



HOMELESS SERVICES NETWORK MINUTES

July 21, 2016 / 8:30am – 10:00am

Hope Haven Conference Center

ATTENDANCE

VOTING MEMBERS PRESENT

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| 1) Courtney Hawkins | A Child's Place |
| 2) Melissa Morgan | Anuvia Prevention & Recovery |
| 3) Ron Clark | Cardinal Innovations |
| 4) Julia Hanson | Charlotte-Mecklenburg Library |
| 5) Lori Beullah | Community Link |
| 6) Kim Scholtz | Community Link |
| 7) Tameka Gunn | Community Link |
| 8) Anisse Avery | Community Link |
| 9) Pat Krikorian | Florence Crittenton Services |
| 10) Gayle Butterfield | Florence Crittenton Services |
| 11) Trecia Scott | Hope Haven |
| 12) Jen Grenier | Hope House Foundation |
| 13) Debbie O'Handley | Hope House Foundation |
| 14) Tameka Bellfield | Lutheran Services Carolinas |
| 15) Kimberly Alexander | Mecklenburg County Behavioral Health |
| 16) Jamie Matteo | Mecklenburg County Behavioral Health |
| 17) Yvonne Ward | Mecklenburg County Community Support Services |
| 18) Courtney Morton | Mecklenburg County Community Support Services |
| 19) Meg Robinson Arnold | Mecklenburg County Community Support Services |
| 20) Erin Schroeder | Mecklenburg County Community Support Services |
| 21) Peter Safir | Mecklenburg County Community Support Services |
| 22) Anita Leach | Men's Shelter of Charlotte |
| 23) Stephanie Shatto | Men's Shelter of Charlotte |
| 24) Michael Sowyak | Shelter Health Services |
| 25) Kelly Lynn | Supportive Housing Communities |
| 26) Pamela Jefsen | Supportive Housing Communities |
| 27) Angelique Marcus | UNCC Urban Institute |
| 28) Ashley Williams Clark | UNCC Urban Institute |
| 29) Mike O'Sullivan | Unitarian Church Universalist Church Advocacy Group |
| 30) Liz Clasen-Kelly | Urban Ministry Center |
| 31) Justin Markel | Urban Ministry Center HHH |

GUESTS PRESENT:

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| 32) Kevin Walsh | Center for Community Transitions |
| 33) Janice McNeely | Changed Choices |
| 34) Unitie Mance | HomeCare for the Carolinas |



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| 35) Bill Brown | Hoskin Park Ministries |
| 36) John Smith | Regional Housing Partnership |
| 37) Evelyn McGrant | Reliable Hands Corporation |
| 38) Nataser Nicholas | Reliable Hands Corporation |

WELCOME, INTRODUCTIONS & JUNE MINUTES

- Meeting called to order by HSN Chair, Liz Clasen-Kelly, at 8:33am
- June meeting minutes were approved by vote.
 - Motion to approve: Pam Jepsen; Second: Mike O’Sullivan.

VICTORIES

- Hope House Foundation moved a family that they met at the HSN agency fair into permanent housing. (Debbie O’Handley)
- Urban Ministry Center will fill all of its new 35 units from the Moore Place expansion next week (Justin Markel)
- 2017 Point-in-Time Count will have a project manager (Courtney Morton) and include opportunities to build in new processes and structures. (Liz Clasen-Kelly)

GENERAL UPDATES

- **HSN Treasurer’s Report (Liz Clasen-Kelly)**
 - Chris Prysock was not present to give the Treasurer’s Report. Liz updated group that HSN has approximately \$9,000 in its bank account.
- **Continuum of Care Request for HSN Funds (Liz Clasen-Kelly)**
 - Liz provided background and context for the current request for HSN funds. In the past, HSN dues were primarily used to pay for a grant writer to complete the Notice of Funding Availability (NOFA) application for Continuum of Care (CoC) federal funds. The City of Charlotte then took on the leadership role for the Continuum of Care. As a result, the grant writing responsibility shifted to the City of Charlotte and staff from various agencies. During last year’s funding cycle, the CoC received a lower score on the NOFA application and lost funding. The CoC would like to strengthen its application in this year’s funding cycle and as part of its approach is hiring a grant writer that would work with the City of the Charlotte during the final stages of the application process. Jackie MacVean has been identified by the City of Charlotte as the grant writer and the cost requested is \$1,750.
 - The HSN Executive Team supports the CoC request for funding and is proposing it for discussion and a vote by HSN member agencies. Peter Safir added that in the past HSN has spent between \$4,000 and \$7,000 for grant writing expenses.
 - The motion to give \$1,750 to the City of Charlotte to hire Jackie MacVean as a grant writer to assist with the 2016 NOFA Application was approved by vote.
 - Motion to approve: Mike O’Sullivan; Second: Anita Leach.



MENTAL HEALTH & SUBSTANCE USE WELLNESS PART 1

Liz Clasen-Kelly, Moderator

Melissa Morgan, Anuvia Prevention & Recovery

Yvonne Ward, Mecklenburg County Community Support Services

Ron Clark, Cardinal Innovations

- Melissa defined “substance use disorder” and addiction. She described the science behind addiction and how views of addiction have changed over time.
 - The definition of substance use disorder can be found in the Diagnostic & Statistic Manual of Mental Disorders 5th edition (DSM-V). The new edition changed the language from substance abuse and substance dependence to substance use with a spectrum ranging from mild to severe.
 - In the last 50 years, there has been an increase in the amount of information on addiction and how it affects people differently.
 - Applying the disease model allows for the formation of a prognosis and treatment approach. Addiction is considered to be a primary, but is connected to medical, mental health and other life domain challenges. Addiction is considered to be chronic and progressive: a first drink does not necessarily lead to full-blown addiction. As risky behaviors increase, it can spill over into other areas of life like housing. The use of substances requires more use; Melissa explained the brain chemistry behind the loss of pleasure associated with the lack of dopamine production.
 - It takes time for the body to heal from substance use during which coping skills needed for dealing with people, cravings, etc. are especially important.
 - Models for treatment include Harm Reduction and Abstinence. There is not a one-size-fits-all approach for everyone.
 - Harm Reduction is defined as an approach that helps a person reduce the harmful consequences of substance use and other risky behaviors without requiring abstinence as the end goal.
 - Abstinence models focuses on recovery by completely removing the addictive substance out of the individual’s life.
- Yvonne Ward provided an overview of the Community Support Services substance use work in the community, including within the jails and shelters, and emphasized the need for a holistic, person-centered approach to substance use treatment.
 - Treatment focus should look at the individual needs of the person. Not everyone needs individual and/or group counseling.
 - It is important to look at the link between mental health and substance use and to treat them simultaneously.
 - It is important to collaborate with other treatment providers and to help the individual integrate into the community so they can thrive.
 - Not everyone needs medication or a 12-step program. Yvonne described Recovery BINGO, which is an intervention provided at Moore Place.
 - Melissa and Yvonne shared HSN agencies that are involved in substance use treatment.



- Ron Clark shared his personal story of recovery. He currently serves as a Member Engagement Specialist, teaching peer support and wellness recovery. Below are statements from Ron.
 - Ron still goes to meetings because he is not cured or healed. He stated, “I have a disease that is designed to kill me.”
 - Following 35 days of treatment after 21 years of addiction, Ron graduated from a treatment program only to receive a piece of paper with next steps. Ron stated that he is not unique to the recovery process.
 - Hope is important.
 - Addiction is not a moral dilemma. Ron stated, “I am not a bad person trying to be good. I am sick person trying to be well.”
 - Charlotte is a rich community with multiple providers. It is important to keep working to change the stigma associated with substance use.
 - Ron shared that we are all “part of our own recovery process.”
 - You do not always get it right the first time.
 - Ron stated, “Recovery is not the absence of pain. Life is going to show up and show out on me.”

- Following the presentations, Liz Clasen-Kelly, moderated the panel. Below are the questions from meeting attendees and answers from the panelists:
 - When looking at co-occurring disorders of mental health and substance use, which do you treat first?
 - It depends on the person. Sometimes the person needs to be sober first. Other times, you have to look at the symptoms of both and just treat the symptoms regardless of their origin. Substance use with certain substances can mimic mental health symptoms. Treatment requires constant assessment.
 - What is the role of medication in treatment?
 - Vivitrol is a relatively new, and more common drug used to treat substance use by plugging the pain sensor which results in alcohol or opiate cravings.

UPDATES FROM HSN AND NON-HSN COMMITTEES

HSN Advocacy Committee: Mike O’Sullivan shared progress on some of the committee initiatives:

- Mike shared that the previous meeting focused on Salvation Army Center of Hope’s challenges with capacity. Mike shared that Deronda is reaching out to her funders and gathering data to explore the problem more fully.
- Mike described the work Helping Homeless to Housing (HHH) is doing around the 2016 Candidates Forum. The purpose of the forum is to provide a space for local candidates to talk about issues affecting people who are homeless and for all interested to ask candidates questions. HHH is expanding its work this year, and would like to request HSN serve as a sponsor. The sponsor responsibilities would include providing planning help and resources. HSN Advocacy supports the request and is proposing it for discussion and a vote by HSN member agencies.
 - The motion for HSN to serve as a sponsor for the HHH Candidates Forum in October 2016 was approved by vote.



- Motion to approve: Liz Clasen-Kelly; Second: Kelly Lynn.
- Advocacy Meetings are held at McCreesh Place on the 3rd Tuesday of the month.

HSN Coordination of Services in Housing (COSH): No update.

- Next meeting is in August.

HSN Unaccompanied Youth Homelessness: No update.

Housing Advisory Board of Charlotte-Mecklenburg: Continuum of Care (CoC) Committee: Pam Jefsen and Courtney Morton provided updates on activities from the Continuum of Care:

- The NOFA application is due on 9/14/16. Community members are working to strengthen responses on this year's application; the work to end and prevent homelessness in Charlotte-Mecklenburg is strong; there is significant room for improvement in how the community articulates its work on the application.
- CoC meetings are open and encourage CoC member agencies and others to attend.
- This year's NOFA process features a new scorecard for project applications, with significant weight placed on agency performance and data quality.
- CoC's next meeting is September 14th from 2-3:30pm at Hope Haven.

Housing First Charlotte-Mecklenburg

- Housing First has reached the 50% mark; it has housed the same number of people that remain on the registry to be housed. Agencies have creatively overcome housing barriers including utilizing the Transition to Community Living Initiative (TCLI). In addition, Carolinas Care Partnership will expand its permanent supportive housing capacity by 10 units and MeckFUSE is expanding by 5 units.

Charlotte-Mecklenburg Housing our Heroes:

- No update.

CHALLENGES

- Barriers to accessing housing and shelter for individuals with criminal backgrounds, especially sex offenses (Kevin Walsh)
- Not enough affordable housing units despite having subsidy dollars (Peter Safir & Erin Schroeder)

ADJOURN

- Meeting adjourned at 9:55am.
- Minutes submitted by HSN Secretary, Courtney Morton.

Next Meeting – Thursday, August 25, 2016