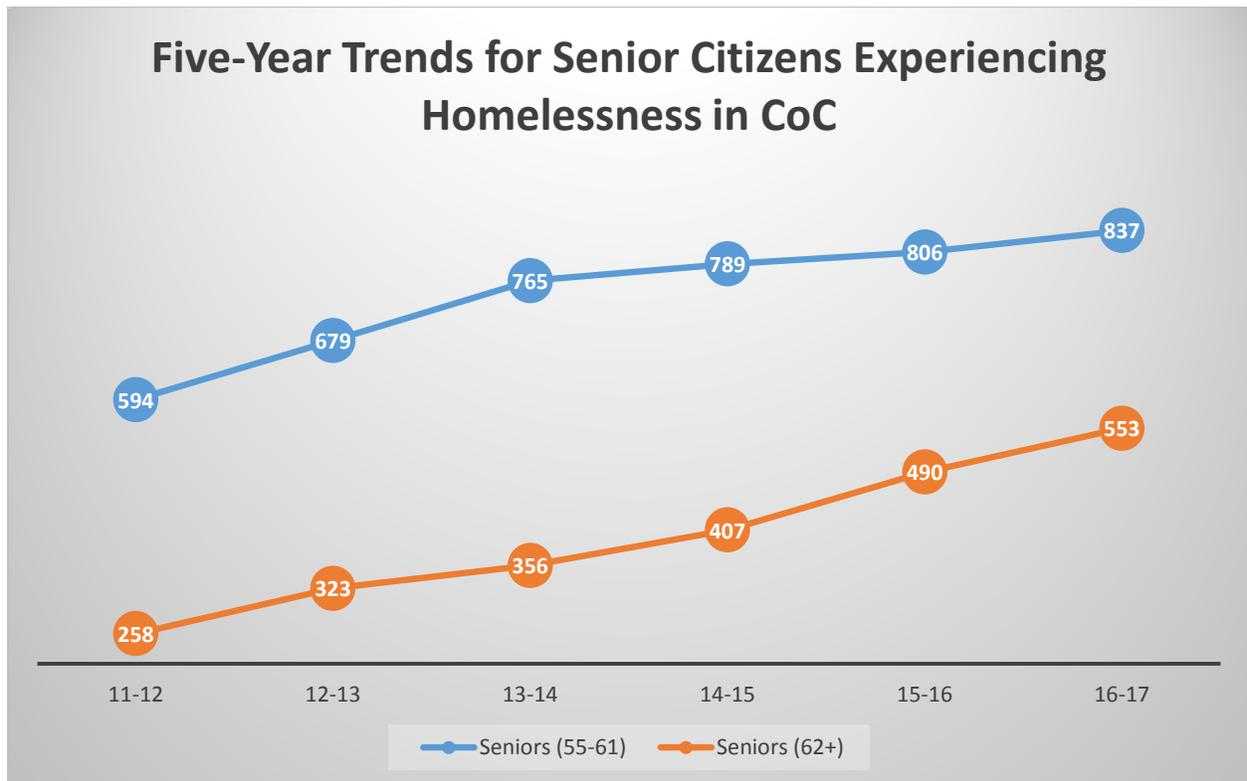
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- Stand Down on the Delta (early August)
- SAHA has new program
- Overcoming Transportation barriers—commute navigation specialists available
- Adult Protective Services:
 - Hosts multidisciplinary team for elder abuse last Thursday of each month; looking for volunteers
 - Can also schedule APS mandated reporter training
 - Call Marguerite Walker for more information: 925-678-9552
- Bay Area Rescue Mission (BARM) doing sign ups to obtain school supplies

5. Pin It

- Next full membership meeting is October 20, 2017.

Contra Costa Senior Homelessness Data 7.21.17 CoC Meeting



2016-2017 ServicePoint Data for Seniors:

- Seniors 55+ make up 19% of the whole CoC population
- 47% of seniors are chronically homeless
- 18% of 62+ are veterans compared to 8% of whole CoC
- 76% if 55+ have a disabling condition
- 36% of those 55-61 years of age have no income