

Minutes  
NC Balance of State Continuum of Care  
Region 11-Northeastern Homeless Coalition Committee Meeting  
Tuesday, October 10, 2023  
1:00 PM  
307 W. Ehringhaus Street, Elizabeth City, NC 27909  
Virtual option was available

**1. Welcome**

**2. Introductions**

Kisha Darden - Trillium Health Resources  
Lakitra Claude – Trillium Health Resources  
Tammy Kittrell - Trillium Health Resources  
Lillian Dance – EIC, Inc.  
Brad Gravley – River City CDC  
Midge Hudyma – ECPPS  
Stacia Billups - Pasquotank County DSS  
Zinia Holley - Dungarvin  
Wendy Overton - Pasquotank County DSS  
Tonya Rollins - River City CDC  
Michelle Moore - River City CDC

Anne Cooper - Pasquotank County DSS  
Michele Welsh - Trillium Health Resources  
Marti Chick-Ebey - Hampton VA  
Gretchen Hilburger - Hampton VA  
Sonya Williams – Vidant Health  
Quentin Jackson - Spring Life  
Stephanie Wyche – Camden County DSS  
Willie Smith Gates – Gates County DSS  
Lola Wright – Salvation Army  
Alishia Holloway – Hyde County DSS

**3. Consideration of September 2023 Regional Meeting Minutes**

- A. The committee was asked to approve the minutes from the September meeting. The minutes were approved.

**4. Updates/Reports**

**A. BoS Steering Committee**

- i. The NC BoS CoC Anti-Discrimination Policy must be updated annually and approved by the Steering Committee. Minor changes were made to the policy to reference the recently passed NC BoS CoC Client Bill of Rights
- ii. There was a mandatory training on October 5<sup>th</sup> (the training can be viewed online) and the approved Anti-Discrimination policy can be viewed online – <https://www.ncceh.org/files/13261/>

**B. PIT Count**

- i. The PIT Count will be held on Wednesday, January 31, 2024
- ii. Planning Period has begun – October – December 2023 (project planning, training and finalize all tools)
- iii. Unsheltered Access Coordinators (Quentin Jackson and Erica McCloud) are to facilitate data collection and entry so those experiencing homelessness can access resources; organize volunteers for verification surveys night of or immediately after PIT night; lead collection, entry, and verification of data for PIT night

### **C. NC Head Start Program**

- i. Head Start is a federal program that began in 1965 as a “War on Poverty” Initiative.
- ii. Families must fall within certain income guidelines to qualify. The program offers comprehensive services for children and families and is located in local education agencies, Community Action Agencies, faith-based, tribal, migrant and more. The program serves newborn to five-year-old children and pregnant women.
- iii. Eligibility – a child must:
  1. Be at least three years old or turn three years old by the date used to determine eligibility for public school in the community in which the Head Start program is located
  2. Be no older than the age required to attend school.
  3. For migrant or seasonal Head Start, a child must be younger than compulsory school age by the date used to determine public school eligibility for the community in which the program is located.
- iv. A pregnant woman or a child is eligible if:
  1. The family’s income is equal to or below the poverty line
  2. The family is eligible for or, in the absence of childcare, would be potentially eligible for public assistance; including TANF child-only payments, or,
  3. The child is homeless, as defined in part 1305; or,
  4. The child is in foster care.
  5. If the family does not meet a criterion under paragraph (c)(1) of this section, a program may enroll a child who would benefit from services, provided that these participants only make up to 10 percent of a program’s enrollment in accordance with paragraph (d) of this section
- v. Homeless children mean the same as homeless children and youths in Section 725(2) of the McKinney -Vento Homeless Assistance Act at 42 U.S.C. 11434a (2).

### **5. Presentation – Housing First**

- A. The presentation is attached

### **6. Community Resource and Agency Updates**

- A. DSS – none to report
- B. Coordinated Entry – Michele is working on putting a coordinated entry group for Veterans together; more information will be given at a later date
- C. School System(s) – Pasquotank County: as of today, 110 students have been identified that fall under the McKinney-Vento definition of homelessness; last year there were 144 children total
- D. County – none to report
- E. Spring Life – none at this time, but reports seeing a spike in homelessness in all the counties they serve
- F. Dunganvin – no vacancies at this time

## **7. Housing Program Updates**

- A. River City CDC – 1 person currently in the hotel and 51 people are on the waiting list
- B. EIC, Inc. – Individuals are receiving vouchers, but the housing stock is scarce and the housing is not affordable; the director is currently working with landlords to see if they would be willing to lower rents, etc.
- C. Trillium Health Resources – has been awarded the B@H BoS Grant (will serve all counties in the region); once the grant is up and running, the grant can provide the following services: short/long term rental assistance, deposits – utility and rental, application fees, short/long term housing stabilization services – obtaining and maintaining housing, and street outreach

## **8. Success Stories**

- A. River City has secured a building for a congregate shelter (on Hughes Blvd); working on getting it online before it gets too cold; will be able to house 20 – 25 people

Trillium may have some good news to share for Region 11 at the next meeting.

## **9. Announcements**

- A. The next meeting will be held Tuesday, November 14, 2023 (virtually)

## **10. Adjourn**

- A. The meeting was adjourned at 2:00pm

HOUSING FIRST

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# Housing First Ends Homelessness

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**Housing First** is a national best practice model that quickly and successfully connects individuals and families experiencing homelessness to permanent housing without preconditions such as sobriety, treatment compliance and service and/or income requirements. Programs **offer** supportive services to maximize health stability to prevent returns to homelessness rather than meeting arbitrary benchmarks prior to permanent housing entry.

## Evidence Shows Housing First Works!

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- In Housing First programs, program participants:
  - Access permanent housing faster
  - Are more likely to remain stably housed
  - Believe they have more autonomy, choice and control
  - Access supportive services more readily, leading to housing stability

## Evidence Shows Housing First Works!

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- PSH participants are more likely to attain the following in Housing First programs than in traditional service models
  - Attend job training programs
  - Attend school
  - Discontinue or decrease substance abuse
  - Have fewer incidents of domestic violence
  - Have fewer hospitalizations

## Housing First is Cost Effective

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- Housing First programs save communities because PSH participants are less likely to use:
  - Hospitals/ERs
  - Jails
  - Detox/substance abuse treatment centers
  - Emergency mental health state-operated hospitals
  - Emergency shelters



## Housing First is Cost Effective

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- A national study found that PSH participants saved an average of \$31, 545 in emergency services over a two-year period.
- Other national studies show PSH can save approximately \$23,000 per participant rather than staying in emergency shelters.

# Housing First in Reality

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- Participant engagement and intake
  - Need multiple opportunities to engage
    - Build a trusting relationship
    - Ask them what kind of housing they want
  - Intake might not be easy
    - All the information given may not be true
    - Participants might miss multiple appointments
    - Might need to take participant to gather documents
    - Set expectations but don't oversell it

# Housing First in Reality

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- Case management
  - Help participant to develop a plan of action of how to keep housing
  - Show up consistently, but if participant doesn't want to see you, walk away
  - Just because participant in PSH doesn't want services **now** doesn't mean you can't offer them every week
  - Participants gets to choose the services they want
  - Case managers should be meeting with people in their homes

# Housing First in Reality

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- The first 90 days **will be the roughest**. Staff will likely see:
  - Relapse and extreme intoxication
  - Trouble with neighbors
  - Trouble with landlords
  - Physical and mental health deterioration
  - Difficult with daily tasks

# Housing First in Reality

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- Eviction and termination
  - The majority of participants can succeed in permanent housing, but it might not be in their first unit
- Work to avoid legal eviction
  - Negotiate with the landlord
  - Ask participant to leave the unit
- Participants should not necessarily be terminated from the program because of an eviction
  - Programs should have specific policies and procedures about termination of participants

## Take Some Action...

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- Evaluate your program...
  - Review your program policies and identify where they conflict with Housing First
  - Begin a conversation with NCCEH, within your region and/or your own agency about how to make changes to your program
  - Reach out to agencies that already incorporate Housing First in their housing programs!