

Albuquerque Health Care for the Homeless, Inc.

**Housing and Health Care
Legislative Health and Human Services Committee
August 15, 2019**

AHCH Begins - 1985

- ABQ Health Care for the Homeless, Inc. opens the doors of the Silver Bullet and begins outreach services as part of the Robert Wood Johnson and Pew Memorial Trust demonstration project.
- Albuquerque was one of 19 cities nationwide to participate in the pilot and develop the HCH model.



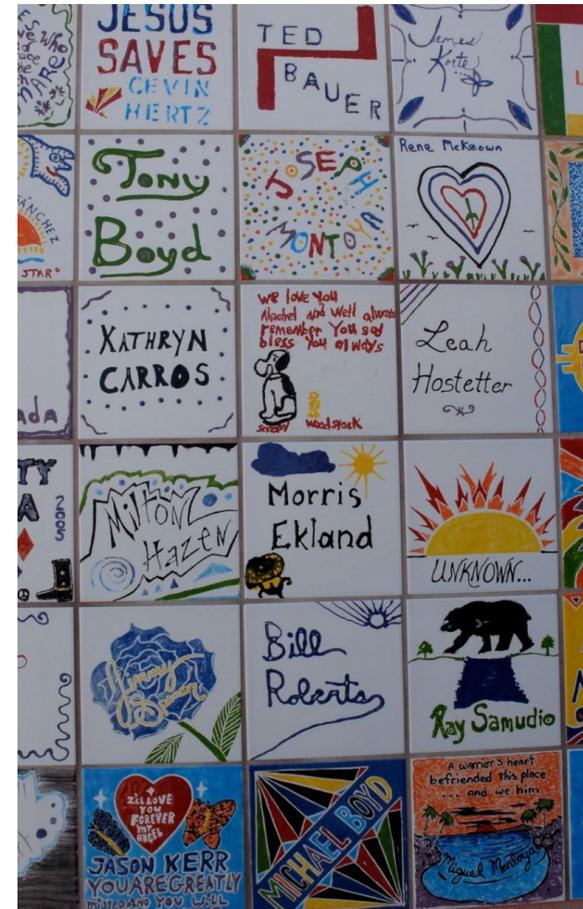
AHCH 1985 - Present

- The Stewart B. McKinney Act of 1987 established the federal HCH program as part of the Health Center (330) Program.
- AHCH is a freestanding, Federally Qualified Health Center and Health Care for the Homeless project, providing integrated primary medical and dental, behavioral health and social services through extensive outreach and at its central services campus.
- Over 100 staff
- Serves nearly 7,000 men, women, children and youth experiencing homelessness each year.
- Serves exclusively people without homes.
- Clients are 95-98% at or below 100% Federal Poverty Line, traditionally 85-95% uninsured, now that is flipped.
- Over 40 diverse funding streams for FY19 \$9,379,743 expense budget.

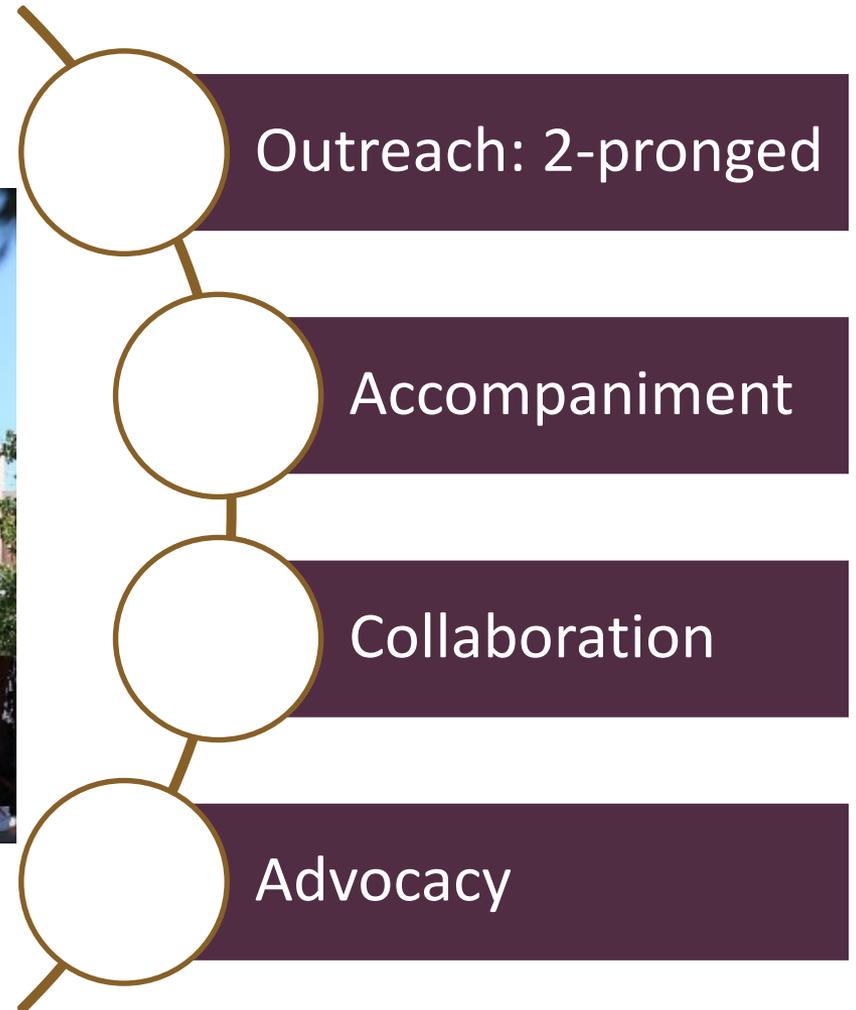
Homelessness 101: The Dialectical Model

Structural Deficiencies
+
Personal Vulnerabilities
=
A Tumble through the Cracks

Structural:
Housing, Health and Income



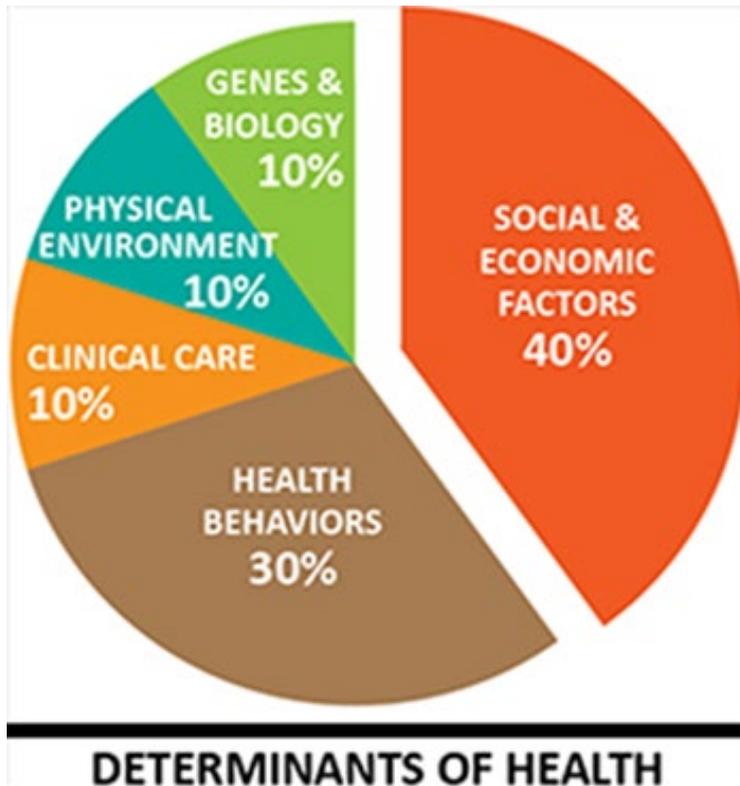
AHCH Response



AHCH Defining Characteristics

- Federally Qualified Health Center
- Medication Assisted Treatment (since 2007), Hepatitis C and Transgender clinics
- Contracted NM Department of Health Harm Reduction Outreach & Syringe Services Program (since 1998)
- 501c3
- Medicaid and Medicare provider
- Medicaid Expansion ongoing
 - Outreach & Enrollment
- Patient-Centered Medical Home (PCMH) codifies integration inherent in Health Care for the Homeless model
- Street Outreach

Determinants of Health



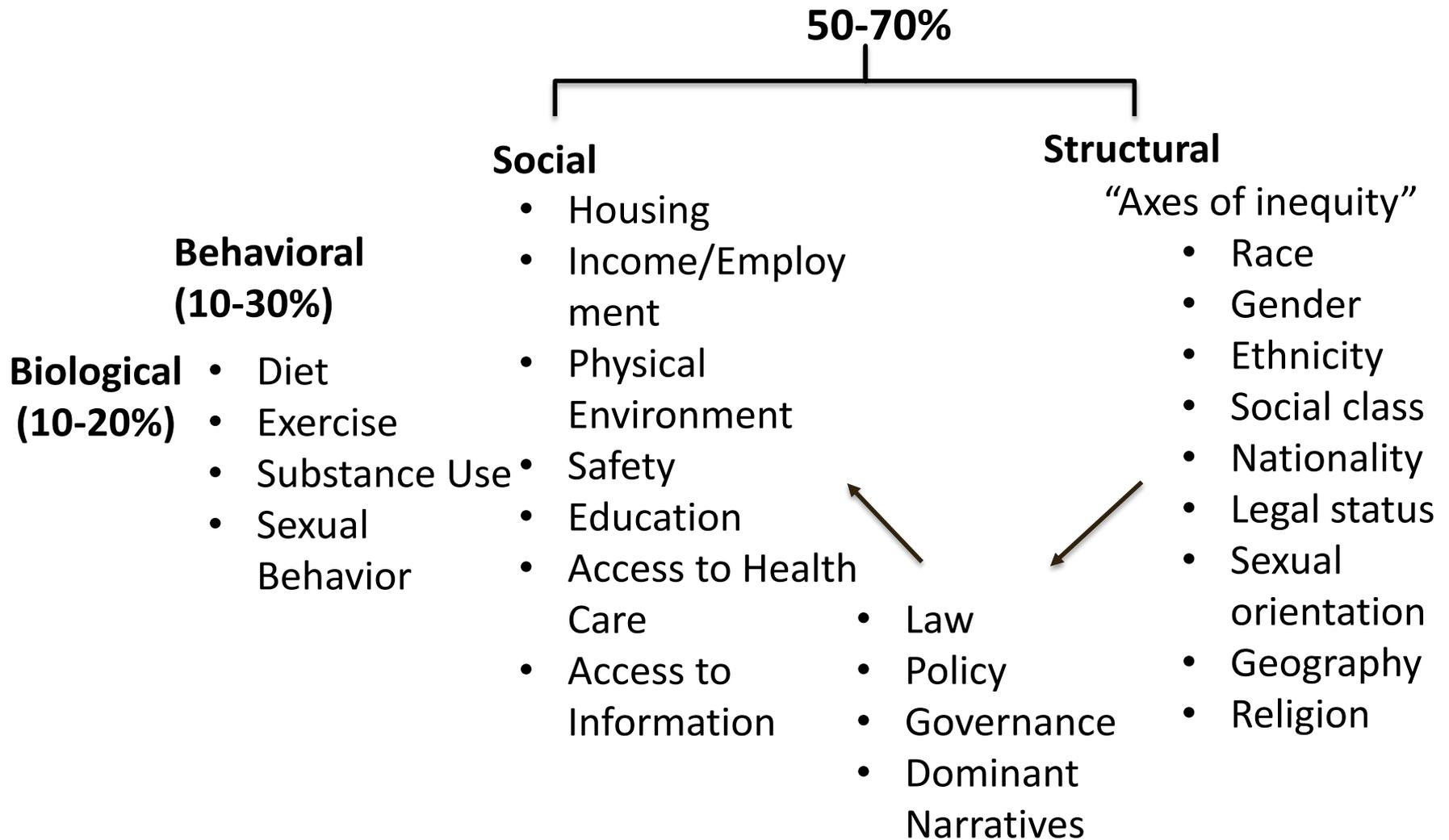
County Health Rankings
Robert Wood Johnson

“

Social Structures – the policies, economic systems, and other institutions (judicial system, schools, etc.) that have produced and maintain modern social inequities as well as health disparities, often along the lines of social categories such as race, class, gender, and sexuality.

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Determinants of Health – An Evolving View



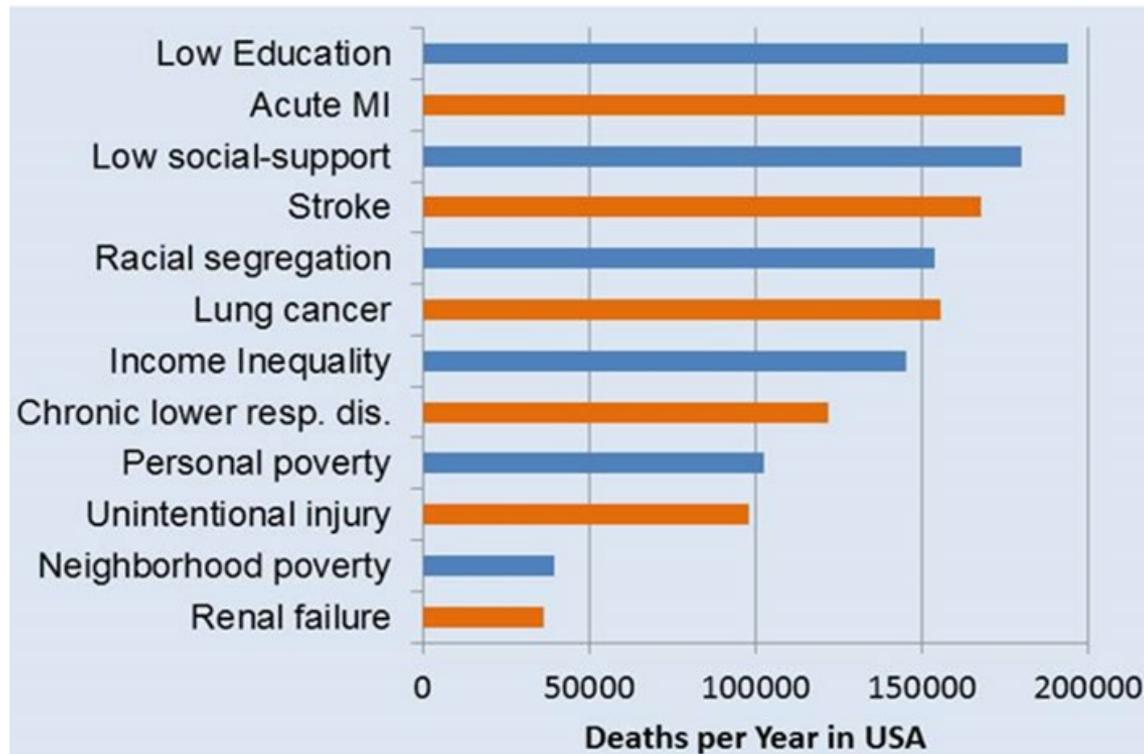
Source: Communities in Action: Pathways to Health Equity (2017). NASEM.

Ehlinger E, Social Medicine: A Foundational Practice for Advancing Health Equity (2016)

Albuquerque Health Care for the Homeless

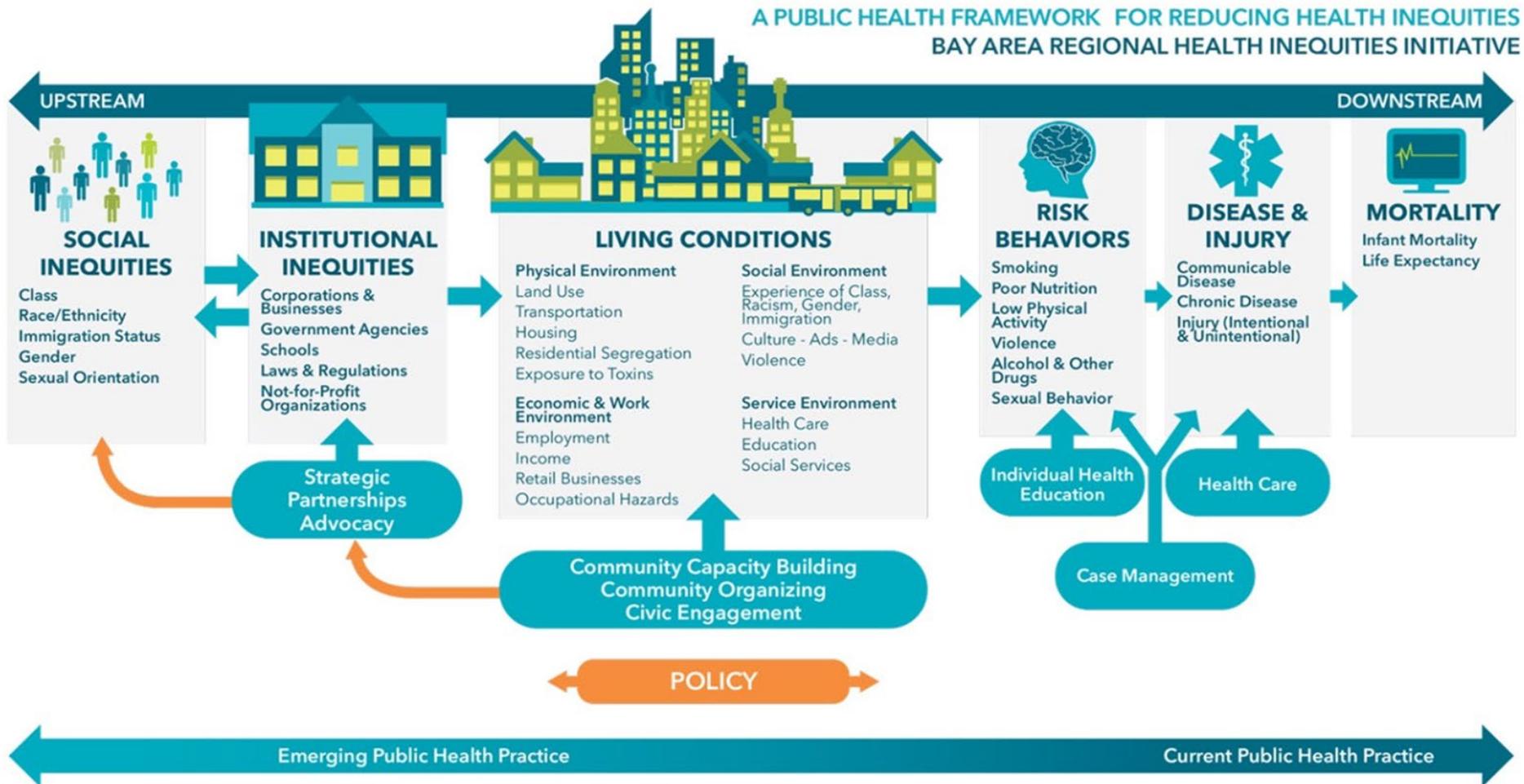
Causes of Death

Deaths Attributable to Social Factors Compared to “Causes” of Death



Columbia University Mailman School of Public Health
Galea, S. et al Am J Public Health 2011; 101:1456-1465
Minino, A. et al. Natl Vital Stat Rep. 2002; 50: 1-120.

Public Health Framework



Source: Bay Area Regional Health Inequities Initiative, <http://barhii.org/framework/>

Social and Structural

Social	Structural
Individual-level patient advocacy via Community Health Workers, Peer Support Workers, Community Support Workers, etc.	Systems-level policy change to address barriers to health care, housing, etc.
Prescriptions for healthy food	Wage increases and food subsidies
Prescriptions for gym membership	Healthier neighborhoods – sidewalks, lights, parks, healthy and affordable food options
Vouchers for ride-share services (Uber, Lyft, etc.)	Improved public transportation system for all.

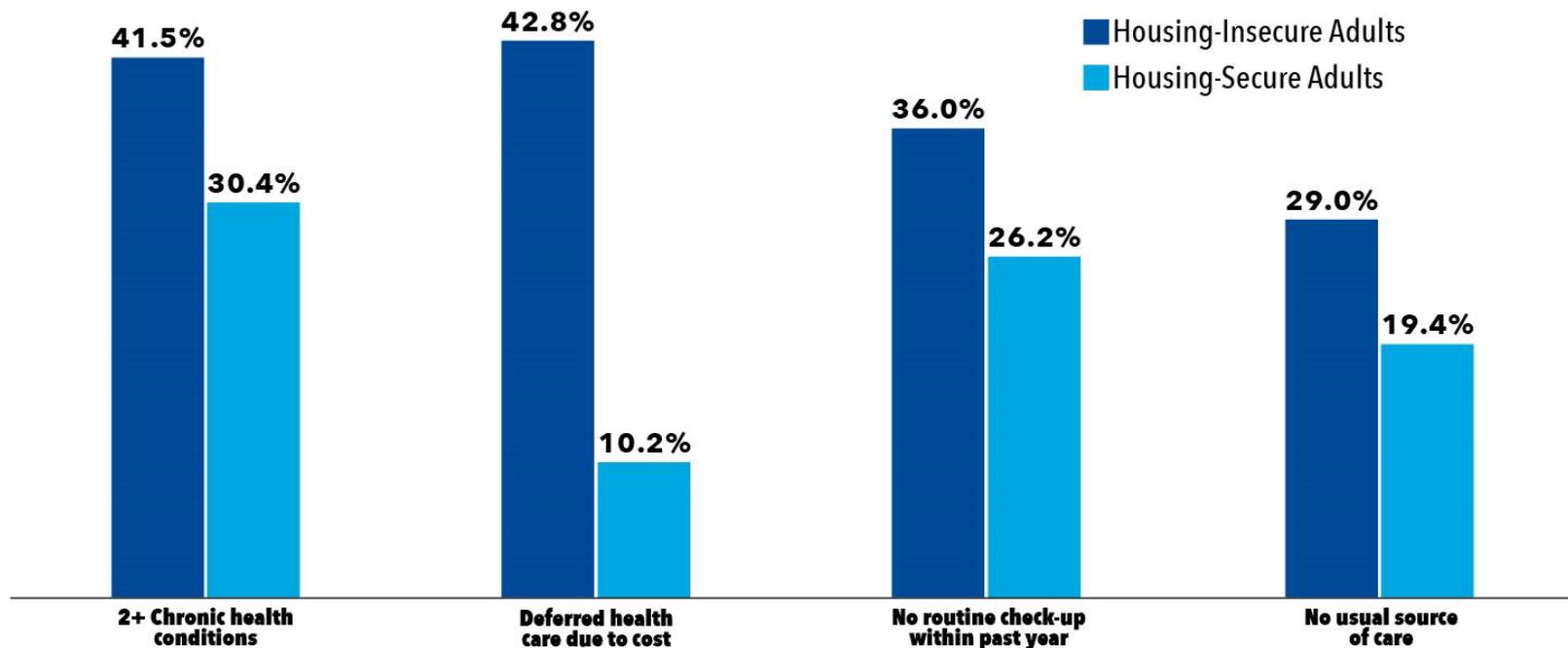
Housing and Health

- Poor health is both a major cause and consequence of homelessness
- Homelessness creates new health problems and exacerbates existing ones
- Individuals experiencing homelessness have high rates of acute and chronic illness and recovery is more difficult without housing
- Housing = one of the most basic and powerful determinants of health

Source: National Health Care for the Homeless Council, <https://nhchc.org/housing/>

Housing and Access to Health Care

Health And Access to Health Care by Housing Security



Note: Housing-Insecure = Always or usually worried about paying rent or mortgage in the past twelve months. **Source:** Martin, P. et. al. (2019). Adults with Housing Insecurity Have Worse Access to Primary and Preventive Care. *Journal of the American Board of Family Medicine*, 32(4): 521-530.

Housing and Health

Health challenges faced by people experiencing homelessness:

- Lack of transportation to hospitals, doctors' appointments and all forms of primary care
- Stress, which negatively affects other conditions
- Higher risk of physical and sexual violence
- Lack of privacy for medication administration
- Lack of places to safely keep medication, which increases potential for theft
- Lack of a safe, clean place to rest and heal during illness
- Lack of access to critical medical services, as a result of not having a permanent address

Housing and Health

Societal costs due to lack of housing:

- Poor health
- Lower educational attainment
- Lessened lifetime earnings

Homelessness and Health Outcomes:

- Shortened life expectancy – on average 20- 30 years less than housed population
- Higher rates of chronic and infectious illnesses
- Greater risk of mental health illnesses and substance use disorder
- Increased risk of violence - **rate of violent victimization of people experiencing homelessness was 25 times that found in the general US population (49% vs. 2%)**

Sources: [Centers for Disease Control \(CDC\)](#), Roncarati, O'Connell, et al, and [Gorman and Rowan](#)

Housing and Health

Housing Successes:

- Permanent Supportive Housing has been found to be associated with a **reduction in the use of emergency room, medical outpatient, hospital inpatient and emergency shelters services, and reduction in jail usage.**
- A study of the Albuquerque Heading Home Initiative demonstrated a **cost savings of approximately 31.6%, or \$12,832 per participant**, following one year of participation.
- Evidence demonstrates that those housed in a Housing First model access housing faster and are more likely to remain housed. **80% to 98% of people in Housing First programs maintain their housing after one year.**

Sources: Guerin 2016, Tsemberis 2003, Tsemberis 2004, and Montgomery 2013

Housing and Health

Health care advocates ARE housing advocates

Young children in families who move frequently or have behind on rent are

20%



more likely to be hospitalized than those who have not.

Source: Housing as a Healthcare Investment



In 2011, families living in affordable housing spent nearly

5x more on healthcare & **1/3** more on food

compared to their severely cost-burdened peers



Source: NLIHC, PA Place to Call Home

Research shows that for people that have access to good, affordable housing:



Medicaid costs



Primary care visits



E.R. visits



accumulated medical expenses

Residents also reported better access to and quality of health care

Source: Center for Research Outcomes and Education, 2015

Infographic: Opportunity Starts at Home <https://www.opportunityhome.org/resources/2582/>

Housing, Health, and NM's FQHCs

FQHC served in 2017:

- 17% of NM population
- 62% of all New Mexicans under 100% of Poverty
- 16.5% of all state's Medicaid beneficiaries
- 45% of state's uninsured population
- 80% of Health Centers are located in Rural areas

Insurance and Income Statistics of all NM FQHC patients:

- Medicaid: 41%
- Uninsured: 26%
- % at or below 100% of Poverty: 75%
- % under 200% of Poverty: 95%

NM FQHCs in 2018 served 18,800 patients without homes

Source: Kaiser Family Foundation State Facts, US Census Bureau, FQHC UDS Reporting, and New Mexico Primary Care Association

AHCH Clients Served in 2018



21,044
Patient Visits



Serving 4,176
Patients



10,259 Medical
Visits



3414 Dental
Visits

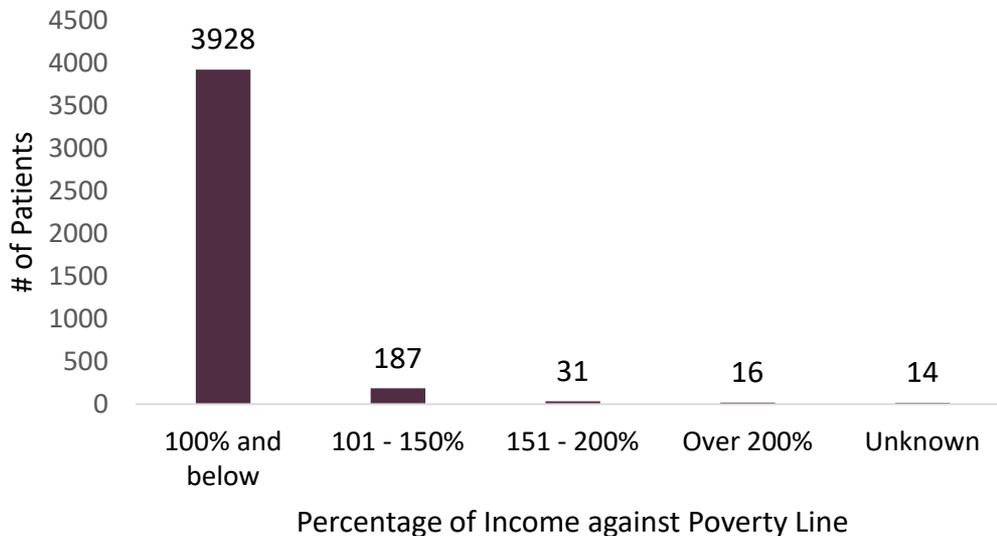


4,333 Behavioral
Health Visits

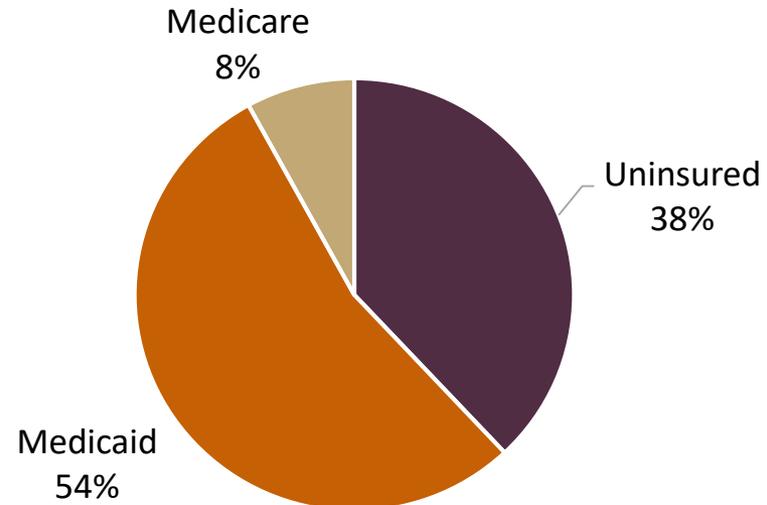


3,039 Enabling
Service Visits

Number of AHCH Patients by Income

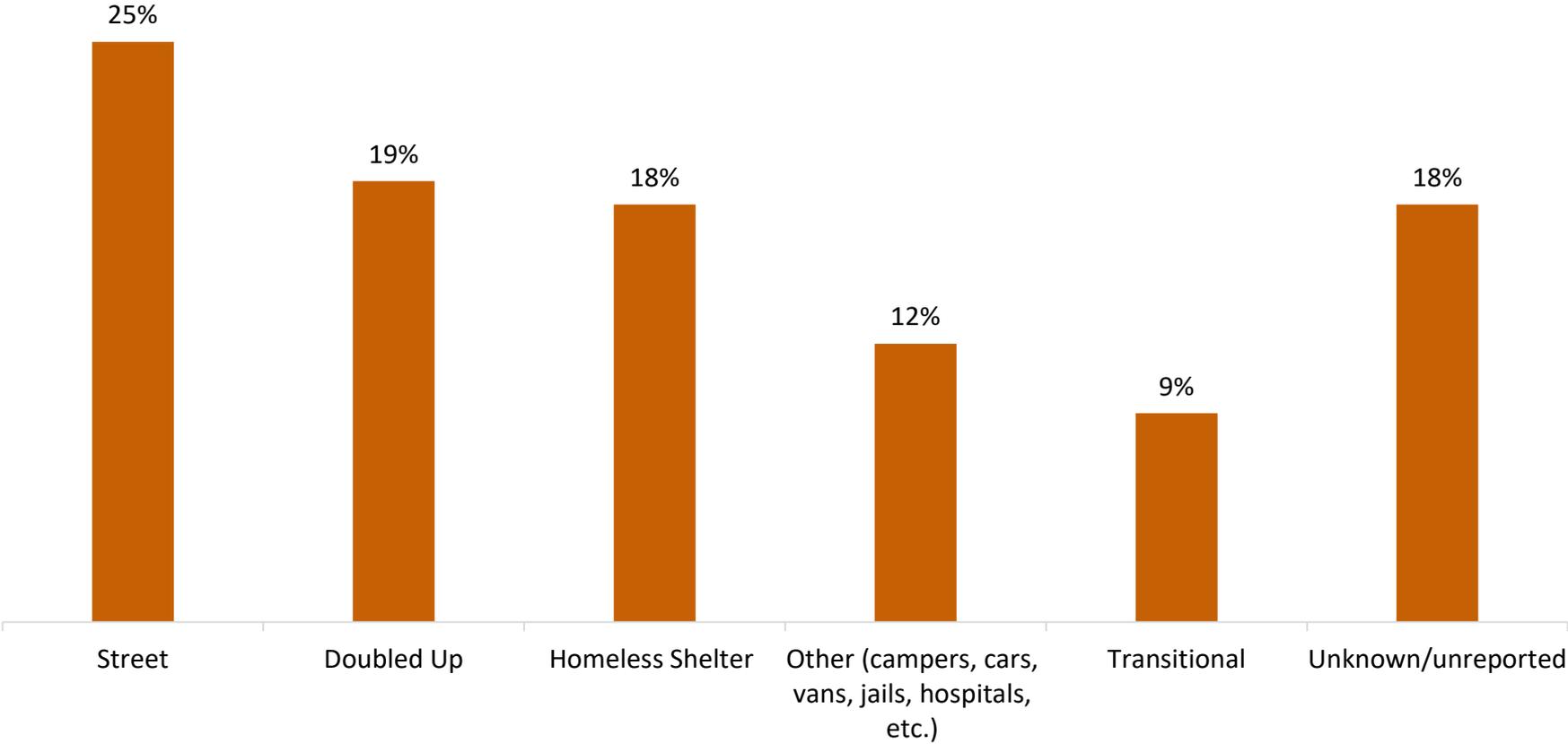


Insurance Source



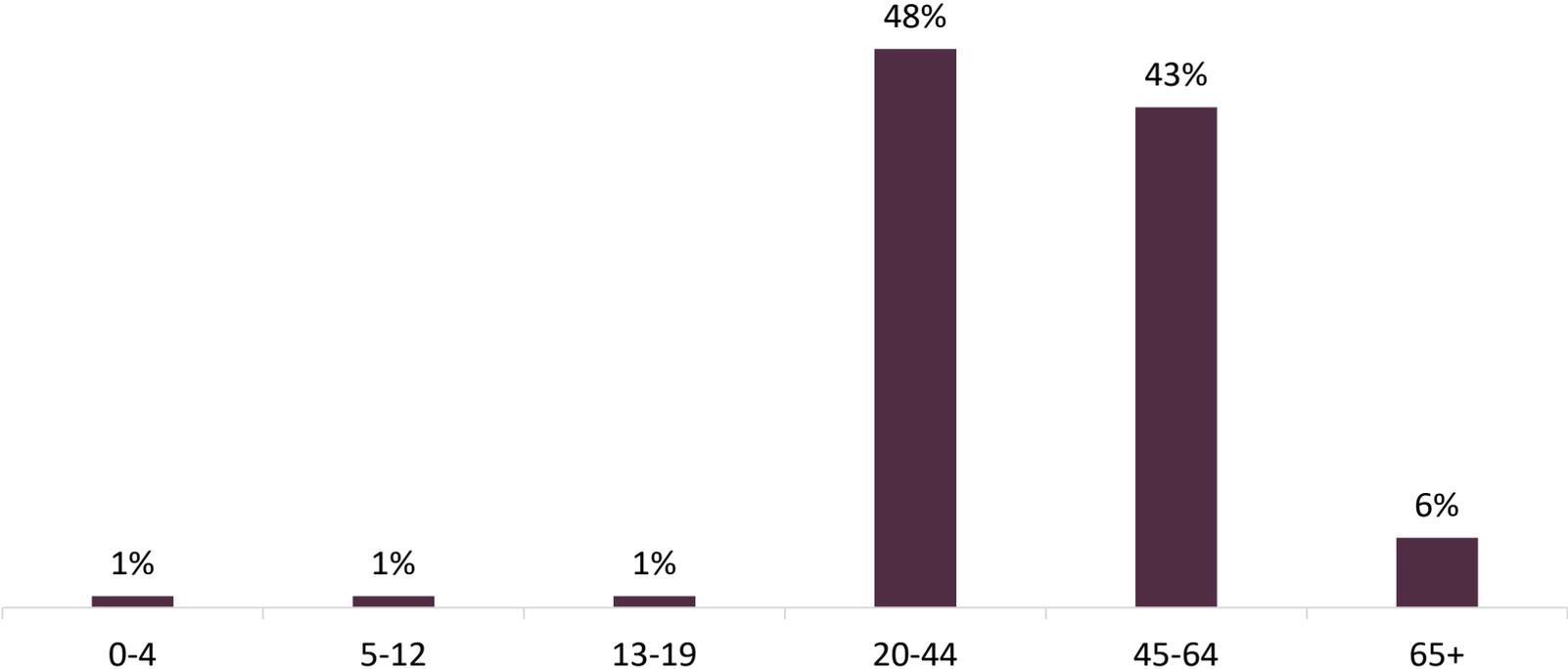
AHCH Clients Served in 2018

AHCH Clients
2018 Housing Status



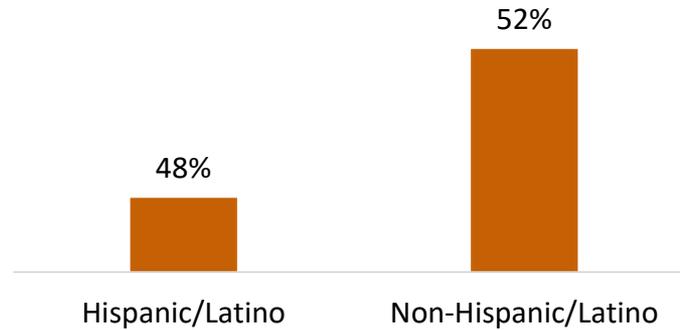
AHCH Clients Served in 2018

AHCH Client Age 2018

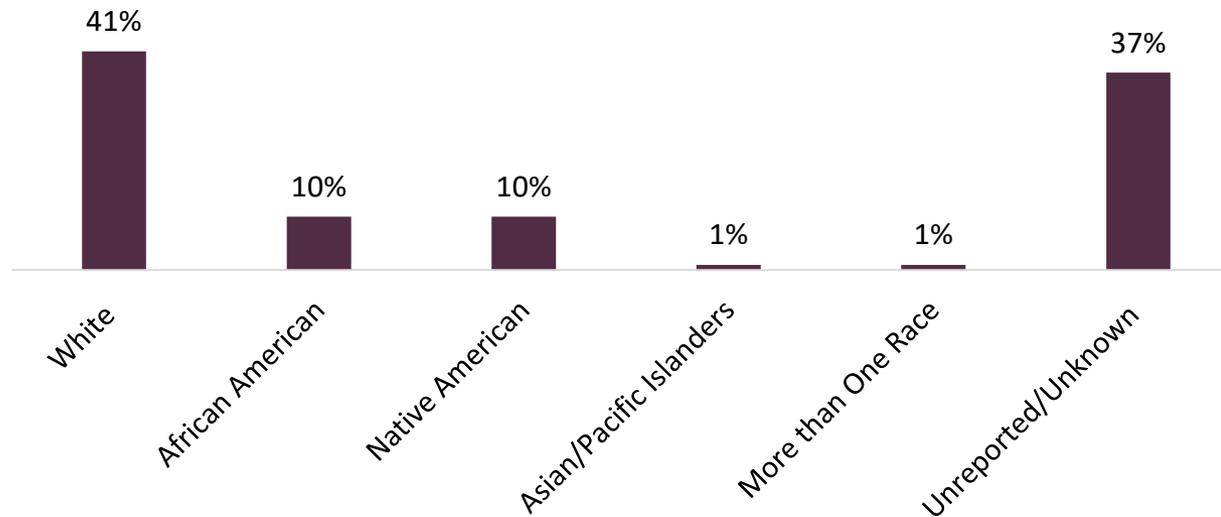


AHCH Clients Served in 2018

AHCH Clients
2018 Self Reported Ethnicity



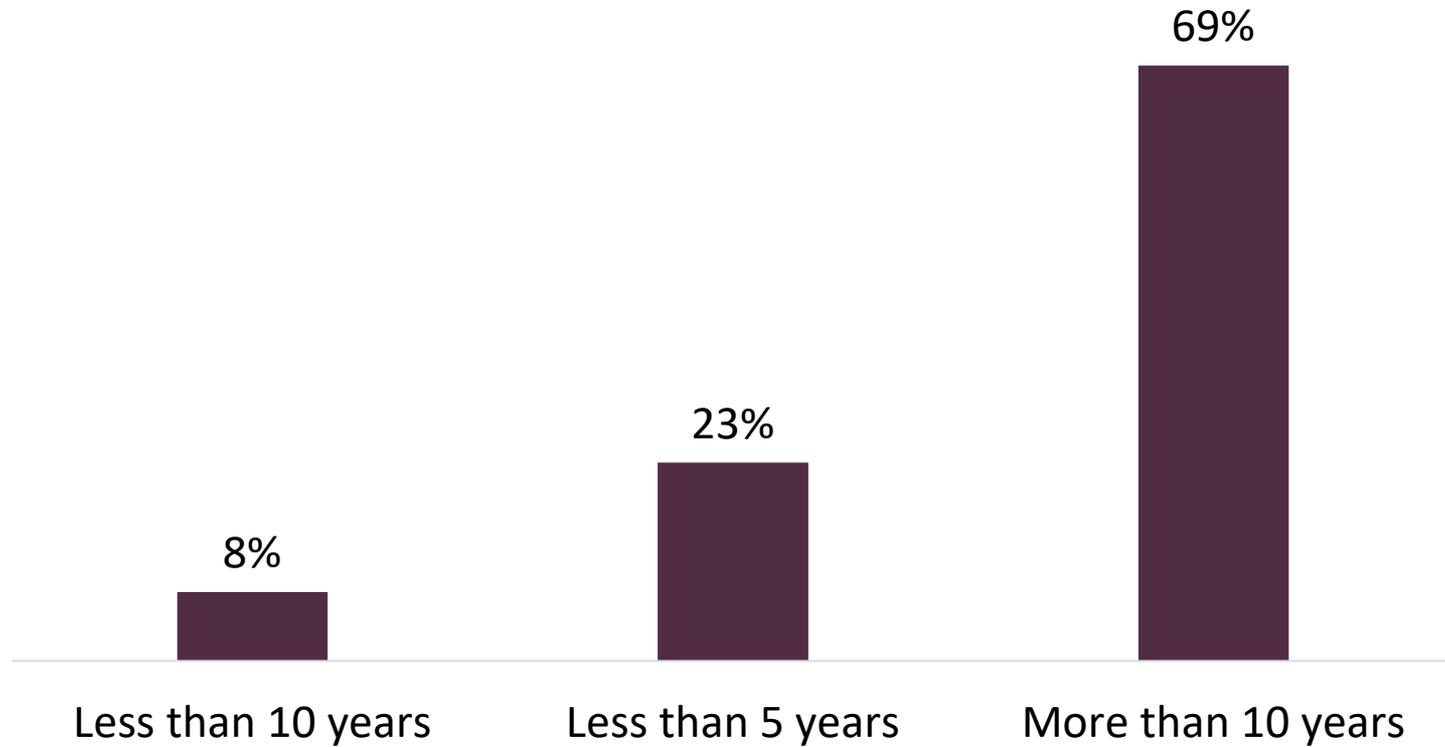
AHCH Clients
2018 Self Reported Race



AHCH Patients Served in 2018

Homelessness in New Mexico is Homegrown

AHCH Clients
Living in NM Status 2019



Affordable Housing - Out of Reach

NEW MEXICO

STATE RANKING #36*

In **New Mexico**, the Fair Market Rent (FMR) for a two-bedroom apartment is **\$850**. In order to afford this level of rent and utilities — without paying more than 30% of income on housing — a household must earn **\$2,832** monthly or **\$33,987** annually. Assuming a 40-hour work week, 52 weeks per year, this level of income translates into an hourly Housing Wage of:

\$16.34
PER HOUR
STATE HOUSING
WAGE

FACTS ABOUT NEW MEXICO:

STATE FACTS	
Minimum Wage	\$7.50
Average Renter Wage	\$13.41
2-Bedroom Housing Wage	\$16.34
Number of Renter Households	247505
Percent Renters	32%

87
Work Hours Per Week At
Minimum Wage To Afford a **2-Bedroom**
Rental Home (at FMR)

71
Work Hours Per Week At
Minimum Wage To Afford a **1-Bedroom**
Rental Home (at FMR)

2.2
Number of Full-Time Jobs At
Minimum Wage To Afford a
2-Bedroom Rental Home (at FMR)

1.8
Number of Full-Time Jobs At
Minimum Wage To Afford a
1-Bedroom Rental Home (at FMR)

National Low Income Housing Coalition, Out Of Reach 2019, <https://reports.nlihc.org/oor>

Housing Wage

New Mexico's current minimum wage is **\$7.50**

Upcoming New Mexico minimum wage increases - SB 437 in 2019:

- \$9.00 per hour effective January 1, 2020
- \$10.50 per hour effective January 1, 2021
- \$11.50 per hour effective January 1, 2022
- \$12.00 per hour effective January 1, 2023

The housing wage in New Mexico, which is the cost to comfortably afford a modest two-bedroom apartment, is **\$16.34 an hour.**

Landscape of Affordable Housing in New Mexico

KEY FACTS

69,204
OR
28%

Renter households that are extremely low income

\$24,600

Maximum income for 4-person extremely low income household (state level)

-41,159

Shortage of rental homes affordable and available for extremely low income renters

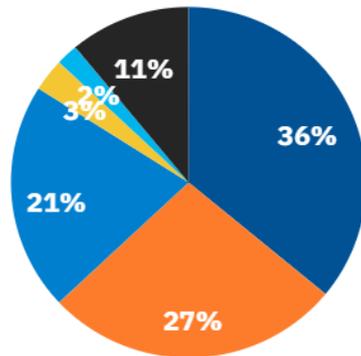
\$33,062

Annual household income needed to afford a two-bedroom rental home at HUD's Fair Market Rent.

71%

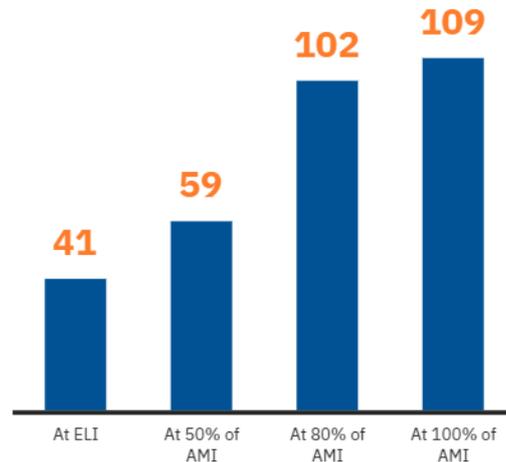
Percent of extremely low income renter households with severe cost burden

EXTREMELY LOW INCOME RENTER HOUSEHOLDS

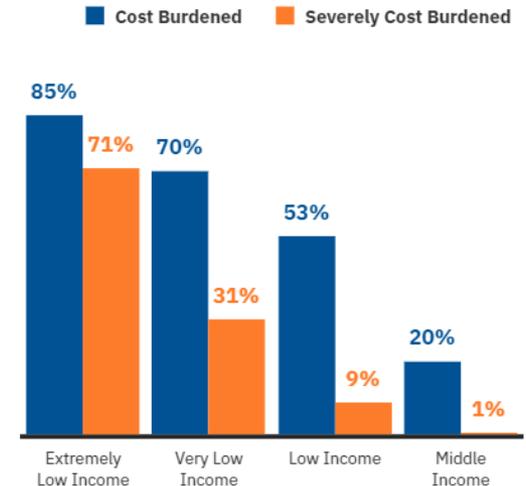


■ In Labor Force ■ Disabled
■ Senior ■ School
■ Single Caregiver ■ Other

AFFORDABLE AND AVAILABLE HOMES PER 100 RENTER HOUSEHOLDS



HOUSING COST BURDEN BY INCOME GROUP



National Low Income Housing Coalition, 2019, <https://nlihc.org/housing-needs-by-state/new-mexico>

Landscape of Affordable Housing in New Mexico

	Total Renter Households	Severely Burdened Households	% with Severe Burden
Income at or below 30% of AMI	69,204	48,886	71%
Income between 31% and 50% of AMI	24,172	7,451	31%
Income between 51% and 80% of AMI	50,273	4,463	9%
All Renter Households	244,275	61,804	25%

National Low Income Housing Coalition, 2019, https://nlihc.org/sites/default/files/CDP_NM.pdf

Landscape of Affordable Housing in New Mexico

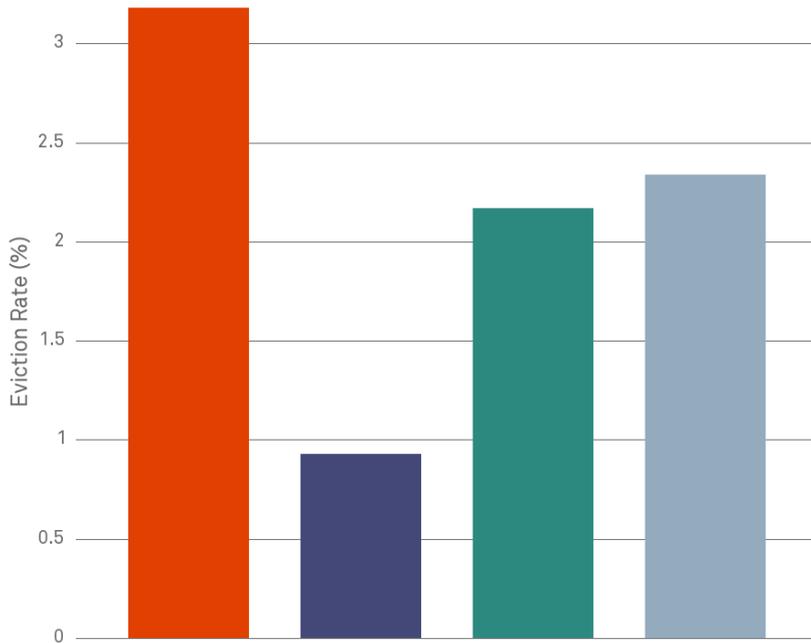
	Affordable and Available Rental Units Per 100	Surplus/Deficit of Affordable and Available Rental Units
Income at or below 30% of AMI	41	-41,159
Income at or below 50% of AMI	59	-38,271
Income at or below 80% of AMI	102	2,698

Renters make up 32% of all households in New Mexico

AMI – Area Median Income. National Low Income Housing Coalition, 2019, https://nlihc.org/sites/default/files/CDP_NM.pdf

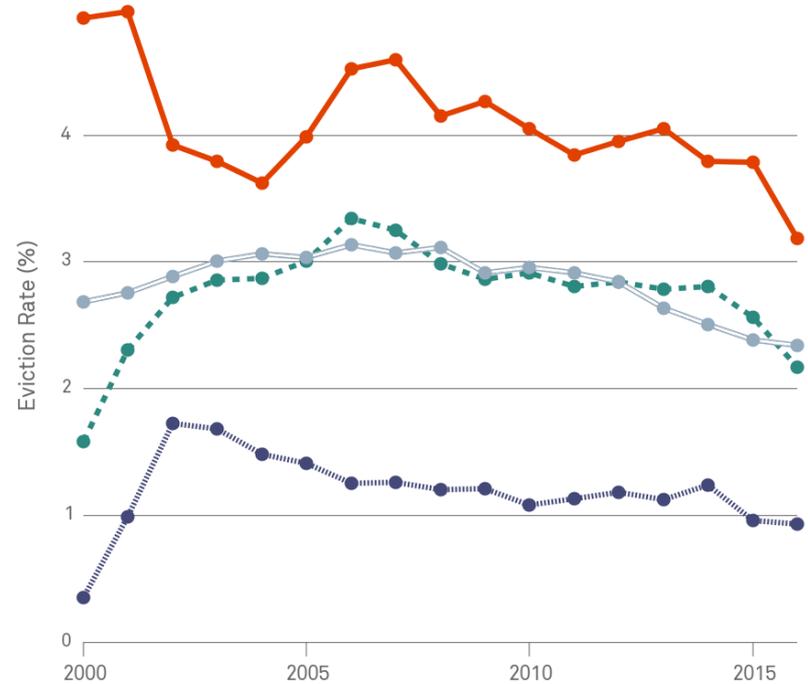
New Mexico Eviction Comparison Data

Comparison of eviction rates in 2016



- 1 New Mexico
- 2 Utah
- 3 Texas
- 4 United States

Comparison of eviction rates over time



- New Mexico
- ⋯ Utah
- - - Texas
- = United States

New Mexico Eviction Comparison Data

New Mexico

2016

16.41
EVICTIONS PER
DAY

3.18%
EVICTION RATE

Evictions	6,006
Eviction Filing Rate	4.23%
Eviction Filings	7,984

CENSUS

Population	2,084,117
% Renter-Occupied Households	31.94%
Poverty Rate	15.94%
Median Gross Rent	\$777
Median Household Income	\$44,963
Median Property Value	\$160,300
Rent Burden	30.7%

Utah

2016

7.61
EVICTIONS PER
DAY

0.93%
EVICTION RATE

Evictions	2,787
Eviction Filing Rate	2.19%
Eviction Filings	6,590

CENSUS

Population	2,903,379
% Renter-Occupied Households	30.53%
Poverty Rate	9.15%
Median Gross Rent	\$887
Median Household Income	\$60,727
Median Property Value	\$215,900
Rent Burden	29%

Texas

2016

206.1
EVICTIONS PER
DAY

2.17%
EVICTION RATE

Evictions	75,431
Eviction Filing Rate	4.77%
Eviction Filings	165,708

CENSUS

Population	26,538,614
% Renter-Occupied Households	37.77%
Poverty Rate	13.45%
Median Gross Rent	\$882
Median Household Income	\$53,207
Median Property Value	\$136,000
Rent Burden	29.3%

Transportation

- A 2017 AHCH survey of 168 respondents verified that transportation continues to be a barrier to access to basic services such as health care, pharmacy, income support division, etc.
- A 2019 survey of people accessing the Albuquerque West Side Emergency Shelter asked: What keeps you from accessing health services?
 - Transportation was the largest barrier to receiving care noted by respondents. What is telling, is that the survey included no specific reference to transportation, and yet it was threaded throughout responses consistently.

Linking Medicaid and Supportive Housing

- Centers for Medicare and Medicaid Services (CMS) issued an [Informational Bulletin](#) to “assist states in designing Medicaid benefits, and to clarify the circumstances under which Medicaid reimburses for certain housing-related activities.”
- The 2015 CMS Informational Bulletin recognized the importance **of addressing housing needs to meet Medicaid programmatic goals.**
- The focus on health-related supportive services aligns with the goals of the Triple Aim, which aims to improve the patient experience of care; improve the health of populations; and reduce per capita spending on health care.

System-Level Solutions

- **Housing & Living Wages**

- ✓ Invest in affordable housing including housing vouchers
- ✓ Leverage and incentivize affordable housing development

- **Medical Respite**

- ✓ Address institutional discharge and prevent inappropriate hospital admission
- ✓ Health care model with exit to housing

- **Street Medicine**

- ✓ Service delivery model for bringing health care to the street and connection to housing

- **Medical Legal Partnerships**

- ✓ Patient to policy model for addressing structural and social determinants of health

Housing and Health Research

- Mortality Among Unsheltered Homeless Adults in Boston, Massachusetts, 2000-2009, Jill S. Roncarati, ScD, MPH, PA-C1,2,3; Travis P. Baggett, MD, MPH3,4; James J. O'Connell, MD3,4; et al, JAMA Intern Med. 2018;178(9):1242-1248., doi:10.1001/jamainternmed.2018.2924, September 2018, <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2687991>.
- Paul Guerin, Ph.D. and Anne Minssen, B.A., Institute for Social Research, University of New Mexico City of Albuquerque [Heading Home Initiative Cost Study](#) Report Final, May 2016.
- Mary E. Larimer, PhD; Daniel K. Malone, MPH; Michelle D. Garner, MSW, PhD; et al, Health Care and Public Service Use and Costs Before and After Provision of Housing for Chronically Homeless Persons With Severe Alcohol Problems, JAMA. 2009;301(13):1349-1357. doi:10.1001/jama.2009.414, <https://jamanetwork.com/journals/jama/fullarticle/183666>.
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- *Medicaid and Permanent Supportive Housing for Chronically Homeless Individuals: Emerging Practices from the Field*, August 2014, Office of the Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services, <https://aspe.hhs.gov/sites/default/files/pdf/77116/EmergPrac.pdf>.
- Braveman and L. Gottlieb. "The Social Determinants of Health: It's Time to Consider the Causes of the Causes." Public Health Reports, 2014 Supplement 2129), 19-31. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3863696/>.

More references available upon request

Contact Information

Jennifer L. Metzler, MPH, CEO
Dr. Sara Doorley, MD, Medical Director
Rachel Smith, MA, Policy Director

Albuquerque Health Care for the Homeless

Phone: 505-766-5197

Website: www.abqhch.org