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Housing as a Social Determinant of Health and the Housing Ecosystem in Texas

**Office of Mental Health
Coordination**

Agenda



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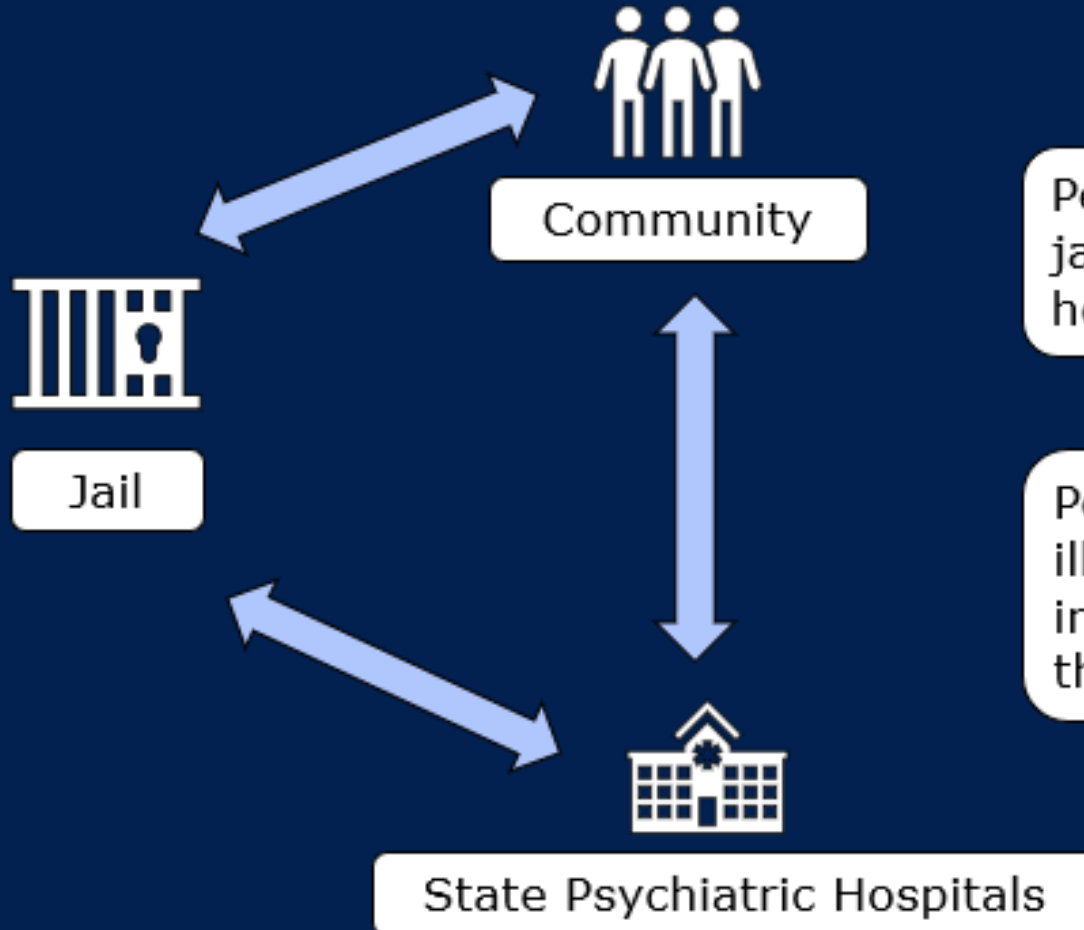
- The intersection of health and housing
- Housing as a health intervention
- Housing Ecosystem
 - ▶ Overview of federally subsidized housing
 - ▶ Accessing Housing Vouchers for Special Populations



Cycle of Institutionalization



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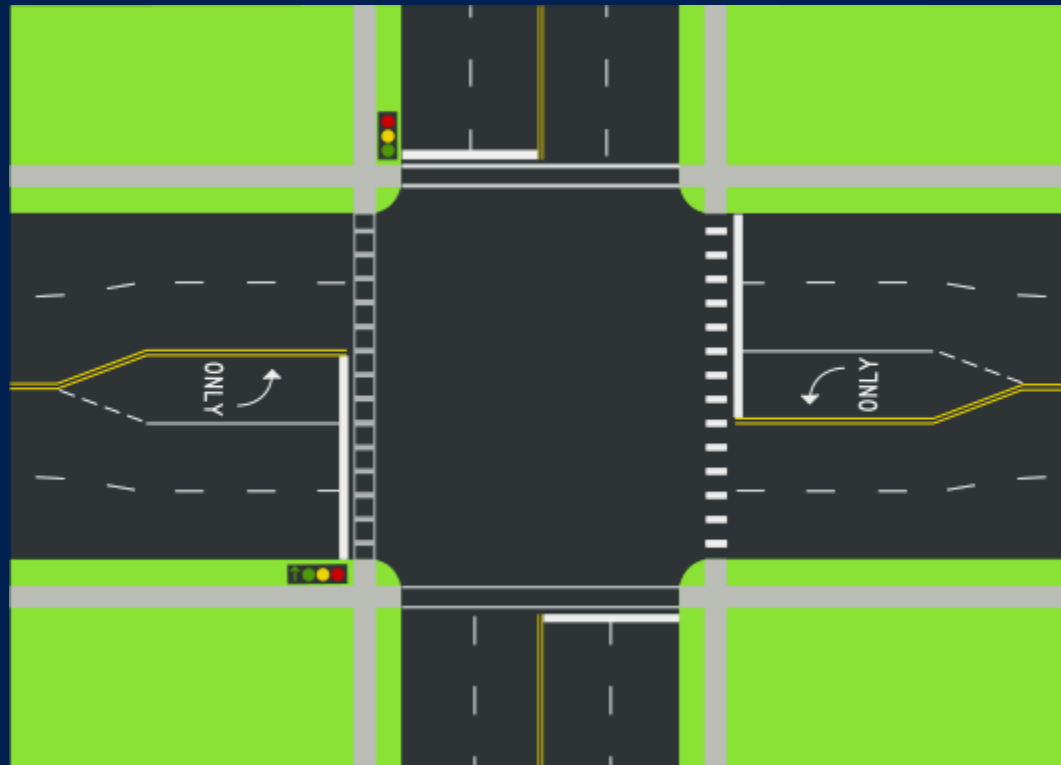
People can cycle between the jail, community, and psychiatric hospital.

People with serious mental illness can struggle with housing insecurity, when they get into the community.



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Intersection of Health and Housing



Housing Stability Continuum



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Acute Homelessness

Most people experiencing homelessness fall into this group

Housing Stability

Paying no more than 30% of their income toward rent



Chronic Homelessness

- Longer periods of homelessness
- Lives with a disability

Housing Insecurity

Paying between 30-80% of their income toward rent

Impact of Housing Instability on Health

High rent burden can cause people to:

- Make difficult choices such as paying rent instead of paying for food, medicine, transportation, and other essentials.
- Experience higher levels of “toxic stress,” which can exacerbate mental health and physical health conditions.
- Live in neighborhoods with risks to safety and health.



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Social Determinants of Health

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, and age that affect a wide range of health outcomes and risks.



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**Childhood
experiences**



Housing



Education



Social Support



Family income



Employment



Our communities

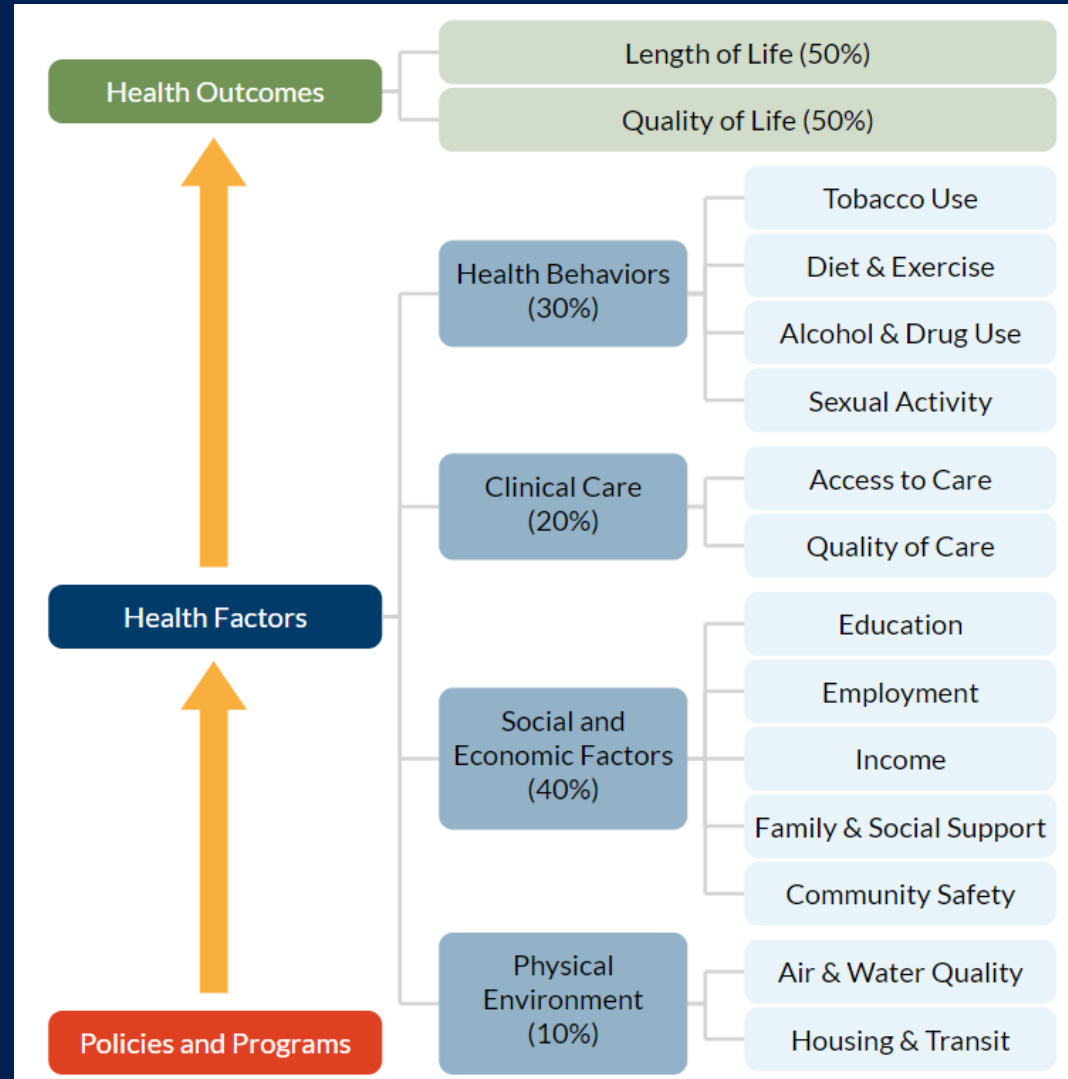


**Access to health
services**

SDOH Factors Impact Health Outcomes



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Health Equity

- Substance Abuse Mental Health Services Administration defines health equity as “the right to access quality healthcare for all populations regardless of the individual’s race, ethnicity, gender, socioeconomic status, sexual orientation, or geographical location.”
- Ensures everyone has a fair opportunity to be as healthy as possible.
- Addresses social determinants of health, which includes stable housing.



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Additional Barriers for People Leaving Prison/Jail

Criminal histories can create additional barriers with:

- Housing applications may be denied housing at the local level;
- May not qualify or can lose eligibility for federally funded housing;
- May struggle to secure and maintain employment, leading to reduced employment income; and
- Racial disparities: black individuals who spent time in prison were more likely to experience housing instability than white individuals who have spent time in prison.



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Additional Challenges for Rural Texans

- Stigma around mental health and justice involvement are in rural communities.
- There can be significant disparities between rural and urban Texans in their access to health care and mental health care which is likely due to a scarcity in treatment resources.
- There is a higher proportion of people on fixed incomes in rural counties (e.g. seniors, people on Supplemental Security Income) and higher rates of poverty than in urban counties.



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Housing as a Healthcare Intervention



Moving to Opportunity Study

- U.S. Housing and Urban Development (HUD) followed 4,600 families receiving a housing voucher.
- HUD compared families that remained in higher poverty areas with families that moved to low-poverty areas.
- Outcomes of families in low-poverty areas included:
 - ▶ Lower rates of obesity and diabetes;
 - ▶ Less likely to be victimized by crime;
 - ▶ Less likely to experience an asthma attack; and
 - ▶ Less likely to be injured.



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Supportive Housing

Pairs affordable housing with health care services and case management:

- Affordable housing is usually a voucher or subsidy that covers the gap between the rent and what a tenant can pay.
- Case management often includes support in accessing employment and behavioral health services. The focus is on keeping the person housed and engaged with services.



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Supportive Housing Evidence

- Shown to reduce health care costs for high-need, high-cost users of health care systems experiencing chronic homelessness or living in institutional care.
- When targeted to the right population, it keeps people out of hospitals, emergency rooms, and nursing homes.
- Managed Care Organizations are finding that investing in housing supports can reduce health care costs when people are stably housed.



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Housing Programs are Underfunded

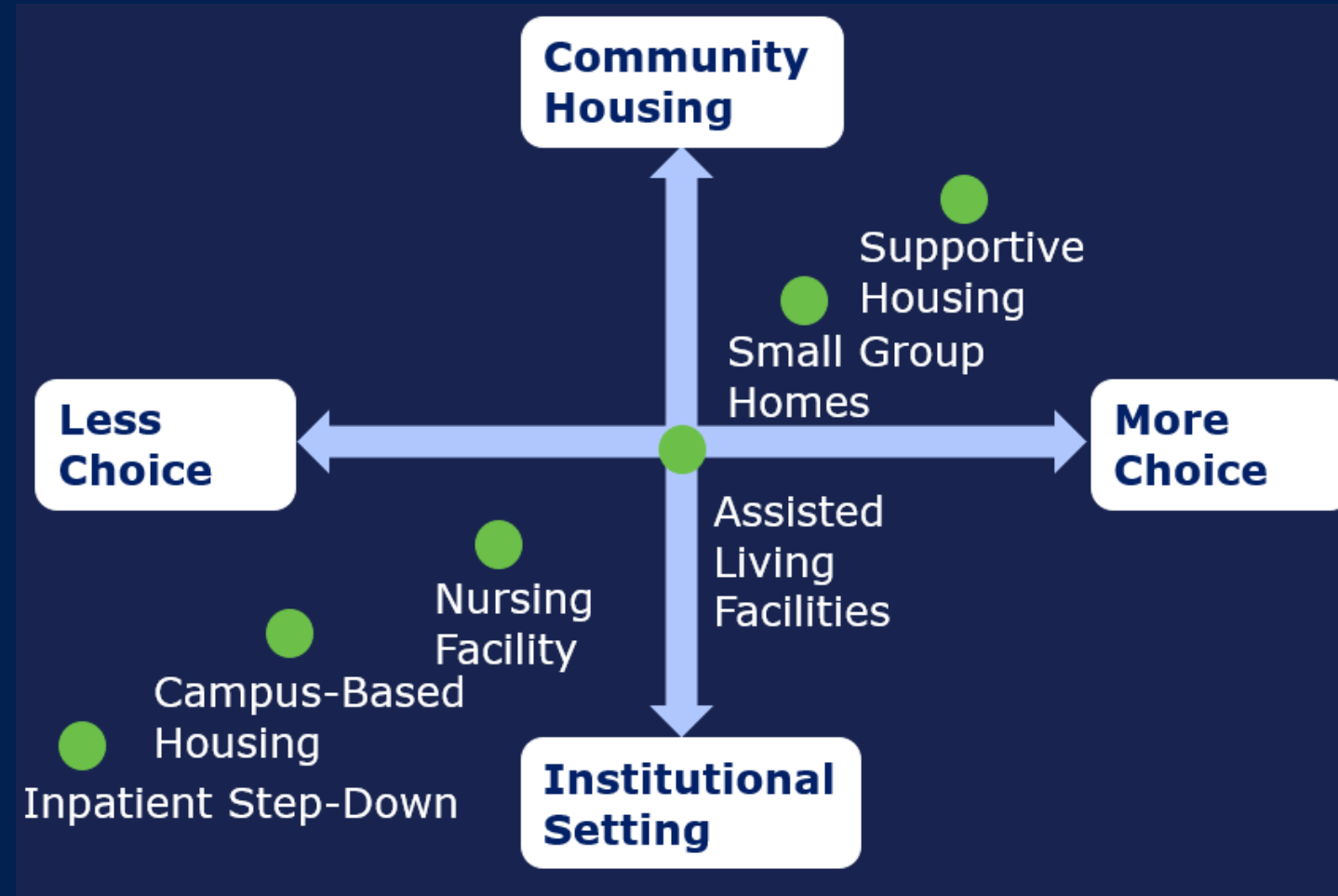
- Housing is not considered an entitlement.
- Three out of four families eligible for federal housing assistance do not receive it.
- States often target vulnerable groups to try and fill this gap with state funded programs (e.g. people experiencing homelessness or people with disabilities), but there is still a substantial gap in underfunding.



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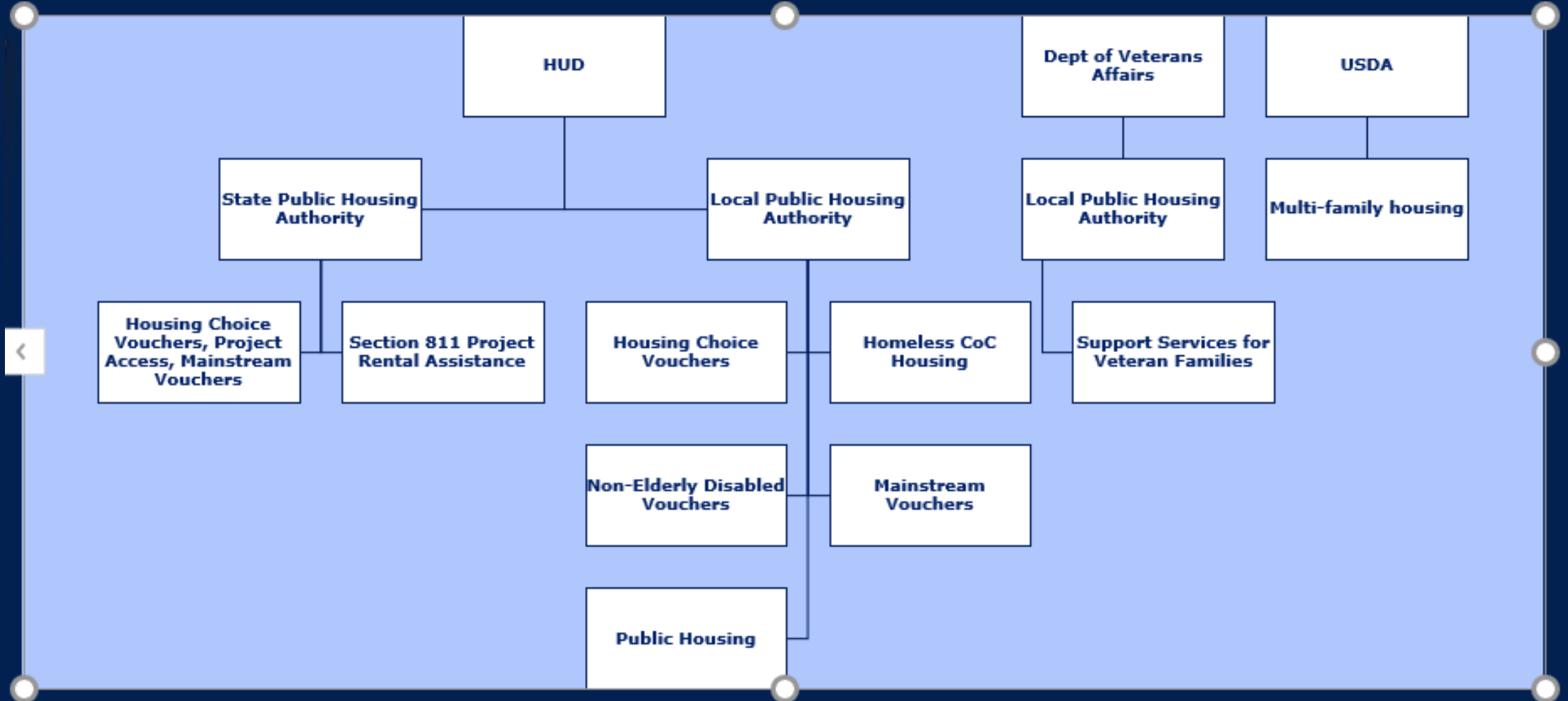
Housing Ecosystem



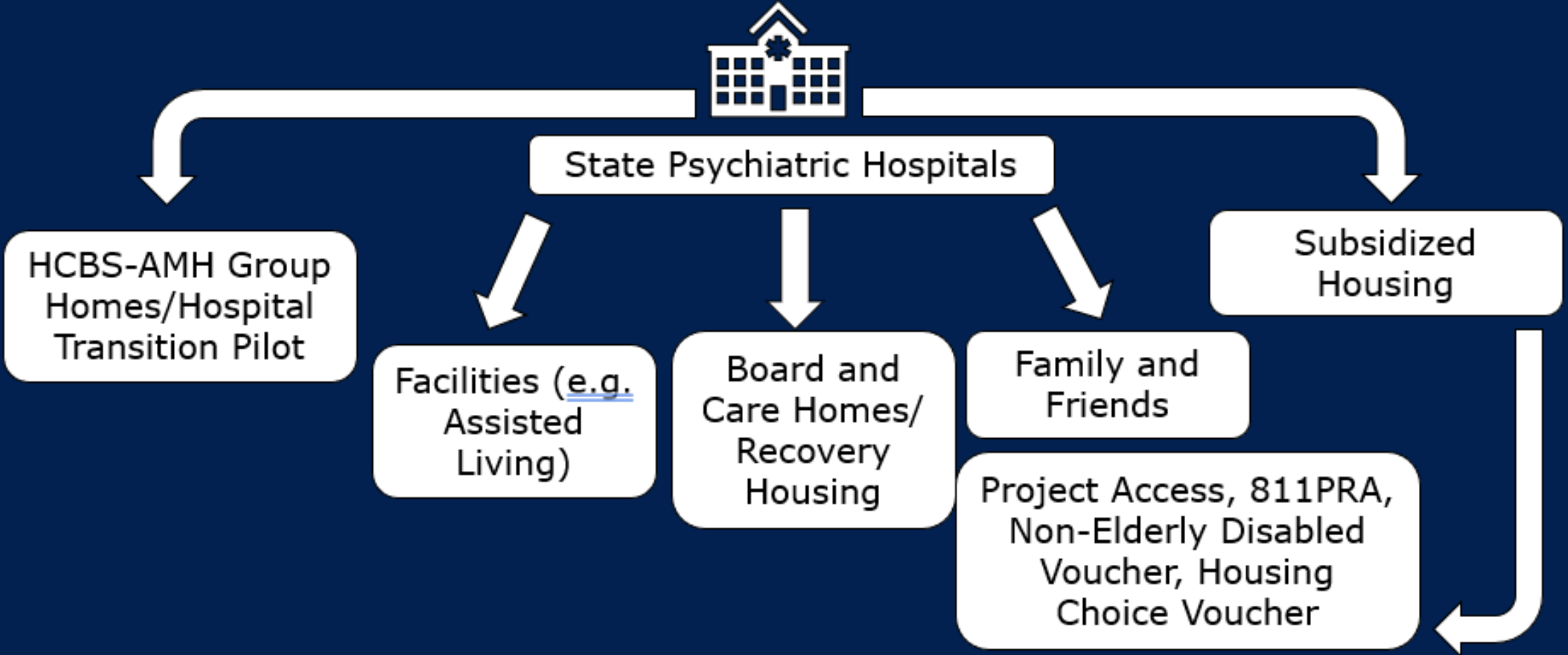
Overview of Federally Subsidized Housing



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Housing Ecosystem: For State Hospitals (SH)



Housing Voucher Basics



- Housing vouchers are federal subsidies for rental assistance.
 - ▶ Project-based v. tenant-based
- Eligibility and Prioritization
 - ▶ There are often preferences for people with disabilities or coming out of institutions.
- Primary pathway will be through your community's local public housing authority or the state public housing authority, Texas Department of Housing and Community Affairs.

Opportunities through Texas Department of Housing and Community Affairs (TDHCA)



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- TDHCA utilizes the Project Access voucher program to assist people with disabilities in transitioning from institutions into the community by giving them access to affordable housing.
- Now coupled with the Mainstream Voucher application and Project Access pilot application.
- This is an opportunity for people leaving the state hospital with prior justice involvement to access affordable housing.

TDHCA Project Access and Mainstream Voucher Eligibility



- Project Access
 - ▶ Permanent disability
 - ▶ Exiting out of a state psychiatric hospital or nursing home; jail is not considered an institution
- Project Access Pilot
 - ▶ Previous resident of a state psychiatric facility
- Mainstream Vouchers
 - ▶ Transitioning out of institutions, at-risk of institutionalization, homeless, or at-risk of homelessness
 - ▶ Referrals come from the Project Access waitlist

Voucher Barriers

Receiving vouchers

- Lack of documentation
- Criminal history
- Obtaining current proof of income
- Navigating the orientation process

Using vouchers

- Application fees and deposits
- Tenant selection criteria
- Locating an apartment



Untapped Potential: Bridging to Subsidies



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- Unhoused
- Transitional Housing
- Group Housing
- Family & Friends

Time Limited Rental Assistance

- Project Access
- Mainstream Vouchers
- Non-Elderly Disabled Vouchers
- Housing Choice Vouchers

Challenges with Bridging to Subsidies

- Requires a higher level of skill in housing navigation and advocacy.
- Requires somewhat flexible rental assistance funds to ensure a seamless transition to the voucher program.
- There are limited options for this type of rental assistance (Tenant Based Rental Assistance and HHSC's Supportive Housing Rental Assistance).



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Questions?



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Thank You

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JCAFS Presentations

An Overview of the Intersection of Housing and Criminal Justice

October 20, 2021

Resources

Intersection of Housing and Criminal Justice

- 1) Urban Institute, (September 2020) Five Charts That Explain the Homelessness-Jail Cycle-and How to Break It. Retrieved from <https://www.urban.org/features/five-charts-explain-homelessness-jail-cycle-and-how-break-it>
- 2) Corporation for Supportive Housing, A Place to Call Home: A Vision for Safe, Supportive and Affordable Housing. Retrieved from [https://www.csh.org/wp-content/uploads/2017/10/Place to Call Home FINAL-08142017.pdf](https://www.csh.org/wp-content/uploads/2017/10/Place%20to%20Call%20Home%20FINAL-08142017.pdf)

Housing Stability Continuum

- 3) Technical Assistance Collaborative (TAC), Priced Out: The Housing Crisis for People with Disabilities (December 2017). Retrieved from: [Priced Out: The Housing Crisis for People with Disabilities \(tacinc.org\)](http://tacinc.org)
- 4) Center on Budget and Policy Priorities (CBPP): [Housing | Center on Budget and Policy Priorities \(cbpp.org\)](http://cbpp.org)

Types of Housing

- 5) Ngo H, Ennals P, Turut S, Geelhoed E, Celenza A, Wolstencroft K. Step-up, step-down mental health care service: evidence from Western Australia's first - a mixed-method cohort study. BMC Psychiatry. 2020 May 11;20(1):214.
- 6) National alliance to End Homelessness, Rapid Re-Housing: A History and Core Components (April 22, 2014). Retrieved from: [Rapid Re-Housing: A History and Core Components - National Alliance to End Homelessness](http://naeh.org)
- 7) Urban Institute: Rapid Re-housing: What the Research Says. Retrieved from: <https://www.urban.org/sites/default/files/publication/54201/2000265-Rapid-Re-housing-What-the-Research-Says.pdf>

- 8) National Association of State Mental health Program Directors (NASMHPD). The Role of Permanent Supportive Housing in Determining Psychiatric Inpatient Bed Capacity (August 2017). Retrieved from: [ALL IN THE FAMILY: \(nasmhpd.org\)](https://www.nasmhpd.org/all-in-the-family)

General Resources

- 1) Mental Health America (MHA): [Housing | Mental Health America \(mhanational.org\)](https://www.mhanational.org/housing)

Understanding the Housing Ecosystem

January 26, 2022

Social Determinants of Health Data

- 1) U.S. Dept of Health and Human Services, Healthy People 2030, Social Determinants of Health, retrieved from: <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>
- 2) County Health Rankings Model (2016) on Health Factors and Health Outcomes, retrieved from: <https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model>

Housing as a Health Intervention

- 3) National Bureau of Economic Research, Moving to Opportunity (2000-2018), Multiple studies retrieved from: <https://www.nber.org/programs-projects/projects-and-centers/moving-opportunity?page=1&perPage=50>
- 4) Center on Budget and Policy Priorities (P. Bailey), Housing and Health Partners Can Work Together to Close the Housing Affordability Gap, (Jan 17, 2020), retrieved from: <https://www.cbpp.org/sites/default/files/atoms/files/1-17-20hous.pdf>
- 5) American Journal of Public Health (D. Hernandez), Housing-Based Health Interventions: Harnessing the Social Utility of Housing to Promote Health. Retrieved from website: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6383973/>
- 6) U.S. Dept of Health and Human Services, Healthy People 2020, Housing Instability, Retrieved from website:

<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/housing-instability>

Rural Data

- 7) Wang PS, Lane M, Olfson M, et al. Twelve-month use of mental health services in the United States: results from the National Comorbidity Survey Replication. Arch Gen Psychiatry. 2005 Jun;62(6):629–40. Retrieved from: <https://pubmed.ncbi.nlm.nih.gov/15939840/>
- 8) Bowen National Research (2012), Texas Statewide Rural Housing Analysis, Retrieved from: <https://www.tdhca.state.tx.us/housing-center/docs/12-Rural-Farm-Analysis-Rural.pdf>