

**From Unsheltered To
Stability
Navigating Life After
Housing**

**Rebecca
Shahady,
Case Manager**



**Daphne'
Houston,
Director, Programs**



A decorative banner at the top of the slide features a repeating pattern of stylized white flowers and leaves on a magenta background.

Making Choices Activity

- **Your candies will become symbolic of your “budget” and not to eat your candies until the end of the game!**
 - **The purposes of the game each person or team is to pretend your’re married with 2 children.**
 - **One adult in the household is working full-time and the other is working two part-time jobs. Both make minimum wage.**
 - **The family has a limited budget and only 15 candies to spend.**
 - **You will have some tough decisions to make.**
 - **Study your choices in each row and invest your candies with 1, 2 or 3 candies depending on what’s most important to them.**
 - **You cannot skip a row.**
- 
- A solid magenta gradient bar at the bottom of the slide, transitioning from a lighter shade on the left to a darker shade on the right.

Objectives

learn the importance of building confidence while allowing time for transition.

Defining “dignity of risk”

Understanding the view from the lens Of Peer Support

Understanding Housing first does not mean Housing Only

Recognizing this is a life Transition

Idle Time

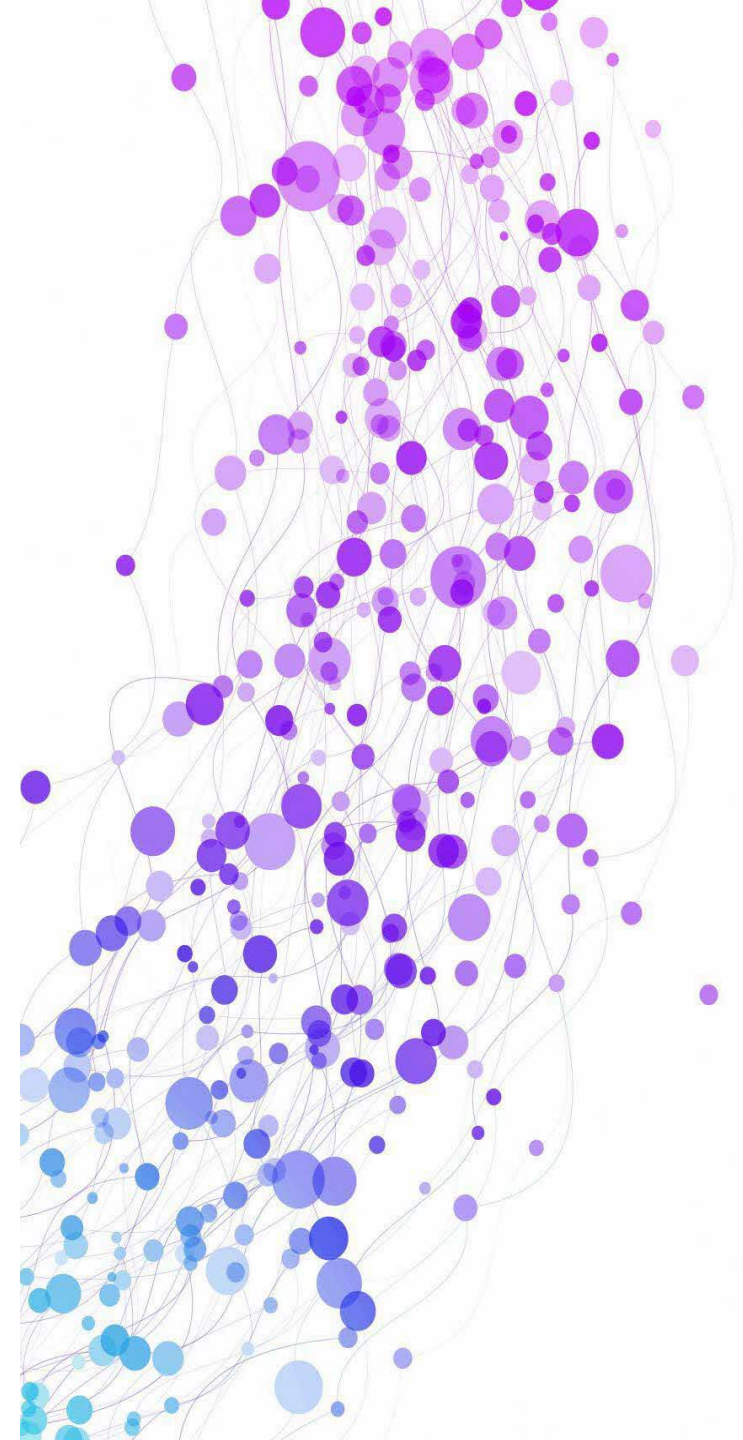
What Is Housing Case Management?

Confidence-building strategies



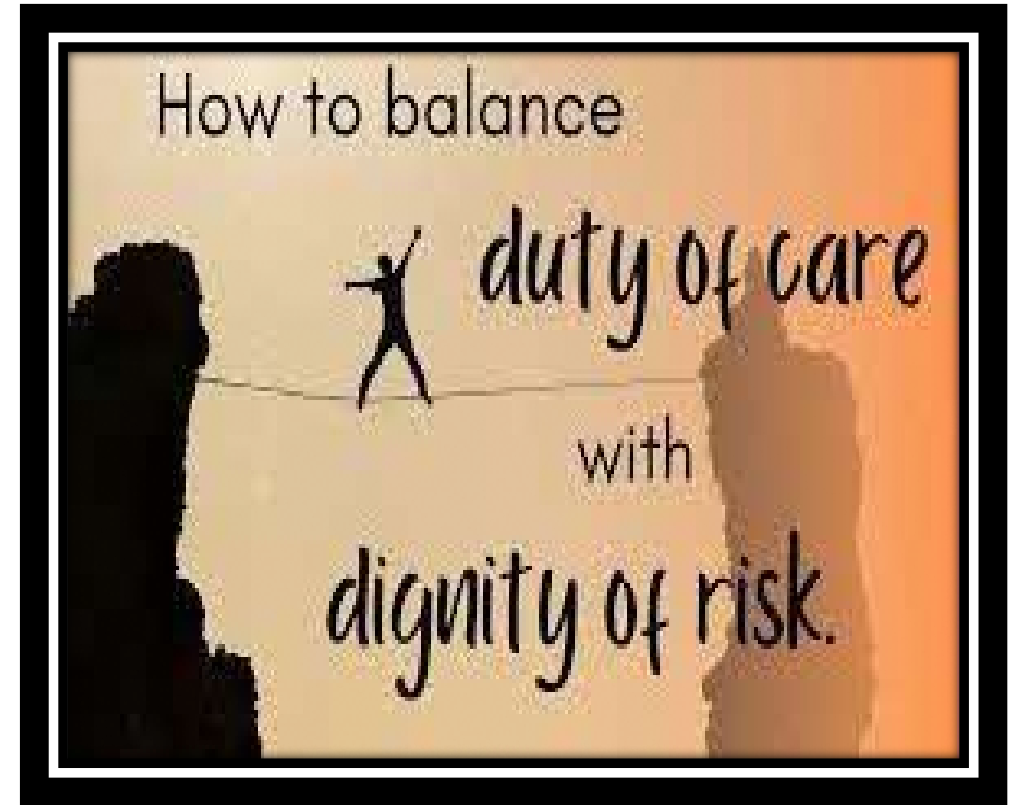
Allow Time for Transition

- **Remember that homelessness is often a traumatic event.**
- **It is important to allow time for transition is important:**
 - **Builds trust**
 - **Allows processing**
 - **Recoup from elements, eat, sleep safely, etc. so you can show up as your best selves.**
 - **Helps allow individuals to show up as themselves and not always coming for a “trauma response”**



Dignity Of Risk

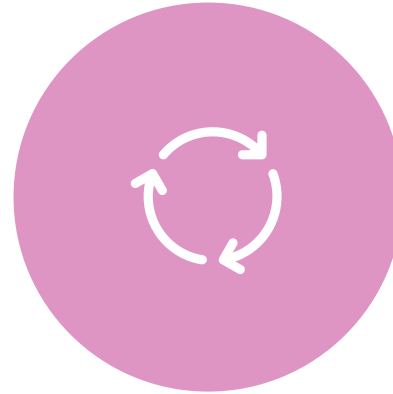
- **Dignity of risk is the idea that self-determination and the right to take reasonable risks are essential for dignity.**
- **Dignity of Risk: the right of every person, including those with a disability, to make informed choices and take reasonable risks to learn, grow, and have better quality of life.**



lens Of Peer Support



Broadly defined, “peer support” refers to a process through which people who share common experiences or face similar challenges come together as equals to give and receive help based on the knowledge that comes through shared experience.



Simply put, it is our job to guide, not decide.



Remain housing focused, if the client’s goals seem off base , ask how this goal improves/strengthens your housing plan.

Not Housing Only

RRH has access to spiritual care, counseling, pantry, education & empowerment classes, job readiness case management, job coaches, budgeting classes, and more.

Case Managers provide information for local agencies that assist with medical & dental care, MH services, food pantries, or services to meet their needs that we do not provide.



The new

**Creating a safe /
supportive
space**

**Available
Snacks in office**

**Resources
ready & printed
out for them**

**Provide a
welcome home
basket**

**Good Tenant
Worksheet**

**How to
maintain a
clean house
worksheet**

**Welcome Home
Page**

Ways Participants Can Stay Engaged

**Idle mind is
the devil's
playground**

**Give them
reasons to get
out**

**Keep them
busy**

**Provide bus
passes for
opportunities**

**Get them to
volunteer**

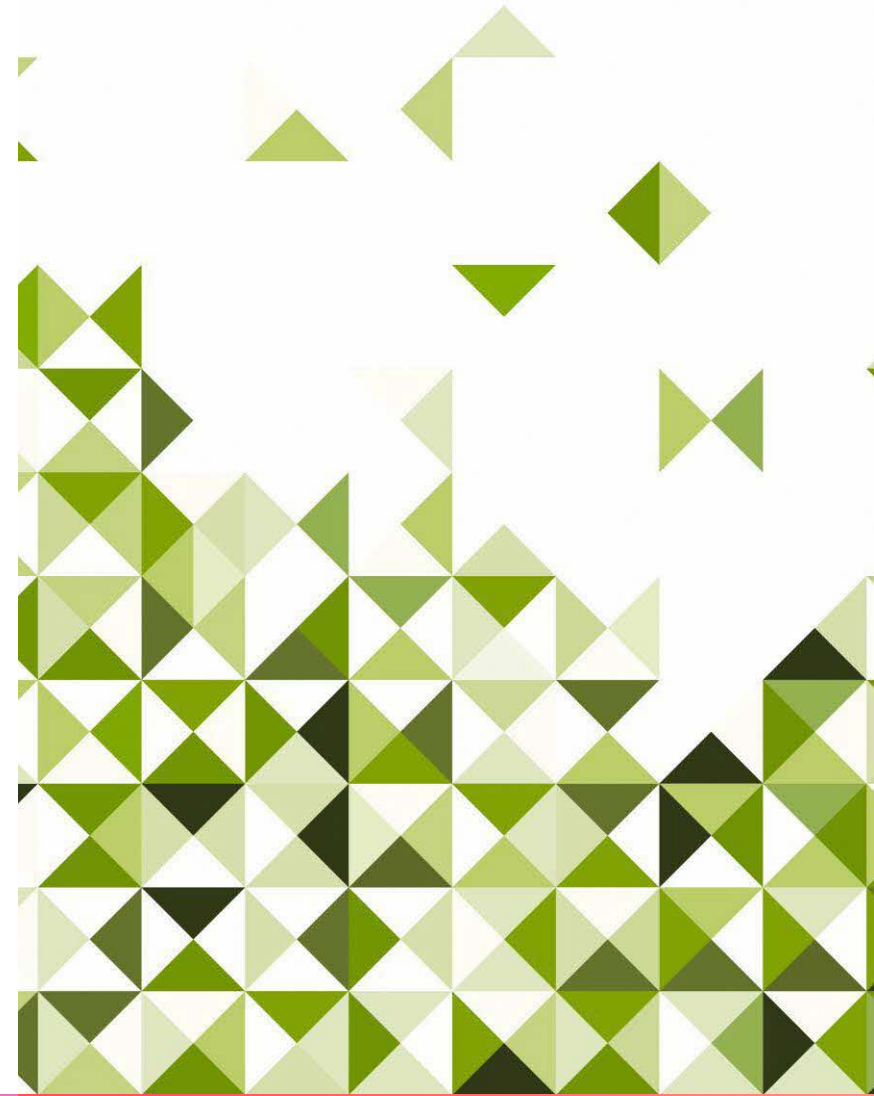
**Participant in
services to
more towards
stability**

**Church
involvement**

**Local
Community
groups**

final Tips & Takeaways

- **We are different people with different needs**
- **Remember that homelessness is often a traumatic event.**
- **Leave better than you came, we are planting seeds**
- **If you have lived experience, use this to help in the best way possible.**
- **Creating a safe / supportive space**
- **Its not about you**



Thank You!



Rebecca Shahady

972.219.4331

Rebecca.Shahady@ccahelps.org

Daphne' Houston

972.219.4347

Daphne.Houston@ccahelps.org