



FREDERICKSBURG REGIONAL
CONTINUUM OF CARE
partners ending homelessness

Discharge Planning Committee

April 15, 2021

- Introductions
- Approve March 18, 2021 Minutes (ACTION ITEM)
- Coordination with Criminal Justice Reform Taskforce
- Discussion of Community Navigator/Peer Support models

Next Meeting: May 20, 2021 at 1pm

Comparing Community Models

Community Navigator Program

| | Community Navigator Program Tri-City Mental Health Pomona, CA | Jail Inreach Project Healthcare for the Homeless—Houston Harris County, TX |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description | Program that provides linkage and referrals to community resources. | Intensive program that combines healthcare with housing services for inmates with mental illness. (x) |
| Staffing | <ul style="list-style-type: none"> • Four Community Navigators • Job Description | <ul style="list-style-type: none"> • Case managers • Physicians • Behavioral Health Workers |
| Services offered | <ul style="list-style-type: none"> • Referrals, guidance • Diversion | <ul style="list-style-type: none"> • Case management • Direct linkage to healthcare and other community resources, including sharing of key client data |
| Communication with Clients | <ul style="list-style-type: none"> • Mail, email, in person • Can arrange special location for client. • Stationed in key facilities (City hall, mental health facility) • Virtual “office hours” | <ul style="list-style-type: none"> • Evaluations and assessments performed while incarcerated. • Inmates eligible for program have option of “direct release” into the care of a case manager: meet outside jail, walk to nearby Cathedral Clinic for immediate care/assessment. |
| Communication with Jail | <ul style="list-style-type: none"> • Visits jails (and other public facilities/social services) | <ul style="list-style-type: none"> • MOU between homeless services and jail, homeless services case managers allowed to initiate contact with inmates with mental illness who were/are anticipated to be homeless |
| Funding | <ul style="list-style-type: none"> • Mental Health Service Act • Grant from County | <ul style="list-style-type: none"> • Philanthropy (Medallion Foundation) |

Comparing Community Models

Peer Support/Mentoring

| | REMEDY Support Group Contra Costa Health Services Contra Costa County, CA | Peer Mentoring ENDependence Center of Northern Virginia Arlington, VA |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description | 8 week group curriculum designed to address returning citizens' barriers to health, employment, and housing. After the course, returning citizens have access to peer leadership, advocacy, and mentoring opportunities. | One-on-one mentoring to support people with disabilities with any issues related to living independently with a disability, such as housing or employment. |
| Staffing | <ul style="list-style-type: none"> • Re-entry Navigator • Psychologist | <ul style="list-style-type: none"> • Peer Mentors |
| Services offered | <ul style="list-style-type: none"> • 8 week series (meet twice per month) • Cognitive behavioral skills, health literacy, coping skills • Links to essential community resources | <ul style="list-style-type: none"> • Goal development • Housing location support • Applying for social services • Employment skills and search • Respond to questions about services from the public |
| Communication with Clients | <ul style="list-style-type: none"> • Services accessed by outreach to returning citizens or referral • Health and social needs screening • Group sessions | <ul style="list-style-type: none"> • Eligible clients can initiate service contact • One-on-one counseling sessions |
| Communication with Jail | <ul style="list-style-type: none"> • Participants in program have already been released from jail/prison | <ul style="list-style-type: none"> • N/A, not a jail-based program |
| Funding | <ul style="list-style-type: none"> • Department of Health and Human Services, Centers for Medicare & Medicaid Services Grant | |

Key Program Design Considerations
Community Navigator Program

| Consideration | Brainstormed Approaches | Resources/Connections Needed |
|---------------------------------------------------------------------|-------------------------|------------------------------|
| Who will be eligible to receive services from Community Navigators? | | |
| How will Navigators engage with clients in the jail? | | |
| How will the Navigators determine the needs of clients? | | |
| What level of engagement will Navigators have with clients? | | |
| How will Navigator Program relate to Homelessness Helpline? | | |
| Potential sources of funding? | | |

Key Program Design Considerations
Peer Support/Mentoring

| Consideration | Brainstormed Approaches | Resources/Connections Needed |
|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------|
| What will be the scope of topics/skills addressed by the mentoring program? | | |
| What level of involvement will mentors have in clients' lives/how many clients will mentors serve at one time? | | |
| Who will be eligible to participate in peer mentoring? | | |
| When and how will current inmates/returning citizens get engaged with the peer mentoring program? | | |
| How will we recruit and train peer mentors? | | |
| Where will the groups meet? | | |
| How will the Peer Mentoring Program relate to other supportive community programs/organizations? (RACSB Peer Services, ARC job training, etc.) | | |
| Potential sources of funding? | | |