



## San Mateo County Behavioral Health and Recovery Services

### Change Agent Housing Committee

### Housing Resource and Information Guide

*Please note that while every effort was made to create an informative, comprehensive and accurate guide, information is always subject to change. Before referring or disseminating this information, we strongly recommend confirming with the primary resource. Thank you!*

**Change Agent Housing Committee:** Usually meets on each second Tuesday monthly from 1:30 to 2:30 at 2000 Alameda, SM. Contact Mary Taylor Fullerton ([MFullerton@smcgov.org](mailto:MFullerton@smcgov.org)) to be added to the email list. For basic housing contact, location and facility information try our [San Mateo County Change Agent Housing Committee Housing Resource Map](#) (or Google search SMC C A Housing Committee Map). For more information about the content of this Guide, contact Lee Harrison ([leharrison@smcgov.org](mailto:leharrison@smcgov.org)) / (650) 363-4111.

**Housing Operations and Policy Team** – Usually meets on each third Thursday from 9:00 to 10:30 at 320 Harbor, Belmont (Housing Authority Offices). Contact Kelly Ann Sheridan ([KASheridan@smcgov.org](mailto:KASheridan@smcgov.org)) to be added to the email list.

[SMCHousingSearch.org](http://SMCHousingSearch.org) is a housing locator launched in San Mateo County in April 2012. This service is sponsored by the San Mateo County Housing Authority and the Housing Leadership Council of San Mateo County, along with contributions from a variety of community agencies and local business sponsors. [SMCHousingSearch.org](http://SMCHousingSearch.org) provides detailed information about affordable rental opportunities across the county and helps people find housing that best fits their needs. The service can be accessed at no cost online or through a toll-free, bilingual call center at 1-877-428-8844, available M-F, 6:00 am - 5:00 pm PDT.

### Psychosocial Rehab Programs

**BHRS referral required**

**Telecare** – FSP 855 Veterans Blvd, Redwood City, CA 94063, (650) 817-9070

**Caminar – Hawthorne House** 251 Jackson Ave, Redwood City, CA 94063 (650) 368-2383

**Caminar – Eucalyptus House** 2 Edgewood Ct, Daly City · (650) 994-7110

**Caminar – Redwood House** 248 Redwood Avenue, Redwood City, CA, 94061-3074 (650) 839-1076

**Bridges Program – BHRS/Courts** 680 Warren St, Redwood City (650) 599-7336

**Mateo Lodge / Wally's** - 420 Cassia Avenue, Redwood City, CA 94063 (650) 363-8125

**Pathways Program – BHRS/Courts** – (650) 363-4244 [Pathways Program web link](#) (**No BHRS referral required – self-referral, family members, etc. may apply**)

## **Transitional Housing**

(BHRS Referral or self-referral through BHRS or Core Agencies)

**Spring Street (MHA)** (650) 365-5772

**Stepping Stones (for women) Shelter Network – Monica McCathrion** (650) 340-6733 X715

**Industrial Hotel – Contact Telecare** - 650-817-9070

## **Shared Housing**

(BHRS Referral or self-referral through BHRS or Core Agencies)

**HIP Housing (Multiple locations)** (650) 348-6660

## **Permanent Supported Housing**

(BHRS Referral required)

**The Vendome (Shelter Network)** 415 E. 2nd Avenue, San Mateo, CA 94401 (650) 340-6733

**Cedar Street (MHA)** 110 Cedar Street, Redwood City, CA 650-368-9989

**636 El Camino (Mid Peninsula, BHRS, SMC Housing Authority)** 636 El Camino Real, South San Francisco, CA 94080 (650) 827-4000 (a limited number of units are designated for BHRS individuals and client families)

## **Single Adult Shelters**

(BHRS Referral or self-referral through BHRS or Core Agencies)

**Spring Street (MHA)** 650-368-9989 x121

**Maple Street (Shelter Network)** 650-685-5880

**Safe Harbor (Samaritan House)** 650-341-4081

**East Palo Alto Shelter**

## **Family Shelters**

(Referral through BHRS or Core Agencies)

San Mateo: [First Step for Families](#)

Menlo Park: [Haven Family House](#)

Redwood City: [Redwood Family House](#)

Daly City: [Family Crossroads](#)

## **BHRS Affordable Housing Subsidy Programs**

**BHRS referral required**

**Shelter Plus Care (HACSM & Caminar) by referral only**

**Moving to Work Program (Housing Authority of the County of San Mateo)** (650) 802-3300, 264 Harbor Blvd # A, Belmont (referral only 6 year subsidy – currently not accepting new referrals until 2013)

**Housing Readiness (Housing Authority of the County of San Mateo)** (referral only - 3 year subsidy)

**AOD Housing Programs** - AOD Housing Subsidy & SB3 – Mark Korwald (650) 802-6400, Drug Court Housing Subsidy (Billie Teal), (650) 802-6400 (Treatment Team Referral, time limited)

Many housing subsidy programs for BHRSF clients require special forms (Homelessness Certification, SMI Certification, etc. Contact Kelly Ann Sheridan (650) 573-3437 to obtain these forms.

**Note - Community Program Referral Form Shared Drive link: Z:\ARM Adult Resource Management\FORMS**

## Affordable Housing Developers and Managers

**BRIDGE Housing** (rental housing in San Mateo County and other Counties)

Information Hotline: (415) 267-7673; Main number: (415) 989-1111

**Eden Housing** (rental housing in San Mateo County and other Counties): (510) 582-1460

**First Community Housing** (rental housing in San Mateo County and other Counties): (408) 291-8650

**HIP Housing** (rental housing & shared housing in San Mateo County only): (650) 348-6660

**Lesley Foundation** (senior rental housing in San Mateo County only): (650) 726-4888

**Mercy Housing** (rental housing in San Mateo County and other Counties): (415) 355-7100

**MidPen Housing** (rental housing in San Mateo County and other Counties): (650) 356-2900

**Habitat for Humanity Greater San Francisco** (ownership housing in San Mateo County): (415) 625-1000

**West Bay Housing** (rental housing for the developmentally disabled in the Bay Area): (415) 618-0012

### San Mateo County – Affordable Apartment Communities and Developers Last Updated on 8/25/2009

<b>Horizons</b>	24 Apts. for adults w/developmental disabilities	Belmont
825 Old County Road 94002		650-802-8153
<b>Colma Ridge</b>	20 Apts. for persons w/ mental disabilities	Colma
85 Reiner Street 94014		650-755-3591
<b>San Pedro Commons</b>	74 Senior Apartments	Colma
100 'A' Street 94014	Friday, 10 to 3	650-755-3591
<b>Bay Oaks</b>	38 Family Apartments	East Palo Alto
2400 Gloria Way 94303	Tues & Thurs – 1 to 4	650-324-2525
<b>* Edgewater Isle Senior Apts</b>		San Mateo
1510 Marina Vista 94404		650-341-3367
<b>* Newell Apartments</b>	26 Family Apartments	East Palo Alto
44-48 Newell Road 94303	Apps. - @ Bay Oaks – Tue & Thurs. 1 to 4	650-324-2525
<b>Runnymede Gardens</b>	78 Senior Apartments	East Palo Alto
2301 Cooley Ave 94303	Apps. – Tues. & Thurs, 9 to 1	650-323-1106
<b>* The Woodlands</b>	23 Family Apartments	East Palo Alto
1781 Woodlands Ave 94303	Apps. @ Bay Oaks / Tues 9 – 12 & Thurs, 1 to 4	650-324-2525

<b>Main Street Park I &amp; II</b>	64 Family Apartments	Half Moon Bay
1101 Main Street 94019	Apps. – Mon thru Fri 9 to 4	650-712-1350
* The Gateway	130 Family Apartments	Menlo Park
1345 Willow Road 94025	Apps. - Mon, Wed, Fri – 9 to 4	650-323-5615
<b>Willow Court</b>	6 Homes	Menlo Park
1105-1141 Willow Rd 94025		650-323-5615
* <b>Willow Terrace</b>	31 Family Apartments	Menlo Park
1115-43 Willow Road 94025	Apps. – Mon thru Fri 9 to 4	415-323-5615
<b>City Center Plaza</b>	81 Family Apartments	Redwood City
950 Main Street 94063	Apps. Tues 9 – 12 & Thurs, 1 to 4	650-261-1750
* <b>Redwood Oaks</b>	27 Family Apartments	Redwood City
635 Spruce Street	HIP Housing	650-261-1750
<b>Laureola Oaks</b>	16 Family Apartments	San Carlos
907 E San Carlos Ave		650-637-8206
<b>Rotary Haciendas*</b>	82 Senior Apartments	San Mateo
2700 Hacienda Street 94403	Apps. – Tues & Thurs, 9 to 4	650-574-1232
<b>Rotary Floritas*</b>	50 Senior Apartments	San Mateo
99 27 <sup>th</sup> Ave 94403	Apps. – Fri, 10 to 3	650-286-1146
* <b>St. Matthew Apts.</b>	56 Studio and 1 BR Apts.	San Mateo
215 East 2 <sup>nd</sup> Ave 94401	Friday, 9 to 3	650-342-7211
<b>Greenridge</b>	34 Family Apartments	South San Francisco
1565 El Camino Real 94080	Apps. – Mon thru Fri 9 to 4	650-616-4570
<b>Sundial</b>	11 studio and 1 BR Apts.	South San Francisco
215 4 <sup>th</sup> Lane 94080	Apps. @ Greenridge, Fri 9 to 4	650-616-4570

<b>Willow Gardens</b>	36 Family Apartments	South San Francisco
344 Susie Way 94080	Apps. – Mon thru Fri 9 to 4	650-616-4570
<b>* Half Moon Village (Senior)</b>	Senior – PBA **	Half Moon Bay
9 Bloom Lane	[S], [1]	650-802-3319
<b>Family Housing Under Const.</b>	<b>So San Francisco – Interest List</b>	650-356-2900
<b>Visitacion Gardens Apartments</b>	<a href="http://www.bridgehousing.com/Visitacion">http://www.bridgehousing.com/Visitacion</a>	415-330-9252
<b>* Pacific Oaks (Senior)</b>	<a href="http://www.bridgehousing.com/Pacific-Oaks">http://www.bridgehousing.com/Pacific-Oaks</a>	650-359-7559
<b>* MAGNOLIA PLAZA (Senior)</b>	<a href="http://www.bridgehousing.com/Magnolia">http://www.bridgehousing.com/Magnolia</a>	650-588-8350
<b>COURTYARD AT METRO CENTER</b>	<a href="http://www.bridgehousing.com/Metro">http://www.bridgehousing.com/Metro</a>	650-349-9959
<b>Grand Oak Apartments</b>	<a href="http://www.bridgehousing.com/Grand_Oak">http://www.bridgehousing.com/Grand_Oak</a>	650-952-3727
<b>Gateway Commons</b>	<a href="http://www.bridgehousing.com/Gateway_Commons">http://www.bridgehousing.com/Gateway_Commons</a>	650-610-6448
<b>Chestnut Creek</b>	<a href="http://www.bridgehousing.com/Chestnut-Creek">http://www.bridgehousing.com/Chestnut-Creek</a>	650.952.6679
<b>Trestle Glen</b>	<a href="http://www.bridgehousing.com/TrestleGlen">http://www.bridgehousing.com/TrestleGlen</a>	650.266.8205
<b>Peninsula Park Apartments</b>	<a href="http://www.bridgehousing.com/Pen-Park">http://www.bridgehousing.com/Pen-Park</a>	650.330.0899
<b>The Peninsula Regent</b>	<a href="http://www.bridgehousing.com/TPR">http://www.bridgehousing.com/TPR</a>	650.579.5500
<b>HIP Housing</b>	<b>Shared Housing</b>	650-348-6660
<b>* Hillside Terrace</b>	18 Affordable Family Units [1], [2]	650-348-6820
<b>1293 Hillside Boulevard, DC</b>		
<b>* Section 8 Project Based</b>	<b>Rents are based on 30% of Income</b>	HUD Subsidized
<b>‘Affordable’</b>	<b>Generally means ‘Below Market Rent’ / SS income may not be enough to meet Income Requirements</b>	
<b>Max. Income Limits Apply</b>	<b>See Selection Criteria for Maximum Income Limits</b>	
<b>[S], [1], [2], [3], [4]</b>	<b>Denotes Bedroom Sizes Available. General Maximum Occupancy Rule of Thumb is Two Persons per Bedroom + 1</b>	

## Housing Resources in San Mateo County

Based on San Mateo County Housing Indicators as of March 31, 2012,  
The average rent for a 2-bedroom/1-bathroom apartment in San Mateo County is \$2,066 a month.

### If you are homeless

Emergency shelter services are available for single adults, families, youth, survivors of domestic violence and persons with disabilities. You will need a voucher or referral from one of the community service agencies listed below for entrance to a shelter. Check with the agency located closest to your last place of residence.

### Community Service Agencies

- Daly City: **Daly City Community Service Center** ..... 650-991-8007  
350 - 90th Street ..... [www.dalycity.org/residents/community\\_service\\_center.htm](http://www.dalycity.org/residents/community_service_center.htm)
- East Palo Alto: **El Concilio Emergency Services Partnership** ..... 650-330-7432  
1798-B Bay Road ..... [www.el-concilio.com](http://www.el-concilio.com)
- El Granada: **Coastside Hope** ..... 650-726-9071  
99 Avenue Alhambra / P.O. Box 1089 ..... [www.coastsidehope.org](http://www.coastsidehope.org)
- Pacifica: **Pacifica Resource Center** ..... 650-738-7470  
1809 Palmetto Avenue ..... [www.pacresourcecenter.org](http://www.pacresourcecenter.org)
- Pescadero: **Puente de la Costa Sur** ..... 650-879-1691  
620 North Street ..... [www.mypuente.org](http://www.mypuente.org)
- Redwood City: **Fair Oaks Community Center** ..... 650-780-7500  
2600 Middlefield Road ..... [www.redwoodcity.org/parks/cc/fairoaks.html](http://www.redwoodcity.org/parks/cc/fairoaks.html)
- San Mateo: **Samaritan House** ..... 650-347-3648  
4031 Pacific Blvd. at 42nd Avenue ..... [www.samaritanhouse.com](http://www.samaritanhouse.com)
- South San Francisco: **North Peninsula Neighborhood Services Center** ..... 650-583-3373  
600 Linden Avenue ..... [www.npnsc.net](http://www.npnsc.net)
- Countywide: **Salvation Army** ..... 650-368-4643  
660 Veterans Blvd., Redwood City ..... [www.tsagoldenstate.org](http://www.tsagoldenstate.org)
- St. Vincent de Paul Society** ..... 650-343-4403  
50 North B Street, San Mateo ..... [www.svdp-sanmateoco.org](http://www.svdp-sanmateoco.org)

### Housing Discrimination Complaints

State law protects people from housing discrimination based on race, religion, national origin or ancestry, sex, marital status, physical handicap or retaliation.

- California State Department of Fair Employment and Housing** ..... 800-884-1684  
1515 Clay Street, Suite 701, Oakland 94612 ..... [www.dfeh.ca.gov](http://www.dfeh.ca.gov)  
Investigates, mediates and litigates charges of housing discrimination.

- Project Sentinel** ..... 650-321-6291  
525 Middlefield Road, Suite 200, Redwood City 94063 ..... [www.housing.org](http://www.housing.org)  
The Fair Housing Center offers education, counseling, investigation and, when necessary, legal referrals to persons who believe they have experienced housing discrimination.

- U.S. Department of Housing and Urban Development (HUD)** ..... 415-489-6524  
600 Harrison Street, 3rd Floor, San Francisco 94107 ..... [www.hud.gov](http://www.hud.gov)

Investigates housing discrimination complaints.

### Low-Cost Rehabilitation Services

- Center for Independence of Individuals with Disabilities (CID)** ..... 650-645-1780  
1515 South El Camino Real, Suite 400, San Mateo 94402 ..... [www.cidsanmateo.org](http://www.cidsanmateo.org)  
Provides accessibility modifications and peer counseling program. Offers housing and information referrals and teaches independent living skills.
- North Peninsula Neighborhood Services Center** ..... 650-583-3373  
600 Linden Avenue, South San Francisco 94080 ..... [www.npnsc.net](http://www.npnsc.net)  
Housing Revitalization Program provides free minor home repairs to low-income homeowners countywide.
- Rebuilding Together Peninsula** ..... 650-366-6597  
P.O. Box 4031, Menlo Park 94026 ..... [www.rebuildingtogetherpeninsula.org](http://www.rebuildingtogetherpeninsula.org)  
Offers home renovation and repair for low-income, elderly or disabled homeowners. Work is done year-round and on the last Saturday in April. **Call 211 to access health and human service programs. 211 is free, confidential and available 24/7 in multiple languages. Prepared by Peninsula Library System (PLS) / Community Information Program (CIP) / 650-356-2132 / [cip.plsinfo.org](http://cip.plsinfo.org) / April 2012**
- San Mateo County Department of Housing / Housing and Community Development** ..... 650-802-5050  
264 Harbor Blvd., Bldg. A, Belmont 94002 ..... [www.smchousing.org](http://www.smchousing.org)  
Provides low-interest loans to low- and very low-income property owners to rehabilitate their property. Daly City, Redwood City, San Mateo and South San Francisco have separate programs for their residents. Call those city offices for information.  
For information on additional housing repair programs for seniors, contact your local senior center.

### Mortgage, Rent and Credit Counseling

- Consumer Credit Counseling Service / Housing Education Program** ..... 800-777-PLAN (7526)  
595 Market Street, 15th Floor, San Francisco 94105 ..... [www.housingeducation.org](http://www.housingeducation.org)  
Offers first-time home buying workshops with pre-purchase education, default counseling, transitional housing and tenant counseling.
- Homeowner's HOPE Hotline** ..... 888-995-HOPE (4673)  
..... [www.makinghomeaffordable.gov](http://www.makinghomeaffordable.gov)  
Offers online counseling services and resources, foreclosure prevention, mortgage / credit counseling and linkages to counselors approved by HUD (Department of Housing and Urban Development).
- Mental Health Association of San Mateo County Housing and Client Assistance Program** ..... 650-368-9989 x121  
2686 Spring Street, Redwood City 94063 ..... [www.mhasmc.org](http://www.mhasmc.org)  
Provides rental assistance and housing case management for low-income individuals who have HIV/AIDS.
- Project Sentinel** ..... 650-321-6291  
525 Middlefield Road, Suite 200, Redwood City 94063 ..... [www.housing.org](http://www.housing.org)  
Assists homeowners who are having difficulty making their monthly mortgage payments and offers first-time homebuyer pre-purchase and household budget counseling.
- San Mateo County Department of Housing** ..... 650-802-5050  
264 Harbor Blvd., Bldg. A, Belmont 94002 ..... [www.smchousing.org](http://www.smchousing.org)  
Offers programs for first-time homebuyers, including a Mortgage Credit Certificate Program, for those whose income is low enough to qualify for the tax credit.  
For additional information on rental assistance, contact the closest community service agency listed on the first page of this flyer. All programs are dependent upon availability of funds. Clients must meet eligibility requirements.
- Other Housing Resources**
- HIP Housing (Human Investment Project)** ..... 650-348-6660  
364 South Railroad Avenue, San Mateo 94401 ..... [www.hiphousing.org](http://www.hiphousing.org)

Offers programs designed to help seniors, single parents or persons with low incomes obtain housing or remain in their own homes, including home sharing and self-sufficiency programs.

- Housing Leadership Council / HEART of San Mateo County ..... 650-872-4444  
139 Mitchell Avenue, Suite 108, South San Francisco 94080 ..... [www.hlcsmc.org](http://www.hlcsmc.org) or [www.heartofsmc.org](http://www.heartofsmc.org)  
Maintains foreclosure assistance and other housing resources. HEART provides first-time homebuyer down payment assistance loans.
- Housing Resource Center ..... 877-428-8844  
..... [www.SMCHousingSearch.org](http://www.SMCHousingSearch.org)  
Call center and free online database of available housing units, searchable by various criteria.
- Legal Aid Society ..... Appointment Line: 650-517-8929  
Offers landlord/tenant clinics at sites throughout the county. Call for information and appointments.
- MidPen Housing Corporation ..... 650-356-2900  
303 Vintage Park Drive, Suite 250, Foster City 94404 ..... [www.midpen-housing.org](http://www.midpen-housing.org)  
Manages and develops low-income subsidized housing.
- Peninsula Conflict Resolution Center (PCRC) ..... 650-513-0330  
1660 South Amphlett Blvd., Suite 219, San Mateo 94402 ..... [www.pcrweb.org](http://www.pcrweb.org)  
Offers mediation services for landlord/tenant, neighbor/neighbor, consumer and a variety of other issues.
- San Mateo County Department of Housing / Housing Authority ..... 650-802-3300  
264 Harbor Blvd., Belmont 94002 ..... [www.smchousing.org](http://www.smchousing.org)  
Offers a variety of public housing and rental assistance subsidy programs.
- San Mateo County Health Department / Environmental Health Services ..... 650-372-6200  
2000 Alameda de las Pulgas, Suite 100, San Mateo 94403 ..... [www.smchealth.org](http://www.smchealth.org)  
Accepts questions and complaints regarding health and safety problems such as: unsanitary conditions; rodents and insects; leaks; unsafe floors and stairways; or lack of hot water, heat or plumbing.
- Tenant Foreclosure Hotline ..... 888-495-8020  
Provides information and referrals to tenants whose landlords are at some stage of the foreclosure process.



# WRAP for HOUSING

Housing - How to find it. How to keep it.

How to find and use resources and support to be stable,  
safe, successful and comfortable.

January 2012 Revision



## WRAP for HOUSING WORKBOOK

**WRAP Key Concepts of Recovery Are:**

**Hope**

**Personal Responsibility**

**Education**

**Self-Advocacy**

**Support**

To be used in conjunction with the  
Wellness Recovery Action Plan® by Mary Ellen Copeland, MS, MA

# San Mateo County Behavioral Health and Recovery Services

## South County Clinic WRAP for Housing Group

Housing - How to find it. How to keep it.

How to use a **Wellness Recovery Action Plan** to find and use resources and support to be stable, safe, successful and healthy.

### Presentation and Special Workshop Schedule

#### 1<sup>st</sup> Quarter 2012

January 24 – 636 El Camino, SSF information and Application Session

January 31 – Alex Palen, Landlord/Property Manager: Application and Credit Check

February 7 – Alex Palen, Landlord/Property Manager: Apartment Interviews, Strategies to Overcome Barriers, Inspection Role Plays, and telephone strategies

February 14 – Monica McCathrion, Shelter Network: Housing and Assistance Programs

February 21 – Barbara Liedtke, HIP Housing: Shared Housing and Housing Programs

February 28 – Tom Cordell, St. Vincent de Paul: Resources and Programs

March 6 – Annette Suplizio, Caminar: Shared Housing and Housing Programs

March 13 – Suzanne Garrett, Financial Empowerment Program: financial programs, benefits and services

March 20 – Edmund Bridges, VFR Solutions: Credit Repair, criminal records, IRS, etc.

**WRAP Key Concepts of Recovery Are:  
Hope, Personal Responsibility, Education,  
Self-Advocacy and Support**

To be used in conjunction with the Wellness Recovery Action Plan<sup>®</sup> by Mary Ellen Copeland, MS, MA

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Housing Wellness Tool Box

What to Expect and How to Avoid Frustration

Daily Maintenance

Master Rental Application

### **Week Two**

#### **Presentation**

Applications and Credit Reports – What you need to know; What landlords look for and how to overcome potential Credit Report and Rental History Barriers

Landlord / Tenant Responsibilities (Rights and Boundaries)

Preparation and Search for Housing (Practice Makes Perfect ... and Confidence!)

Search Tools and Support (Preparation Follow-up, Case Manager Support / Treatment Team, etc.)

Triggers

### **Week Three**

#### **Presentation**

Apartment Interviews – You only get one chance to make a First Impression! They are EVERYTHING!

Communication and Preparation – How to set yourself apart

Part 2 - Search Tools and Support (Preparation Follow-up, Using Support / Treatment Team, etc.)

Money Management (AKA - Budgeting and Smart Spending)

Early Warning Signs

### **Week Four**

#### **Presentation**

Life Skills Self-Assessment and finding support (Budgeting, Cleaning Skills, Laundry, Cooking, etc.)

Housing Assessment - What are your Housing options? (Hotel, Apartment, Shared, Affordable, Board and Care, Shelter, Transitional, Treatment Programs, etc.) - Short term and Long term

When things are Breaking Down

Crisis Plan(s) - Mental, emotional, financial and physical health

Post-Crisis Plan (s)

## **Week Five**

### **Presentation**

Shared Housing

Communication (Landlord, Treatment Team / Case Manager, Supporters, Resources, Room Mate, etc.)

How to Find and Use Support (Wellness, Search, Financial, Social, etc.)

WRAP Review: Key Concepts – Hope, Personal Responsibility, Education, Self-Advocacy and Support

Housing Wellness Tool Box (Review and Update)

What to Expect and How to Avoid Frustration (Review and Update)

## **Week Six**

### **Presentation**

Resources / Support (Food, Household Items, Furniture, Clothing, Financial, Social, etc.)

Search Tools and Support (Preparation Follow-up, Case Manager Support / Treatment Team, etc.)

Landlord / Tenant Responsibilities (Rights and Boundaries)

## **Week Seven**

### **Presentation**

Using Support (Self-Advocacy, Communication, Smart Strategies, etc.)

Triggers – (What are they?, Avoiding Them, Action Plans)

Early Warning Signs - (What are they?, Identifying Them, Action Plans, Maintaining Wellness)

How to Find and Use Support (Wellness, Search, Financial, Social, etc.)

## **Week Eight**

### **Presentation**

Money Management Part 2 (AKA - Budgeting and Smart Spending) Review and outcome sharing

Crisis Plan - What do I want to happen if I'm in Crisis?

Post-Crisis Plan – What will my Crisis recovery look like?

Life Skills - Part 2 (Review and Update)

Finding and Using Support - Part 2 (Review and Update)

**After week eight, the Workshop is ongoing as participants continue to search for housing. The emphasis is on support, skill-building, and practicing wellness and healthy coping skills.**

**Clients are encouraged to do what they can to live as well and as healthy as they can in their current living situations, and to prepare to be successful in housing.**

**Accomplishing tasks daily, taking small steps towards independent community living, skill-building (search skills, stress reduction, healthy coping and action plans, using support, self-advocacy, etc.) are discussed and practiced at weekly check-ins.**

**Successes and accomplishments are celebrated!**