



Solutions for Supportive Homes

www.s4sh.org

Who We Are and What We Want to Do

Solutions for Supportive Homes is a Bay Area group of committed parents and community professionals working to increase the quantity and the quality of permanent, affordable, health-supporting homes where adults living with long term special mental health needs can continue their lives and advance their recovery with dignity in our communities. Most of us are aging parents who have been helping our adult children navigate the challenges of their mental health conditions for years. We are united by two searing questions: *Where will my adult child live? And who will help him when I am gone?*

We see that the gap in subacute care facilities and permanent supportive homes sabotages our entire mental health care system and puts our adult children and many others at imminent risk for homelessness or unjust institutionalization when we die. We want to fix this.

Our research and our direct experience have convinced us that successful supportive homes for adults with long term special mental health needs combine 3 essential elements:

- **Community** - connection with one's immediate neighbors, not isolation or sequestering, as well as inclusion in the community at large;
- **Permanence** - a home (not housing) one can return to if one has a health crisis requiring hospitalization;
- **Onsite compassionate help** - for everyday assistance with challenges of self-management and communication.

Therefore, a conveniently located enclave-style small group living situation, providing privacy while discouraging isolation, is the best solution for most, because it can offer

- The dignity and security of one's own home base, plus a collection of potential friends in close proximity, and ease of connection to the wider community
- Opportunities, with support, to contribute meaningfully to the group
- Walking distance access to shopping, health care and social activities, and potential supported employment.

Property Goals

Our goal is to purchase or build small (8 to 16 unit) multi-unit buildings or tiny home developments in locations convenient to community services, and staff them with live-in and daily compassionate onsite support. With either of these building models, residents are afforded the dignity of having space exclusively for their own use, proximity to the Resident Assistant, opportunity for social interaction with resident neighbors, and encouragement for shared activities such as gardening, exercise, meals, and entertainment.

Role of Resident Assistant

The on-site person would serve as property manager as well as a support person for the residents. The Resident Assistant can provide practical problem solving, help with independent living skills, and reach out to outside resources if needed. Each resident would be required to have their own personal resources for physical and mental health and financial needs.

Looking Ahead

Solutions for Supportive Homes is in process to launch our first permanent, supportive community for adults living with serious mental illness. We're seeking funds to further develop the organization and to build awareness among potential investors and residents.

No one is more passionate about keeping people living with mental illness off the streets than their families. We are working to demonstrate that by providing a practical, affordable model for families to contribute to the well-being of their loved ones living with serious mental illness, we can ensure a high quality of care and better long-term outcomes at a much lower cost per individual than reliance on public resources alone.

For more information, please contact Carolyn Shepard, President, at cshepard@s4sh.org.