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Host Organization



**Ending Homelessness
In Middlesex County**

Mission Statement:

Non-profit corporation formed by Middlesex County and the United Way of Central Jersey to create a true system to end homelessness in the County.

- Builds coalitions and foster collaborative strategies & public-private partnerships among local government, affordable housing developers, social service providers & others.
- Main goal is to rehouse individuals and families as quickly as possible and to provide connections to community resources to enable them to sustain their new homes.

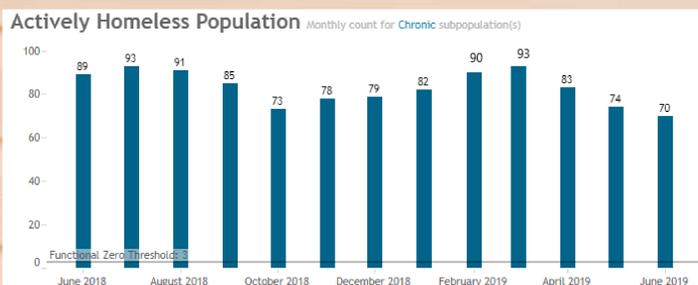
Homelessness in Middlesex County

Middlesex County is one of most expensive areas in NJ to live in.

In NJ, the Fair Market Rent for a two-bedroom apartment is \$1,501. To afford this, a household must earn \$5,002 monthly or \$60,030 annually.

| MOST EXPENSIVE AREAS | HOUSING WAGE |
|---|----------------|
| Middlesex-Somerset-Hunterdon, NJ HUD Metro FMR Area | \$33.58 |
| Bergen-Passaic, NJ HUD Metro FMR Area | \$32.19 |
| Jersey City, NJ HUD Metro FMR Area | \$30.25 |
| Monmouth-Ocean, NJ HUD Metro FMR Area | \$28.44 |
| Newark, NJ HUD Metro FMR Area | \$27.83 |

Inflow and outflow of chronically homeless, Middlesex County June 2018 to June 2019



Zebra Way

Apartment complex that is part of permanent housing initiative.

- Previously homeless individuals live permanently
- Rent is maintained at **30% of monthly income**
- Community houses a **diverse group** of people that have faced **tremendous barriers** throughout their lives

During our time at Coming Home we were given the wonderful opportunity to get to know these individuals and create projects to help them live healthier lives.

- Created a community garden
- Held weekly health workshops guided by their interests



Our Project

Community Garden

The goal was to bring members of the community together and establish a garden that will flourish into sustainable food that can be used by tenants.

- Planted tomatoes, basil, zucchini on the property
- Gave instructions on how to maintain the plants



Health Workshops

Surveyed tenants and the main topics they wanted to learn about were nutrition and blood pressure.

Blood Pressure Clinic:

- Included a presentation that explained what it means to have high blood pressure and how to read medications they may be on.
- Also screened every individual who attended and provided worksheets to keep track of blood pressure on a regular basis.

Nutrition Workshop:

- Included a presentation that showed healthy cost-effective meals that are easy to make.
- Brought in high protein/low calorie ice cream to try as samples.
- Printed out different foods and ingredients and played a supermarket game.



Case Worker Shadowing

Had the opportunity to shadow case workers who work with homeless clients on a regular basis.

- They connect homeless people with needed services available in the community
- Goal of assisting the clients in reaching self-sufficiency and ensuring sustainability and stability of person's new housing status

Made a survey and collected data on client work history.

- Aim to gather information to provide better resources in the future
- Then met with Director of the Middlesex Workforce Development to discuss client barriers and potentially bridge programs



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