

Point in Time Survey:

Homelessness in Maine

on

April 24, 2004

Prepared by MSHA's Department of Homeless Initiatives

Acknowledgements

The Maine State Housing Authority (MSHA) wishes to acknowledge our partners and the individuals residing in shelters for their contribution in conducting the <u>Point in Time Survey</u>. McKinney-Vento funds are granted annually by the Department of Housing and Urban Development (HUD) through a competitive application process. With the aid of consumer participation, the State of Maine recently received a record-breaking allocation of funds which will be used to develop housing and provide services designed to cater to the diverse needs of Maine's homeless population. The data contained in this report paints a picture of that diversity, and the goal of its collection is to better serve the homeless consumer's need for housing and services. Information within this document must move us forward in developing approaches that will eliminate homelessness in the State of Maine. Thank you all for your participation in this important endeavor.

Point in Time Survey Committee

Balance of State Continuum of Care, Chair: Melany Crandall Balance of State Continuum of Care, Co-chair: Bob Garcia City of Portland Continuum of Care, Chair: Robert Duranleau Greater Penobscot Continuum of Care, Chair: Kerry Sack Greater Penobscot Continuum of Care, Co-Chair: Clair Baldwick..

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Data Collection

Abused Women's Advocacy Project-Acadia Recovery Community Bangor Area Homeless Shelter-Battered Women's Project Bread of Life-Breakwater Teen Shelter Caring Unlimited-Family Crisis Services Family Violence Assistance Project-Home Inc. **Emmaus Center-Hope Haven Gospel Mission Ingraham- Lighthouse Shelter** MidCoast Hospitality House-Mid Maine Shelter Milestone-My Choice New Beginnings Inc.-New Hope for Women, Inc. Next Step-Oxford Street Shelter Portland Family Shelter-Preble St. Resource Center Rumford Group Homes-Shaw House Sister Mary O'Donnell Shelter-Spruce Run Association St. Michaels Center-Strathglass Family Shelter **Tedford Shelter-Womancare/Aegis** YANA, Inc.-York County Shelters, Inc. Youth & Family Services-Youth Alternatives YWCA of Portland - Women's Shelter

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Executive Summary

The State of Maine has three Continuums of Care: City of Portland (serving metropolitan Portland), Greater Penobscot County (serving the City of Bangor and all of Penobscot County) and Maine Balance of State (serving all other areas of the state). In 2004, the three Continuums of Care brought \$8,500,000 of McKinney-Vento funds into the state for the creation of new housing, shelter plus care, and support for the operational costs and services of special needs housing for the homeless. The Maine State Housing Authority matched over \$1,200,000 for construction costs, which will allow Maine to maximize the federal dollars granted for new housing for the homeless.

To determine the needs of the homeless population in Maine, the three Continuums of Care collaboratively administered the statewide Point in Time survey to provide a snapshot of homeless housing needs. The Point in Time Survey is a HUD requirement for the recipients of McKinney-Vento funds. Information gleaned from it is used to direct planning and priorities in efforts to end homelessness. This document provides the results of the survey conducted on April 24, 2004. At a time when resources are diminishing, it is critical that we work together to determine the best use of the available resources. This data will contribute to that effort by demonstrating areas of need that require particular attention when dealing with the state's diverse homeless population.

Key Findings:

- **633** people were reported as homeless on April 24, 2004
- **166** (26%) were chronically homeless individuals
- **267** (42%) were reported in the city of Portland alone
- **125** children were in the shelter system on the night of the survey
- **63** veterans participated in the survey
- Nearly **half** of the veterans surveyed (48%) were in Portland shelters
- **500** individuals self-reported a disability when surveyed

Survey Eligibility

An individual was eligible for participation if s/he was age 18 or older (or under age 18, without a parent/guardian present), and sleeping in a shelter for the homeless, or found spending the night on the streets or other places not meant for human habitation (unsheltered).¹

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¹ See Appendix B for the survey tool used to capture Point-in-Time data

Introduction

The purpose of the Point in Time survey is to determine answers to some of the biggest questions about homelessness. Who are the homeless? What are the factors that contributed to their homelessness? When did they become homeless? Where are the homeless in Maine living? Why do they remain homeless? Answers to these questions will perhaps show the answer to the most critical question of all: How can we prevent homelessness in the State of Maine?

To find the answers to these questions, it is necessary to understand both the scope and nature of homelessness in the State of Maine. The survey tool (Appendix B) captures the nuances of homelessness and assesses not only the number of homeless individuals and respective characteristics but its impact as well, most specifically in terms of children affected by homelessness (see page 4). While a requirement of those who receive McKinney-Vento funding, HUD does not mandate that Continuums of Care across a state administer just one survey. The Maine Point in Time survey was an unprecedented show of collaboration among shelter and service providers, state agencies, and homeless consumers of services and housing to demonstrate homelessness on any given night in Maine.

Definition of Homelessness

Homelessness is defined in 42 U.S.C. 11302 as follows:

IN GENERAL. - For purposes of this Act, the term "homeless" or "homeless individual or homeless person" includes-- (1) an individual who lacks a fixed, regular, and adequate nighttime residence; and (2) an individual who has a primary nighttime residence that is: a) a supervised publicly or privately operated shelter designed to provide temporary living accommodations (including welfare hotels, congregate shelters, and transitional housing for the mentally ill); b) an institution that provides a temporary residence for individuals intended to be institutionalized; or c) a public or private place not designed for, or ordinarily used as, a regular sleeping accommodations for human beings.

http://www.hud.gov/offices/cpd/homeless/ library/esg/esgdeskguide/glossary.cfm

It should be noted that the HUD definition of homelessness disqualifies many people without residences from homeless entitlements because many homeless individuals rotate between shelters and the homes of friends and relatives. Strictly applying the HUD definition does not capture the magnitude of homelessness. The Point in Time Survey seeks to fill in the gaps left by the HUD's definition.

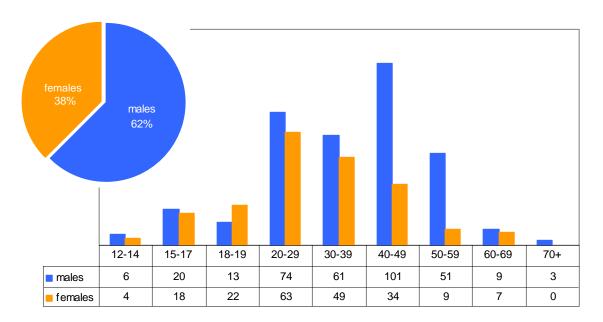
Chronic Homelessness is defined by the Interagency Council on Homelessness as follows:

"... an unaccompanied homeless individual with a disabling condition who has either been continuously homeless for a year or more OR has had at least four (4) episodes of homelessness in the past three (3) years. A disabling condition is defined as a diagnosable substance use disorder, serious mental illness, developmental disability, or chronic physical illness or disability, including the co-occurrence of two or more of these conditions. A disabling condition limits an individual's ability to work or perform one or more activities of daily living."

http://www.ich.gov/

Who are Maine's Homeless?

Men and Women



- Homelessness for females peaks between the ages of 20 and 29. For males, peak ages are between 40 and 49.
- At 18 to 19 years old, more females are homeless than males. At all other ages, more males are homeless than females.

Children

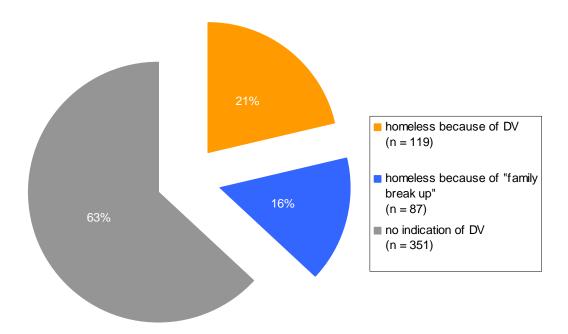
Children in youth shelters	56
Children in family/general shelters	69
Custodial children of adult shelter guests (staying with family or friends)	96
Non-custodial children of participating adult shelter guests staying with custodial parent, family or friends)	204
Total number of children affected	425

Veterans

Status	Number	Percent
Total Veterans	63	
Disabled Veterans	33	52%
Enrolled in VA Services	11	17%
Denied VA Services	• 8	• 13%

• Nearly half (48%) of the homeless veterans were in Portland shelters.

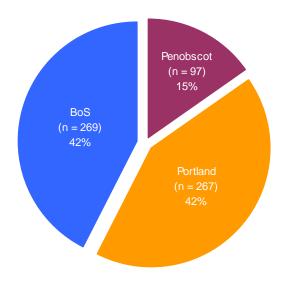
Victims of Domestic Violence



• More than 1 in 5 respondents indicated being homeless because of domestic violence.

Where are the Homeless in the State of Maine?

Distribution of Homeless Individuals by Continuum of Care

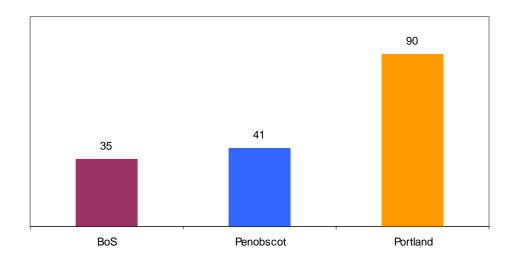


Portland CoC=City of Portland only

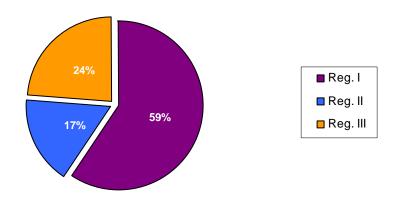
Penobscot CoC= Penobscot County

Balance of State CoC (BoS) = Areas of state not covered under other two

Distribution of Chronically Homeless Individuals by Continuum of Care

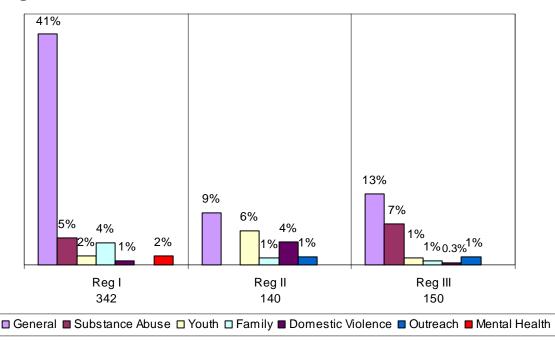


Distribution of Homeless Individuals by Region



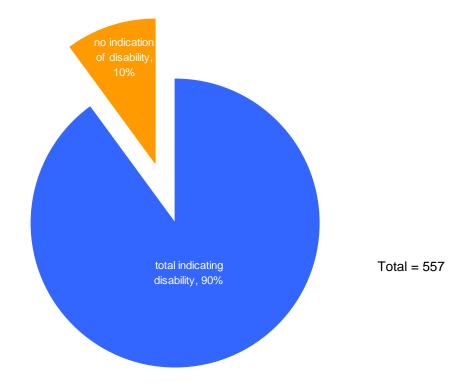
- Region I (59%): Cumberland and York Counties
- **Region II (17%)**: Androscoggin, Franklin, Kennebec, Knox, Lincoln, Oxford, Sagadahoc, Somerset, Waldo Counties
- Region III (24%): Aroostook, Hancock, Penobscot, Piscataquis, Washington Counties

Shelter Type Occupancy by Region

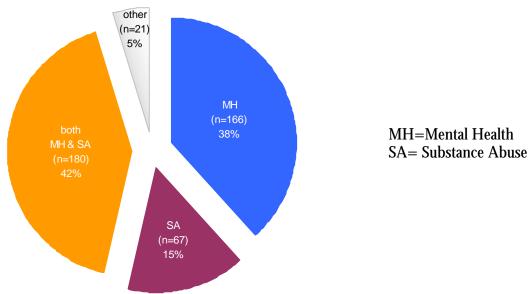


What are Some Characteristics of Maine's Homelessness Population?

Individuals Self-Reporting Disabilities*

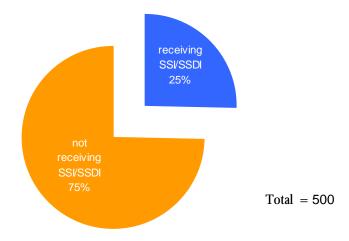


Types of Disabilities Reported



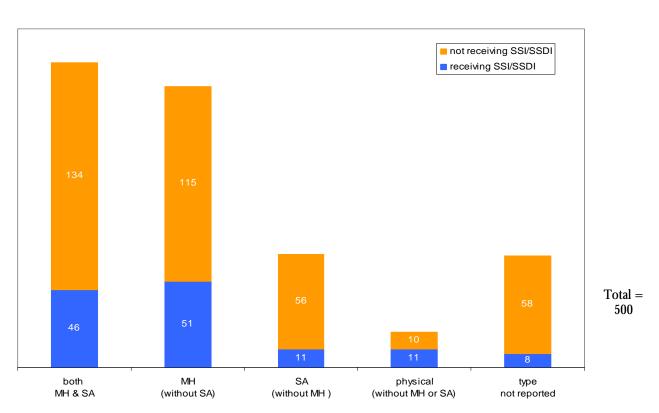
^{*} Please see Appendix A for disability assessment methodology and a detailed table of disability types reported by the homeless.

Recipients of SSI/SSDI Benefits:

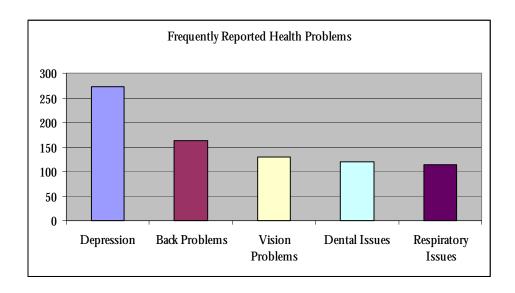


• 25% of 500 respondents self-reporting disabilities also reported receiving disability benefits.

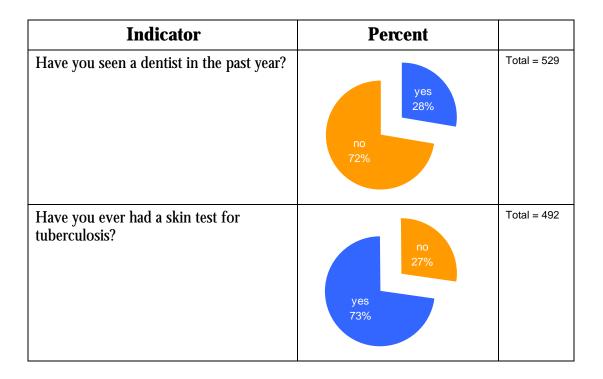
Respondents Receiving/Not Receiving Disability Benefits by Disability Type



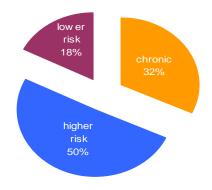
Physical Health Issues



Other Health Indicators

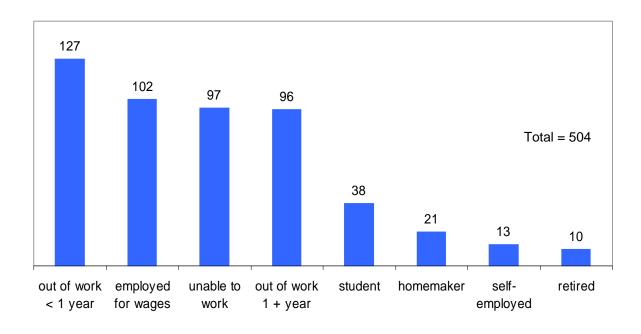


Chronically Homeless and Those At Risk of becoming Chronically Homeless

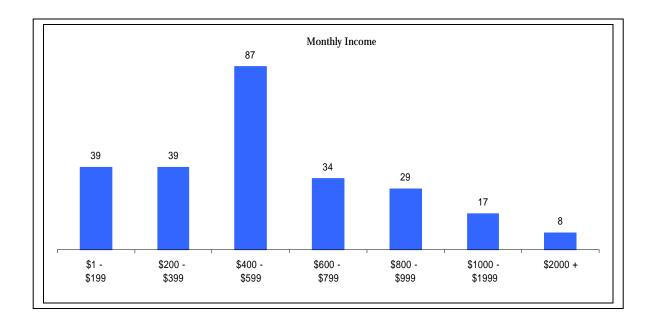


- A total of 518 respondents were assessed for chronic homelessness.
- One in three (166) of those assessed were chronically homeless.
- Most (54%) of the chronically homeless people were in the City of Portland.
- One third of the chronically homeless individuals in Portland had their last residences in another state.

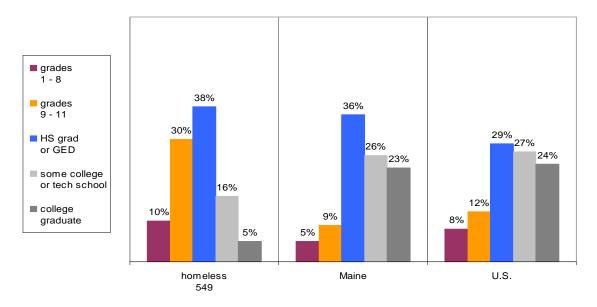
Employment Status



Income Level



Education Level:



More than 3 times as many homeless people dropped out of high school (30%) than the general population in Maine (9%).

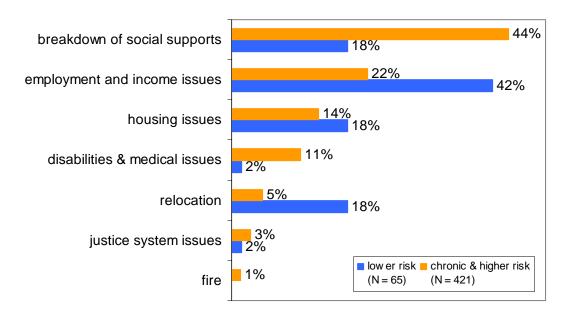
Why Did Homeless Individuals Leave Their Last Permanent Residence?

Last Permanent Residence

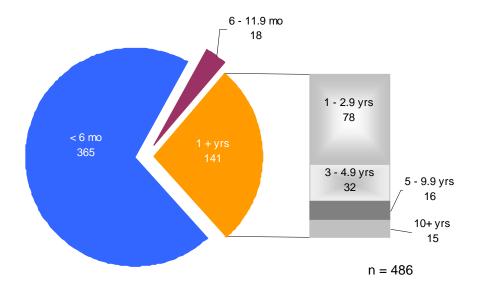
- Most of the survey participants (53%) were found in shelters in the same regions as the place of their last residences.
- More than a quarter (27%) of survey participants had their last residences in another state.

Reasons for Leaving

- Breakdown of Social Supports (domestic violence / family and social conflict / run away / DHHS case)
- 2. Employment and Income Issues (lack of employment and high expenses)
- 3. Housing Issues (lost housing / landlord problems / eviction)

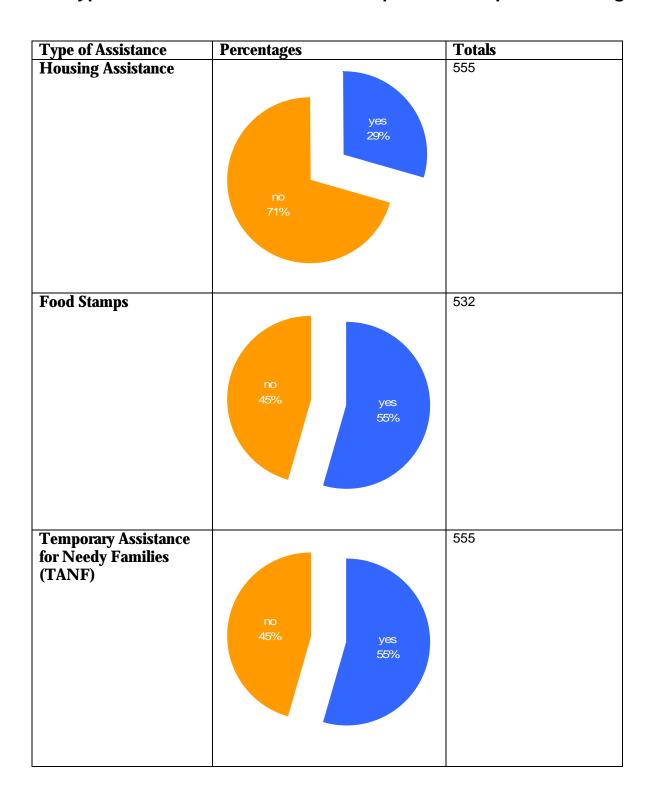


Length of Time Homeless:



- 70% of survey participants were homeless for less than 6 months
- 27% were homeless for more than a year
- 3% were homeless between 6 months and a year
- Most survey participants had been homeless for less than 6 months or else for a year or more.

What Types of Public Assistance Did Respondents Report Receiving?

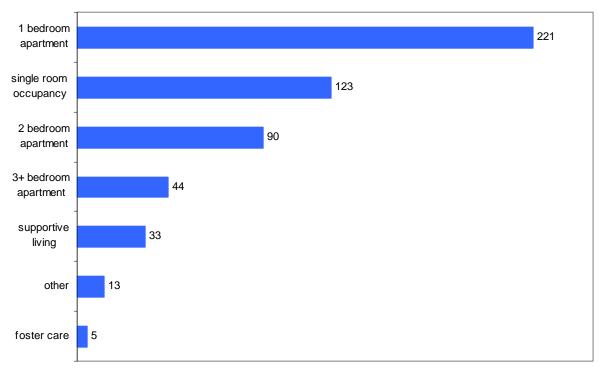


What Types of Services Did Respondents Report Using?

Service	Number Using	Percent Using	Number Reporting
Shelter	523	98%	534
Food	461	88%	521
Showers	455	90%	506
Health Care	340	63%	542
Housing Location	236	56%	422
Mental Health	201	36%	553
Drop-In	171	31%	551
Job Search	169	39%	429
Substance Abuse	162	29%	553
Housing Subsidy	160	31%	517
Storage	136	25%	537
Domestic Violence	75	13%	556
Transitional Housing	48	13%	379
Parenting	34	6%	552
Childcare	22	4%	548

What Kind of Housing do Survey Participants Want?

Respondents' Desired Housing



Total = 529

• 65% want either a one-bedroom apartment or a single room occupancy.

Appendix A

Disability Assessment Methodology

The term "disabled" has multiple definitions. Individuals may not identify with the label "disabled" while still qualifying for entitlements. Substance abuse disorders are highly disabling but have not qualified a person for SSI/SSDI disability benefits since 1996. On the other hand, substance abuse disorder is considered a disabling condition when identifying the chronically homeless. Therefore, many people with disabling substance abuse disorders no longer refer to themselves as disabled, though many do. With these complications in mind, and because disability is known to be under-reported, survey participants were provided with a variety of opportunities to relate their disability status.

Based on responses to these questions, we calculated a cumulative total as follows:

QUESTIONS SOLICITING DISABILITY STATUS	number indicating disability based on this question	number NOT indicating disability in previous questions though doing so in this question
demographic questions		
Are you disabled?	270	270
Do you have a disabling condition?	346	147
housing questions		
Did you leave your last permanent residence because of a disability?	19	0
Are you staying at the shelter because of a disability?	226	15
employment and income questions		
Are you unable to work because of a disability?	97	19
Are you receiving disability benefits (SSI, SSDI)?	127	10
service utilization questions		
Are you staying at a shelter serving people with mental health or substance abuse disorders?	87	4
Are you accessing mental health or substance abuse services?	271	18
health questions		
Are you having a health problem with depression?	273	12
Has your mental health been poor for 2 weeks or more in the past month?	185	5
cumulative total indicating disability		500
no indication of disability		57
total number assessed		557

Disability Types Reported

DISABILITY TYPES	Totals
Both Mental Health & Substance Abuse Disabilities	
Mental health & substance abuse	118
Mental health, substance abuse & physical	57
Mental health, substance abuse, physical & developmental	4
Mental health, substance abuse & developmental	1
subtotal	180
Mental Health (without substance abuse) Disabilities	
Mental health only	108
Mental health & physical	48
Mental health & developmental	5
Mental health, physical & developmental	5
subtotal	166
Substance Abuse (without mental health) Disabilities	
Substance abuse only	50
Substance abuse & developmental	2
Substance abuse & physical	14
Substance abuse, physical & developmental	1
subtotal	67
Physical (without mental health or substance abuse) disabilities	
Physical	20
Physical & developmental	1
Subtotal	21
Total with mental health disabilities (180 + 166)	346
Total with substance abuse disabilities (67 + 166)	247
Total reporting disability type (180 + 166 + 67 + 21)	434
Disability indicated - type not reported	66
No indication of disability	57
Grand Total	557

Appendix B: Survey Tool

Survey Tool: Point-in-Time Survey of Homelessness

<u>SAY</u>: Hello, I'm (name). I'm gathering information on the status of Maine residents. I'd like to ask some questions about your housing and health situation. I won't ask for your name, address, or other personal information that can identify you. You don't have to answer any question you don't want to, and you can end the interview at any time. The interview takes a short time and any information you give me will be confidential.

DEMOGRAPHICS			
Let's start with some basic information that doesn't iden	ntify you but describes you.		
1. (Indicate gender of respondent; ask only if necessary.)	Male Female		
2. Are you Hispanic or Latino?			
Yes No don't know/refused to 3. Which one or more of the following would you say is your race?	o answer		
(Read answers and check all that apply)			
White or Euro-American	American Indian, Alaska Native		
Black or African American	Any other? Please specify		
Asian	don't know/refused to answer		
Native Hawaiian or Other Pacific Islander			
(If more than one response continue; otherwise go to 6.)			
3.1. Now I want to read the things you picked and I'd like you to tell me: if you I			
(Read the items selected by the respondent and circle)	ne <u>one</u> choice.)		
, o — v	fused to answer		
5. What is the highest grade or year of school you completed?			
(Read only if necessary.)			
Never attended school or only attended kindergarten			
Grades 1 through 8 (Elementary)			
Grades 9 through 11 (Some high school)			
Grade 12 or GED (High school graduate)			
College 1 year to 3 years (Some college or technical school)			
College 4 years or more (College graduate)			
don't know/refused to answer			
6. Are you limited in your ability to work or carry out any activities of dail substance use disorder, mental illness, or developmental disability?	ly living because of a chronic physical illness or disability,		

7. Are you a veteran of the armed forces?
yes (continue) no (go to 8) don't know/refused to answer
7.1. Are you currently enrolled in veterans services?
yes (go to 8) no (continue) don't know/refused to answer
7.2. Have you applied and been denied? yes. Why?
no don't know/refused to answer
8. Are you a member of a couple? (Do you have a partner? Are you married?)
member of a couple Where is your partner now?
single don't know/refused to answer
(Family Interview skip 9 and go to 10)
9. How many children under 18 years old are in your custody?
don't know/refused to answer
9.1 (If any) Where are they now?
(Read only if necessary.)
with family with friends DHS custody / foster care
other (specify) don't know/refused to answer
10 How many children under 18 years old do you have that are not in your custody? # don't know/refused to answer
10.1 (If any) Where are they now?
(Read only if necessary.)
with family with friends DHS custody / foster care
other (specify) don't know/refused to answer

HOUSING / HOMELESSNESS

SAY: This next part is about your housing situation.

11. How long have you been homeless? (This time only)
don't know/refused to answer
12. In the past three years, how many times have you been homeless?
don't know/refused to answer
SAY: The next few questions are about your last regular residence.
13. Where was your last regular residence? (before becoming homeless)
Town State Country don't know/refused to answer
(If last residence was in Maine continue; otherwise go to 15)
14. Before you left that residence, did you seek financial assistance from your town to help you stay there? That means: welfare, GA (general assistance), public assistance, or town hall.
Yes What town?What happened?
No Why not?
don't know/refused to answer
15. How long <u>had you lived</u> there?
(Read only if necessary.)
less than 3 mo 3 mo - 1 year
over 1 year, how long?
don't know/refused to answer
16. When did you <u>leave</u> there
(Read only if necessary.)less than 3 mo
3 mo - 1 year
over 1 year, how long? don't know/refused to answer

17. Please listen to this list and tell me which ones are your reasons for leaving your last regular residence. If your reasons are not on the list please tell me what they are.
(Read and check all that apply
fire / other disaster destroyed home
family break-up
domestic violence
eviction
couldn't pay rent (go to 17.1)
other, please specify
don't know/refused to answer
17.1 Why couldn't you pay rent?
(Read only if necessary.)
job lost and couldn't pay rent
rent increased and couldn't afford rent anymore
medical problems and medical costs so unable to afford rent
became disabled (mental health or other) and couldn't work and pay rent
other, please specify
don't know/refused to answer
(If more than one response continue; otherwise go to 18)
17.2. I want to read the things you picked and I'd like you to tell me: if you had to name one as the most important, which would it be?
(Read the items selected by the respondent and circle the <u>one</u> choice.)
18. How long have you been spending the night here (at this shelter or this camp)? (Read only if necessary.)
less than 3 mo 3 mo - 1 year over 1 year, how long?
don't know/refused to answer
(If not at a shelter ask 19; otherwise go to 20.)
19. Why are you here instead of at a shelter?
don't know/refused to answer

please tell me what they are.	r reasons for spending the night here (at this shener or camp). If your reasons are not on the list
(Read and check all that apply.)	
unable to find work and pay rent	mental health issues
poor rental history / no references	alcohol or other drug use problems
<u>can</u> afford rent (or have subsidy) <u>but</u> can't locate housing	_ discharged from a hospital or other medical or mental health institution without another place to go.
money management problems	Which hospital?
	What condition?
social network at the shelter disabled and waiting for disability (SSI	discharged from jail, prison, or other correctional facility without another place to go
/ SSDI) benefits	Any other reason? Please specify:
migrant worker between jobs	don't know/refused to answer
(If more than one answer read 20.1; of	therwise go to 21)
21.1. I want to read the things you picked and I'd like yo	ou to tell me: if you <u>had</u> to name <u>one</u> as the most important, which would it be?
Read the items selected by the responder	nt and circle the <u>one</u> choice.)
1. What kind of housing do you need?	
Read)	
SRO	supportive living (assisted living, rehab house, etc)
1 bedroom	other (specify)
2 bedroom 3 + bedroom	don't know/refused to answer

INCOME / EMPLOYMENT / SUPPORT SERVICES

SAY: Now I'm going to ask some questions about how you are taking care of yourself. Please be assured that answering these questions will <u>not</u> affect your ability to receive assistance in any way.

Employed for wages	Retired
Self-employed	or Unable to work
Out of work for more than 1 year	don't know/refused to answer
Out of work for less than 1 year	
A Homemaker	
A Student	
23. Do you receive income from any of the following source	ces? I'll read a list.
(Read and check all that apply.)	
TANF	unemployment compensation
SSI state supplemental check	worker's compensation
SSDI	-
VA	vocational/job training program stipend
child support or alimony	none of these
clind support of difficulty	don't know/refused to answer
24. What was your last month's income from all sources?	9
\$	don't know/refused to answer
25. What assistance from the following list, i	if any, do you currently receive?
(Read and check all that apply.)	
General Assistance (GA, town welfare); from	m which town?
housing subsidy (Section 8, Shel	ter + Care, BRAP)
food stamps	
don't know/refused to answer	

26. I'm going to read you a list of services. For each one I'd like you to tell me if you have used the service. If you have not used the service because it is difficult to access, please let me know. You can add others to this list.

(Read each service. Check "used", "Can't access" or "N/A" for "not applicable" or "don't need it".

	Used	Can't access	N/A		Used	Can't access	N/A
shelter				domestic violence services			
food/hot meals				childcare services			
job location help				parenting services			
showers				drop-in center			
housing location help				storage			
transitional housing				Is English your first language?	yes	_	_ no
Section 8, BRAP, RAC+, Shelter Plus Care				Ask the following only if first l	anguage	is not E	nglish
health care / medication(s)				English as second language (ESL) classes			
mental health services				cultural orientation			
alcohol / substance abuse services				immigrant documentation/			

Other (specify): _			
don't kn	ow/refused to answer		

HEALTH

SAY: This is the last part. I want to ask about your health and your use of health services.

	Do you have any kind of health care coverage, inc r Medicare?	luding health insurance, pi	repaid plans such as HMOs, or government plans such as MaineCare, Medica
	yes (continue)	no (go to 28)	don't know/refused to answer
27.1 Wh	at is your health care coverage?		
	Please indicate if you have any disabilities on the a	0 0	
	physical or medical	HIV/	AIDS
	mental health		ance abuse
	developmental		ners? Please specify know/refused to answer
	w thinking about your mental health, which incl ntal health not good?		I problems with emotions, for how many days during the past 30 days was your
	Number of days	None	don't know/refused to answer
30 <i>I'm</i>	going to read you a list of health conditions. Ple	ease let me know if you hay	ve any of them
	ad and check all that apply)	ase for the fine in you have	to any or areas.
	Arthritis/rheumatism		Hypertension/high blood pressure
	Back or neck problem		Diabetes ("sugar")
	Fractures, bone/joint injury		Cancer
	Walking problem		Dental problem
	Lung/breathing problem		Depression/anxiety/emotional problem
	Hearing problem		Other impairment/problem, please specify
	Eye/vision problem Heart problem		
	Stroke problem		don't know/refused to answer
	nen you are sick or need advice about your health,	to which <u>one</u> of the follow	ing places do you <u>usually</u> go?
(Please	e read) A doctor's office, public health clinic	on community	Some other kind of place
	health center	of community	Some other kind of place No usual place
	A hospital emergency room		
32. Ha	eve you been to the dentist in the	past 12 months?	
		no (Go to 33)_	don't know/refused to answer
33. Wh	at is the main reason you did not get dental care	?(If more than one in	nstance ask about the most recent.)
(Rea	ad)		
	Cost (Includes no insurance)		No transportation
	Distance		No access for people with disabilities
	Office wasn't open when I could get t Too long a wait for an appointment	nere.	The medical provider didn't speak my language.
	Too long a wait in waiting room		Other, please specify don't know/refused to answer
	No child care		uon t know/ letuseu to answer
34. H	ave you ever had active TB (tuberculosis) and ta	aken medicine to treat it?	
	yes _	no	don't know/refused to answer
	e you worried about getting TB?		
		no	don't know/refused to answer
	o you know how TB is spread from one person i	to another?	

	yes	no	don't know/refused to answer			
37.	Have you ever had a TB skin test in you	ur arm?				
	yes (go to 38)	no (go to end)	don't know/refused to answer (go to end)			
38.	If yes, when was your last TB skin	test? (next go to 39)				
	Within the past year	Can't remember				
	More than a year ago	don't know/refus	sed to answer			
39.	If you had a TB skin test, did you have a raised, red, itching welt on your arm after 2 days (positive read)?					
	yes (go to 40)	no (go to end)	don't know/refused to answer (go to end)			
40.	If the test was positive (red mark on arm), did you have a chest X-ray? (next go	to 41)			
	yes	no (go to end)	don't know/refused to answer (go to end)			
41.	If the test was positive (red mark on arm,), did the doctor tell you to take medicine	'("big white pill) to keep you from getting sick?			
	yes (go to 42)	no (go to end)	don't know/refused to answer (go to end)			
42.	If yes, did you take the pills?					
	yes (go to 43)	no (go to 44)	don't know/refused to answer (go to end)			
43.	If yes, how long did you take the pills?					
	months	don't know/r	efused to answer (go to end)			
44.	If you didn't take the pills, or stopped take	king them, was it because				
ı	upset stomach	moved around	and lost prescription'			
0	doctor told you to stop	didn't think it	was important			
_ (couldn't afford the pills	don't know/re	fused to answer			
SA	Y: The survey is finished.	Thanks so much for you	r help.			
	·	•	,			
45 .	Do you have anything you would like to	add that you feel is important?				