



NEW PATH COMMUNITY HOUSING ANNUAL EVALUATION 2022



BOISE STATE UNIVERSITY

IDAHO POLICY INSTITUTE

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EXECUTIVE SUMMARY

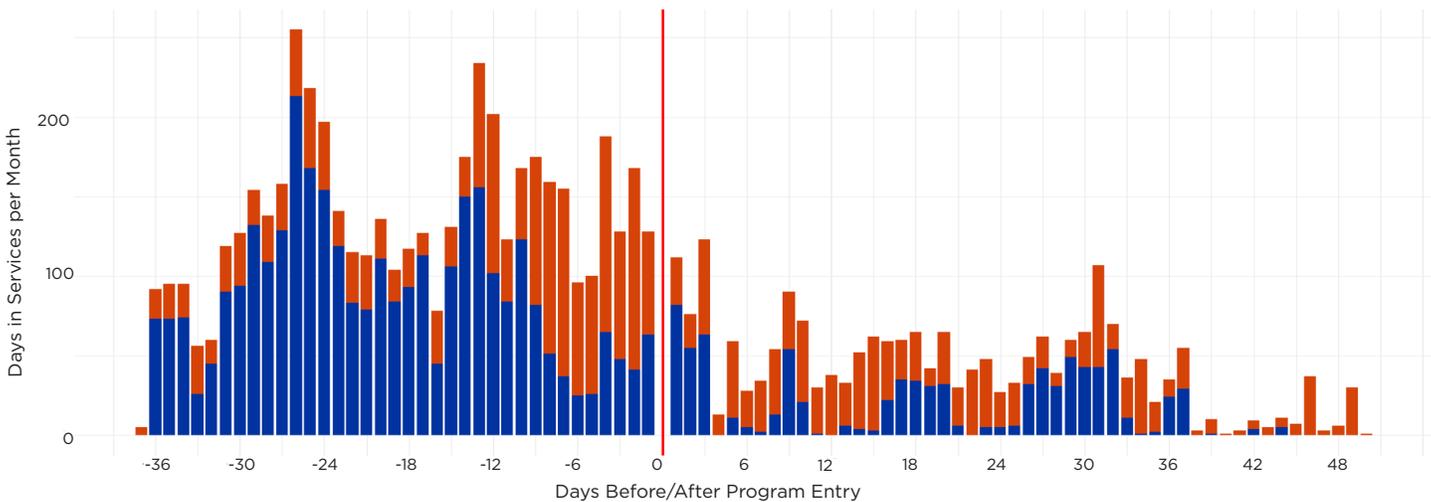
New Path Community Housing is a 40-unit, single site, Permanent Supportive Housing with a Housing First approach (PSH/Housing First) program in Ada County, Idaho. New Path's evidence-based program is designed to address specific issues related to chronic homelessness including high utilization of emergency medical and detox services, frequent contact with the criminal justice system, and compromised overall personal well-being. As program evaluator, Idaho Policy Institute oversees all evaluation activities and works closely with New Path partners to design data collection strategies, monitoring, and reporting for this program. The evaluation objectives are to:

- Measure the program's ability to meet stated goals and objectives, and
- Inform project partners' programmatic decisions.

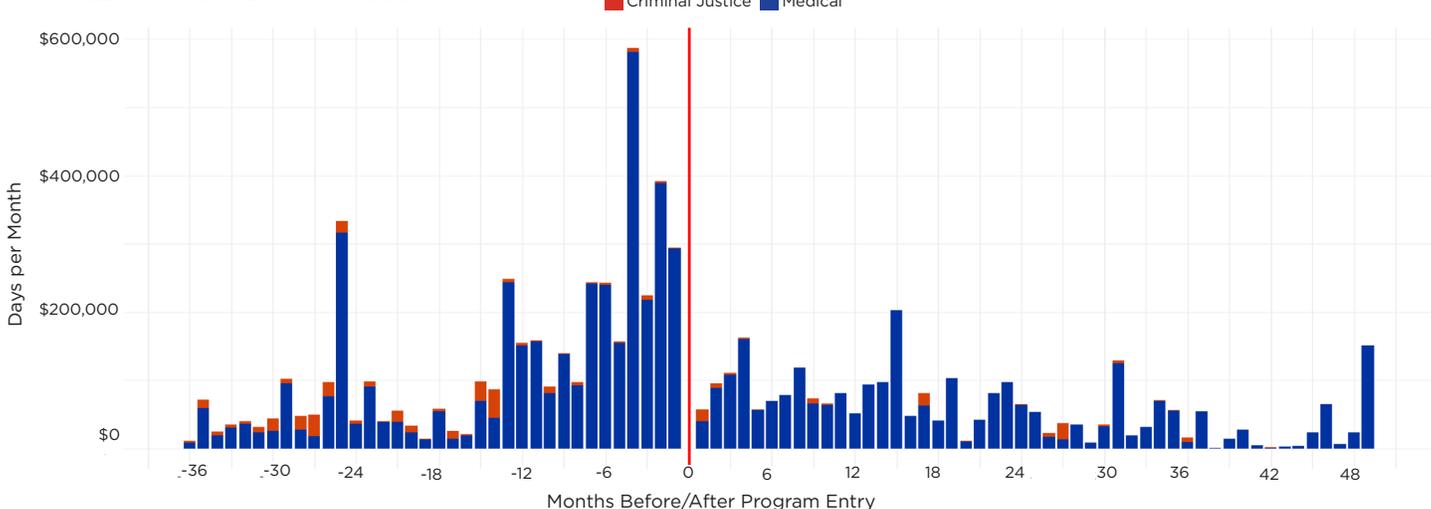
This evaluation measures the impact of the Housing First model on New Path residents in four outcome categories: health, criminal justice, housing, and well-being. Key achievements in New Path's first four years include:

- A reduction in emergency services by 4,264 fewer days
- Total savings/cost avoidance of \$6,774,554 and
- An increase in overall program participant well-being.

TOTAL DAYS IN SERVICES BY MONTH



TOTAL COSTS BY MONTH



EFFECTIVENESS OF HOUSING FIRST PERMANENT SUPPORTIVE HOUSING

Individuals experiencing long-term homelessness with high needs are often frequent users of public services due to increased rates of physical and mental instability. Each year of experiencing homelessness significantly decreases quality of life and increases use of public services. As such, communities often implement programs to address issues associated with chronic homelessness. Permanent Supportive Housing with a Housing First approach (PSH/Housing First) is widely identified as a successful approach to end homelessness for those people experiencing chronic homelessness with a high level of service utilization.¹ PSH/Housing First programs quickly and safely house individuals and families experiencing homelessness by providing permanent housing without preconditions in conjunction with offering supportive services including case management, substance dependence treatment, and mental health support.²

PSH/Housing First programs' expectation is that once people are housed, treatment and management of underlying conditions is more successful due to the availability of support services. Evidence shows when utilization of supportive services is not required to maintain housing, clients are more likely to remain stable and engaged in services over the long-term.³ PSH/Housing First is a highly effective approach to adopt, specifically for those experiencing chronic homelessness, one of the hardest populations to serve.⁴

PSH/Housing First programs that house and treat the most vulnerable community members decrease community costs because residents interact less with the emergency medical and criminal justice systems.⁵ Savings accrue in two distinct ways. First, when an individual does not use a public service, a direct saving instantly occurs. Secondly, when this happens, public services can redirect resources to another person in need.⁶ In addition to cost savings, the overall well-being of participants increases significantly after entering a PSH/Housing First program.

BACKGROUND

People experiencing chronic homelessness are only about 15% of all individuals experiencing homelessness, but account for the vast majority of the resources directed towards people experiencing homelessness.⁷ These individuals' quality of life is severely diminished due to experiencing long-term homelessness with disabling conditions. A 2016 study of Ada County found 100 individuals experiencing chronic homelessness were associated with over \$5.3 million annually in costs to the Ada County community.⁸ The same study estimated a PSH/Housing First intervention serving those 100 individuals would result in annual cost avoidance of \$2.7 million. In November 2016, the Housing First Working Group from Our Path Home (Ada County's Continuum of Care) developed a plan to launch Idaho's first single-site PSH/Housing First program, New Path Community Housing (New Path) with the following objectives.

NEW PATH PROGRAM OBJECTIVES

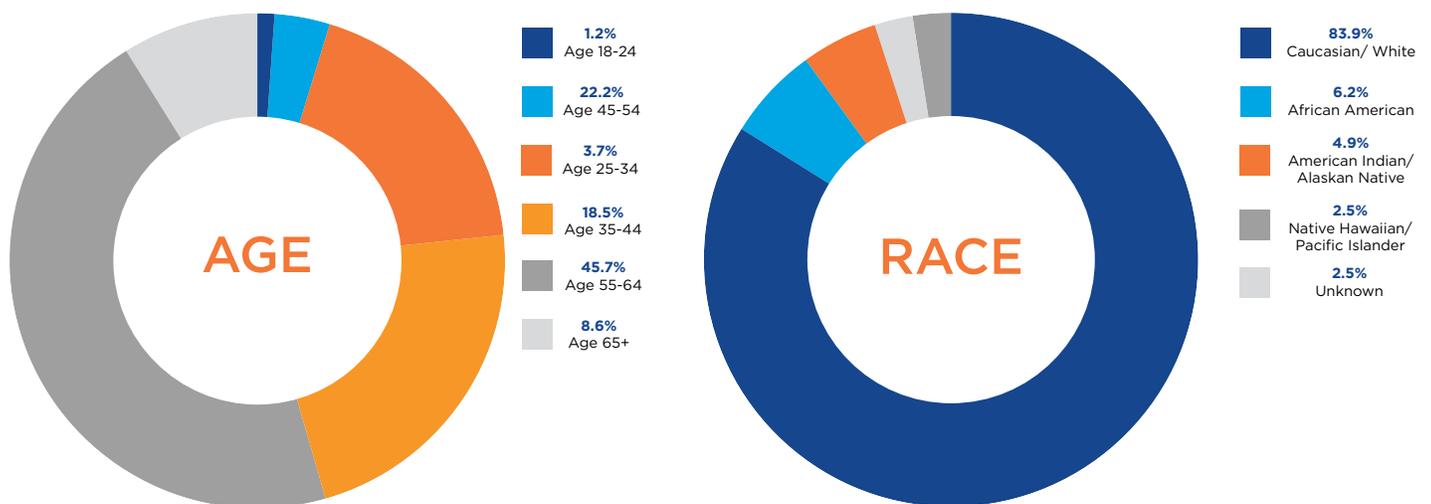
Category	Objective
Health	Reduction of utilization of emergency medical service treatment (e.g., paramedics, emergency department, etc.) and hospitalizations.
Criminal Justice	Decrease in criminal justice involvement (eg., arrests and jail stays).
Housing	Provision of stable housing and reduction in emergency shelter utilization
Well-being	Increased and strengthened connections to and engagement with mainstream resources and peer support systems

NEW PATH COMMUNITY HOUSING

New Path’s program includes a single-site, 40-unit complex with supportive services provided by Terry Reilly Health Services. To construct the facility, Idaho Housing and Finance Association donated \$500,000 in HOME funds and designated Low Income Tax Credits to the construction project.⁹ The City of Boise donated \$1,000,000 in general funds. Boise City/Ada County Housing Authorities assigned 40 project-based vouchers to New Path, which requires program participants to pay 30% of their income toward rent. On-site supportive service costs \$512,000 annually.

New Path’s program participants include Ada County residents previously experiencing long-term homelessness and frequent interaction with reactive public services (i.e., emergency health care and the criminal justice system). A total of 81 people experiencing chronic homelessness entered into New Path programming since its launch in November 2018. The demographics of program participants are shown in Figures 1 and 2.

FIGURE 1: AGE ENTERING THE PROGRAM **FIGURE 2: RACE**



2022 EVALUATION

New Path has six main goals. Qualitative survey data and quantitative service utilization data are used to evaluate the program's ability to meet these goals and objectives. Key accomplishments and challenges from the fourth year of the program (January 2022 through December 2022) are articulated below.

ACCOMPLISHMENTS

Key achievements in New Path's fourth year include:

- Increased opportunities for community building among residents
- Increased engagement with supportive services
- Decreased community costs associated with the participants' prior homelessness
- Decreased resident interactions with emergency medical services, the criminal justice system, and emergency shelters
- Continued improvement of resident's overall well-being

CHALLENGES

New Path improved on challenges identified in the first two years of the program, although some challenges still need to be addressed including:

- Ensuring collection of Release of Information Forms for current and past New Path residents
- Property management continues to be a source of tension
- Funding sustainability continues to create stress for the program
- Resident selection for the program has allowed for some program participants who either need much greater or much less assistance than the program is designed to give.

PROGRAM OUTCOMES

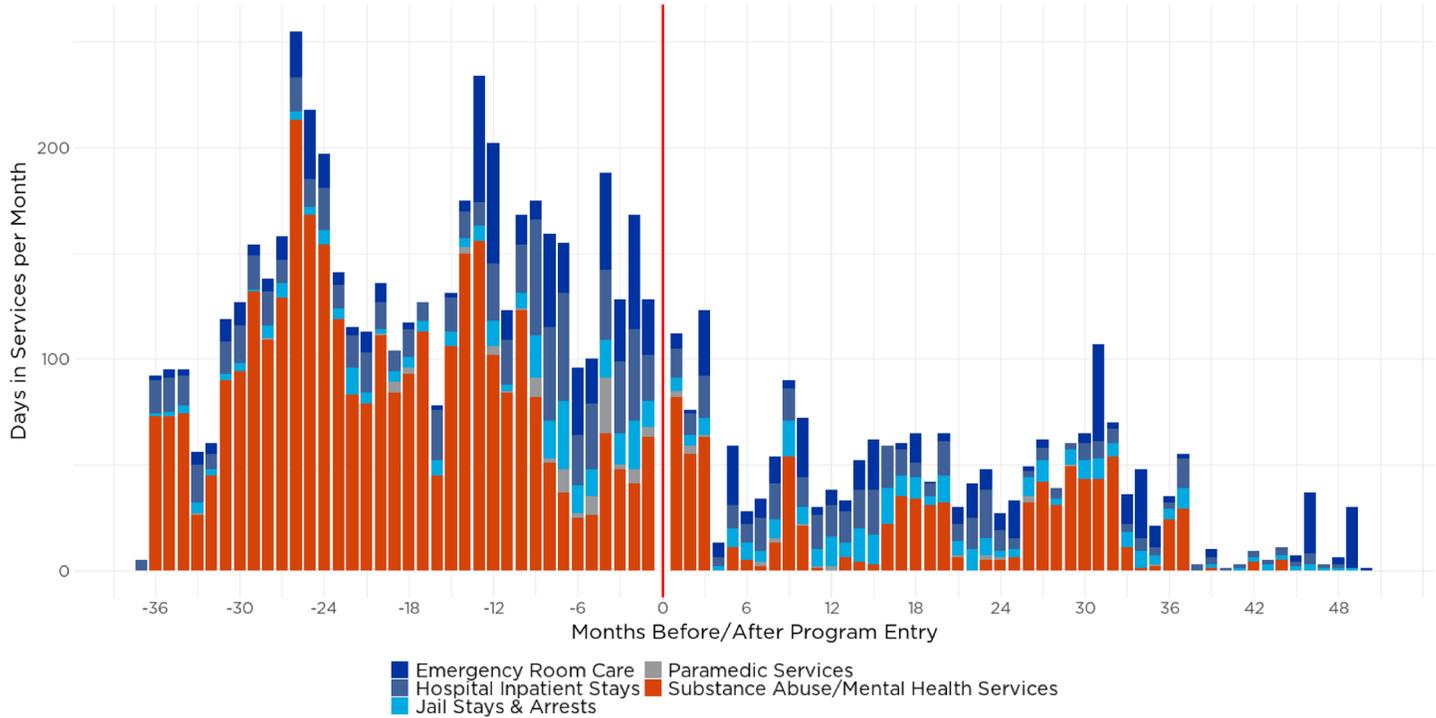
Goal 1: Provide housing and supportive services for the costliest and most vulnerable members of the chronically homeless population in Ada County.

New Path residents are chosen through a prioritization process which focuses on individuals in Ada County experiencing long-term homelessness, have a disabling condition, and are frequent users of reactive services including the emergency medical system and criminal justice system. Partners (i.e., spouses, significant others) of prioritized individuals also live at New Path, but they are not included in the programmatic evaluation. Costs of ongoing preventative services are incorporated into the overall fixed operating costs of New Path.

Residents were initially prioritized into New Path using data collected from service providers to ensure those selected were those using services most. Recently, residents have been selected by asking potential residents to self-report how often they use services.

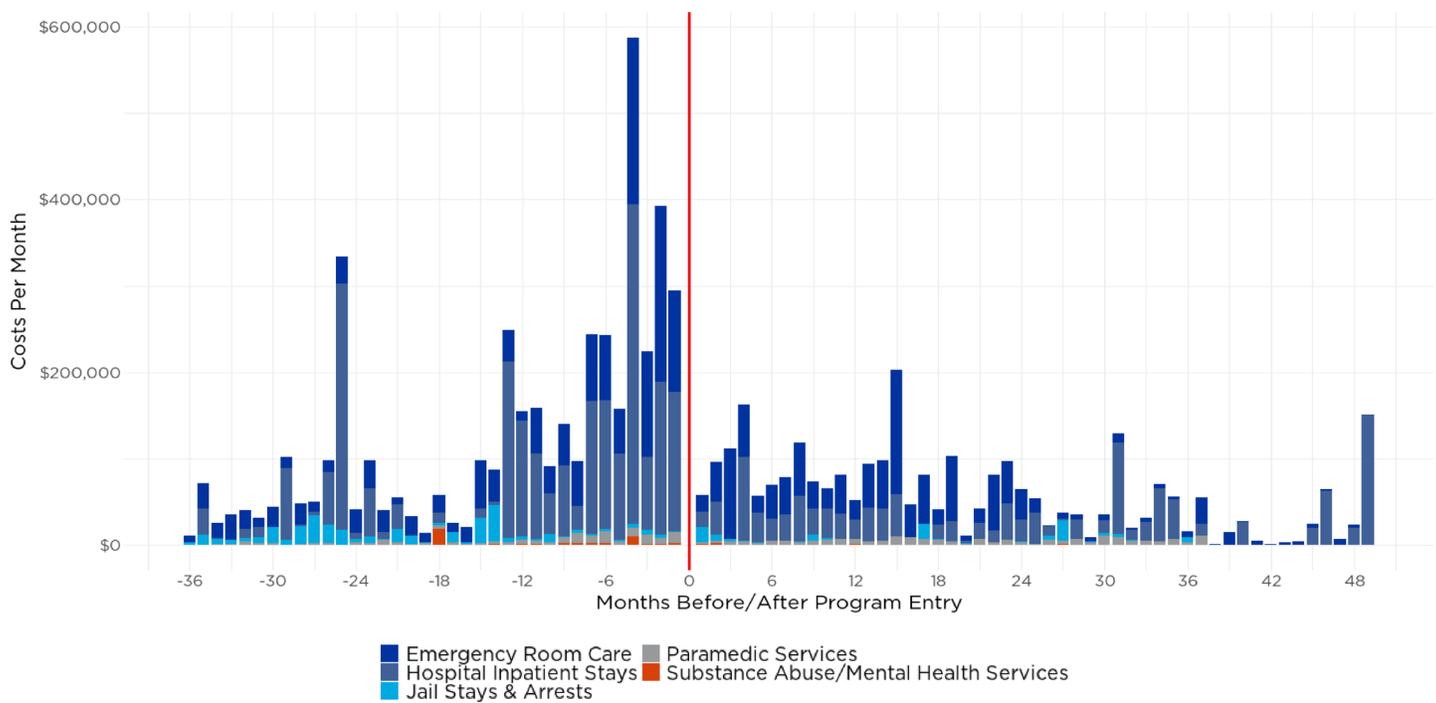
In the first four years of the program, substantial and immediate decreases in service utilization are evident after the program entry date. Altogether, residents spent 4,264 fewer days in service, as exhibited in Figure 3.

FIGURE 3: TOTAL DAYS IN REACTIVE SERVICES BY MONTH



As a result of decreased service utilization, annual community costs also decreased. Over New Path’s first four years, there was a savings/cost avoidance of \$6.7 million (see Figure 4 and Table 1).

FIGURE 4: TOTAL COSTS BY MONTH



As indicated by Figures 3 and 4, prior to entering New Path, utilization and community costs associated with individuals experiencing chronic homelessness were on an upward trajectory. Without placement into the program, this trajectory would likely continue upward resulting in a further decrease in individual well-being and increase in service utilization and associated community costs.

On average, the annual community costs per resident decrease progressively after the each year of program entry (see Table 1).

TABLE 1: AVERAGE COMMUNITY COSTS PER RESIDENT AND TOTAL COMMUNITY COSTS BEFORE AND AFTER NEW PATH ENTRY

	Average Cost Per Resident	Total Community Costs
12 months prior	\$52,549	\$2,785,145
12 months after	\$22,780	\$1,025,125
24 months after	\$24,765	\$965,862
36 months after	\$19,853	\$516,201
48 months after	\$16,651	\$233,126

Goal 2: Pair evidence-based supportive services with housing.

A primary objective of PSH/Housing First is to provide highly effective support services for residents. These include peer support, medical and health services, outpatient mental health treatment, substance abuse treatment, intensive case management services, and life skills education. New Path’s support services staff work on site to offer these essential services to program participants. Participants also receive medical care from Terry Reilly Health Services’ clinic.

New Path currently has 11 staff members employed by the service provider, Terry Reilly. These staff fill the following positions:

- Project Lead**
- Lead Licensed Clinical Social Worker**
- Housing Specialist**
- Peer Support Life Skills Coach**
- Licensed Practical Nurse/Patient Educator**
- Case Manager/Advanced Certified Alcohol/Drug Counselor**
- Psychiatric Nurse Practitioner**
- Three Residential Counselors**
- AmeriCorps Volunteer**



There were no major changes in staffing in the fourth year of operation.

Case workers report having positive relationships with residents, actively working to develop and maintain trust. As a result, most participants are comfortable asking for help and communicating needs to case workers. Respondents not taking advantage of program services benefit from outreach from support staff and may engage more once stronger relationships are formed.

In the past year, support staff facilitated activities to improve resident relationships. In some cases, resident friendships can increase participation in services as residents encourage each other to take advantage of opportunities and share positive experiences.

In year four of the program, all New Path participants engaged in supportive services offered. However, there were different levels of engagement depending on participants’ needs. Some participants are able to live independently with minimal interactions with the support service team around specific needs. Residents with higher needs have more consistent and constant interactions. Almost half of participants (44%) engage daily or

multiple times per day with the support service team and another 35% engage most days or weekly. The most common services used by residents include the food bank, case managers, and nursing support.

New Path partners and staff continue to search for the best solution for residents and potential residents requiring a higher level of care. These individuals often have physical health issues requiring 24-hour nursing support which is not sustainable at New Path. This year case workers did report a successful incident of being able to relocate a resident to a facility better suited for their needs.

As residents continue to interact with services, there is the opportunity to increase the variety of services available. Examples reported include a shuttle for residents, a program to help residents get a GED, and more outings to build the sense of community.

Goal 3: Measure and evaluate to continually improve processes.

Annual evaluations measure New Path's success by reporting the economic benefits for the Ada County community and whether the program meets specific health, criminal justice, housing, and well-being outcomes. Measuring outcomes and adjusting the approach, as needed, enables New Path to be responsive to changing conditions and continually improve program delivery.

This evaluation includes quantitative data collected from Ada County Sheriff's Office (including arrest and incarceration data for the Sheriff's Office, Boise Police Department, and Garden City Police Department), Ada County Paramedics, Ada County Indigent Fund, Allumbaugh House, Pathways Community Crisis Center, St. Luke's Medical Center, Saint Alphonsus Regional Medical Center, Terry Reilly Health Services, and Our Path Home's Homeless Management Information System (HMIS). In addition, the evaluation includes surveys of staff and stakeholders involved with the project. These surveys asked for details about the successes and challenges faced at New Path.

Not all participants were enrolled in New Path since its launch. Therefore, data pertaining to each participant was divided into two categories: 1) 36 months prior to entering into New Path, and 2) after entering into New Path. This allows for consistent comparisons across all New Path residents. Data is missing for four residents with potentially the highest needs because they opted out of releasing data for evaluative purposes.. As such, the utilization data presented in this report represents 73 of the 81 participants enrolled in New Path since its opening in November 2018.

Goal 4: Increase the overall well-being of Housing First residents.

With program fidelity, PSH/Housing First programs are expected to decrease interactions with the criminal justice system and emergency medical system. In addition, program participant overall well-being is expected to increase.

Comparing data from before and after enrolling into New Path shows the effect of the program on residents' well-being. The data used in this report reflect resident outcomes only and are not compared to groups outside the program. Data collected include four outcome areas based on the following program objectives: Health outcomes, criminal justice outcomes, housing outcomes, and well-being outcomes.

HEALTH OUTCOMES

Data collected for this outcome includes interactions with Ada County Paramedics, emergency department utilization and inpatient medical care at Saint Alphonus and St. Luke's, stays at Allumbaugh House, and visits to Pathways Community Crisis Center. Data regarding indigent care was provided by Ada County Indigent Services.

As demonstrated in Figures 5-8, New Path residents exhibit an immediate decrease in the use of emergency medical services. This decrease is most evident in emergency room care and hospital stays. Paramedic services saw modest reductions. Residents remaining in New Path demonstrate more positive outcomes than those who left the program.

FIGURE 5: PARAMEDIC SERVICES

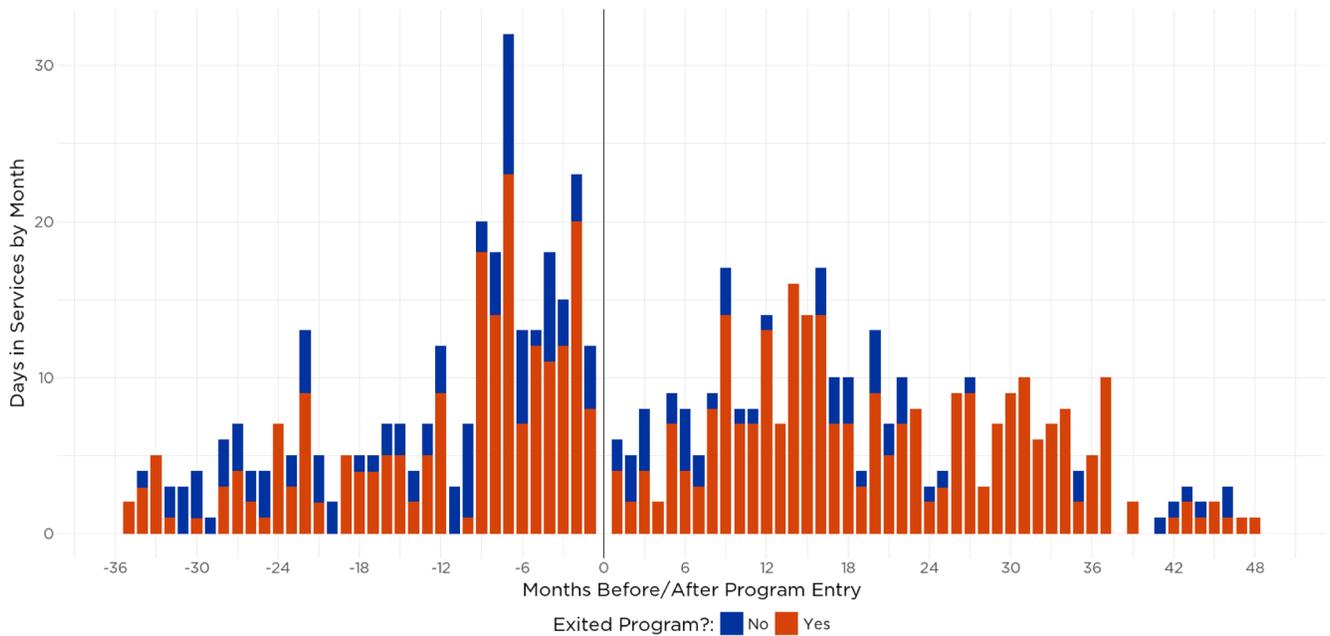


FIGURE 6: EMERGENCY ROOM CARE

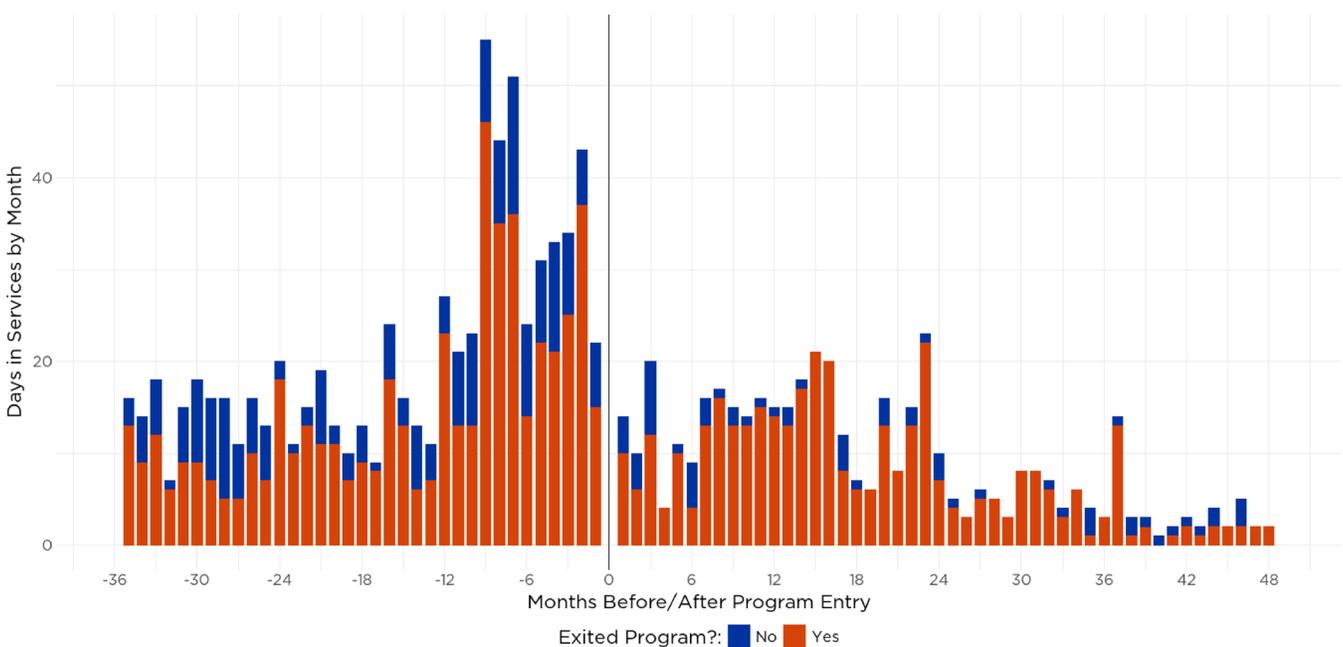


FIGURE 7: HOSPITAL STAYS

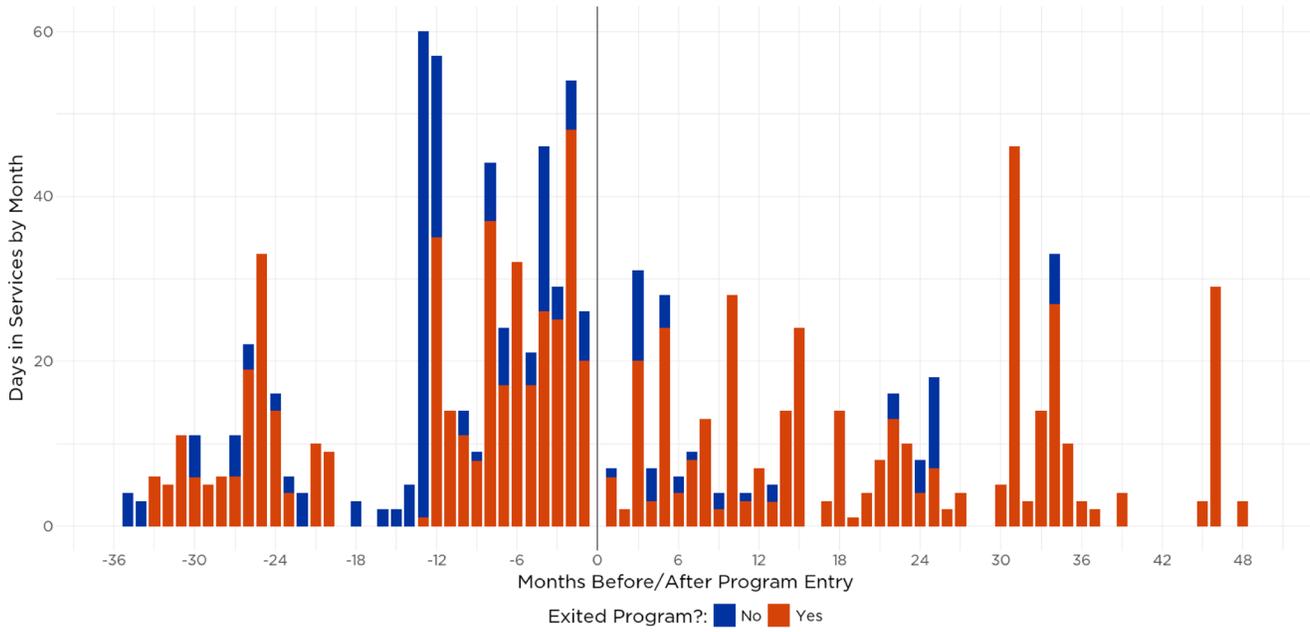
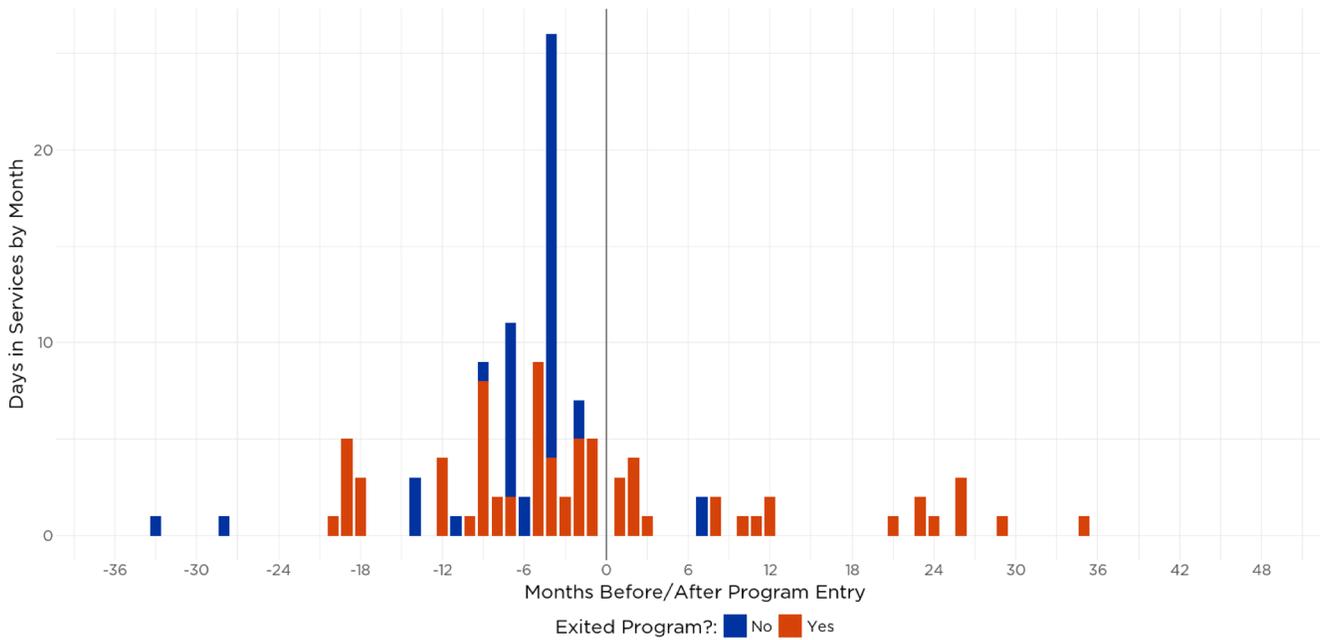


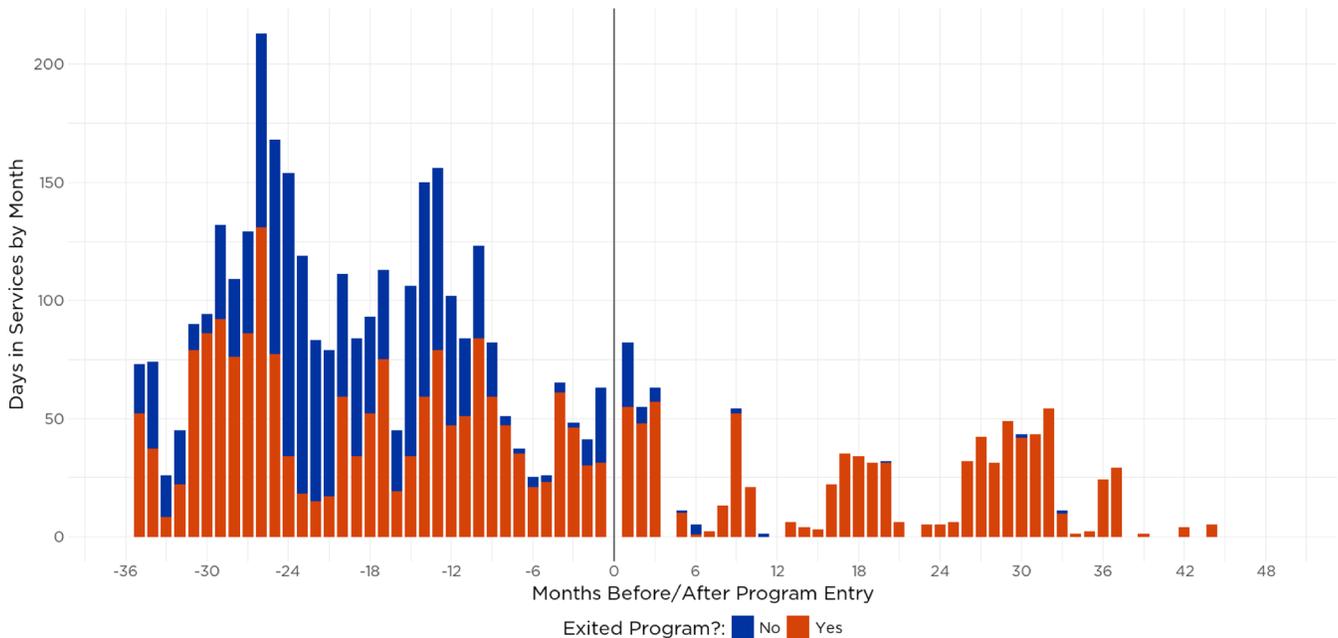
FIGURE 8: SUBSTANCE ABUSE AND MENTAL HEALTH TREATMENT



CRIMINAL JUSTICE OUTCOMES

Arrest and incarceration data collected from Ada County Sheriff’s Office measured engagement with the criminal justice system. This data includes arrest and incarceration data for the Sheriff’s Office, Boise Police Department and Garden City Police Department. Participants’ interactions with county correctional facilities and arrests decreased significantly as demonstrated in Figure 9.

FIGURE 9: COUNTY CORRECTIONAL FACILITIES AND ARRESTS (ADA COUNTY JAIL)



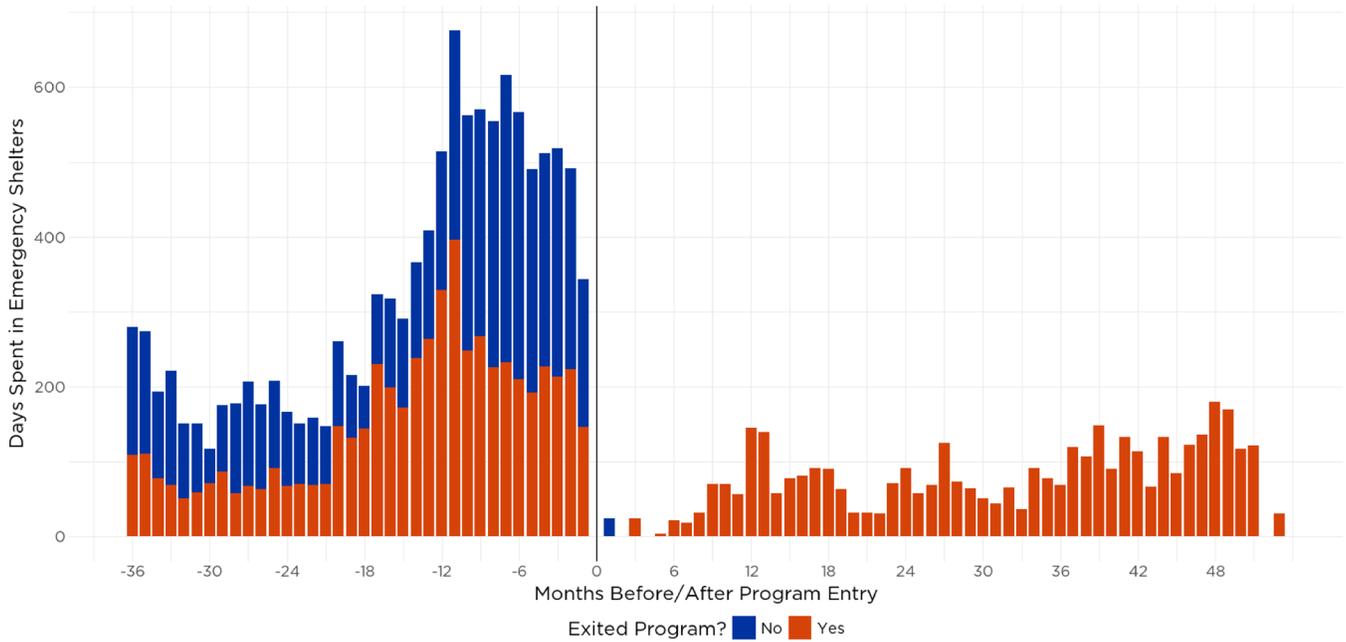
HOUSING OUTCOMES

Housing stability is measured by the number of uninterrupted months in housing after entering into New Path. Interruptions include more than seven days hospitalized, in jail, or at an emergency shelter in a thirty-day period. Program participants remaining in New Path were stably housed since entering the program. Those exiting the program did so for a number of reasons.

Twelve participants exited New Path in 2019, eight exited in 2020, seven in 2021, and 15 exited in 2022. Reasons for exit include non-compliance with program, leaving to institutions of higher care, leaving to other housing, and death. About a third of residents (37%) leaving the program left to more precarious housing situations. Another third (35%) left the program to other stable housing options or to higher level care such as nursing homes and psychiatric care. The other third are either deceased or did not complete the exit interview.

New Path program participants saw a sharp, immediate, and lasting decrease in emergency shelter usage. Residents that exited the program, however, saw a return to previous shelter usage patterns, as seen in Figure 10.

FIGURE 10: DAYS SPENT IN EMERGENCY SHELTER PER MONTH

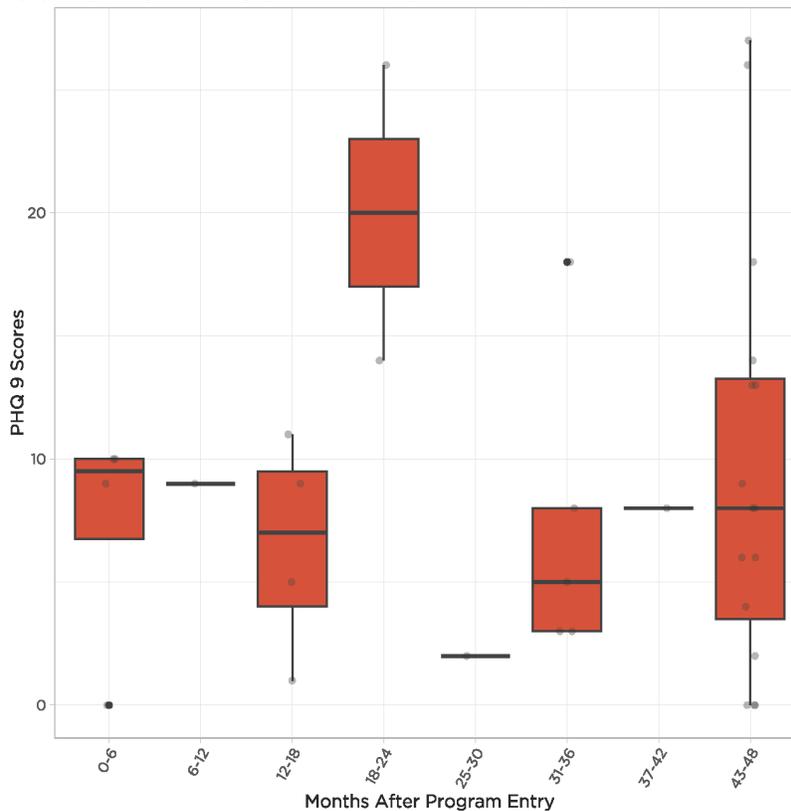


WELL-BEING OUTCOMES

Overall well-being of New Path residents is evaluated using the World Health Organization Quality of Life Assessment (WHO-QOL) and the Patient Health Questionnaire (PHQ-9, used for screening, diagnosing, and monitoring depression). Data from these assessments is reported using box-and-whisker plots.¹⁰

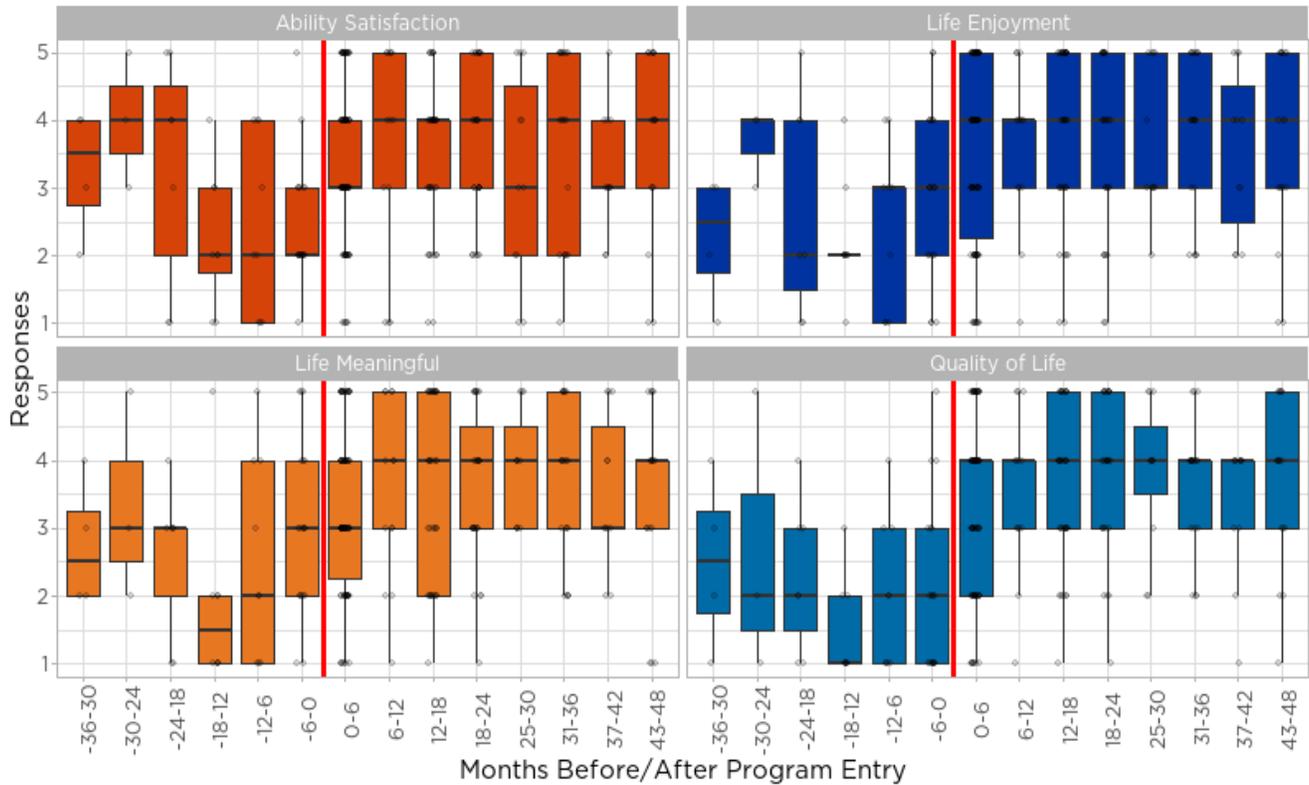
Resident PHQ-9 scores in year four (see Figure 11) do not indicate a trend. However, for most residents, scores are low, indicating lower feelings are depression.

FIGURE 11: PHQ-9 SCORE - CHANGE BY TIME IN PROGRAM



Participant responses to the WHO-QOL survey (see Figure 12) showed some improvements with duration in the program as well. They tended to rate their overall quality of life, satisfaction with their abilities, their enjoyment of life, and their feeling of meaningfulness higher after entering the program.

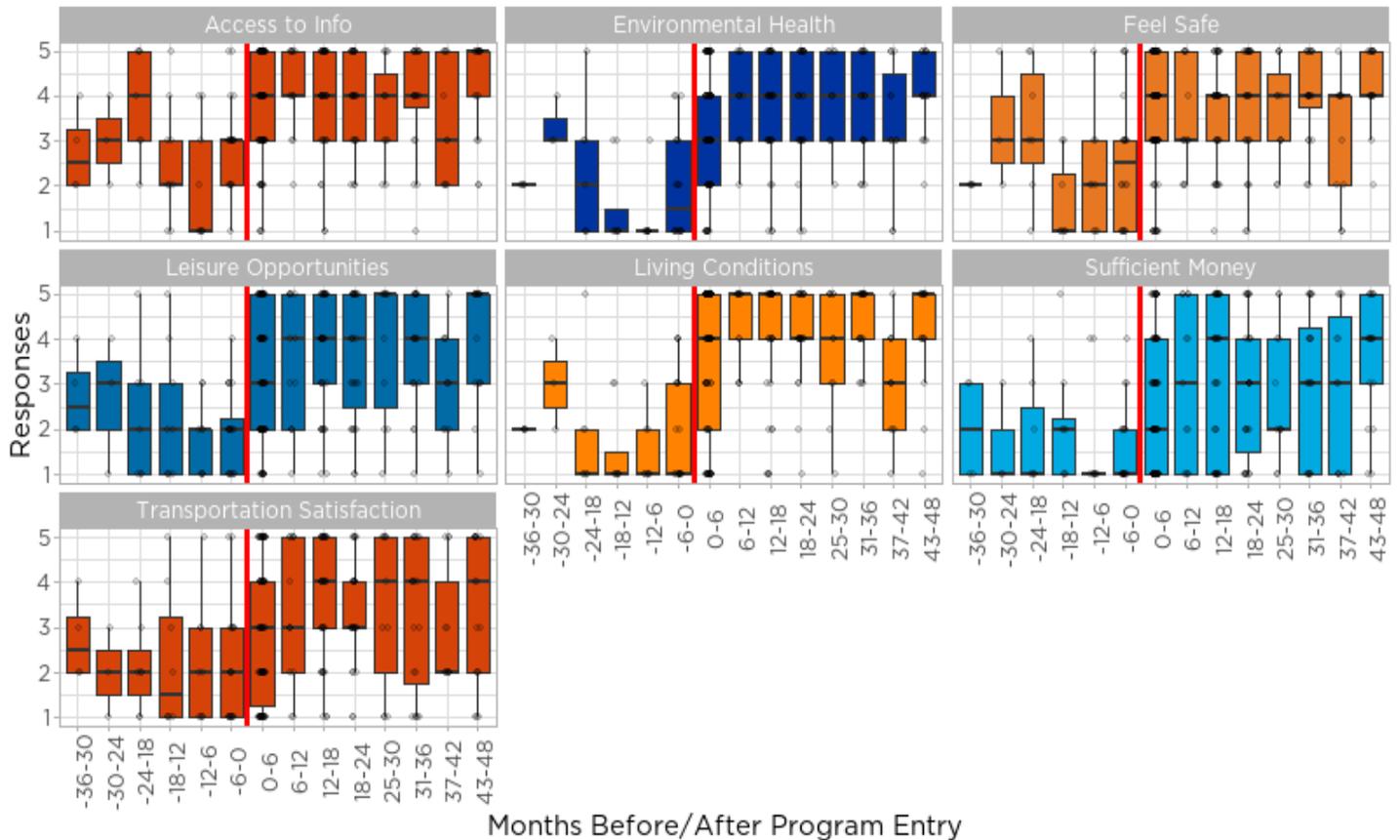
FIGURE 12: QOL SUMMARY QUESTIONS



WHO-QOL questions about environmental factors faced by participants saw the most dramatic changes after participants entered New Path. Perceptions about the health of their physical environment, their feelings of safety, their satisfaction with their living conditions, their satisfaction with access to transportation, their access to information, and their leisure opportunities all saw marked increases, as seen in Figure 13.



FIGURE 13: QOL ENVIRONMENTAL QUESTIONS



Goal 5: Create partnerships for long-term sustainability.

New Path is a collaboration of nonprofits, private firms, and government agencies. The strong cooperation among New Path’s project partners enabled both project construction and delivery of support services for residents.

In the program’s first year, stakeholders faced challenges with communication and clarification of expectations and requirements and as a result established regular meetings. In New Path’s second year, regular meetings continue to occur, but stakeholders indicate communication between partners can still improve. In year two, was evidence of clarified roles and expectations among the partnership. When problems arise, partners easily identify which partner can best solve the problem. Year three saw continued success in communication among partners. A year four survey of partners confirmed that most feel collaboration among partners is positive though some see there is some room for improvement in communicating.

Both partners and staff reported challenges with property management employees. In the past four years, the on-site property manager employee has changed multiple times. The situation seems to have improved slightly, but there is need for more communication and a better understanding of roles between on-site staff and the property manager.

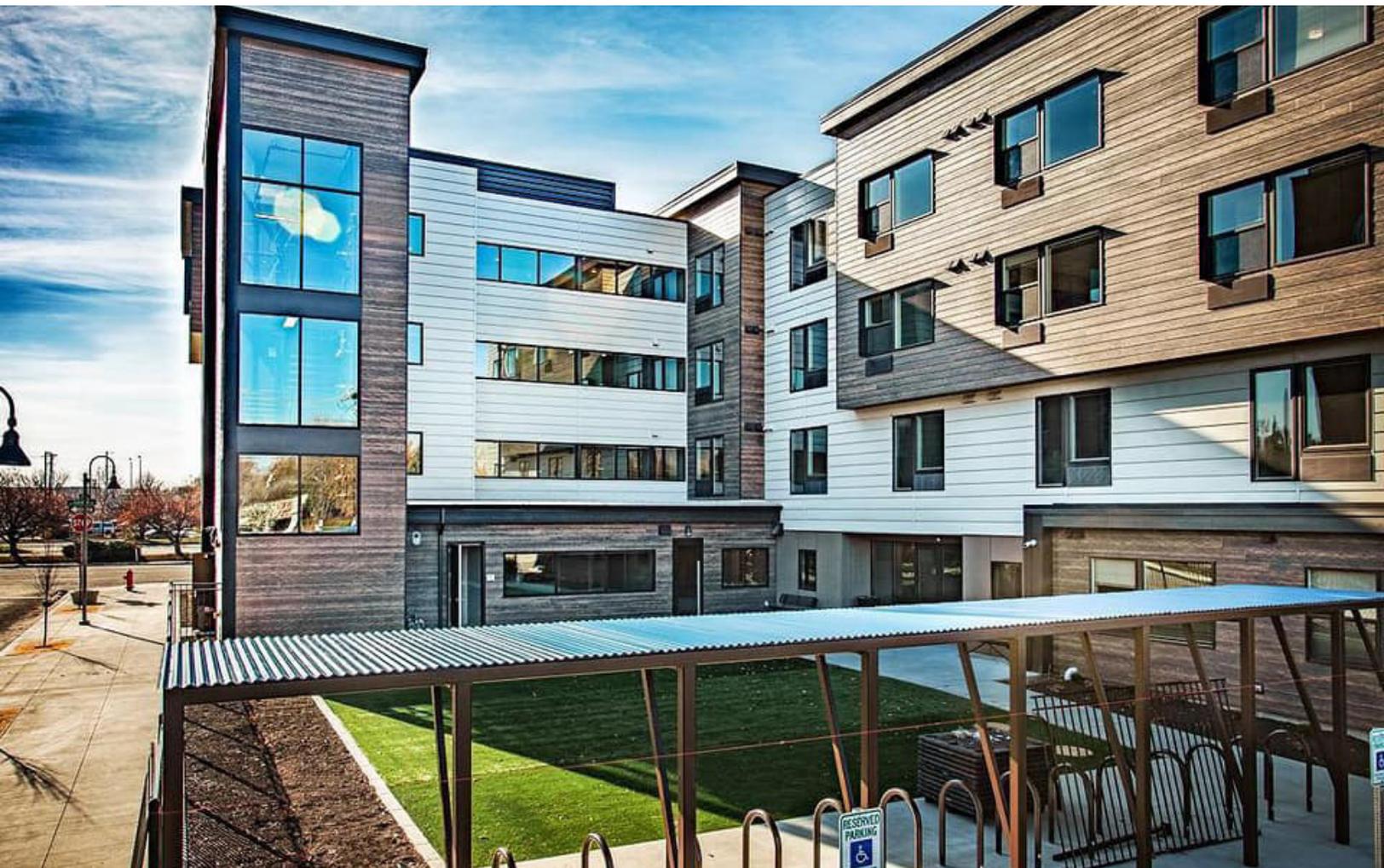
Long-term funding for New Path is not secure. Project funding partners only make annual commitments resulting in uncertainty and potentially attrition as New Path staff seek out more secure places for employment. New Path project partners continue to show commitment to the project and are seeking more sustainable funding options for future operations. One option may include working within Medicaid expansion to pay for supportive services.

Goal 6: *Determine whether Housing First is a replicable and scalable model for providing future homeless service provision within the greater Treasure Valley.*

The fourth annual evaluation of New Path indicates the program is meeting the needs of the majority of residents and creating significant cost savings for the community. The evaluation of the project should continue to be rigorous. This will allow project partners to continue to identify necessary changes that, once implemented, can increase the rates of success. New Path has already informed future Housing First projects. Valor Pointe, a program serving military veterans, is also located in Ada County and is the second single-site PSH/Housing First program in the state. In addition, the community has proposed 250 new PSH units, 46 of these will be dedicated to families and children.

Future evaluations of New Path will continue integrating the perspectives of residents and partners in the effort to address program challenges and scale its successes. Continued communication of program outcomes and cost savings with program stakeholders is imperative. Doing so will increase the likelihood for sustainable support and additional PSH/Housing First opportunities in Ada County.

Finally, as a program, New Path's PSH/Housing First approach requires permanent housing with no preconditions alongside provision of supportive services. Therefore, the successful outcomes produced in New Path's first four years may only continue into the future if fidelity to the PSH/Housing First approach is maintained. Any changes in the program's design will impact continuity of program outcomes.



ENDNOTES

- 1 National Alliance to End Homelessness. (2021). Data visualization: The evidence on Housing First <https://endhomelessness.org/resource/data-visualization-the-evidence-on-housing-first/>
- 2 Donovan, S., and Shinseki, E. (2013). Homelessness is a public health issue. *American Journal of Public Health*, 103(2), Supp. 2, S180. U.S. Department of Housing and Urban Development. (July 2014). Housing First in permanent supportive housing brief - HUD Exchange. Web. 19 Apr. 2016.
- 3 Silletti, L. (2005). The costs and benefits of supportive housing: A research paper. Center for Urban Initiatives and Research. University of Wisconsin-Milwaukee.
- 3 Tsemberis, S., Gulcur, L., & Nakae, M. (2004). Housing first, consumer choice, and harm reduction for homeless individuals with a dual diagnosis. *American Journal of Public Health*, 94(4), 651-656.
- 4 National Academies of Sciences, Engineering, and Medicine. (2018). Permanent supportive housing: Evaluating the evidence for improving health outcomes among people experiencing chronic homelessness. The National Academies Press. <https://doi.org/10.17226/25133>
- 5 Brown, M., Jason, L., Malone, D., Srebnik, D., & Sylla, L. (2016). Housing first as an effective model for community stabilization among vulnerable individuals with chronic and nonchronic homelessness histories. *Journal of Community Psychology* 44(3), 384-390.
- 6 Rog, D. J., Marshall, T., Dougherty, R. H., George, P., Daniels, A. S., Ghose, S. S., & Delphin-Rittmon, M. E. (2014). Permanent supportive housing: assessing the evidence. *Psychiatric Services*, 65(3), 287-294.
- 6 Culhane, D. P., Metraux, S., & Hadley, T. (2002). Public service reductions associated with placement of homeless persons with severe mental illness in supportive housing. *Housing Policy Debate*, 13(1), 107-163.
- 7 The United States Interagency Council on Homelessness. (2015). *Opening doors: Federal strategic plan to end homelessness*. Washington, DC.
- 8 Fry, V. (2016). *Reducing chronic homelessness via Pay for Success: A feasibility study for Ada County, Idaho*. Boise State University.
- 9 The Home Investment Partnership Program (HOME) is a federal program through Housing and Urban Development that provides grants to states and local government to implement local housing strategies designed to increase homeownership and affordable housing opportunities for low and very low-income Americans.
- 10 When interpreting a box-and-whisker plot, the middle line of each box represents the median reported score, not the average. The boxes separated by the middle line represent the middle quartiles and each whisker represents the outer quartiles. Each of the four quartiles displayed in the box-and-whisker plots contain an equal number of scores.

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