

## Implementing Evidence-Based Practices in Transitional Housing

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## Presentation Overview

- I. The role of housing
- II. Transitional/Supportive Housing: Models & Trends
- III. Evidence-Based Practices (EBPs): From Conceptualization to Outcomes
- IV. Sustainability

## I. Why Housing?



## Activity



## Facts and Figures on Housing

## II. Transitional Housing: Moving Toward a Common Understanding

## Definitions

## The Right Model

- Who is best served by each housing model?
- Factors to consider

## Resources

- How to find housing resources
- Tucson Providers
- Phoenix Providers

## Evaluating Providers

- How to select a qualified provider?

## Arizona Recovery Housing Association (AzRHA)

- Standards
- Importance
- Outlook for the Future

## Activity

- Utilizing housing resources

### III. Evidence-Based Practices

### EBPs in the Casa Santa Clara Project

- Motivational Interviewing (MI)
- Community Reinforcement Approach (CRA)
- Contingency Management (CM)

### Implementation Strategy



### Conceptualization

- Why Choose One EBP over another?
- Factors to consider:
  - Client characteristics
    - Chronic Relapse
    - Criminal Justice Involved
  - Program characteristics
    - 90 Day Program - Outpatient
  - Cost

## MI, CRA, CM

and Substance Abuse/Criminal Justice clientele

- Prison Culture
  - Hardened Demeanor
  - Treatment = Weakness
  - Passive Resistance
  - Emphasis on External Motivation
- Treatment Improvement Protocol 38, 44

## Operationalization

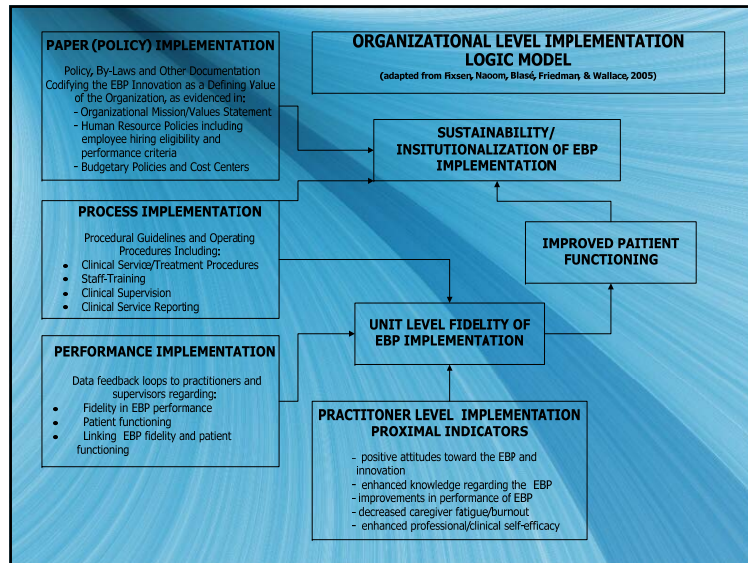
Current Practice	Does not fit with EBP	Moderate Fit with EBP	Best Fit with EBP
Application	•		○
Intake		•	○
House Mtg	•		○
Counseling		•	○

## Operationalization

- MI: MI-informed therapy (2x/week) and MI-informed application; training and coaching for MI adherence
- CRA: 2 social events per month, monthly graduation, Alumni Group
- CM: Recovery Rewards raffles

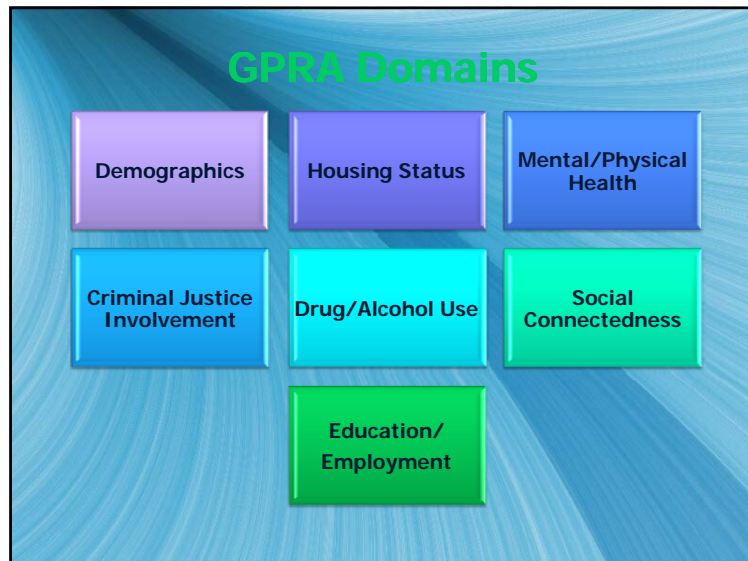
## Implementation

- Trial and Error Process
- Training
  - Coaching
    - Expert
    - Peer
- Client Input
  - Resident Advisory Panel
- Support



## Measures

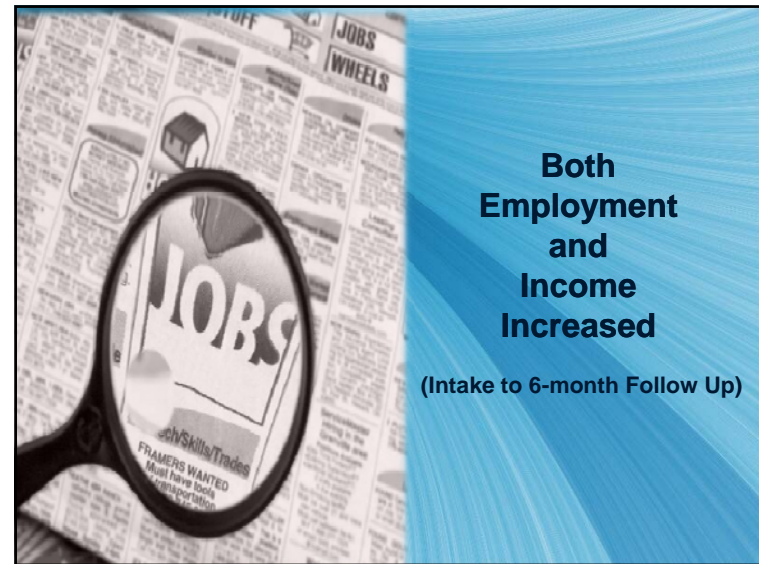
- GPRA
- Focus Groups
- CRA Fidelity Client Questionnaire



## Client Characteristics



- 54% Female
- 62% White
- 25% Hispanic/Latino
- Mean Age= 35
- 23% Less than HS Diploma/Equivalent
- 38% Currently Employed
- 28% Institution (Prison/Jail)
- 78% Probation/Parole
- 11% Report Drug/Alcohol Use (past 30 days)





## Alumni Group

- A group of former CSC clients who sponsor social and service events
  - Fundraisers (carwashes)
  - Graduation ceremonies (provide refreshments, host the event, attend)
  - Dinners for alumni and residents
  - Informal mentoring activities
- Goal: Alumni Group to sustain social events after grant funding expires

## Peer Coaching

- Cohort of line staff receive MI training from ASU expert
- Line staff provide one-on-one coaching to peers
- Benefits:
  - More comfortable for inhibited staff
  - Cost-effective and sustainable
  - Results

## Manualization and Future Training

- OPCS Transitional Housing Manual
- OPCS MI and CRA Manual
- CABHP Manual

## Conclusions ...and Beginnings

- Activity: Where Do We Go From Here?

