

Housing is Health

From Engagement to Co-Disruptors:
Community-Anchored Processes to Drive Health Initiatives

 **Health Leads**

December 9, 2020

Hello!



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Health Leads



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Housing is Health

Building the Pathway to Co-Disruption

It Doesn't Happen Overnight!

- Acknowledge Crisis & Resilience
I don't have time to talk about my crisis, I'm living it.
- Build Trust
Why are we only talking now?
- Work Together
How are we going to get the job done?

Housing is Health

Born Out of 18 Month Community-Informed Decision-Making Process



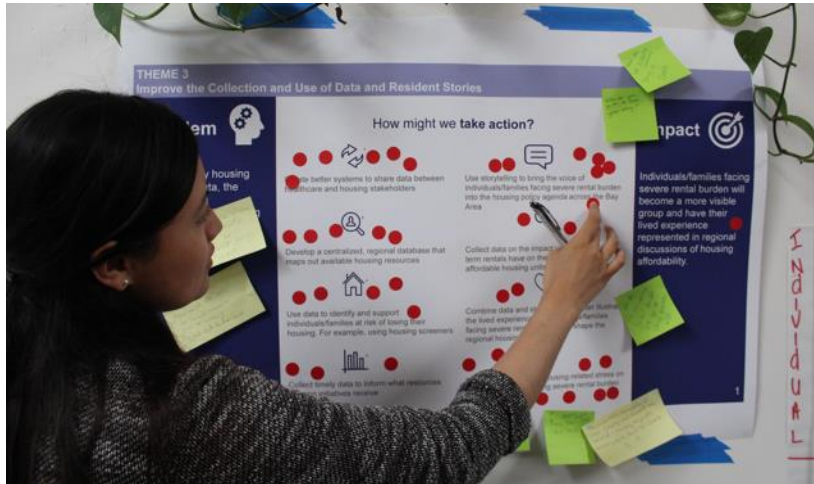
Vision: All San Francisco, Alameda, and Contra Costa county community members, regardless of race or income status, have access to homes that they can afford and that support their health.

Strategies:

- Improve existing housing resource information and navigation systems to support clients before they become at risk of homelessness; and
- Leverage storytelling to share the mental, physical, and health implications of severe rental burden and advocate for change

COVID Response:

- Produced an education & advocacy series to help community members and their caregivers understand housing rights, housing resources, and advocacy opportunities.
- Organizing a proactive, cross county, cross agency eviction response focused on helping community members know their rights and navigate resources available



Acknowledge Crisis & Resilience

Build Team Capacity in Trauma Informed Care



Acknowledge Crisis & Resilience

Learn & Elevate Community Strength + Resilience



“Nothing About Us Without Us”



Housing Affordability

Affordable = costs **less than 30%** of all the money a person makes in one year¹





About **1 out of 5** renters in the Bay Area spend **more than half** of their yearly income on housing costs^{1,2}



Link to Health³

Stress, anxiety, depression
Trouble paying for healthy food, medical care, utilities, or other essential needs



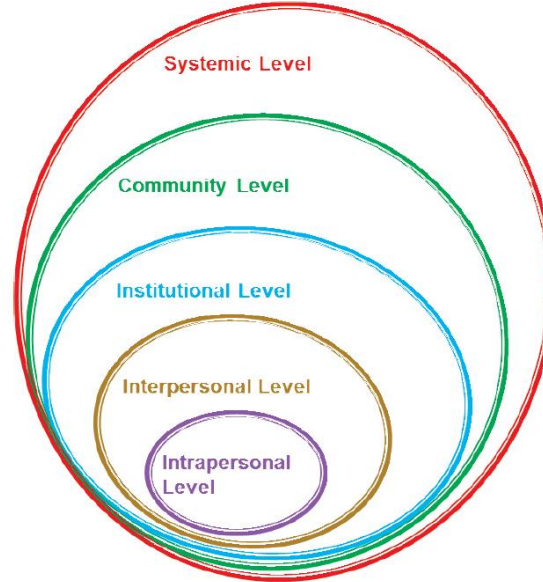
% of people spending more than 50% of their income on housing costs^{1,2}

	Home Owners	Renters
Alameda	12.4%	24.8%
Contra Costa	13.0%	25.6%
Santa Clara	12.2%	22.6%
San Mateo	14.2%	23.0%
San Francisco	15.2%	20.1%

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Acknowledge Crisis & Resilience

Be Aware of & Constantly Interrogate Systems of Oppression



Systemic Level

- Immigration policies
- Incarceration policies
- Predatory banking

Community Level

- Differential resource allocation
- Racially or class segregated schools

Institutional Level

- Hiring and promotion practices
- Under- or over-valuation of contributions

Interpersonal Level

- Overt discrimination
- Implicit bias

Intrapersonal Level

- Internalized racism
- Stereotype threat
- Embodying inequities

Vision

The Bay Area Learning Initiative (BALI) is a multi-sector network centered around the shared vision that all people in the Bay Area region attain and maintain affordable housing to support optimal health for themselves and their families.



Action Areas

- 1** Improve the way housing resource information is developed, shared, and navigated by establishing and implementing standardized community-approved best practices.
- 2** Impact housing policy by uplifting community residents' stories of the effects on mental, physical health and family cohesiveness through arts, storytelling, music, and photography.

Population

Individuals and families who face **severe rental burden**. Severe rental burden means that housing costs are 50% or more of total household income. For example, if Mr.A gets \$771 per month from an SSI payment, severe rental burden means he pays more than \$371 per month for his rent.

Values

Build Trust

Establish Shared Vision & Shared Agreements

Build Trust


Be Consistently Transparent & Inclusive

Decrease Impact of Housing Initiatives

How do we take action?

Encourage local stakeholders to take the political risks that come with investing in housing for individuals/families facing severe rental burden

Address the "not in my backyard" mentality that creates barriers to advancing local housing initiatives

Impact 

Residents more equitably presented in the conversations and initiatives of regional housing initiatives.

Why do some cities resist referring to more affordable units with "downside"?

will be biggest issue of supporting my housing training

THEME 1

Increase Access to Rental Resource Information & Support Services

Problem



People want to move into the housing of their choice and stay there, but they do not have enough access to the information and support they need.

How might we take action?



Create more patient navigator jobs within a healthcare system who will work to keep patients in the housing of their choice



Improve health screening processes to better support people who may be close to losing their housing



Increase support for people who want to stay in their housing as they age



Increase support for people moving into permanent housing after being unhoused



Maximize the money people have by connecting them with resources that will "free up cash." For example, support for prescription costs, electricity bills, and grocery expenses



Support people experiencing chronic and severe stress due to the extreme housing burden they face



Create more peer certification programs that will increase the support available to individuals/families facing rental burdens



Create health and housing resource information that is easily accessible, user-friendly and easy to understand

Impact



It will be easier for people to enter and remain in the affordable housing of their choice that supports their health.

Build Trust

Protect the Space So Participants Can Be Authentic

Community Agreements

TRY IT ON

PRACTICE SELF FOCUS ("I" STATEMENTS)

UNDERSTAND DIFFERENCE BETWEEN INTENT & IMPACT

PRACTICE "BOTH/AND"

REFRAIN FROM BLAMING OR SHAMING SELF & OTHERS

ELIMINATE USE OF JARGON & INACCESSIBLE LANGUAGE

MOVE UP/MOVE BACK

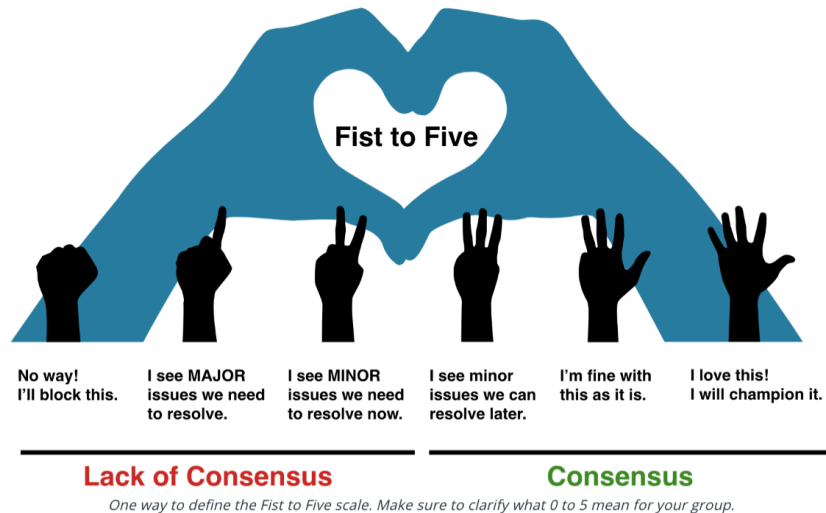
PRACTICE MINDFUL LISTENING

CONFIDENTIALITY

RIGHT TO PASS



...Lovingly borrowed and adapted from the East Bay Meditation Center



Decision Making Criteria

- Important to the community
- Rooted in courage and love
- Guided by and act on a commitment to equity and inclusion
- Achievable, sustainable, measurable
- Able to have direct service AND policy level impact

Work Together

Be Accountable to The Community Members Directing Your Work (and Let them Hold YOU Accountable!)



[View this email in your browser](#)

CALIFORNIA COVID-19 EMERGING HOUSING POLICY & ADVOCACY RESPONSE

Tenant Protections Webinar Rescheduled

Per last week's email, we have rescheduled the March 23rd Tenant Protections Webinar to April 6th. We will be covering the Tenant Protections Act presented by Madeline Howard from the [Western Center on Law & Poverty](#), in partnership with [RAMP](#). More details coming soon!

California COVID-19 Emerging Housing Policy Response

Lauren Pennachio & Madeline Howard

March 26, 2020
9:00 AM PDT

Health Leads



From: **Jo Bruno** <jo.bruno.cmt@gmail.com>

Date: Fri, Nov 20, 2020 at 12:03 PM

Subject: Follow Up & Health Leads

From the Housing is Health advisory call we had yesterday, Lauren shared an opportunity to bring tenants rights and 211s together to continue the work we started with BALI. We can't do this work without 211s leadership. Let's plan a phone call and discuss options. I will know in a couple of weeks if I was accepted to the SPIRIT program, but regardless of that internship, the 211, Housing is Health and Delta Peers network needs to solidify as we move forward. I'm willing to do some of that work.

Work Together

Build & Nurture Your Network(s)



Community Member Advisory Group
(n=3, growing to 4-6)



40+ network members from healthcare + public health, social services, and community health advocates



Service Provider Individualized Recovery Training



Work Together

Evaluate Your Impact, Iterate, Improve – Together.

How our network has changed:
All connections

Fig 1. All individuals surveyed, all reported connections, July 2018

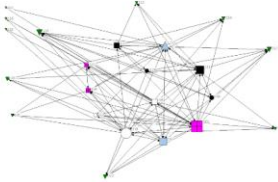


Fig 2. All participants surveyed, all reported connections, Oct 2018

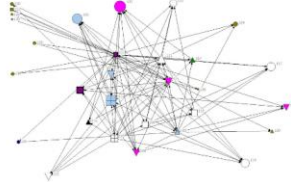


Fig 3. All participants surveyed, all reported connections, Mar 2019

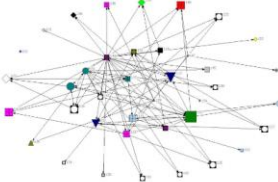
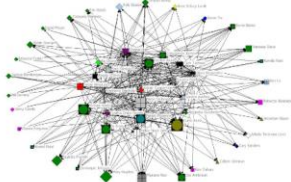


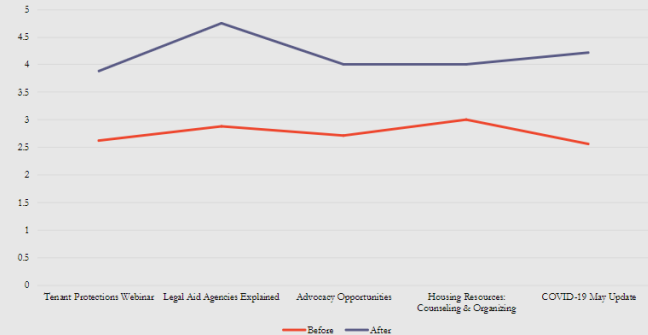
Fig 4. All participants surveyed, all reported connections, Jul 2019



*Did trust and connections grow?
August 2019*

Confidence in Advocating, B/A

Before/After Content how confident were you in your ability to protect your rights as a tenant and to advocate the same for others?



*Did confidence in housing advocacy improve?
May 2020*

Building the Pathway to Co-Disruption

- Acknowledge Crisis & Resilience

I don't have time to talk about crisis, I'm living it!

- Build Trust

Why are we only talking now?

- Work Together

How are we going to get the job done?

Be gracious – but relentless – in practicing & facilitating patience in your process.
Rebuilding for equity doesn't happen overnight!

For Discussion

- What most excites you as you think about your team's work ahead to engage and empower community members?
- Where have and/or do you think you and your team can start?
- What's holding you back from starting to not just engage, but empower and disrupt your systems with, community members?
- What are the best practices and lessons learned you encountered as you worked with community members on your health initiatives?

Thank You!

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