

# Health in Housing

The intersection between  
housing and health care

OHCS Housing Stability Council  
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Center for Outcomes  
Research and Education



# Research Questions



What is the effect of stable, affordable housing on health care outcomes in a low-income population who has experienced housing instability?



What role do integrated health services play in health care expenditures and quality?

# What's different about this study

- Uses claims data to assess health care costs and utilization
- Looks across several different affordable housing types
- Looks at the effect of integrated health services
- Analysis of impact in a Medicaid plan that serves more than 10,000 residents in major metropolitan area

145  
properties:

## Health staff

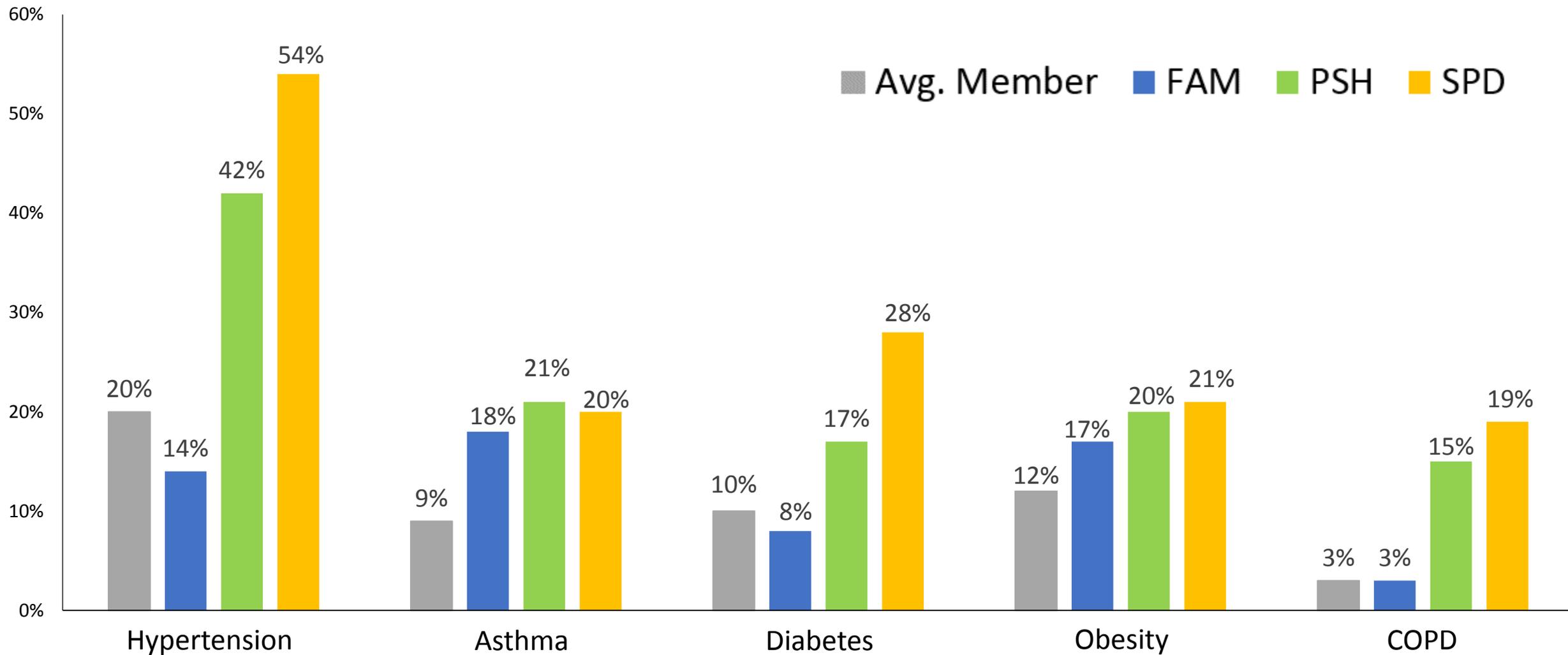
Resident Services Coordinator	88%
Community Health Worker or Health Navigator	11%
Social Worker	8%
Doctor, Nurse, or Nurse Practitioner	6%
Activities Coordinator	6%
Other Health Professional	11%

145  
properties:

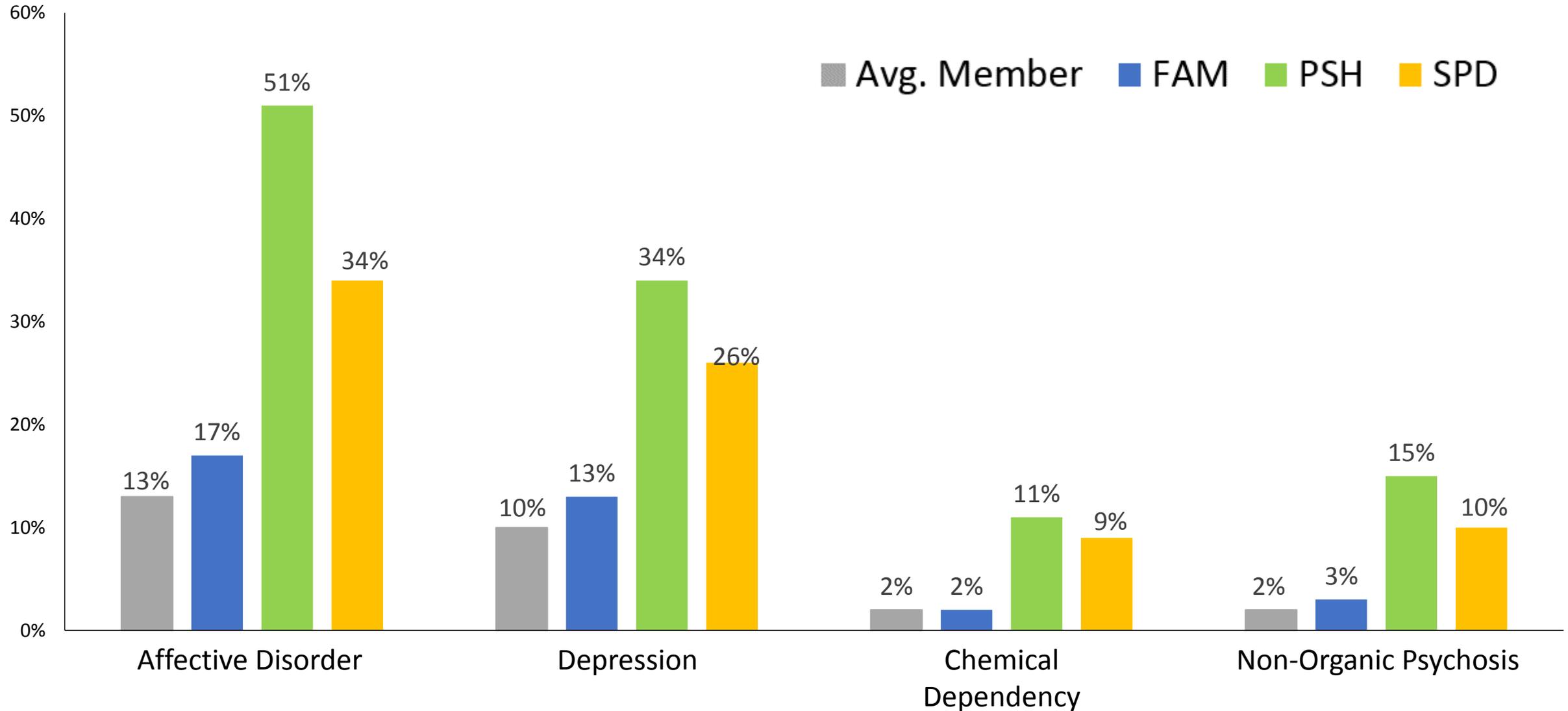
## Health services

Food Resources	68%
Medical Resources	54%
Insurance Assistance	36%
Mental/Behavioral Health Resources	35%
Fitness Resources	29%
Nutrition/cooking Resources	23%
Transportation Resources	19%
Dental Resources	15%

# Prevalence of physical health diagnoses (claims data)

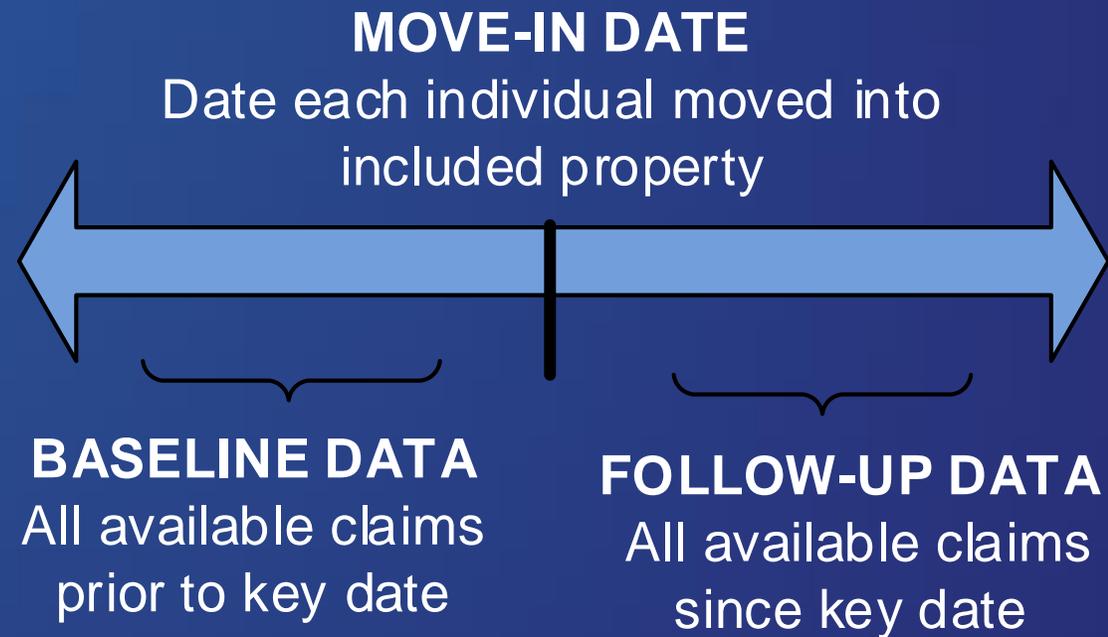


# Prevalence of behavioral health diagnoses (claims data)



# Analyzing changes in health care cost & utilization

- Medicaid claims of 1,625 residents
- Includes all physical, behavioral, mental, and dental claims



# KEY FINDING

Health care costs went down significantly

## Per member, per month costs

Before move-in: \$ 386

After move-in: \$ 338

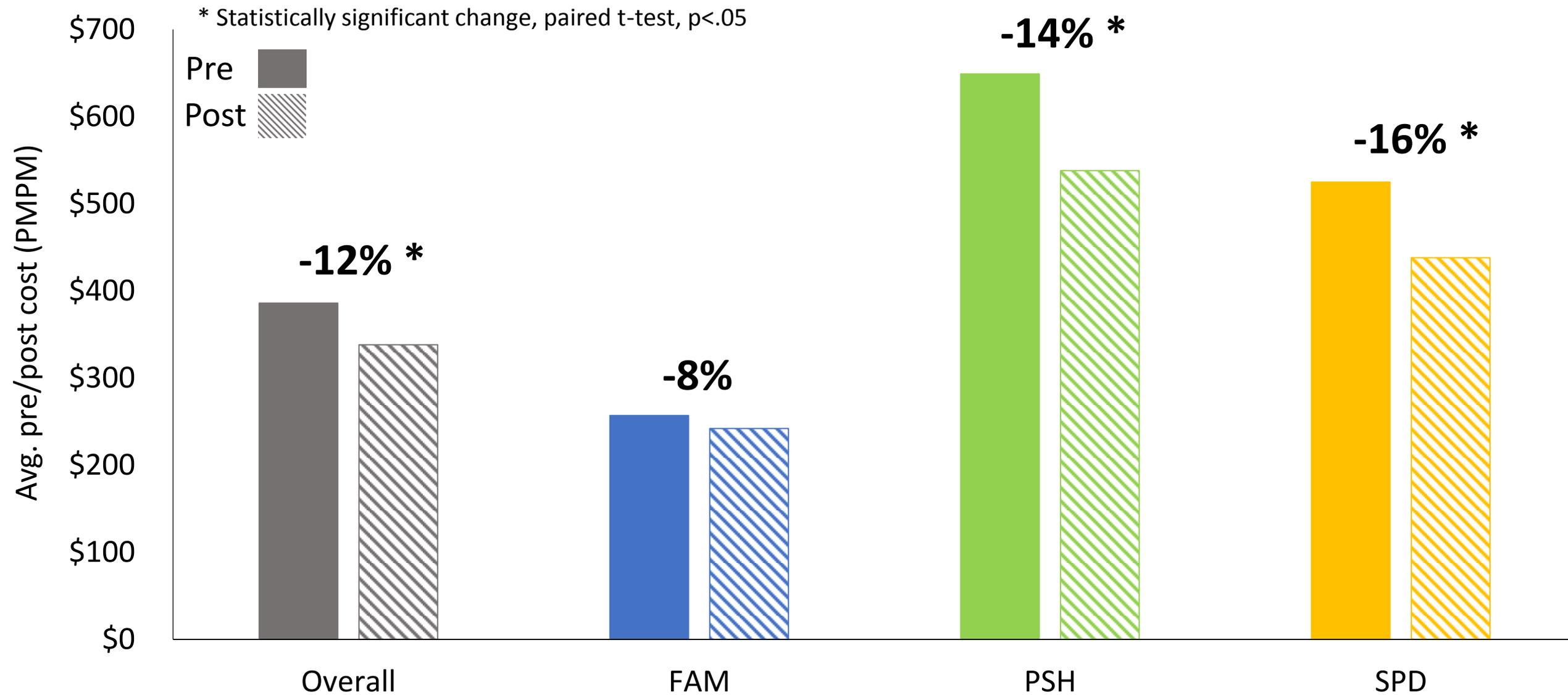
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 \$ 48

Overall Cost Reduction: **12%**

Extrapolated annual cost reduction:  
 \$936,000 a year across 1,625 residents

# Costs down across all housing types



# KEY FINDING

Residents used health services differently when they had housing

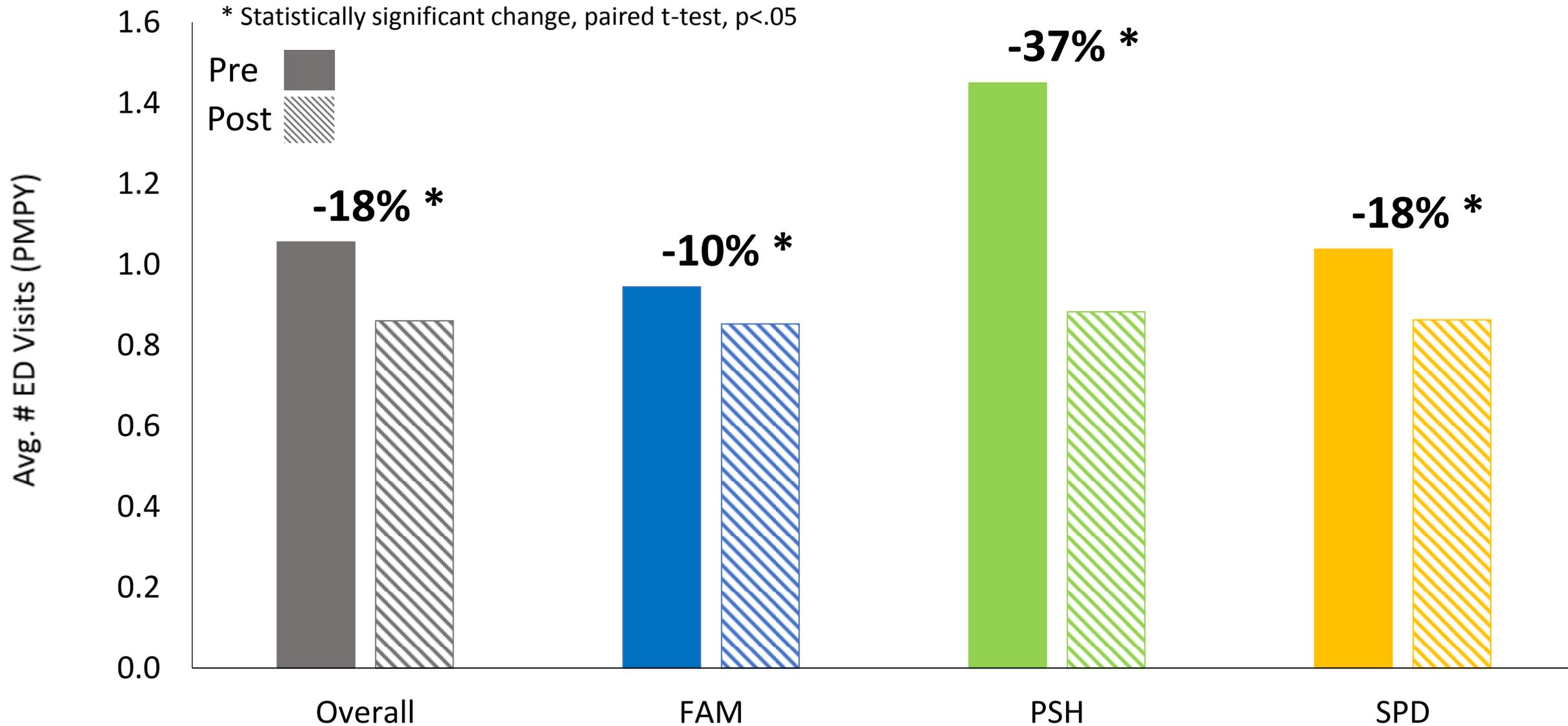


Emergency  
Department  
-20%

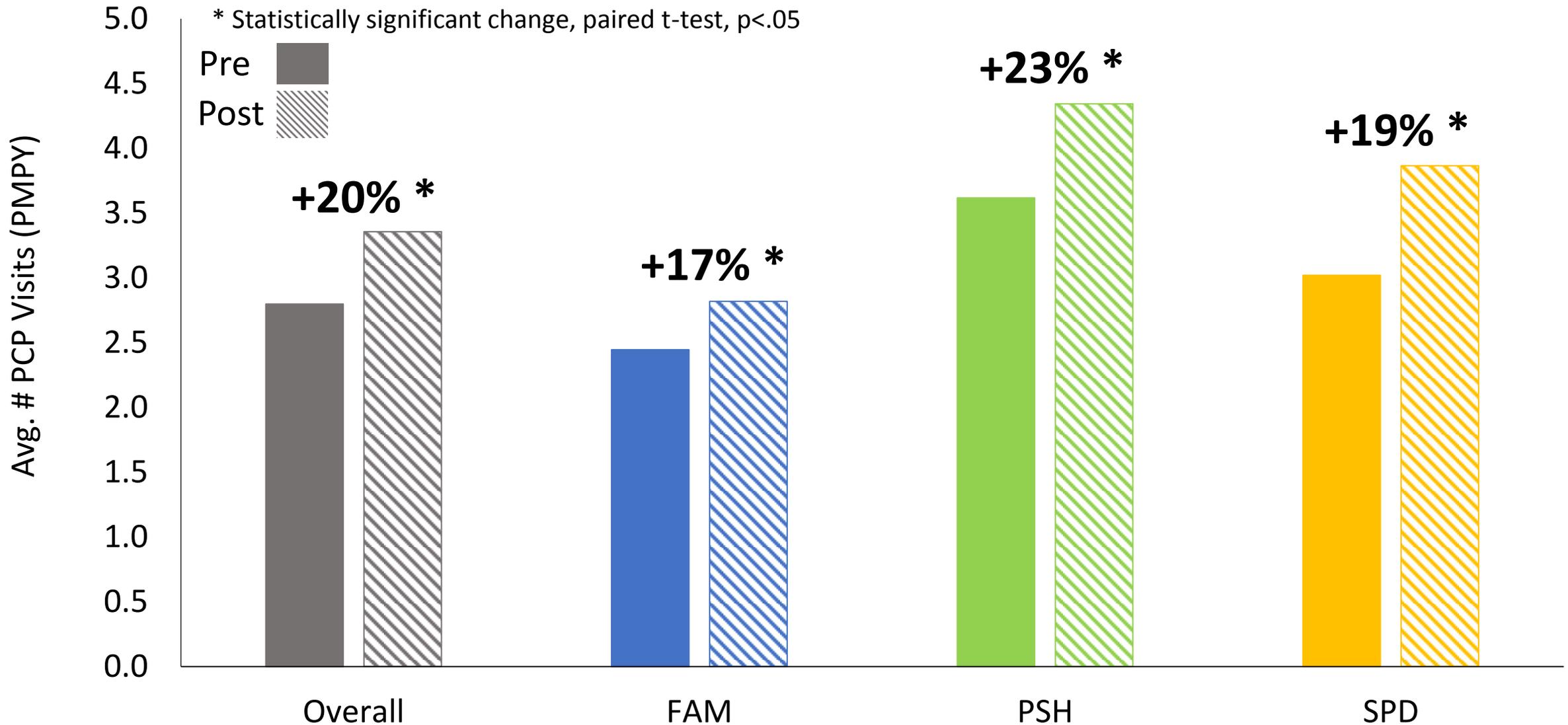


Primary  
Care  
+18%

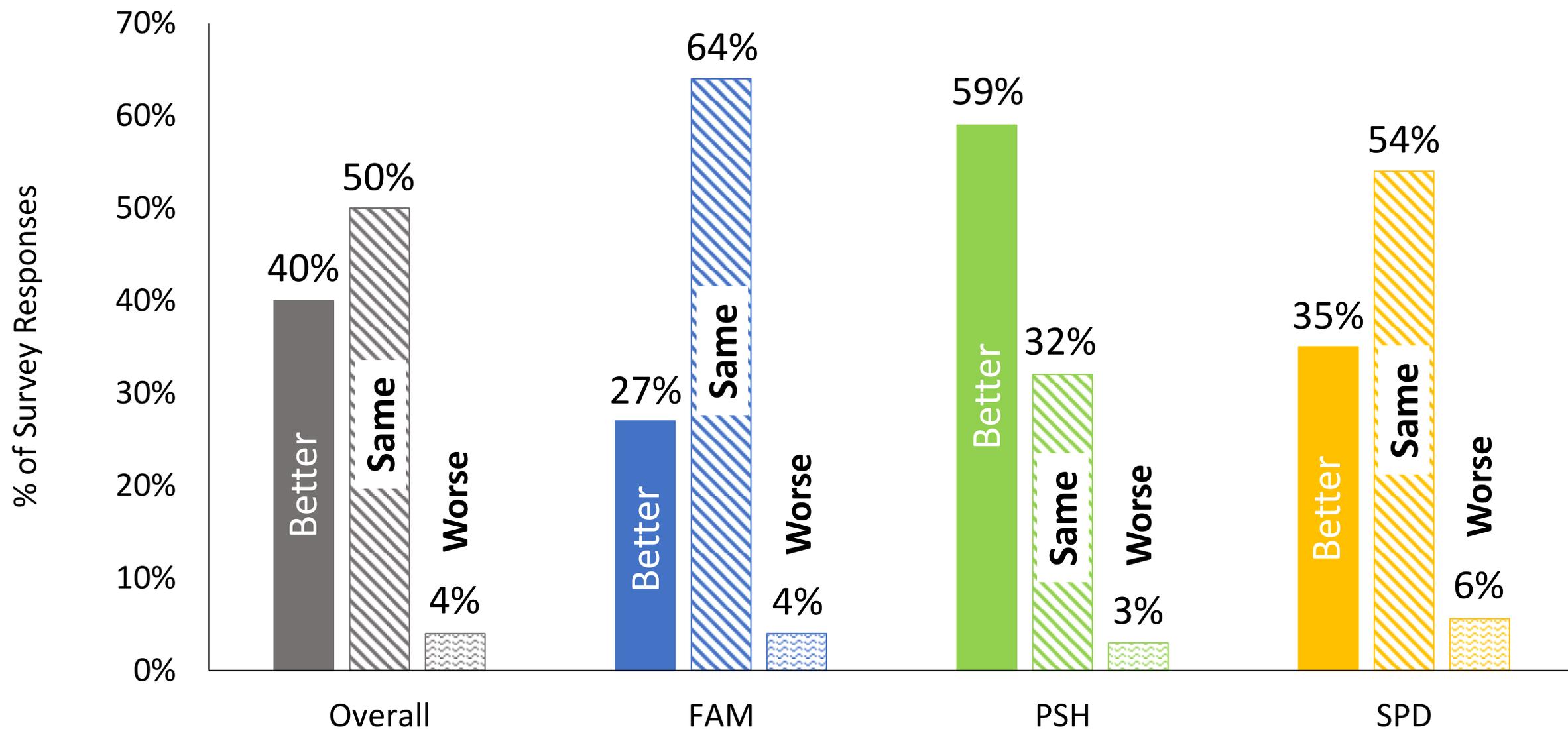
# Emergency Department use down across all housing types



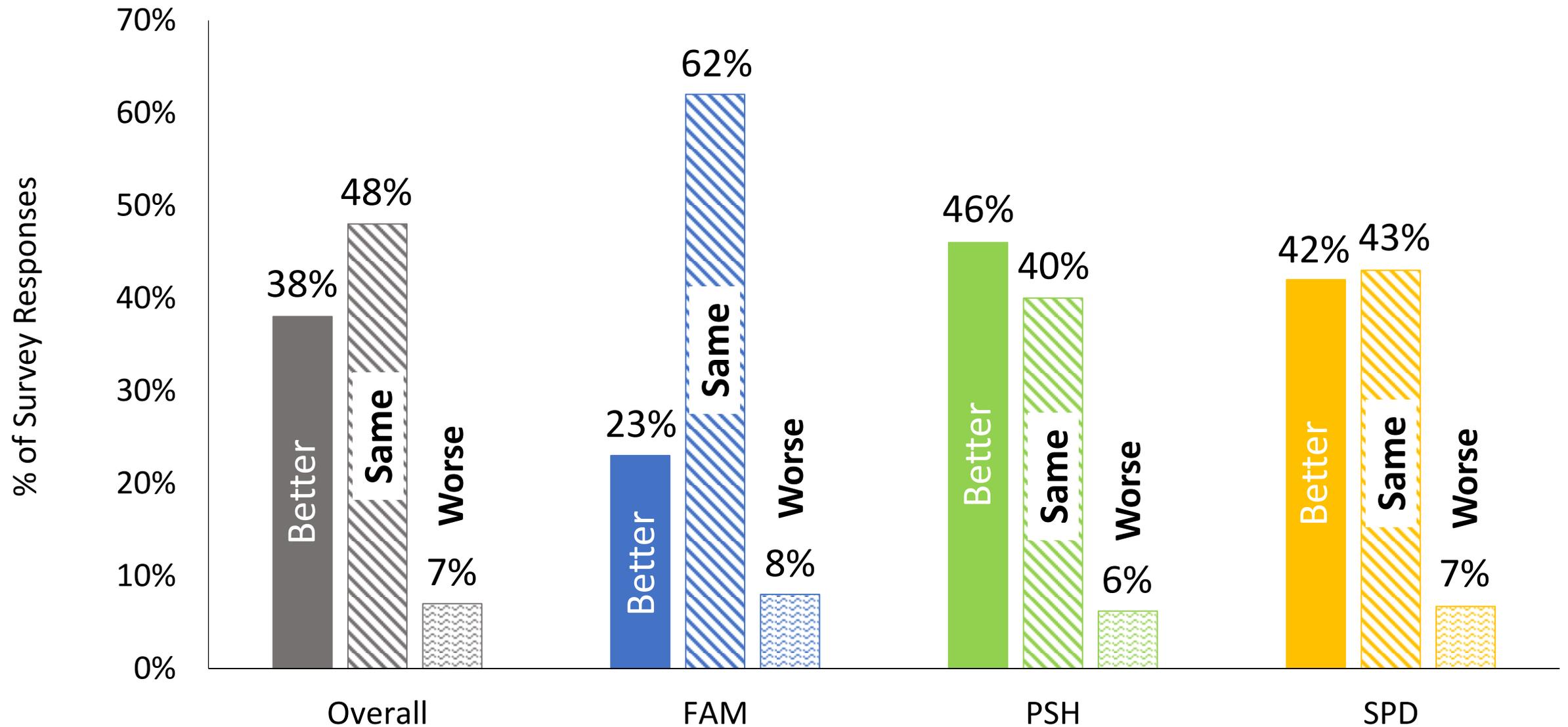
# Primary care visits up across all housing types



# Ability to get care same or better across all housing types



# Quality of care same or better across all housing types



# Analyzing impact of integrated services

- Bucketed staff and services into three categories to assess impact
  - Health Staff & Services – Includes medical, mental health, and dental staff and services
  - Social Staff & Services – Includes Social Workers, Community Health Workers, Health Navigators
  - Wellness Staff & Services – Includes food/cooking services, fitness services and other residential activities
- Utilized multivariate regression models to measure impact of each service category

# KEY FINDING

Integrated health services drove outcomes

...even though awareness was low

## Adjusted impact of health services

Expenditures  \$ 115 per member per month

ED Visits  0.43 visits per year

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## Awareness of select services

Medical 33%

Mental Health 26%

# Emerging Best Practices

Housing With Services – A collaboration of 3 housing owners, 5 services providers and funders have come together to serve 1400 senior and disabled residents in 11 buildings located in downtown Portland.

Services include:

- A Resident Services Coordinator
- Health Navigators funded by a Medicaid insurer, available to all residents, even if not insured by them
- A health and wellness center
- Primary and urgent care
- A Providence ElderPlace PACE program
- Prescription medication management

# Emerging Best Practices

Northwest Housing Alternatives partners with Mount Hood Community College's School of Nursing. Student nurses provide onsite preventive health care visits twice a month at senior affordable housing projects. Services include:

- foot and nail care
- medication management
- oral hygiene screenings
- heart and lung checks
- blood pressure screenings
- BMI measurements
- health literacy & food insecurity assessments
- depression & vision screenings
- blood sugar monitoring

# Emerging Best Practices

Central City Concern's Housed and Healthy (H+H) Program – a collaborative project which coordinates communication and services between Resident Service Coordinators in affordable housing and care teams at local health clinics. The program includes:

- Needs assessments at move-in to identify high-need individuals
- Standardized Release Of Information forms
- Streamlined referral processes
- Increased coordination between service providers, and in-housing programming to improve residents' health

# What's Next?

Share findings & recommendations with decision makers including CCOs, hospital systems, Oregon Housing and Community Services, the state legislature and the Oregon Health Authority to increase the use of Medicaid used for housing supports.

# What's Next?

Work with philanthropic funders, Family Care, OHA, Human Solutions, Home Forward and service providers to pilot a Flexible Benefits fund. The funds will be used for rental assistance, eviction prevention, rapid rehousing and other coordination services for people experiencing a health and a housing crisis.

# What's Next?

Work with the Oregon Health Authority on its Medicaid 1115 Waiver. The draft waiver includes Medicaid funds for a targeted number of at-risk adults, families, and adults eligible for both Medicare and Medicaid programs including:

- Homelessness prevention - care coordination at exit
- Tenancy supports – 1<sup>st</sup>/last month rent
- Housing sustaining services – eviction prevention
- Incentivize CCOs to use Flexible Benefits Funding by considering them “health related expenses” rather than administration expenses

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