South Middlesex Opportunity Council: Pax Center for Women: 2 June Street

Neighborhood Meeting
Monday, November 20th
Doherty High School
Introduction and Background

- 2nd meeting

Format
- Information about clients
- Program information
- Construction update
- Partnerships
- Q & A
Who Will Live at June Street?

Criteria for Entry:
- Commitment to full program engagement
- Commitment to recovery process
- Minimum of 30 days of sobriety
- Approved CORI
  - no convicted sex offenders
  - no convicted arsonists
  - no convicted of serious violent offenses
Who Will Live at June Street?
- continued

- In March 2006, SMOC did a point-in-time/snapshot survey of participants of our Sober Housing Programs in Worcester and Metrowest regions (14 properties)
- 88 women (of 108 women or 81%) completed surveys
- Expect that June Street women will be similar
- They are Diverse:
  - 80% had been homeless at some point
    - 25% came directly from shelter programs
      - sober shelters or stabilization units with minimum of 30 days of sobriety
    - 25% came from a residential treatment program
    - Others came from own apartments, staying with families or friends, etc.
Who Will Live at June Street? - continued

Age of Women in Sober Housing Program

- 36-45: 41%
- 26-35: 17%
- 19-25: 11%
- 46-55: 24%
- 56+: 7%
Who Will Live at June Street? -continued

Race of Women in Sober Housing Program

- White: 77%
- Hispanic: 8%
- Black/African American: 15%
Who Will Live at June Street?
- continued

Education Levels

- 6-9th grade 3%
- Some High School 14%
- HS Diploma or GED 32%
- Some College 35%
- Associates' Degree 7%
- Bachelor's Degree 5%

79% have a minimum of a high school diploma or GED
Who Will Live at June Street?
- continued

**Victims/ Survivors:**
- 69% have experienced Domestic Violence at some point in their lives
- 38% identify DV as cause of homelessness
- 4.5% report current abuse *(4 women)*
- 41% have been the victim of a crime

**Most Are Mothers**
- 66% (2/3) have children
- 43% See their children at least once a week
- 38% See their children at least once a month
Who Will Live at June Street? - continued

Where are their children living?

- Living with other parent: 24%
- Living with other relative: 29%
- Living on their own: 35%
- Living in foster care: 3%
- Been adopted: 9%
Who Will Live at June Street?
- continued

95% have been sober for more than 3 months
0% will be sober for less than 30 days at entry

Length of Sobriety

- less than 3 months
- 3-6 months
- 1-2 years
- 6-12 months
- more than 2 years

5% 5% 14% 22% 54%
Pax Center Program:
2 June Street: Program Description

- The Sober Housing Program Description is posted on the SMOC web site
  - Provides overview of philosophy, development model, program, staffing and more
  - Attachments include: mission statements, house rules, job descriptions, relapse policy and more
Pax Center Program:
2 June Street: Highlights of Program Rules

- Be considerate of neighbors: Participants are expected to live as good neighbors in the community
- SMOC conducts CORI / criminal background checks on all applicants and participants of the Sober Housing Program. No sex offenders, arsonists or people with serious violent felony histories are permitted in SMOC housing
- Possession or use of alcohol or any unauthorized substance is prohibited
- All participants are required to attend mandatory, weekly in-house meetings
- Smoking will be in designated areas only
- Chores are assigned by the house manager and/or assistant managers and are performed daily
- Be considerate of other participants: Socially acceptable behavior is expected from all participants
Pax Center Program: 2 June Street: Staffing

- 24 hours a day, 365 days per year staffing by SMOC and its strategic partners
- A minimum of 3 daytime, 2 evening and 1 nighttime staff or strategic partners at the Property at any time, in addition to the Resident Manager
- Staffing pattern will allow for robust educational programming on-site from 7:00 am until 11:00 pm
- Allows maximum flexibility to accommodate individual work and school schedules and individual needs
  - Group and individual education and services will take place on-site -- facilitated by staff or strategic partners
Individualized Self-Sufficiency Plans

- Self-sufficiency plans are required
- Education and services will be client-centered
- Will accommodate individual’s work schedules, personal needs and recovery issues
- Will be developed jointly by the participant and her case manager with the Program Manager’s input
- Will incorporate jobs, schooling and other activities and will be created to match the goals and objectives established through the self-sufficiency plan.
- Will be outcome-oriented and will flow from a comprehensive assessment that will cover 10 major areas:

All personal needs and problems will be addressed through the Self-Sufficiency Plans

Pax Center Program: 2 June Street: Program - continued
Self-Sufficiency Plans Will Cover:

- Housing
- Health
- Employment
- Education
- Mental Health
- Addiction
- Legal Issues
- Benefits/ Income
- Domestic Violence
- Family and social supports
Pax Center Program:
2 June Street: Program - continued

**Recovery:**

- To live in SMOC Sober Housing, all participants are required to be fully engaged in the recovery process.
- To support this process, all participants attend a variety of 12-step and recovery-based meetings and groups.
- The majority of these will be on-site, starting with morning meditation, daily readings and a recovery-based group each morning.
- There will also be a group focused on life-skills, gender-specific needs or the peer group each evening.
Pax Center Program: 2 June Street: Program - continued

**Highlights of the Relapse Policy:**

- Substance abuse professionals recognize that relapse is part of the illness of addiction.
- Relapse prevention strategies are fundamental to group and individual educational programming and self-sufficiency plans.
- The peer model provides significant structure and pressure to “get back on track.”
- Decisions about a corrective plan for those who relapse will be made on a clinically-informed case-by-case basis by an interdisciplinary team.
- At a minimum, the individual will be required to update their self-sufficiency plan to increase the number of 12-step meetings, attend additional case management appointments, agree to regular toxicology screenings and more.
- In some cases, the individual will be terminated from the program and staff will work with that person to find alternative housing arrangements.
Peer Support and Communal Living:

- Peer support and being an active member of the community is a fundamental tenet of the Sober Housing educational program.
- House milieu will encourage a model of dignity, respect, empowerment, and accountability of all individuals (staff and peers).
- House relationships must teach about compassion, trust, and sensitivity to other cultures, values and ways of learning/thinking.
Peer Support and Communal Living:

- House meetings, chores and community services are all part of the educational milieu.
- Participants learn and are supported in basic living skills by living with peers, providing and receiving feedback on a constant basis.
- In addition to providing a forum to develop interpersonal skills, house meetings also provide the forum for speakers and presentations.
- Speakers and presentations in house meetings are scheduled to meet the needs of the participants.
- SMOC staff and community partners will be invited to come to house meetings on a bi-weekly basis.
On-Site Education/ Life Skills & Services:

- Examples of topics & speakers:
  - 12-Step meetings with a variety of special themes
  - Jobs and skills training and support
  - Housing Search
  - Budgeting and “Financial Fitness”
  - Benefit Education -- including SSI, Food Stamps, etc.
  - Health Issues
  - Nutrition and cooking
  - Medication Management
On-Site Education/ Life Skills & Services:

- Specific Women’s Programming:
  - Mental Health focus on depression, anxiety, self-esteem
  - Conflicts in relationships (both intimate and family/friends)
  - Effects of violence against women (incest, rape, battering, and harassment)
  - Eating disorders
  - Parenting issues
  - Problems in the workplace
Pax Center Program:
2 June Street: Program - continued

Off-Site Education and Services:
- Individual psychotherapy
- Some AA/NA meetings
- Medical appointments (various primary care doctors, specialists, psychiatrists, Community Health Link)
- Legal appointments for criminal and civil matters (Legal Assistance of Ctl. Mass., private lawyer, etc.)
- Appointments with DSS for family reunification/child welfare
- Appointments for benefits including Food Stamps, disability benefits and more
- Housing search
- Job interview
Pax Center Program:
2 June Street: Development Schedule

- October 20, 2006: Building permit received
- October 23, 2006: Construction started
- March 30, 2007: Substantial completion
- April 13, 2007: Ready for occupancy
Other SMOC Housing Program in Worcester

Worcester -- 16 units of Sober Housing -- opened in 2002
Other SMOC Housing Programs for Women

Rhodes Street
Women’s Co-operative, Millbury
27 units of sober housing for women - opened 2001
Other SMOC Housing Programs for Women - continued

**Wright Home for Women, Easthampton**
16 units of sober housing for women - opened in 2001
Other SMOC Housing Programs for Women - continued

Framingham - 12 units of sober housing for women - opened in 2004
Worcester Community Partnerships:

SMOC is committed to working with stakeholders in Worcester including:

- City Council
- Legislators
- Code Enforcement
- Neighbors
- Community providers

SMOC will work with the City Council to establish a Neighborhood Advisory Committee.