

BUILDING LASTING COMMUNITY & WELLNESS THROUGH PERMANENT SUPPORTIVE HOUSING



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Our Host Organization

Mission First Housing is a nonprofit in Central New Jersey providing safe, equitable, affordable, and permanent supportive housing for homeless individuals and families in Middlesex County.

Amanda Crossing and Imani Park have 46 units for households comprising single parents, families, single individuals, and individuals with mental health & physical disabilities.

Provides case management, individualized assessments, vocational training, and socialization.

Background

Permanent Supportive Housing (PSH): a housing model designed to provide housing assistance and supportive services on a long-term basis to people who formerly experienced homelessness (HUD)

In 2020, approximately 580,000 individuals in the US were found to be homeless, and in New Jersey specifically, there were 9,662 people experiencing homelessness (HUD)

Our Objectives

- Conduct needs based assessment survey to identify health and wellness needs
- Craft workshops and activities to educate, empower, and uplift residents
- Engage children in educational and recreational activities
- Lead individual case management sessions and link residents to sustainable resources
- Encourage residents to lead independent and healthy lifestyles

Challenges and Solutions

Resident Engagement

Flyers, Incentives, Stress -free environment for both children and adults

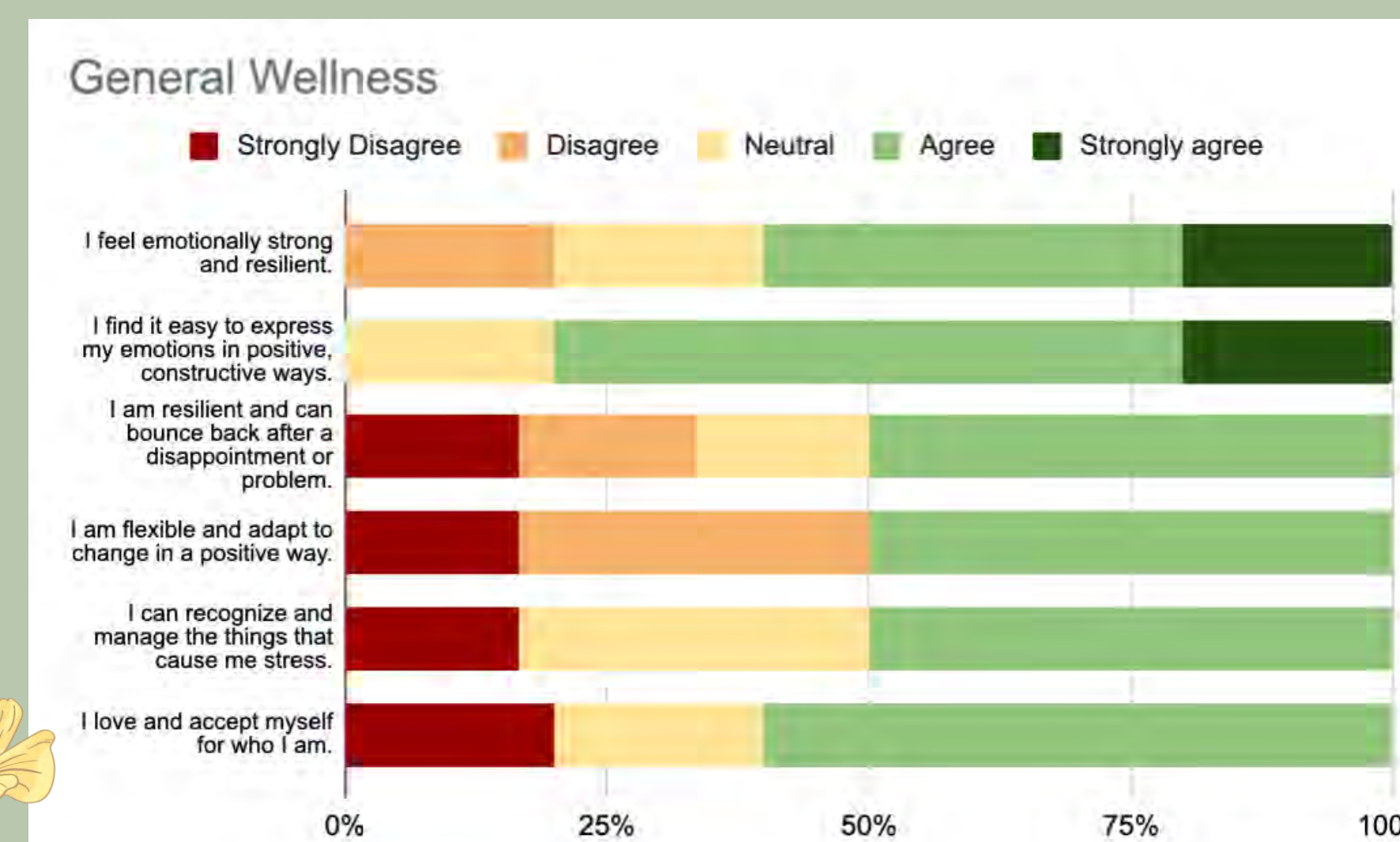
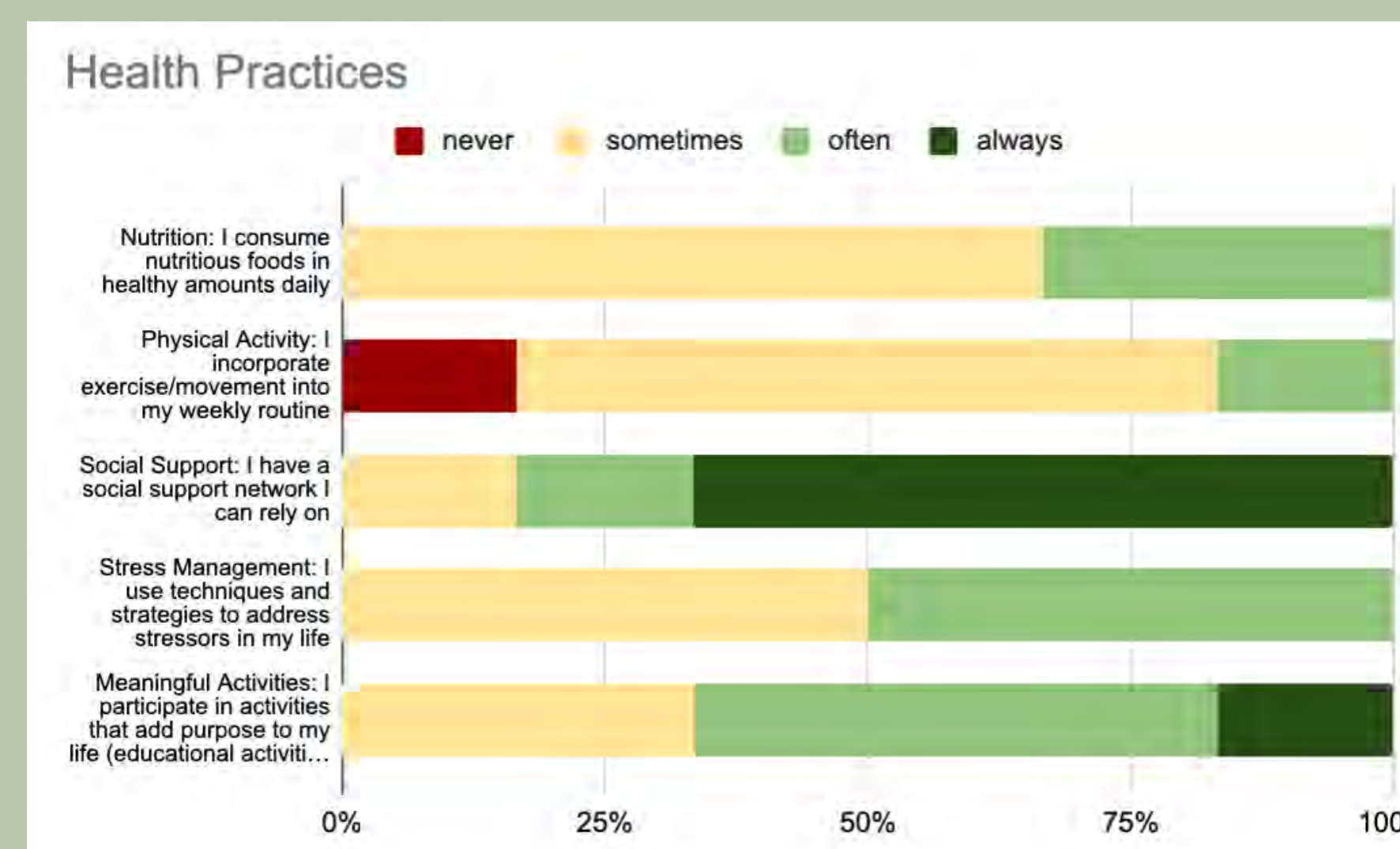
Limited Timeframe

Planned workshops, materials needed ahead of time

Our Projects

Education	Active in our Environment	Community Building
<p>Sun Health and Safety</p> <ul style="list-style-type: none"> • Taught the importance of sun protection • Gave out sunscreen samples <p>Smoke Free Housing</p> <ul style="list-style-type: none"> • Distributed educational resources on smoke free policy through newsletter • Worked with Tobacco Free NJ and provided helpful resources <p>Nutrition on a Budget</p> <ul style="list-style-type: none"> • Held an interactive workshop teaching healthy eating and budgeting • Cooking demo with ingredients from community garden 	<p>Community Planting Day</p> <ul style="list-style-type: none"> • Worked in collaboration with the resident horticultural therapist to get community members moving and preparing the garden <p>Yoga and Meditation</p> <ul style="list-style-type: none"> • Held a chair yoga workshop in collaboration with a yoga teacher to promote relaxation and reduce stress 	<p>Garden Sign Design Day</p> <ul style="list-style-type: none"> • Helped residents create a welcoming garden space <p>Social-Emotional Painting</p> <ul style="list-style-type: none"> • Enhanced emotional and social skills by providing prompts for residents to choose and paint from <p>Mission First BBQ</p> <ul style="list-style-type: none"> • Increased community engagement through providing activities for children and resources for adults

Needs Assessment Survey



Based on these findings, we chose to focus our workshops on physical activity, nutrition, and stress management.

In addition, we strove to build opportunities to foster self-care and emotional growth one-on-one meetings & events.

Long Term Achievements

- Developed recommendations for future workshops
- Began partnership with Quality Dental School of Technology, Inc to aid in resident vocational training
- Continued to build a sustainable community garden in which residents can easily access nutritious food
- Supported residents with one-on-one goal-setting and case management services to aid in wellness needs, resource allocation, social services navigation, and health literacy



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