

Innovations in Supportive Housing

Thava Mahadevan M.S. LCAS-P
Director of Operations
UNC Center for Excellence in Community
Mental Health
Dept of Psychiatry

XDS Inc.

- North Carolina 501 (c) 3 Non-profit
- Established in 2004
- Based in Chatham county NC.
- Serving Orange, Person, Chatham, Durham & Alamance counties
- Critical Access Behavioral Health Agency (CABHA) effective July 2010

How we assist

- Psychopharmacologic treatment
- Out patient psychotherapy
- Comprehensive clinical assessments
- Group treatment : Wellness management and recovery, Inter-grated dual disorder treatment
- Case management / Care coordination
- Day supports
- Peer support services

How we assist (continued..)

- Community Support team.
- Assertive Community Treatment Team.
- Supportive permanent housing.
- Entitlement/ benefits management (including Social security Representative payee ship.
- Health and Wellness activities (Organic Farm , Art, Pottery and Music studio).

Assertive Community Treatment Team

- Established in 1999.
- Currently serves 100 consumers with multiple disabilities (SPMI/ SA/ I DD).
- multidisciplinary team
- fixed point of responsibility
- comprehensive services
- small ratio of consumers to staff

ACTT continued..

- community-based
- flexible service delivery
- crisis management
available 24 hours a day, 7 days a week

- Eligibility criteria:
 - Schizophrenia-spectrum disorder, bipolar disorder, or major depressive disorder with psychotic features and;
 - Significant functional impairments and;
 - Comorbid substance abuse and/or;
 - Hx of frequent or long-term hospitalizations and/or;
 - Hx of frequent arrests/incarcerations or homelessness episodes
 - Have not successfully received services from less intensive community based treatment programs
- XDS ACT team actively engages consumers from hospitals, jails, and homeless shelters

ACTT continued..

- Psychiatrist
- Team Leader
- Psychiatric Nurse
- Employment specialist
- Addiction specialist
- Certified Peer specialist
- Rehabilitation professionals
- Program assistant

Services provided by ACTT

initial and ongoing assessments

case management

psychiatric services

Employment assistance

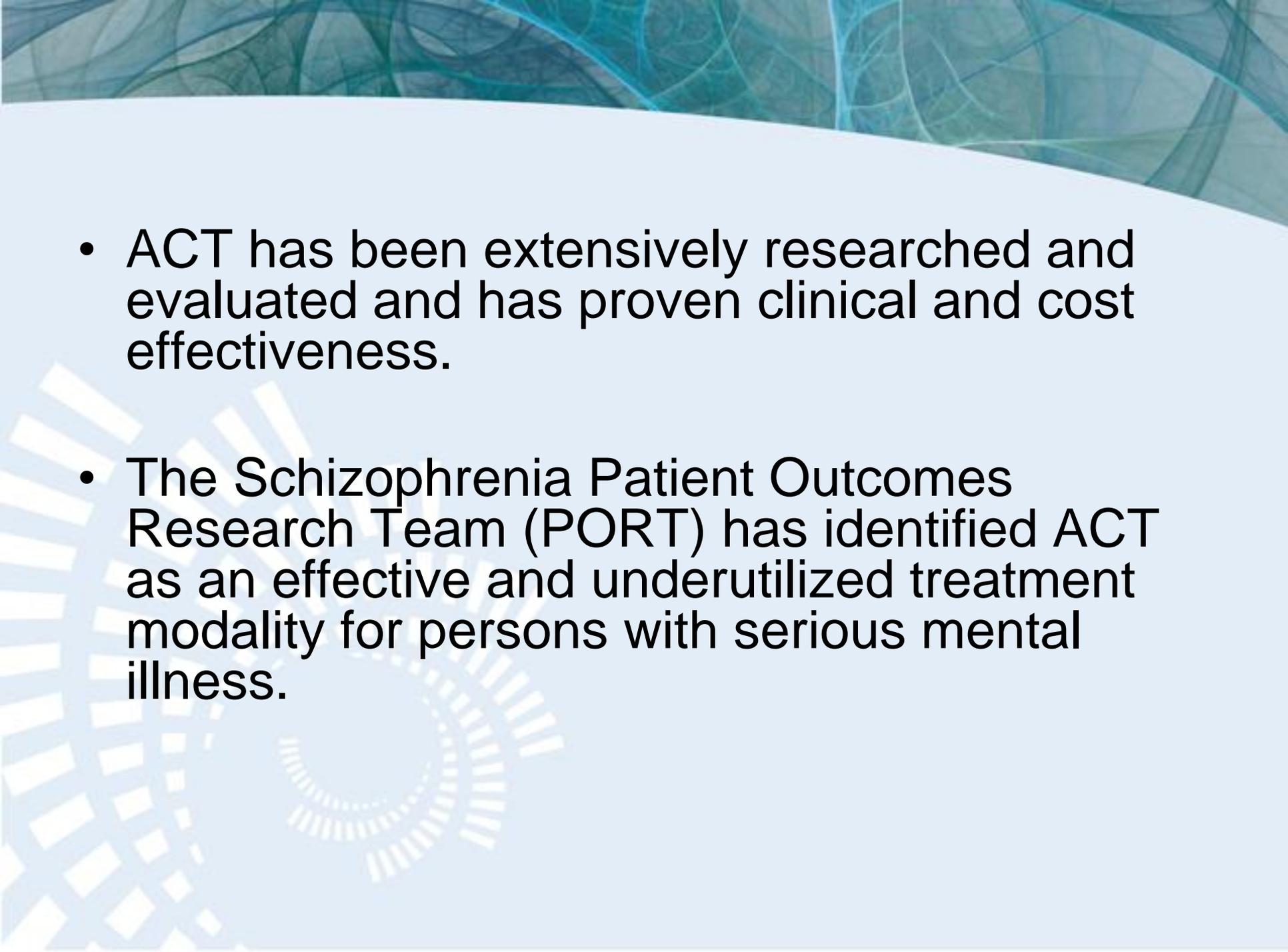
housing assistance

family support and education

substance abuse services

and other services and supports critical to an individual's ability to live successfully in the community.

ACT services are available 24 hours per day, 365 days per year.

- 
- ACT has been extensively researched and evaluated and has proven clinical and cost effectiveness.
 - The Schizophrenia Patient Outcomes Research Team (PORT) has identified ACT as an effective and underutilized treatment modality for persons with serious mental illness.

Housing prior to XDS services



Housing prior to XDS services



Housing prior to XDS services



Outcomes after 1 year

Hospitalizations of ACT Team Clients (N=45):

	<u>1999-2000</u>	<u>2000-2001</u>
# Psychiatric Hospitalizations	22	14
Days in psychiatric hospital	419	68
Average days in psychiatric hospital	19	4.8



Cost savings

end of 1st year

- Over \$280,000.00



XDS Housing Data

Independent Living	102	69.4%
Group Living	27	18.4%
Family care home	3	2.0%
Assisted living	9	6.1%
Jail	1	0.7%
Homeless	3	2.0%
unknown	2	1.60%
Total	147	

Funding sources

- Supplemental Security income (SSI)
- Social security income (SS)
- Social security disability income (SSDI)
- Section 8
- Shelter plus Care
- HUD supportive housing grants
- State IPRS funds (YM 700 independent living, Hospital downsizing funds,)
- County funds
- Private donations

Sample Budget 1

one person home

	MONTHLY	
<u>Expenses</u>		
RENT	\$500.00	A-Z realty
UTILITIES	\$120.00	Electric + water
TELEPHONE	\$40.00	AT & T
FOOD	\$150.00	Food stamps \$125.00
LAUNDRY	\$25.00	
LEISURE	\$50.00	
TOILETRIES	\$25.00	
SPENDING	\$40.00	\$10 * 4 weeks
MED CO PAY	\$25.00	
MISC	\$40.00	
TOTAL expenses	\$1,015.00	
INCOME		
SSI	\$674.00	
XDS ADMRI funds	\$341.00	
	\$1,015.00	
Daily rate (YM 700)	\$11.21	per day

Sample Budget 2

Two people sharing

	MONTHLY	
<u>Expenses</u>		
RENT	\$650.00	Carolina Realty
UTILITIES	\$125.00	Electric + water
Phone/Cable/Internet	\$120.00	
FOOD	\$200.00	Food stamps \$200.00
LAUNDRY	\$40.00	
LEISURE	\$50.00	
TOILETRIES	\$30.00	
SPENDING	\$80.00	\$20 * 4 weeks
MED CO PAY	\$30.00	
MISC	\$20.00	
TOTAL expenses	\$1345.00	
INCOME		
SSI	\$1348.00	(\$674.00 x 2)

Hillsborough, NC



2 bedroom apartment Carrboro, NC



Orange county duplex in partnership with CASA



Questions?

- Contact Information
- THAVA MAHADEVAN M.S LCAS-P.
 - DIRECTOR OF OPERATIONS
- UNC CENTER FOR EXCELLENCE IN COMMUNITY MENTAL HEALTH
 - DEPARTMENT OF PSYCHIATRY
 - thava@unc.edu
 - 919-918-3999 ext.: 3415