

*Evaluation of a Supportive Housing
Pilot Program
for Homeless Offenders*

*American Public Health Annual Meeting
November 6, 2007*

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Executive Summary

- **The Community Renewal Team-State of Connecticut Department of Correction Supportive Housing Pilot Program houses 15 individuals at a time leaving Connecticut Department of Correction facilities who have been homeless (living in the streets or shelter) before incarceration and who volunteer to participate. The housing, for up to two years, is in the form of scattered site apartments in Hartford, with supportive services that focus on employment and substance abuse treatment. This program is informed by the current homeless and prison literature, which indicates an over-representation of people who are homeless at the time of arrest, and the high rate of untreated substance abuse and mental illness among homeless individuals.**



Executive Summary

- **There is a dearth of literature on the effectiveness of supportive housing for the re-entry community. This evaluation focuses on the *process* of developing a supportive housing program and the *outcomes* of the program so far. After the first two and one half years of operation of the program we find a group of individuals who stay in the housing; a group that is discharged from the program; and a group who return to prison (most on technical violations of parole).**

The evaluation analyzes the factors that are associated with successful and unsuccessful outcomes of the program. After two and one years of experience with 45 individuals who have had 47 housing episodes, we have come to see the value of a supportive housing transitional program that is modified to match the needs of the re-entry community. Today we will present the results of the evaluation that includes client feedback about the program.



Services of the Byrne Program

- **What is the Byrne Pilot Program?**
- The Byrne Pilot Program is a collaboration between the Community Renewal Team and the State of Connecticut Department of Correction to offer a comprehensive approach to reduce re-incarceration and recidivism rates.
- **Eligibility Requirements**
- Participants must be single adults, aged 18 or over, be released from a State of Connecticut Department of Correction facility, and have been homeless before incarceration. The program is designed for those with a history of both incarceration and homelessness.
- **Referral Process**
- Participants are referred by supervising staff of DOC facilities or by homeless shelter staff.
- **Application**
- The Clinical Case Manager completes an intake assessment with the client, and the clinician conducts a bio-psychosocial assessment. Once both assessments have been completed, the clinical team will meet and render a decision on acceptance.



Processes of the Byrne Program

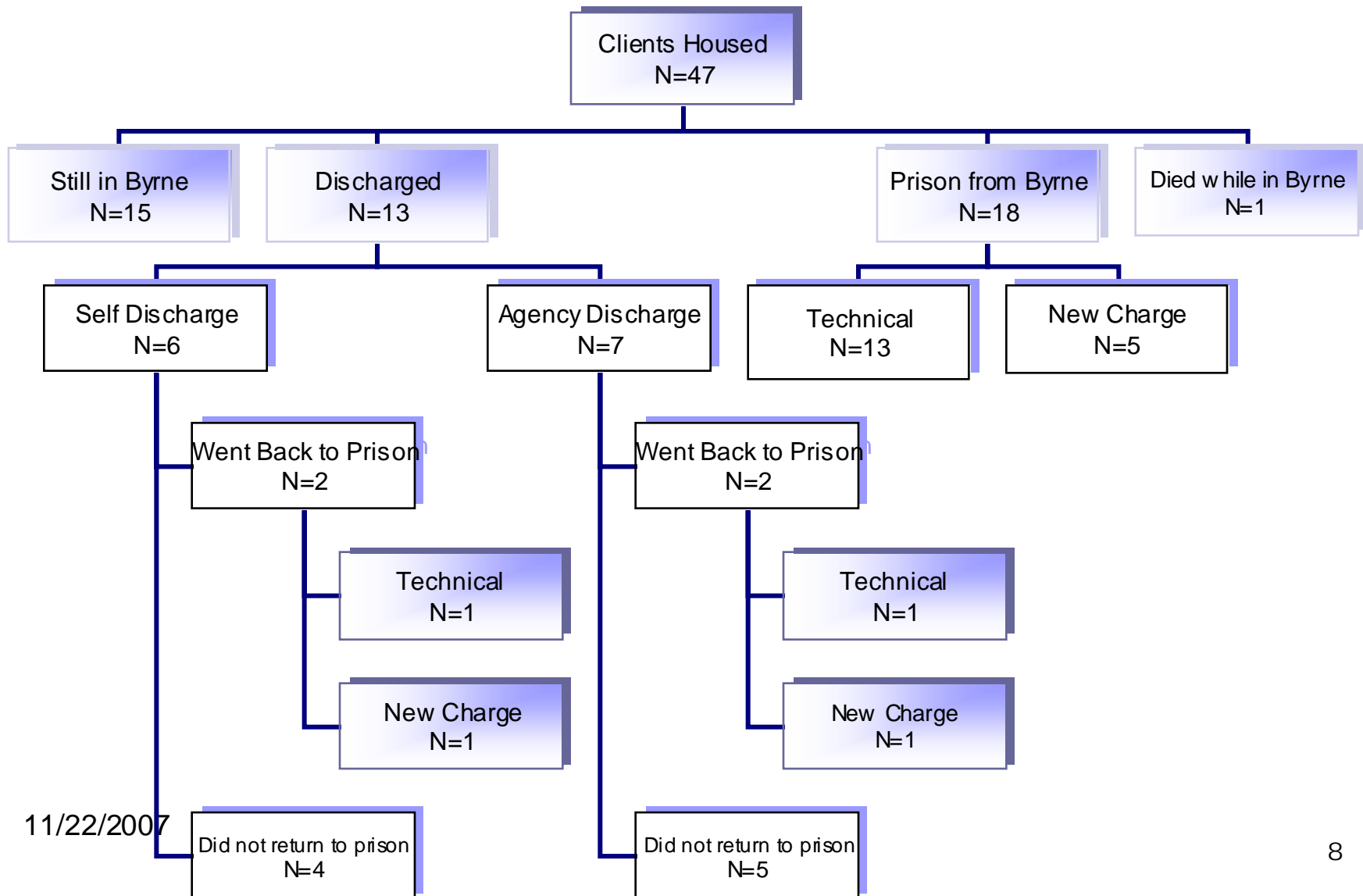
- Prior to admission, participant meets with clinician for biopsychosocial assessment in order to make a decision about placement.
- Participants develop an Individual Service Plan with the clinical case manager, which may include a job search, education, mental health services, or substance abuse counseling.
- Upon intake, participant “checks in” with case manager daily for first 30 days by phone.
- Case manager establishes contact with the person’s emergency contact.
- Clients are seen in the office once or twice per week; home visits made weekly throughout the program.
- Participants engage in intensive case management.



Processes of the Byrne Program

- Attend mandatory groups, workshops and individual appointments.
- Attend court, medical and clinical appointments as appropriate.
- Take medication as prescribed, and be in charge of medications.
- Willingness to sign a Release of Information in order to allow the clinical case manager to work with other service providers.
- Agreement to be a part of program evaluation.
- Agreement to pay 30% of gross income toward program fee.
- Case conferences are called when needed

Byrne Supportive Housing Pilot Program 9-4-07



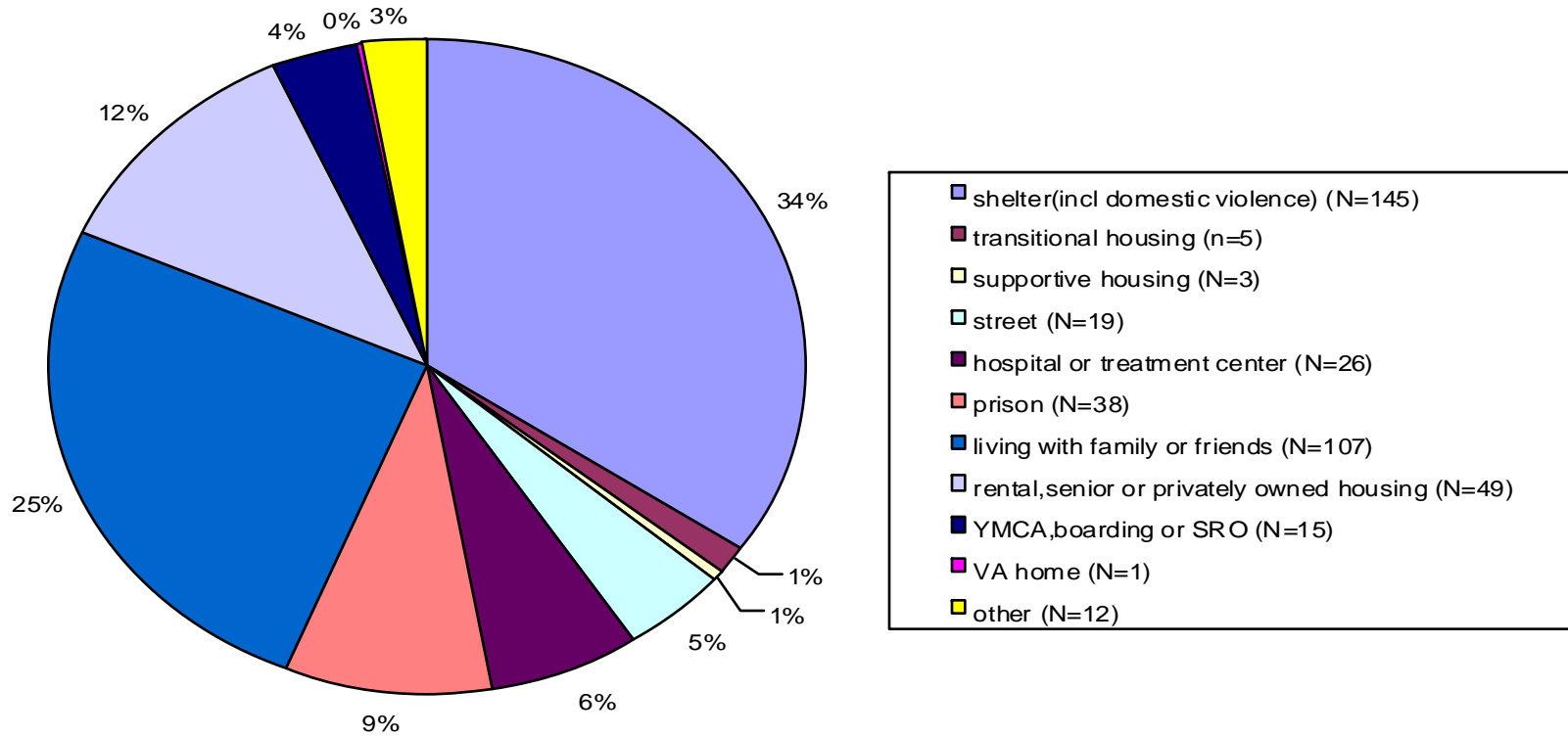


Relationship Between Homelessness and the Re-Entry Community

- The next two slides, which are taken from the Census of the Homeless and Supportive Housing Populations of Hartford, Connecticut, 2007 (<http://www.crtct.org/Publications/HomelessCensusReport07.pdf>) illustrate the relationship between coming out of prison and living in a shelter. On January 30, 2007, 9% of the shelter population had come directly out of prison and 14.2% had come out within the last two years.

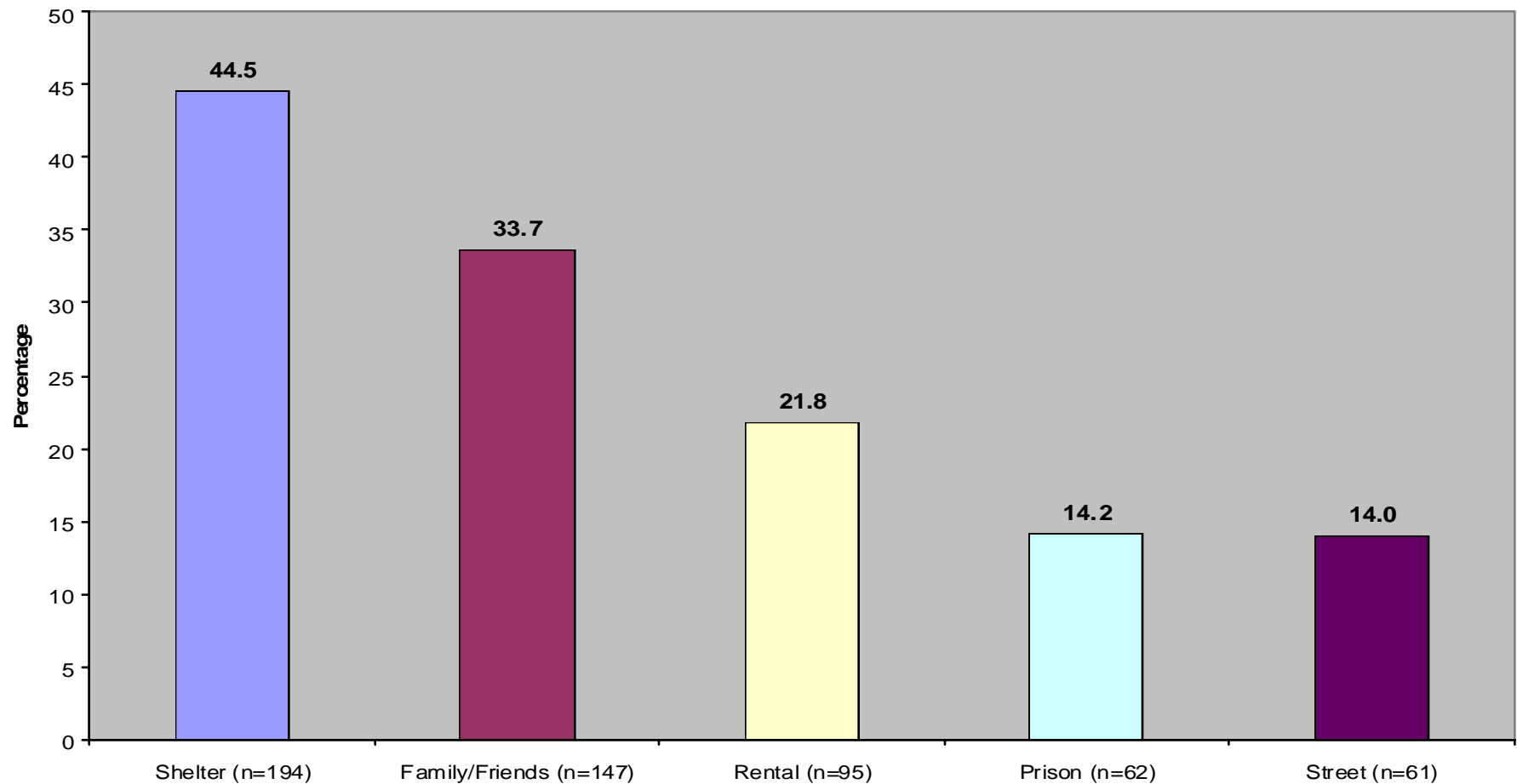
Distribution of Shelter Population

Distribution of where individuals or families were before current program shelters (N=420)

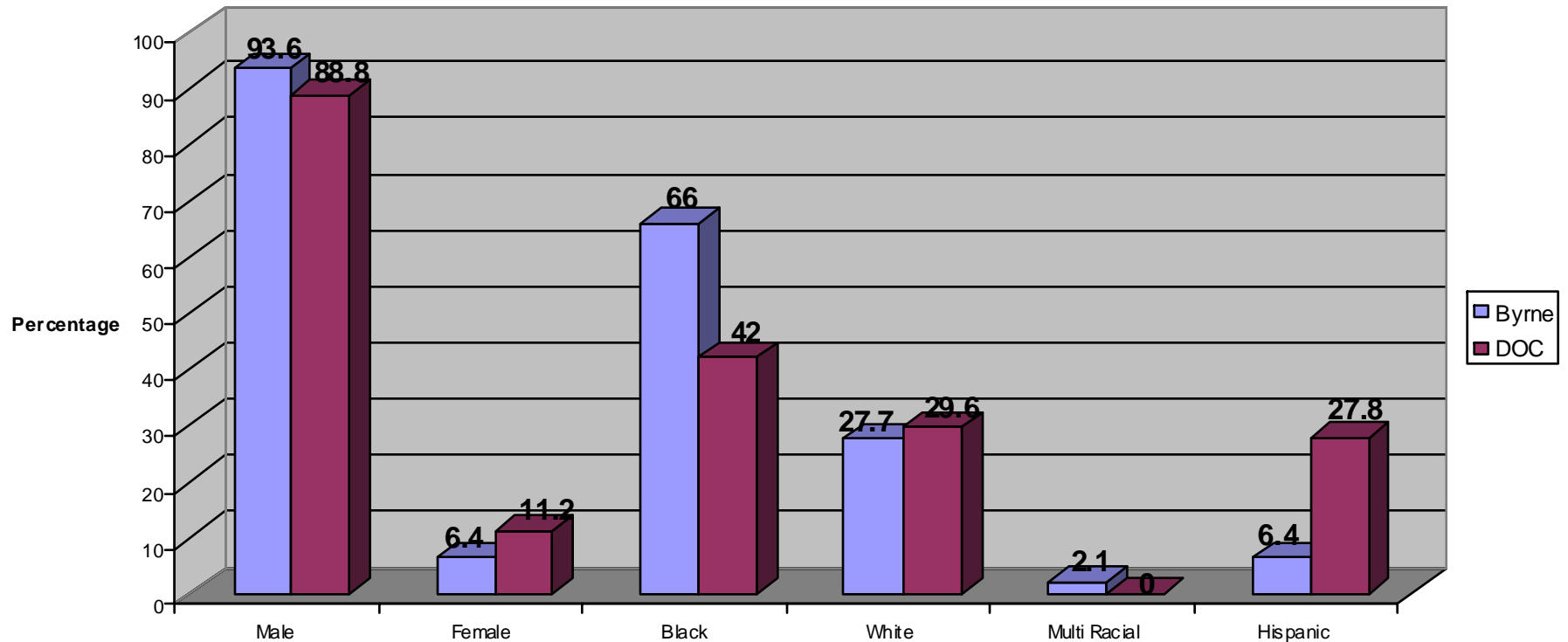


Previous Settings within Two Years

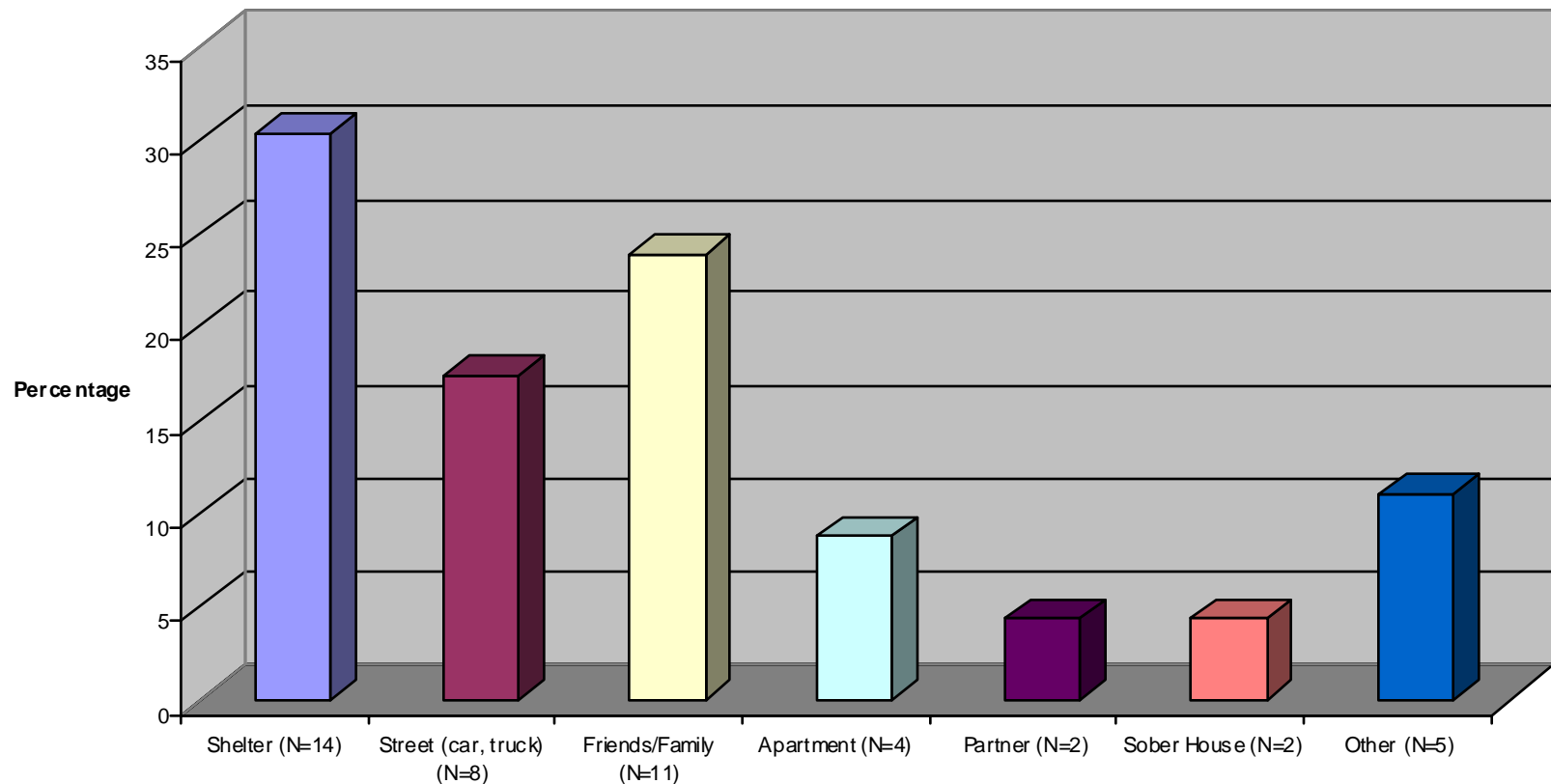
Most common settings within last two years for families and individuals in shelters N=436



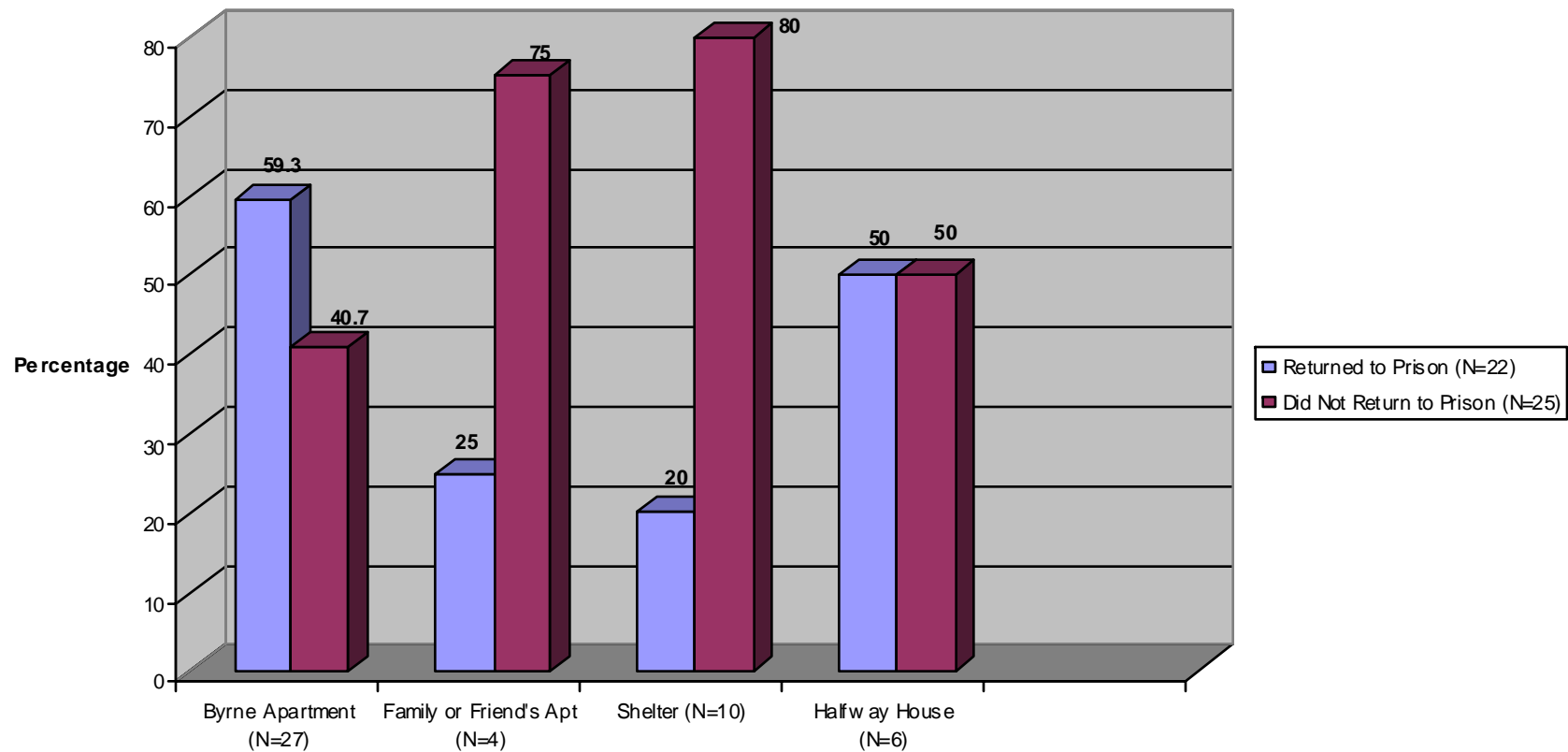
Demographic Characteristics of Byrne Participants (N=47) (as of 9/07) and DOC Offender Population (as of 3/06)



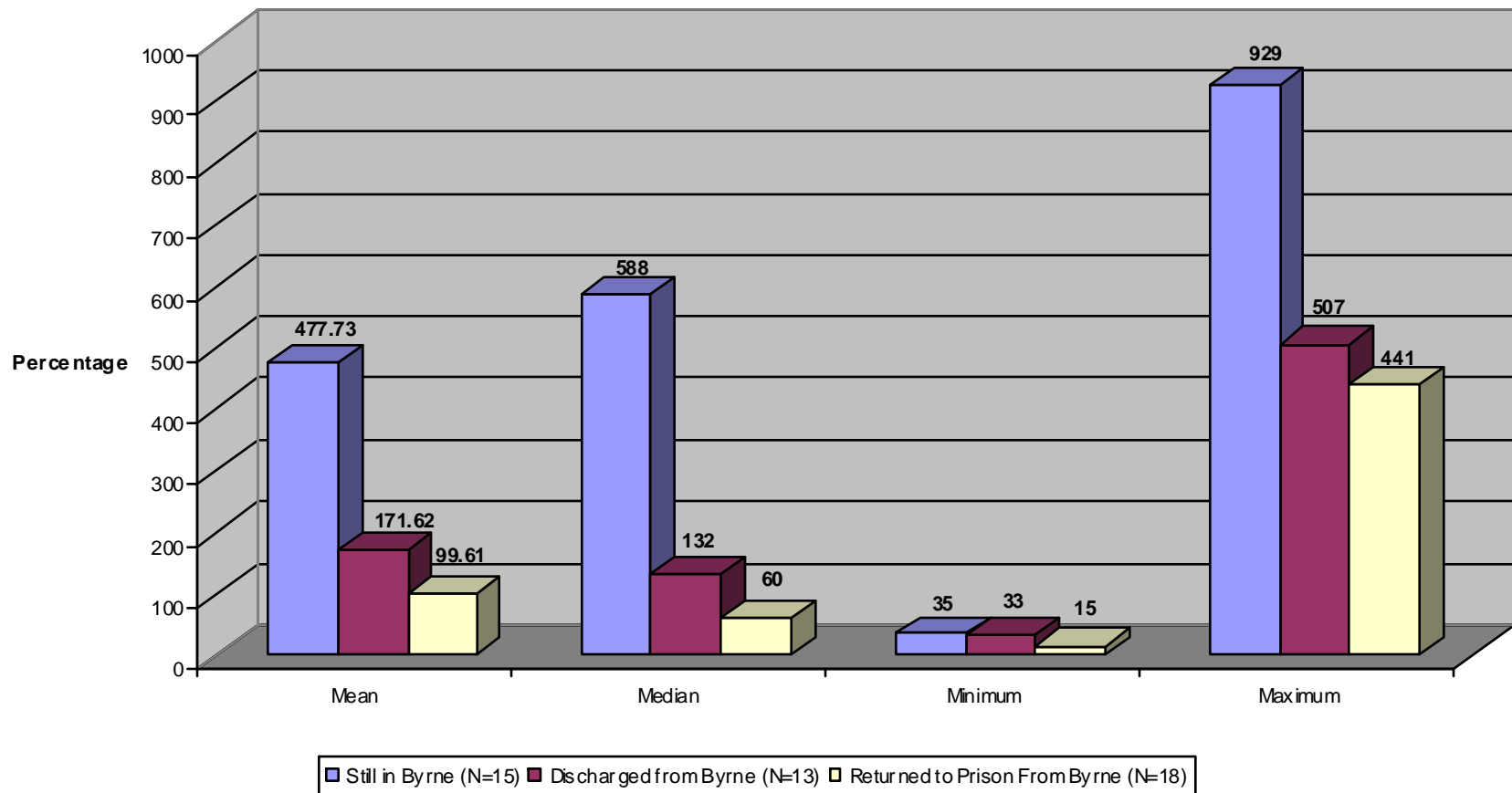
Where did you live prior to incarceration? (N=46)



Where Did Participants Go Directly After Prison? (N=47)

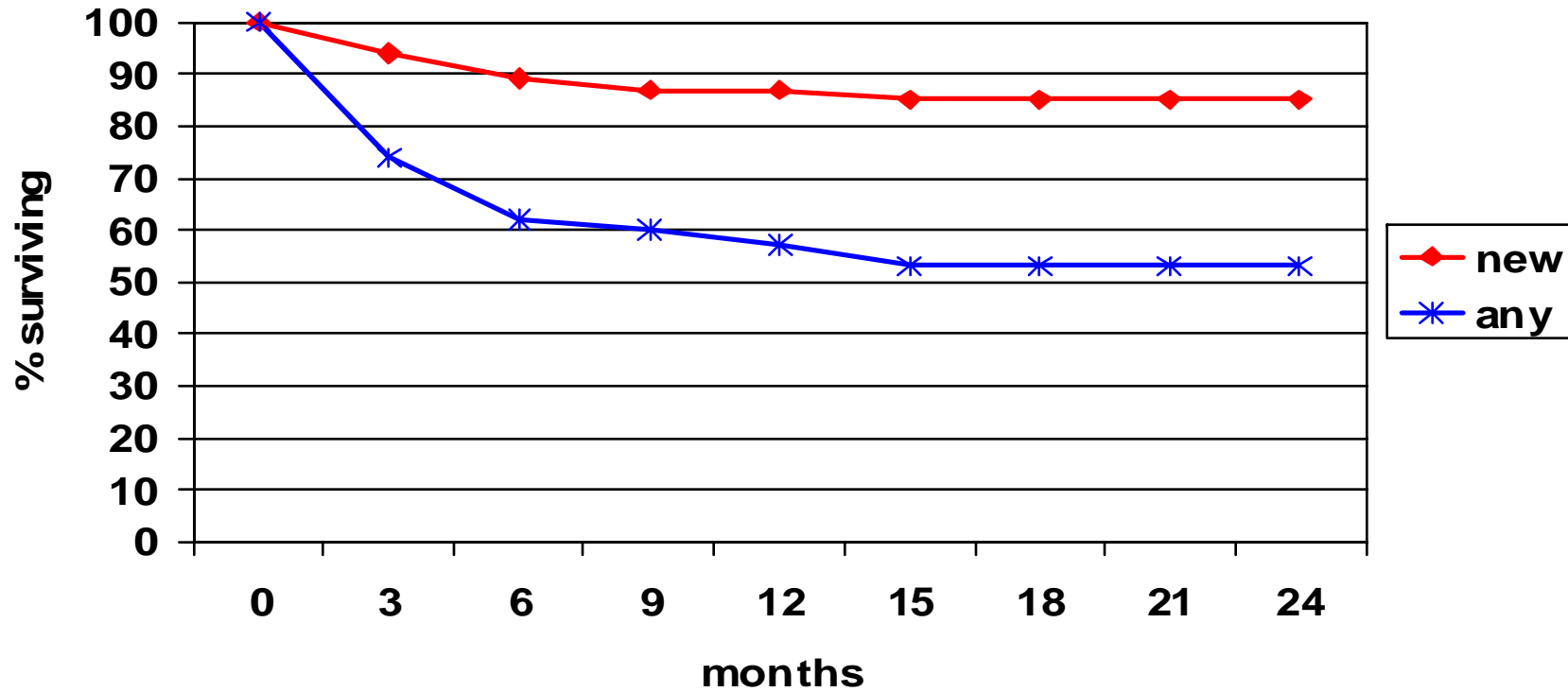


Number of Days in Byrne



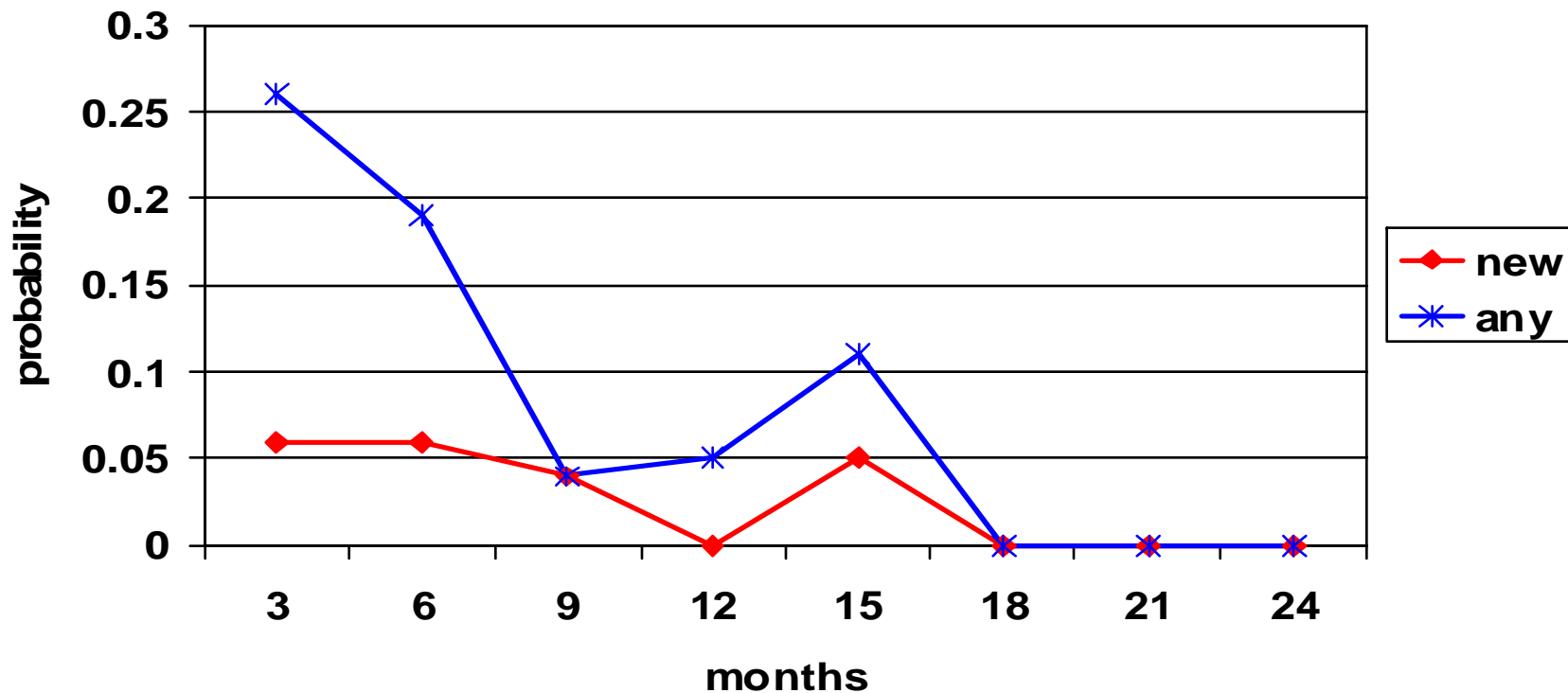
Months to New Charge or Technical Violation

note: State of Connecticut 2007 Recidivism Study reports a 39% re-incarcerated rate for new charges



Probability of Getting a New Charge or Technical Violation

note: State of Connecticut 2007 Recidivism Study reports a 39% re-incarcerated rate for new charges





Discussion of months to new charges technical violations and probability of new or technical violations

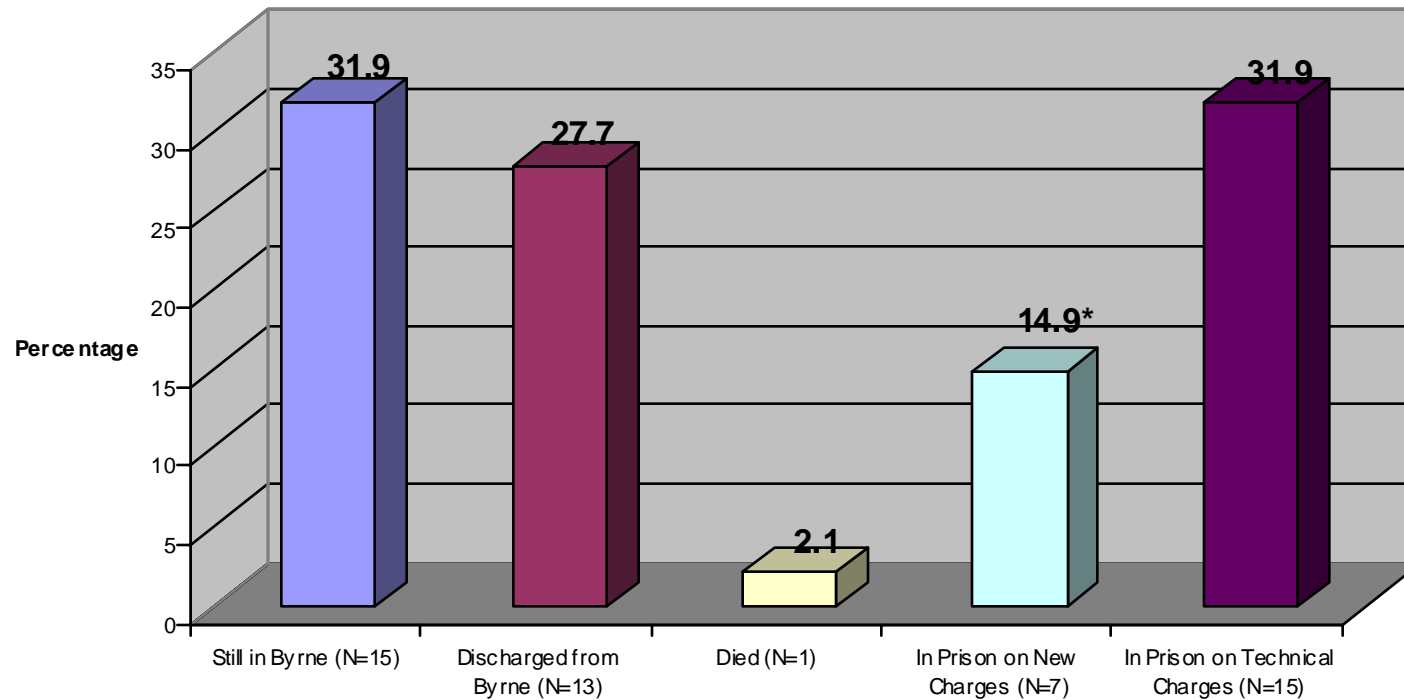
- By month 24 in the program, 15% of the clients had gone back to prison on a new charge
- By month 24 in the program, 47% of the clients had gone back to prison for any reason (technical and new charges combined).
- There is a 25% probability of being returned to prison by three months on for any reason (technical and new charges combined), but only a 6% probability of going back to prison on a new charge.
- A smaller peak for returning to prison is at 15 months: there was an 11% probability of going back for any reason (technical and new charges combined) and a 5% probability of going back on a technical.
- By 18 months there appears to be 0% probability of going back to prison for any reason.



Returning to Prison

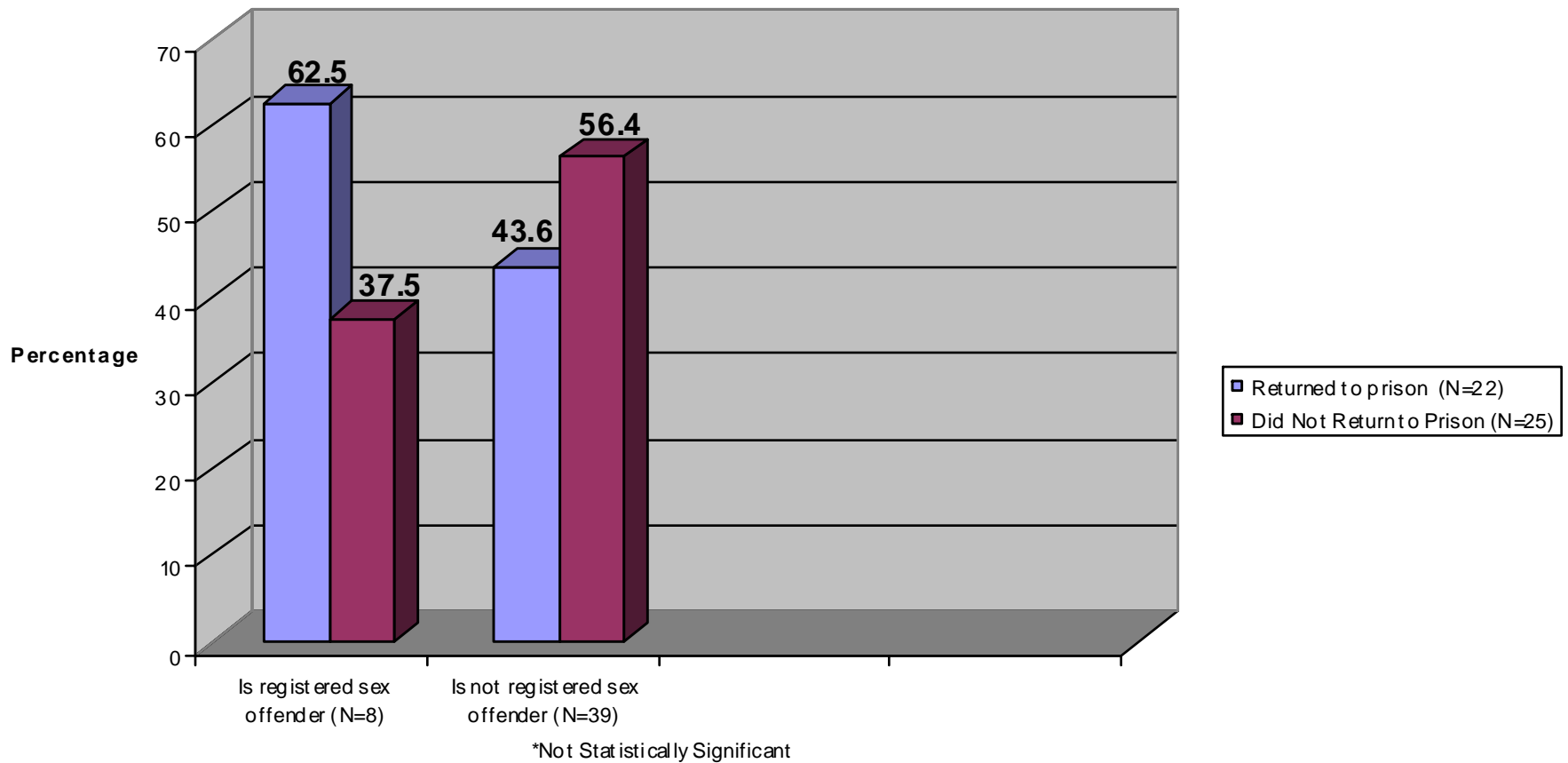
- The next sets of slides look at the 22 individuals that returned to prison (18 from the Byrne apartment and 4 some time after discharge) in contrast to the 25 individuals who have not returned to prison within two years of leaving the program. One individual went back to prison before the baseline interview; therefore several analyses are based on 46 clients.

Results of Byrne Project

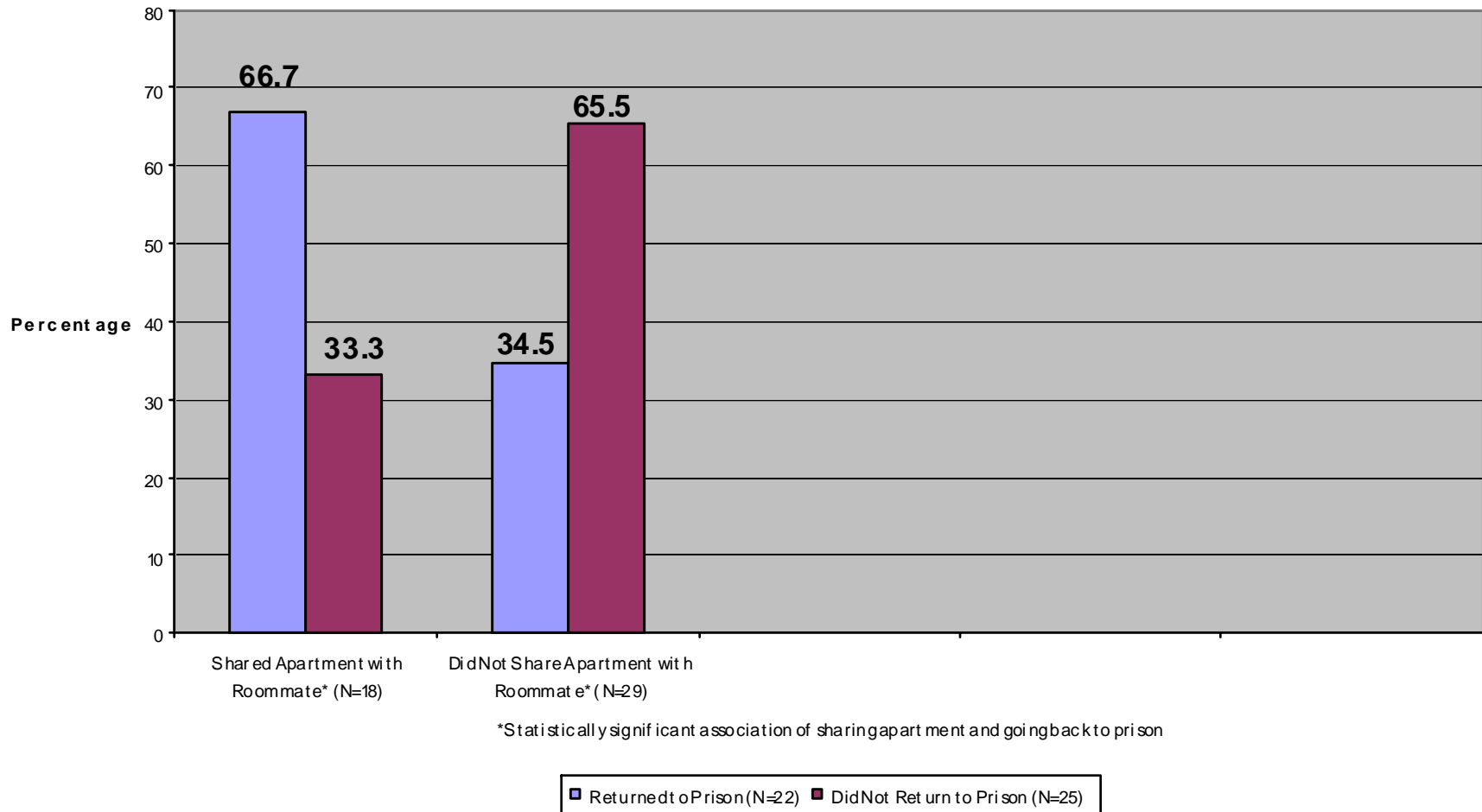


***State of Connecticut 2007
Recidivism Study Re-incarcerated Rate New Charges = 39%**

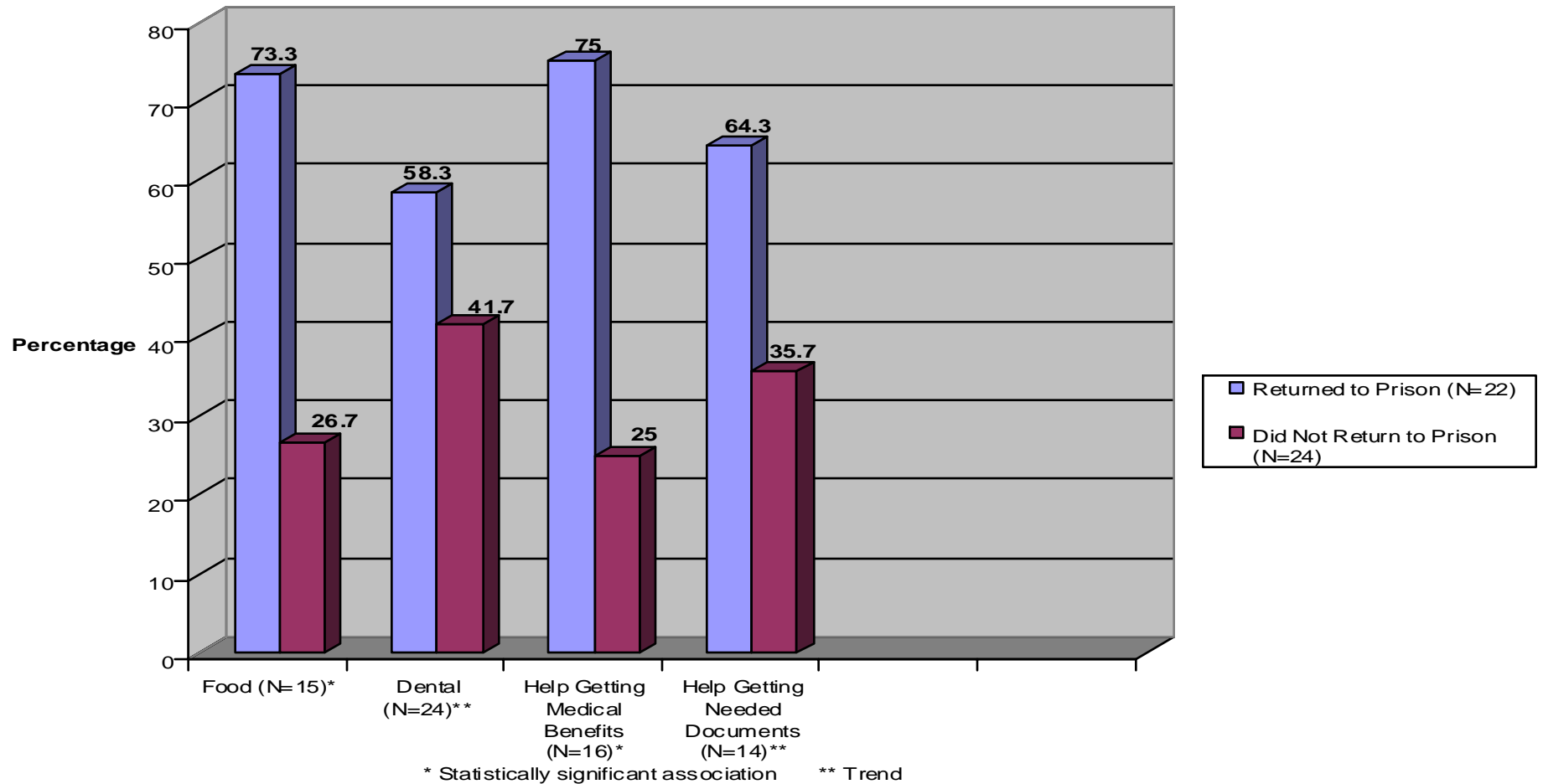
Sex Offenders & Return to Prison (N=47)



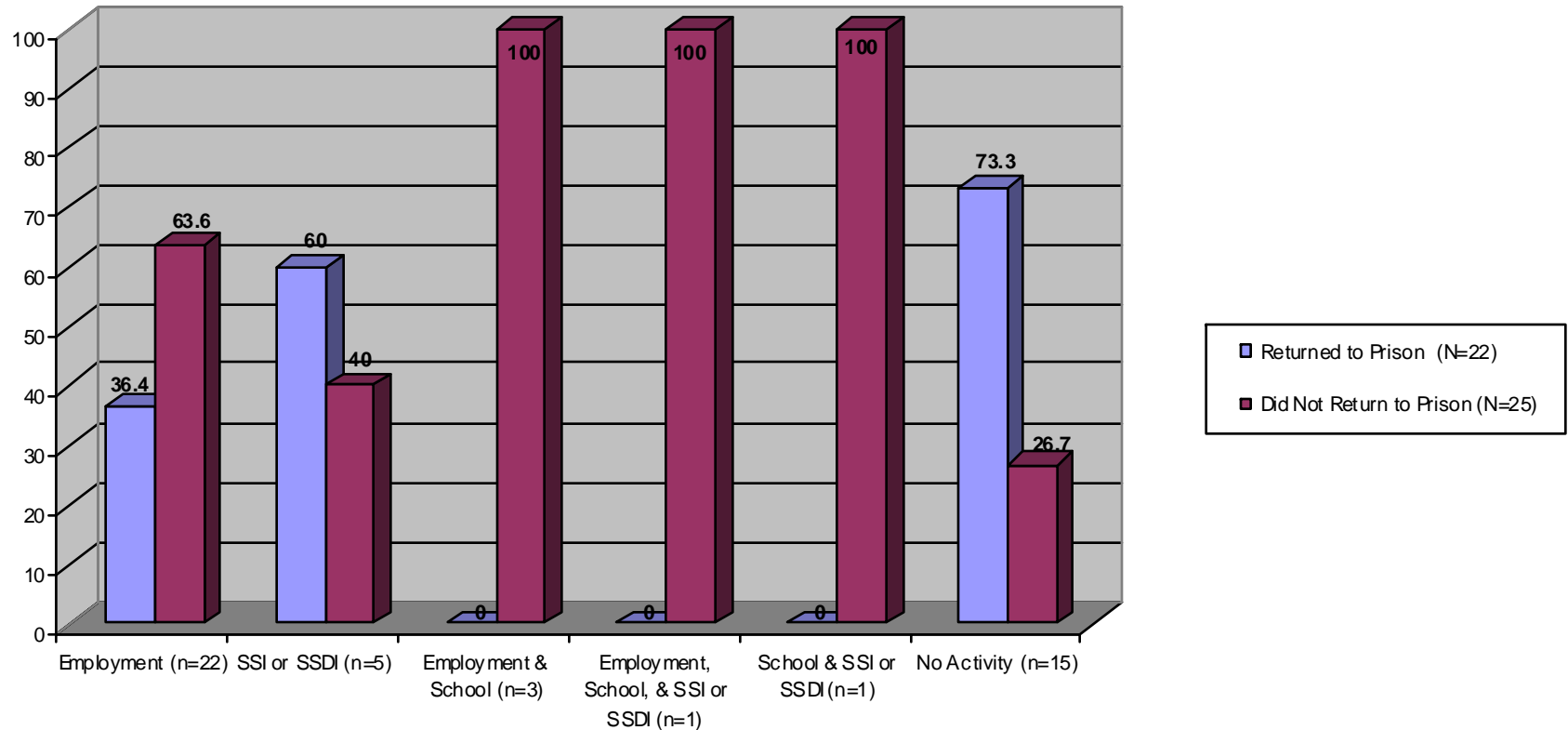
Sharing Byrne Apartment with Roommate (N=47)



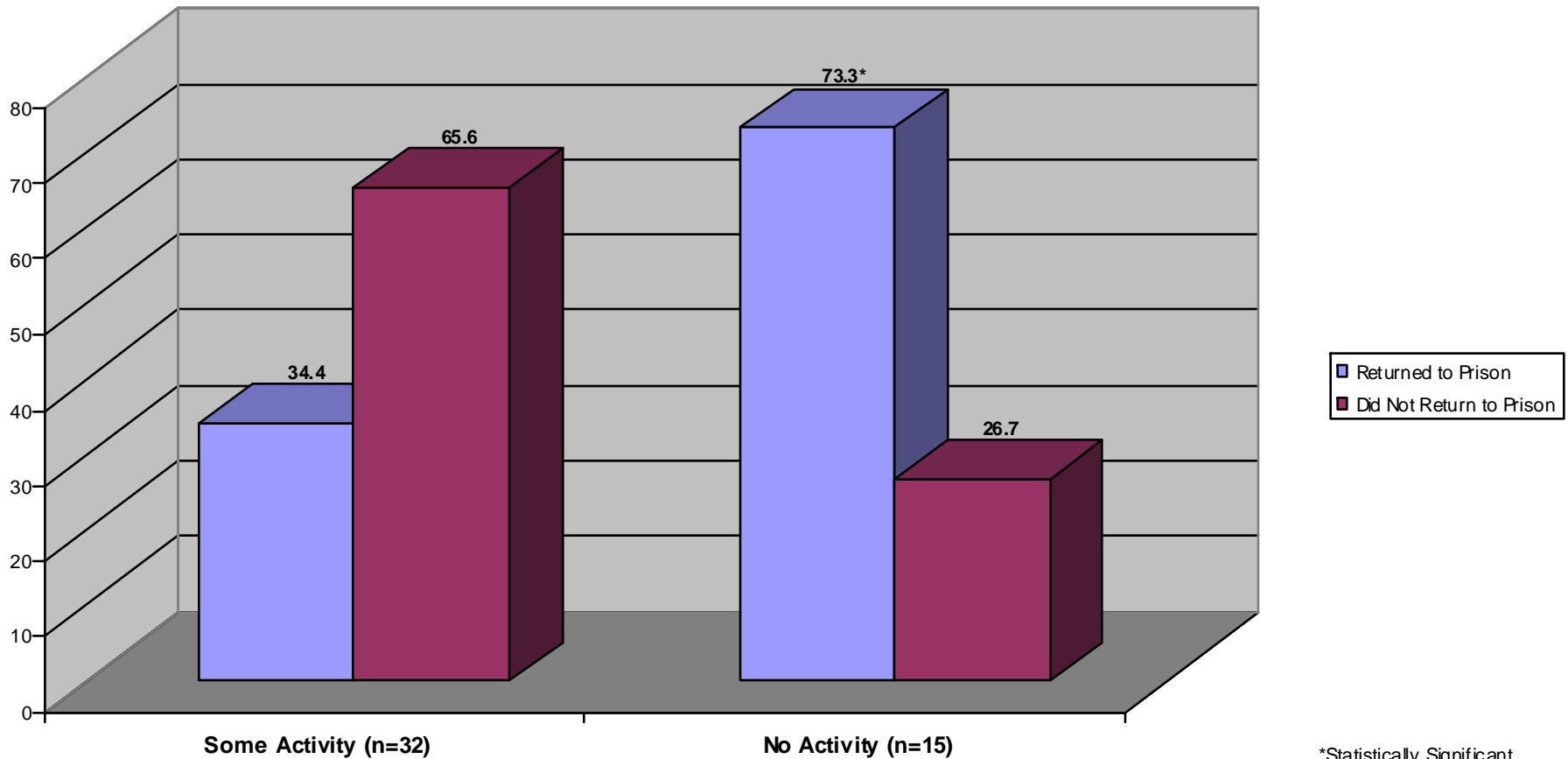
Services Client States Are Needed But Not Yet Received at Baseline (N=46)




Type of Activity While In Byrne (N=47)



Did the person engage in any activity while Byrne (work, school, SSI or SSDI)? (N=47)




*Statistically Significant



Byrne Participant Feedback: Key responses for the participants for whom there is client satisfaction (Baronet and Gerber 1997 tool) at three month follow-up:


■ What aspects of the DOC Project did you like most?

- I can eat when I want to eat, and shower when I want to shower
- Case worker is like an aunt
- Safe and private apartment
- Accessible staff
- Group meetings keep me focused, support, people who help you
- Help when need it, very helpful when need to talk
- Feeling of being on my own
- The programs every Thursday. Listening to everyone else's stories helps me
- I like the independent living, secure situation, and I know I cannot get wild and fall off track.
- The employment specialist and the job leads
- The support being able to put things together without financial difficulty
- People are nice, Mavis is helpful, apartment is nice
- He likes everything
- People in the program and staff are nice.
- Jobs/employment specialist
- Support
- Feeling of being independent and having a chance to see how it is to be on her own
- One bedroom apartment and location
- Freedom




Byrne Participant Feedback: Key responses for participants for whom there is client satisfaction (Baronet and Gerber 1997 tool) at three month follow-up:

- **What aspects of the DOC Project did you like least?**
- The sharing of information between program and probation officer
- Some of the people in the meetings.
- Some of the groups he was attending.
- Program length (needs to be longer)
- Roommates, likes to be alone, does not like to deal with the kind of people he has dealt with in the past.
- Wants to get a bigger place for the baby.
- Appointments interfere with work.
- The groups and the volume of duties. The requirements the program has him fulfilling are overwhelming.
- Appointments
- Not having money
- Likes everything
- Would like to have a month to get momentum in getting a job and not having other program requirements.
- Have stricter policies for those who violate the program rules.



Byrne Participant Feedback: Key responses for the participants for whom there is client satisfaction (Baronet and Gerber 1997 tool) at three month follow-up:

- **Would you have any suggestions for improvement of the program?**
 - Would like to have a month to get momentum in getting a job and not having other program requirements.
 - Have stricter policies for those who violate the program rules.
 - Focus more attention on providing employment opportunities for the ex-felons.
 - Give us a chance to know each other through volunteer opportunities, fishing, or travel as a group.
 - Extend the length of time of the program beyond the two years.
 - Eliminate having a roommate
 - Avoid any apartments in areas that are a drug haven
 - All appointments should be scheduled in one day.
 - There should be a place like a clothes bank where men could go and get clothes for job interviews.
 - Help us with reconciliation with children and family
 - Have a lot of patience with us.
 - Help us with seeing children.
 - Provide bus passes



Byrne Participant Feedback: Key responses for the participants for whom there is client satisfaction (Baronet and Gerber 1997 tool) at three month follow-up:

■ **What has changed for you in the past 90 days?**

- I have become more independent, more responsible, more mature, and more self-assured.
- I have reconciled with my children and family
- I am active in AA and NA and take computer classes at the library.
- I have enrolled in classes at college.
- I have taken care of my dental and medical needs.
- I have a roof over my head and have structure and guidance in my life.
- I work full- time.
- I am independent: I cook, take showers, and do everyday things.
- I feel free now, I like my way of living.
- I have learned to ask for help
- The support groups keep me strong and counseling helps me stay clean.
- I know how to carry myself better and how to seek employment.
- My future is now important and I think positive thoughts.
- I have level headed friends
- I know I would be back in prison or dead without this program



Discussion

As of July 2007, there were 45 people housed in Byrne Project apartments (two participants were housed two times) for a total of 47 housing experiences. The current 15 now in the apartments include people who are attending, working, and participating in treatment. Efforts are underway to recruit more of the individuals directly from shelters, so that we can more clearly focus on those ex-offenders who cycle between the streets and shelters and prison.

The 'typical' Byrne participant is a 47 year old African American male high school graduate who has had two incarcerations in the last five years. In his lifetime he has had six incarcerations, with a median of five months between incarcerations. He has a significant substance abuse problem, as evidenced by his score on the CAGE test at baseline.

Only seven individuals have been re-arrested in the history of the program, which makes the experience of the Byrne program more successful than the State of Connecticut's overall rate of recidivism.



Conclusions

- In year four of the Byrne Supportive Housing Pilot Project, we look forward to:
- Maintaining full program occupancy of 15 individuals
- Increasing the numbers of individuals who come from homelessness before prison
- Increasing program retention
- Decreasing the rate of re-incarceration for either technical violations or new charges
- Increasing the degree of assistance with employment
- Increasing substance abuse relapse prevention
- Further developing a philosophy of tailored supportive housing for the offender population
- Contributing to the scholarly literature on supportive housing for the re-entry population.



Byrne Supportive Housing Pilot Program Wins Council of State Governments Innovation Award, Eastern Region

- The Innovations Awards Program of the CSG helps state officials by highlighting innovative programs states have developed to address public policy.
- The Byrne Supportive Housing Pilot Program was selected as a cutting edge program that may become a model for re-entry programs throughout the USA.



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