Developing a Cold Weather Sheltering Plan for People Experiencing Homelessness Webinar

Thursday, January 12, 2012
We will begin promptly at 2 PM EST

Event Host: Sabrina Edgington
National Health Care for the Homeless Council

This publication was supported by Grant/Cooperative Agreement Number U30CS09746-04-00 from the Health Resources and Services Administration, Bureau of Primary Health Care (HRSA/BPHC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HRSA/BPHC.
Presenters

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Out In The Cold
Characteristics of the Street Homeless

- “Fallen through the cracks”
- Chronically homeless
- Drug/alcohol addictions
- Mental Illness/Social disaffiliation
- Disconnected
- Independent and disillusioned
Outreach
Street Medicine
FIGURE 2. Average annual rate* of hypothermia-related deaths, by state — United States, 1999–2002

* Per 100,000 population.

MMWR, March 17, 2006 / 55(10);282-284
FIGURE 1. Number of hypothermia-related deaths, by month — United States, 1999–2002

- 2,622 deaths identified by code X31 of the International Classification of Diseases, Tenth Revision (ICD-10).
- 1,985 deaths with underlying causes of death other than exposure to excessive natural cold (e.g., falls, atherosclerotic cardiovascular disease, or drowning) identified by ICD-10 code T68.

MMWR, March 17, 2006 / 55(10);282-284
Moscow

- 3,000 suffer from hypothermia each year
- Over 400 die each year by freezing
- 90% of these are homeless
- * No easily accessible warming shelters

Vulnerability Index

- Liver Dz – ESRD
- HIV+/AIDS
- Age over 60 years
- *Hx of Cold Weather Injury (OR 8.0)
- 3 or more ER visits in 3 months
- 3 or more inpatient visits in past yer
- “Trimorbidity”

Cold Weather Medical Definitions

- Chilbains and Trenchfoot (chronic)
- Frostnip (red but no tissue freezing)
- Frostbite (tissue freezing)
  1\textsuperscript{st}, 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th} degree
- Hypothermia
  - Mild (90-95F)
  - Moderate (82-90F)
  - Severe (below 82F)
Hypothermia

20 year review showed in US showed 700 deaths annually and 30-80% mortality for accidental hypothermia

JJ O’Connell, MD
The Health Care of Homeless Persons
Hypothermia Treatment

- Passive warming (mild)
- Active external warming (moderate)
- Active internal warming (severe)
Risk Factors

- Windchill, moisture, duration, clothing
- Mental and behavioral issues
- Smoking, Alcohol, Drugs
- Prescription medications
- Malnutrition
- Age and Vascular disease
- Previous cold induced injury
Heat Loss

- Conduction (cold pavement and wet)
- Convection (wind blowing)
- Radiation (inadequate clothing/head covering)
- Evaporation (damp skin and clothes)
Identify Those At Risk
? Association

[Image of a pothole and a foot with a wound]
Frostbite

Recurrence rate of 61 to 65%

Journal of Trauma, Injury, Infection and Critical Care, Murphy, James et al. January 2000; vol 48, issue 1, p 171.
Mild Frostbite Treatment

- Soak in warm water (102F - 110F) for approx. 30 minutes until skin is pliable and reddish color returns
- Analgesics and attention to skin breaking
- Avoid refreezing
- Dry socks, ongoing inspection
- Housing!
Systems Approach

- Trust and ongoing relationship with most vulnerable through outreach
- Severe Weather Shelter with appropriate culture to welcome
- Monitoring of who is NOT in the shelter
- Use weather crisis as an opportunity for case management
Housing!!
Thank You!
Boulder Outreach for Homeless Overflow
BOHO is a non-profit, 501(c)3 organization incorporated in 2009 whose mission is...
...to meet, as a community, the emergent needs for basic shelter and care not served because of gaps in the Boulder support network
BOHO is the

“safety net for the safety net”
BOHO has 2 programs:

Emergency Warming Centers (EWCs)

Medical Respite Boulder
Why did BOHO start the EWCs?
The Boulder Shelter for the Homeless provides emergency shelter for 120 adults from October 15-April 30 and transitional housing for 40 adults year round.

2011 Point-in-Time survey
914 homeless in City of Boulder
1,773 homeless in Boulder County
Boulder's mean **high** and **low** temps

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Seven months of the year, the average low temperature in Boulder is in a range that can easily lead to hypothermia.
Something had to be done to keep people from freezing to death or suffering from hypothermia...

so BOHO coordinated Emergency Warming Centers (EWCs)
BOHO Model

● Safe, warm, dry, legal place to sleep for all in need

● Use existing facilities

● “Nothing about us, without us” = community

● Weather, not calendar, criteria to open
In the 2010-2011 season, BOHO provided

153 EWCs

11,195 guest-nights

at a cost to BOHO of about $4 per person per night

In the 2009-2010 season, BOHO provided 81 EWCs

with 3,392 guest-nights
2011-2012 so far:

1st EWC on Oct 8, 2011

As of Jan 7, 2012 there have been 67 EWCs

5,074 guest-nights

(30% over last season at this time)
How does the **BOHO** model translate into action?
Operations Manager makes the call to open EWC based on temperature criteria:

38 degrees F and wet
or
32 degrees F and dry

(other factors like wind and ground wetness may be taken into consideration)
To inform the target audience of the open EWC, the Ops Manager contacts the volunteer notification team who contacts by phone or email:

- faith community scheduled to host EWC
- public library (http://boulderlibrary.org)
- police departments (City, counties, CU)
  - hospital ER
  - community health center
  - mental health center
- service agencies to our homeless (e.g. Shelter, daycenter)
  - Labor Ready
  - Special Transit
● EWC status line (303.605.8919)

● EWC notifications on BOHO's website, http://BOHOcommunity.org

● Facebook

● Individuals as key informants

...word travels quickly within the community
Faith communities activate volunteers to assist staff setting up EWCs

- 7 faith communities host EWCs, rotate on a regular schedule, one night/week

- 8 other faith communities support with volunteers, food, gear, funds
Special Transit offers free bus service...

- to/from the Boulder Shelter for the Homeless
- from downtown Boulder

...to the EWCs

6 nights a week
At 7 p.m. the doors to the EWC in a faith community building are open and guests are welcomed.
EWC features:

- average of 75 guests per night
- “overflow” for the overflow requires 2nd site
- lead staff and client staff—3 per shift
  - 1 lead staff stays awake overnight;
  - 2-3 client staff sleep “on call”
- lights out at 9 p.m.
• not necessary for guests to arrive sober... they must be willing to lay down and be quiet

• no alcohol or drug use on site

• police bring people to stay at the EWC
• lights on at 6 a.m.

• volunteers arrive to serve coffee and light breakfast

• guests leave by 7 a.m.

• staff cleans facility

• facility ready for daily operation by the faith community again at 8 a.m.
BOHO also:

- opens emergency day shelters when public buildings are closed and the day time temperature is below 20 degrees F (also in faith community buildings)

- is exploring how to arrange legal outdoor sleeping areas for Boulder's residents who are homeless during the summer
BOHO

...is a homeless organization serving the homeless

...relies on partnerships with faith communities for buildings, volunteers, donations

...has no paid administrative staff—working board

...employs staff for the EWCs—all have personal experience of homelessness
...has a diversified income stream including local government, foundations, faith communities, individual donations, business pledges.

...collaborates with other agencies serving our homeless as well as the City of Boulder and Boulder County governments.
BOHO relies on volunteer support

- working board (mean hours/mo=325)
  - volunteer Volunteer Coordinator
- many volunteers give many hours
The need for emergency shelter is real and extensive.

BOHO's model is replicable.

Experience, policies, and procedures are being documented.
Emergency Management in Boulder County?

**BOHO is:**

- asking the questions
- initiating collaborative meetings to address how to notify our homeless during emergency situations
To learn more about BOHO,

http://BOHOcommunity.org

BOHO@BOHOcommunity.com

THANK YOU
Department of Housing and Urban Development

Office of Special Needs Assistance

Title: Cold Weather Webinar – McKinney Homeless Assistance Program Overview
Overview

• HUD’s Special Needs Assistance Programs (SNAPS) is a funding opportunity for HUD approved CoCs.

• For this topic CoCs are an organizational opportunity to network and collaborate as a resource for planning in your community.

• Created by the Stewart B. McKinney Homeless Assistance Act in 1987

• McKinney-Vento Homeless Assistance Grants program represents the primary source of federal funding for programs serving homeless people.

• In 2009, the Homeless Emergency and Rapid Transition to Housing (HEARTH) Act made significant amendments to this program.
Continuum of Care (CoC)

- A collaborative funding and planning approach that helps communities plan for and provide, as necessary, a full range of emergency, transitional, and permanent housing and other service resources to address the various needs of homeless persons.

- HUD also refers to the group of service providers involved in the decision making processes as the ‘‘Continuum of Care.’’

- McKinney-Vento, as amended by HEARTH – Continuum of Care
Emergency Solutions Grants (ESG) Program

• Eligible activities in the new rule includes:
  - Street outreach
  - Emergency shelter
  - Rapid re-housing
  - Homelessness prevention
  - HMIS

• Eligible Applicants
  – States, Metropolitan Cities, Urban Counties, & U.S. Territories
The ESG Program is essentially a combination of the current ESG Program and the Homelessness Prevention and Rapid Re-Housing Program (HPRP)

- Allocations done by formula based on HUDs budget appropriation

- Eligible Activities include:
  - Street Outreach
  - Emergency Shelter Activities
    - Renovation, major rehabilitation, or conversion of buildings to be used as emergency shelters
    - Essential Services
    - Operating Costs
Emergency Solutions Grants (ESG) Program

- Eligible Activities include:
  - Rapid Re-Housing for homeless individuals
    Rental assistance
    Housing relocation or stabilization services
  - Prevention activities for individuals at-risk of homelessness
    Rental assistance
    Housing relocation or stabilization services
Emergency Solutions Grants (ESG) Program

- A recipient may use up to **7.5 percent** funds received for administrative purposes
  - State recipients shall share administrative funds with local governments

- The Act requires that recipients of ESG participate in HMIS
  Recipients of ESG funds will be required to coordinate with recipients of CoC Program funds
Resources

- HUD HRE  [www.hudhre.info](http://www.hudhre.info)
  - “One stop shop” for Information
    - Virtual Help Desk
    - Searchable FAQ Database
    - Notices and NOFAs
    - Resource Library
    - CoC Contacts, Data and Reports
    - Join Homeless and/or HMIS Listserv
    - *Building a new HEARTH webpage*

- HUD’s HMIS Portal: [www.hmis.info](http://www.hmis.info)
- HUDs Main Website: [www.hud.gov](http://www.hud.gov)
Questions & Answers

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• **Cold Related Injuries:** [http://www.nhchc.org/resources/clinical/diseases-and-conditions/cold-related-injuries/](http://www.nhchc.org/resources/clinical/diseases-and-conditions/cold-related-injuries/)

• **Shelter Health:** [http://www.nhchc.org/resources/clinical/tools-and-support/shelter-health/](http://www.nhchc.org/resources/clinical/tools-and-support/shelter-health/)

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