Alameda Medical Respite and Wellness Center

Alameda Point Collaborative

- Established in 1999 with homeless accommodation at Alameda Point
- Provides Housing and Services for 500 formerly homeless residents, primarily survivors of domestic violence, veteran and families with disabilities
- 95% of clients served by APC successfully retain housing
Opportunity

In April of 2017, the Federal Government declared the property at McKay Ave. surplus and eligible for transfer to an agency serving the needs of the homeless under the homeless accommodation process.

Alameda Point Collaborative applied to and received conditional approval from the US Department of Health & Human Services to secure transfer of the property in order to serve medically vulnerable, aging adults experiencing homelessness.

What is a homeless accommodation?

Under the Stewart B. McKinney Homeless Assistance Act (42 U.S.C. 11411, as amended), public bodies and eligible nonprofit organizations and institutions that are concerned with providing assistance to the homeless may apply to acquire Government property (through permit, lease, or deed) that has been determined suitable by HUD for homeless use.

Notices are published at: hudexchange.info/programs/title-v/suitability-listing/
HHS Conditions of Approval

• Property to be conveyed as no-fee public benefit conveyance to APC upon completing:
  • HHS further review of financial plan
  • Application for City Council approval to remove the “G” overlay zoning
  • Completion of Environmental Analysis (EA)

Program Focus

Addressing the health and housing needs of the growing aging, homeless population

• Medically-enriched campus
• Trauma-informed, recovery-oriented and culturally responsive care
• Complementary housing options, health care and supportive services

Serving persons experiencing homelessness with complex health and mental health conditions
Addressing Homelessness and Health

Aging Homeless Population
- Die 25 years earlier than average
- Premature aging
- Chronically homeless are high utilizers of emergency rooms and acute care and at a higher cost than non homeless

| Number homeless any given night | Alameda County: 5,629 (560 are over 60) |
| City of Alameda: 204 |

Some homeless individuals fall out of our system of care and die alone and without care on the streets

Cost of Homeless Health Care

- **Cost of hospitalization (2 years)**: $39,095,728
- **Cost per hospitalization (medical & psychiatric)**: $11,898 average
  - **7.3 days homeless**
  - **5.3 days general population**
- **Average cost for added 2 day stay per hospitalization**: $3,804
- **Average cost per homeless acute care $15,242 - 2012**: $15,000 - equal to one year of supportive housing

Alameda County 2010-2012
Proposed Continuum of Resources

• Permanent Assisted Living
• Medical Respite for 1-6 month post hospitalization recovery
• FQHC Satellite Medical and Behavioral Wellness Clinic to serve Assisted Living and Medical Respite clients on-site
• Resource and Drop-in Center for Amedans at risk of homelessness or newly homeless—emergency supplies and support

Circle the City Medical Respite, Phoenix

Achieved **50 percent reduction** in the per-patient cost to the U.S. Centers for Medicare and Medicaid 12 months after medical respite.

Post Medical Respite Stays: Per-Patient cost went from $2,220 to $900 monthly average – **saving over $4.8 million annually** (309 patients)

**92% discharged to housing** option, not to streets or shelter

**97% transition to long-term housing** primary care provider
Supportive Housing for Homeless

1st Year Reductions – Los Angeles County

For every $1.00 Los Angeles County invested in Permanent Supportive Housing, the County saved $1.20 by reducing health care and other social services costs.

<table>
<thead>
<tr>
<th>TYPE OF SERVICE</th>
<th>CHANGE OF USE</th>
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</thead>
<tbody>
<tr>
<td>Health Services</td>
<td></td>
</tr>
<tr>
<td>Emergency room services</td>
<td>-68%</td>
</tr>
<tr>
<td>Inpatient stays</td>
<td>-77%</td>
</tr>
<tr>
<td>Outpatient visits</td>
<td>-25%</td>
</tr>
<tr>
<td>Mental health</td>
<td></td>
</tr>
<tr>
<td>Inpatient stays</td>
<td>-2%</td>
</tr>
<tr>
<td>Crisis stabilization services</td>
<td>-60%</td>
</tr>
<tr>
<td>Outpatient visits</td>
<td>-25%</td>
</tr>
</tbody>
</table>

Source: Rand Researchers

Project Site: Existing Conditions

- View Across Street to Crab Cove
- View from McKay Avenue
- Former WWII Maritime Officer Training
- Recently USDA inspection facilities
  - 3.65 acres
  - 5 buildings, 72,049 square feet
**Project Site: Approved Concept**

**Building 1**
- FQHC Satellite Medical and Behavioral Wellness Clinic
- 50 Medical Respite beds
- Resource Center and Coordinated Service Entry (housing linkages)
- Common Spaces

**Building 2**
- 90 Assisted Living units
- Supportive Services
- Kitchen/Dining Hall
- Common Spaces

**Open & Recreational Space**
- Community Garden
- Arts/Recreation
- Walking Trail

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**Permanent Supportive Living**

**90 Units of Permanent Supportive Living**
- Individual studio units with bathroom and kitchenette
- Shared community environment
- Common dining area
- Daily recreational and social activities
- Targeted to chronically homeless seniors with significant health and/or end of life issues

**Medically Enriched Supportive Services**
- Independent living, recovery and wellness programs
- On-site physical and mental health care - FQHC
- Hospice care
- Healing options - art, community gardening, yoga and acupuncture
- Linkages to primary, behavioral and palliative care providers
Medical Respite

50 beds Recuperative Care after Hospital Discharge or Intensive Treatment

- Trauma-informed care 24/7
- Medical and behavioral care provided on-site by FQHC
- Intense linkages and discharge to permanent housing, primary care and other services
- Integrative modalities

Supporting healing for complex health conditions

Resource Center

Drop-in Center for City of Alameda Residents

Experiencing a Housing Crisis or Homelessness (7-10 clients a day)

- Advocacy and case management
- Intensive housing search and links to other services
- Essential supplies—food, water and blankets
- Consideration (after piloting elsewhere in Alameda) of an overnight warming and cooling shelter in times of extreme weather conditions
**Project Timeline**

<table>
<thead>
<tr>
<th>Date</th>
<th>Milestone</th>
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</thead>
<tbody>
<tr>
<td>April 28, 2017</td>
<td>HUD determines parcel suitable for homeless accommodation</td>
</tr>
<tr>
<td>May 29, 2017</td>
<td>APC files an expression of interest</td>
</tr>
<tr>
<td>August 8, 2017</td>
<td>APC files application for Center</td>
</tr>
<tr>
<td>December 13, 2017</td>
<td>HHS conditionally approves property transfer</td>
</tr>
<tr>
<td>Spring 2018</td>
<td>Developer selection and start</td>
</tr>
<tr>
<td>Spring/Summer 2018</td>
<td>Stakeholder Advisory group</td>
</tr>
<tr>
<td>Spring/Summer 2018</td>
<td>Health partnerships</td>
</tr>
<tr>
<td>Fall 2018</td>
<td>Operator selection</td>
</tr>
<tr>
<td>Fall 2020</td>
<td>Become Operational</td>
</tr>
</tbody>
</table>

**Beneficial Outcomes**

**Clients**
- Recuperative care and recovery
- Improve health and well-being
- Access to on-site health care
- Improve housing retention
- Linkages to housing resources and primary health care home
- Serene and dignified environment
- Mutual support and community

**Hospitals**
- Access to safe discharges
- Improve health outcomes of vulnerable populations
- Achieve cost savings
- Decrease hospital stays
- Reduce hospital readmissions
- Decrease reliance on emergency departments

**Alameda City/County**
- Expand resources for aging, homeless persons with health conditions
- Improve health outcome and housing status of vulnerable populations
- Address service gaps, i.e. limited skilled nursing facilities for population
- Cost savings across multiple systems
Stakeholder Engagement

- Healthcare providers
- Neighboring residents
- Nonprofit service agencies
- Clients/consumers
- West Alameda Business Association and other local small business owners
- City of Alameda
- County of Alameda County

Questions?