RAPID REHOUSING

June 5, 2013
SHNNY Conference
New York, NY

Judith Samuels, PhD

Research Scientist, The Nathan S. Kline Institute for Psychiatric Research
Research Professor, New York University, Department of Child Psychiatry
Principal, SP³ Innovations (consultancy)
My experience with Rapid Rehousing

- **Family Critical Time Intervention**
  - 1999
  - Test FCTI
  - Relieve pressure on a growing shelter system
  - Challenge “housing readiness” criteria
  - Randomized control trial: Rapid rehousing with FCTI
    - Identify “high need” families
    - Experimental group: move to housing ASAP with FCTI services
      - Rent subsidies: County, ESG and Section 8
    - Control group:
      - Services as usual
      - ½ way through also got housing subsidy but no services
  - Results
    - FCTI families did better on some outcomes
    - **BUT OVERALL PEOPLE WHO WORKED IN THE SYSTEM WERE SURPRISED THAT FAMILIES WITH AND WITHOUT FCTI DID AS WELL AS THEY DID**
Using Rapid Rehousing as a Tool...

- Rapid rehousing is just one tool in your toolbox
  - It works well for most homeless people
  - But not for everyone, ...
  - SSVF Example

- Your other tools include:
  - CTI/Family CTI
  - Progressive engagement
  - Permanent Supportive Housing
Let’s assume....

- That Rapid Rehousing works for those who traditionally do not return to shelter, and those who are “Low Need”
Targeting Resources: Homeless Families

- Low Need
- Moderate Need
- High Need
Who is Low and High Need?

- Can we predict who needs “more?”
  - There are many assessment tools. All defining high, moderate, low needs
  - Assessment tools often vary by community
  - Few, if any are based on research
  - Few, if any are rigorously tested
  - Many are used as “self-fulfilling prophesies”
    - People are assigned to a level of need and provided with that level of services

- It is likely that local variation is necessary
Rapid Rehousing:

- No, it may not be the solution for everyone
  - If the subsidy timeframe is very short, then some will not make it
  - As you shorten the timeframe, more will do less well …
    - But even without a subsidy, even in NYC with high rents, people move out of shelter….
Can a short term subsidy increase housing stability?

Maybe the success rate looks something like this:
What are the alternatives?

- Wait for them to have …
  - enough $ to move out
  - someone to move in with

- Make housing available when they are “ready”
  - But how do we decide when they are “ready”?
  - Who is ready, when?
  - Based on what evidence?
  - Is “shelter” ever better than being in your own home?

- Provide more supportive services in shelter
  - For how long?
  - Is receiving services in shelter “better” than in the community?
Take the case of NY City....

- As we’ve made shelter nicer and nicer, we’ve had less access to housing subsidies.
- If PERMANENT subsidies are not forthcoming, maybe we should try something else (Shorter than Advantage?)
- Example: If someone is working when they enter shelter, wouldn’t it be better to subsidize their rent for 3 or 4 months than, to have them in shelter?
  - But there are concerns about the “draw” to shelter.
Can a short term subsidy increase housing stability?

Maybe the impact looks like this:

<table>
<thead>
<tr>
<th>Returns</th>
<th>Shelter Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4 Months</td>
<td>9 Months</td>
</tr>
<tr>
<td>9 Months</td>
<td>12 months</td>
</tr>
<tr>
<td>12 months</td>
<td>Unlimited</td>
</tr>
</tbody>
</table>

Length of Subsidy

Draw To Shelter
Judith Samuels, PhD

- For more information contact me: 
  jasamuels28@gmail.com

Visit the CTI website:
www.criticaltime.org