

Fostering Independence: doing things *with* clients rather than *for* them.

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What's your motivation?

I like to help people.

Working with substance abuse is my jam.

There were job openings in our homeless program.

I was homeless once. Now I want to help others.

I am a very compassionate person.

I like to help people.

I am hoping to get rich and famous.



Fostering Independence

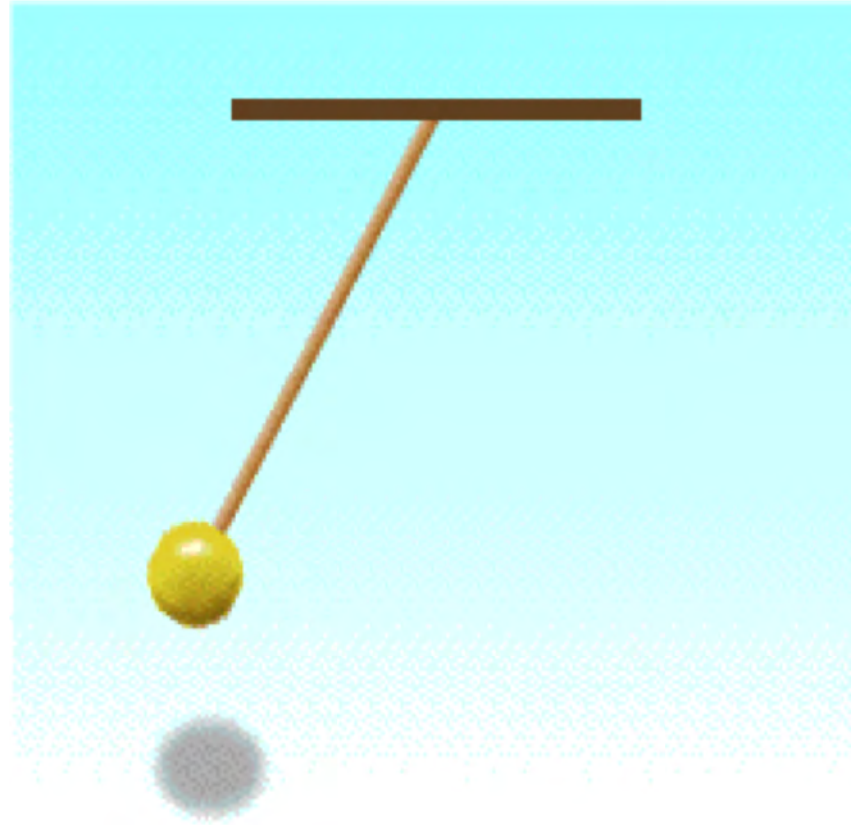
“

Give a man a fish; feed him
for a day. Teach a man to
fish; feed him for a lifetime.

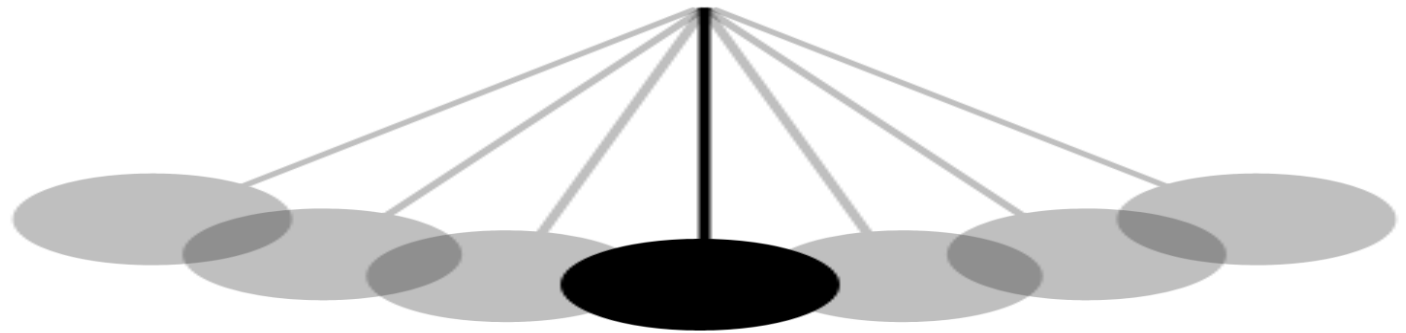
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~ Lao Tzu

Pendulum



The Pendulum of Extremes



Pendulum Swing

Doing nothing for clients:

- “Let me know when you find a place you want to live.”
- “Here’s a (an outdated) housing list.”
- “These people have nothing but time on their hands, they can find their own place.”

Fostering Independence:

- “Today I will go on a housing search with you. On our way to each apartment I will coach you on talking to the landlord. I’ll let you take the lead. But don’t worry, I will be right there if you need me.”
- “I will take you to the foodbank today. I’ll show you the bus routes to take so next time you can pick a day and time that works best for you to go independently.”

Doing everything for clients:

- “Here, let me fill that paperwork out for you.”
- “Sure, I’ll drive you to the food bank every week.”
- “This person is so pathetic. If I don’t do it for them, it will never get done.”

Resiliency and Resourcefulness

re·sil·ience

rə'zilyəns/

noun: **resiliency**

1.

the capacity to recover quickly from difficulties; toughness.

2.

the ability of a substance or object to spring back into shape; elasticity.

re·source·ful·ness

[rə'sôrsfəlnəs]

NOUN

the ability to find quick and clever ways to overcome difficulties.

Evidence Based Treatment for Chronic Homelessness



Strengths Based: What it takes to be homeless...

- Personal skills; playing music, cooking...
- Social Intelligence; being able to read people
- Being a good listener and communicator
- Kindness
- Intelligence
- Persistence
- Creativity
- Resilience
- Resourcefulness
- What else: _____

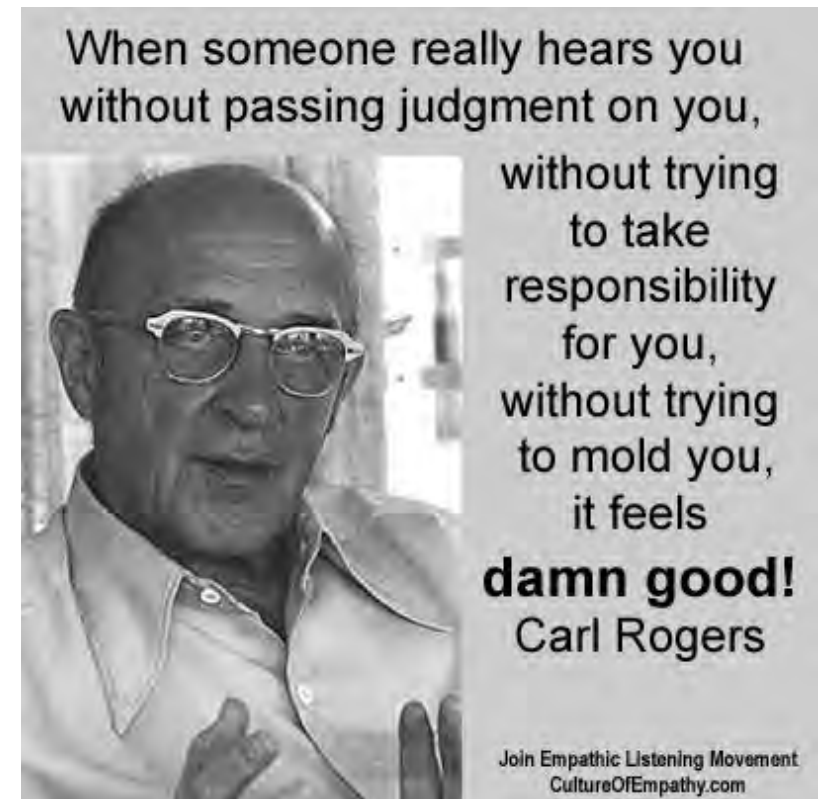
Strengths Based: What it takes to be homeless...

- To a client that is late to his appointment: *You made it! Thank you for being here, let's get to work!*
 - To a client that uses self determination to chose something different than you would choose: *You're using your self determination. That's a great skill. Let's take a look at how your decision is working toward your housing recovery goals.*
 - To a client actively using substances: (find that one moment that they aren't, or at least are more clear) *You look great today! You seem so clear and happy. What's different?*
 - Other examples?
-

Warning:

If you don't believe these things are strengths, this approach won't work. They will see right through you!

Unconditional Positive Regard



SAMSHA: Evidenced Based

- Assertive Community Treatment

“Assertive community treatment (ACT) does just that but takes therapy a step farther than integrated treatment. Combining the interdisciplinary fields that deal with mental illness and substance abuse, ACT helps a person outside the hospital or rehabilitation center. This approach can be ideal for those with severe mental illness and addiction, or for those who have not typically responded well to outpatient therapy.”

Modified ACT TEAM CABHI



Trauma Informed

- *Traumatic and violent events are the central, primary events impacting everything else in the lives of people living in homelessness. Assumes the impact of trauma is all-encompassing.*
- *Problems/Symptoms are inter-related responses to or coping mechanisms to deal with trauma. Many problems (symptoms) including homelessness, psychological problems, substance use/abuse, dissociation, self-injury, physical problems, and startle responses are attempts to cope with violence/trauma and overwhelming feelings associated with traumatic events or unsafe environments.*
- *Homeless families are active experts & partners with people providing services: Women and their children are viewed and treated as the experts in knowing what is best for them and what will help the most.*
- *Understands providing clients with the maximum level of choices, autonomy, self-determination, dignity, and respect is central to healing. Philosophy of holistic healing and resilience. Agency responsible for creating an environment conducive to healing and becoming a partner in family-defined process.*

Trauma Informed

- 93% of homeless adult females reported experiencing trauma.
- “First, many military veterans suffer from PTSD as a result of their experiences in combat situations, which can lead to homelessness upon their exiting military service. Second, a traumatic event experienced during homelessness can itself cause PTSD. Examples might include witnessing or being victim of an attack, sexual assault, and so forth. The third and much less commonly explored area of focus is when the traumatic event is homelessness itself; that is, when the experience of not having a home leads to PTSD.”

Trauma Informed

- What we can do:
 - Focus on strengths
 - Tolerate a range of emotions
 - Share power and control
 - Use strengths based, recovery language

CTI Critical Time Intervention

- Addresses a period of transition
- Time-limited
- Phased approach
- Focused
- Decreasing intensity over time
- Community-based
- No early discharge
- Small caseloads
- Harm reduction approach
- Weekly team supervision
- Regular full caseload review

CABHI CTI



Initial – Stabilization Phase

During the Stabilization phase you will begin the return to being stably housed. You will be seen at least twice per week. Once by the therapist and once by either care coordinator or peer support.

Foundation Phase

During this stage you will be building a foundation in your home and overall well-being. You will have a least one appointment with CABHI staff per week.

Community Connection Phase

In this phase you will be creating your own natural and chosen supports in the community. During this phase a you will be seen at approximately twice per month.

CABHI CTI



Transitions Phase

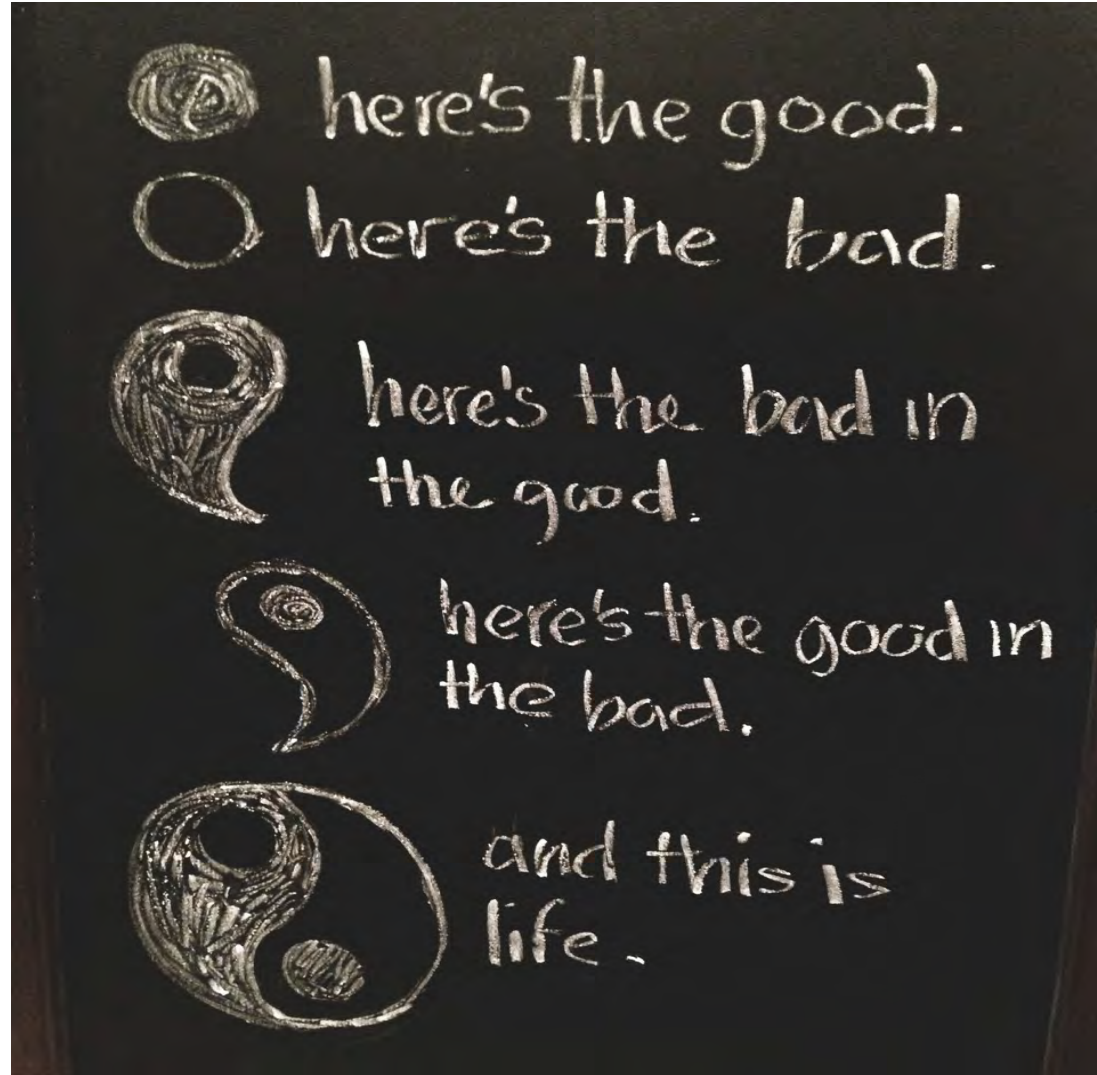
In this phase you will begin to transition out of the CABHI program and return to independent living. You will have a phone call or visit one time per month during this phase.

Integration Phase

In this phase you are ready for successful discharge having met the following criteria:

- **You have maintained stable housing for at least six months.**
 - **You have reported a decrease in substance use.**
- **If eligible for employment, you have maintained stable employment for at least three months.**
- **You have reported an increase in overall well-being.**
- **You have reported an increase in social/community connectedness.**

Finding a balance



Fostering
independence
rather than
dependence...

*“There is no greater
disability in society,
than the inability to
see a person as
more.”*

Robert M. Hensel

Questions?



References:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3498836/>
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