



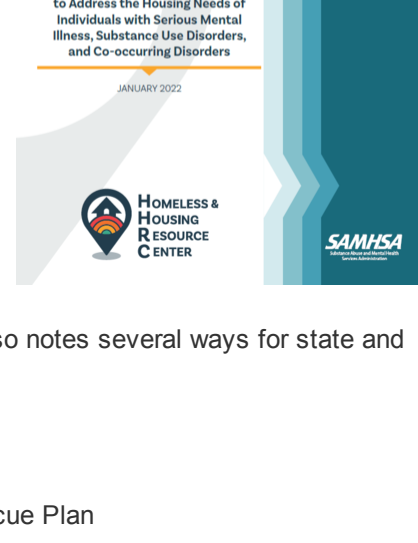
January Newsletter

New Resources for the New Year!

In 2022 we are looking forward to continuing to provide high-quality, no-cost trainings and resources on homelessness, housing, and behavioral health. Stay tuned for new releases from HHRC in the upcoming months including webinars, guides and toolkits, learning community sessions, and online training courses through the HHRC Learning Gateway.

New Resource: Applying New COVID-19-Related Funding to Address the Housing Needs of Individuals with Serious Mental Illness, Substance Use Disorders, and Co-occurring Disorders

This resource highlights newly available federal funds that can be utilized for housing and paired with supportive services funding for individuals who are experiencing or at risk of homelessness and who have a serious mental illness, a substance use disorder, or co-occurring disorders. The paper also notes several ways for state and local leaders to promote cross-system partnerships.



Funding highlighted in this paper includes the following:

- HOME Investment Partnerships Program—American Rescue Plan
- Emergency Housing Voucher Program
- Emergency Rental Assistance Program
- Emergency Assistance for Rural Housing
- Community Development Block Grant—Recovery Housing Program
- Emergency Solutions Grant—CARES Act

With this information, homeless and behavioral health service providers can engage the appropriate stakeholders and access affordable housing and supportive services that together will optimize the health and wellness of the individuals they serve.

This resource is available in both English and Spanish.

[Download the Resource Guide](#)

New Mindful Breathing Videos for Stress Management

HHRC is happy to release a [collection of mindful breathing exercises](#) for relieving stress and improving wellness throughout the workday. Working closely with vulnerable populations can be difficult at times and whether you are experiencing occasional stress, chronic stress, and/or secondary traumatic stress, mindful breathing is a simple way you can incorporate relaxation and a sense of grounding throughout your day. Breathing exercises can help alleviate symptoms caused by stress such as increased heart rate, muscle tension, fast breathing, and high blood pressure. Videos include the following techniques:

Square Breathing

Also known as box breathing or 4x4 breathing. This technique is the simplest form of mindful breathing and aims to return breathing to a normal rhythm in only a few minutes.

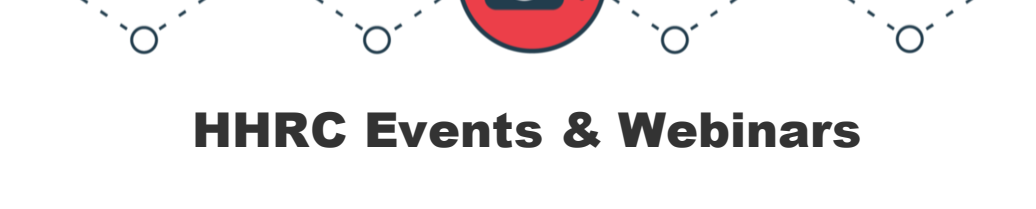
Diaphragmatic Breathing

Also known as deep breathing. By performing this exercise, you engage the diaphragm (the most important muscle of breathing), which increases airflow in your lungs.

Progressive Muscle Relaxation

When you are experiencing anxiety or stress, one of the body's natural responses is muscle tension. This technique helps relieve tension throughout the body by consciously tensing or tightening as you inhale, and releasing that tension as you exhale.

[View Mindful Breathing Videos](#)



HHRC Events & Webinars

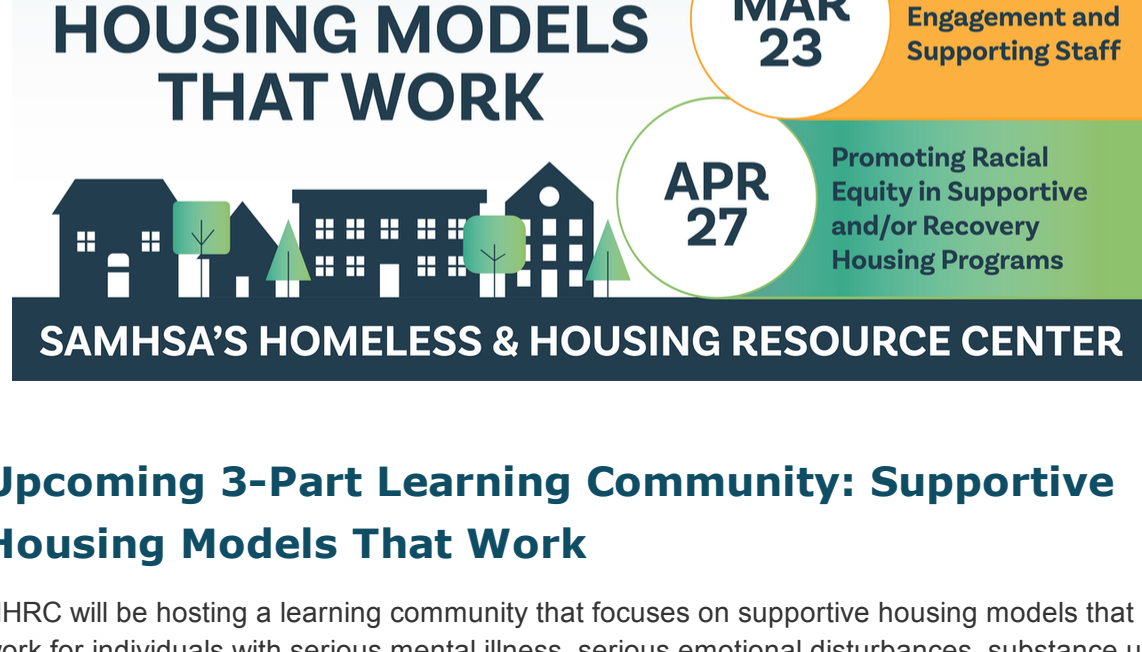


Helping People Experiencing Homelessness Obtain Identification Documents

February 3rd, 2:00-3:00pm ET (11:00am-12:00pm PT)

For people experiencing homelessness, loss of identifying documents creates a serious impediment to regaining self-sufficiency. Standard forms of ID are required for such common tasks as signing a lease, obtaining employment, accessing medical care, or enrolling children in school. Join us as we release the *Helping Individuals Experiencing Homelessness Obtain Identification Documents* toolkit (available in English and Spanish), which highlights practical tips designed to help providers assist program participants reclaim identification documents.

[Register for the Webinar](#)



Upcoming 3-Part Learning Community: Supportive Housing Models That Work

HHRC will be hosting a learning community that focuses on supportive housing models that work for individuals with serious mental illness, serious emotional disturbances, substance use disorders, or co-occurring disorders. In this three-part series, attendees will learn innovative ways to center equity and the perspective of those with lived experience to assist individuals experiencing homelessness in securing and sustaining affordable housing and supportive services that meet their needs.

Dates

- February 24: 2:30-4:00pm ET (11:30am-1:00pm PT)
- March 23: 2:30-4:00pm ET (11:30am-1:00pm PT)
- April 27: 2:30-4:00pm ET (11:30am-1:00pm PT)

Audience

We invite those who have completed the HHRC 4-hour [Introduction to Housing Models, Housing Navigation, and Engagement](#) online training course or those with strong foundational knowledge and experience in best practices in supportive housing who are interested in more in depth content on using supportive housing to address the needs of individuals experiencing homelessness with serious mental illness, serious emotional disturbances, substance use disorder or co-occurring disorders.

Details

Visit the [HHRC website](#) to learn more about the topics covered in each of the learning community sessions.

[Register for the Learning Community](#)

Resources from Our Partners

Updated Guidance: The Omicron Variant of COVID-19: What Homeless Service Providers Need to Know

The U.S. Interagency Council on Homelessness (USICH) published [new guidance](#) to help communities minimize the spread and impact of the rapidly-spreading variant of COVID-19 among people experiencing homelessness, who face an increased risk of infection and severe disease compared to the general population.

Unlike the 5-day isolation and quarantine that the CDC recommends for the general population, the CDC still recommends a 10-day isolation and quarantine for people experiencing homelessness—regardless of vaccination status. For more guidance on high-risk congregate settings, visit the [CDC's Quarantine and Isolation page](#).

Although rehousing people continues to be an urgent priority, and the American Rescue Plan and CARES Act offer resources for rehousing, permanent housing isn't always readily available. In cases where neither rehousing nor non-congregate shelter are an immediate option, communities and organizations should adhere to the quarantine and isolation guidance; partner with state, local, and/or tribal health departments; and follow these five strategies:

1. Ensure availability of quarantine, isolation, and protective housing spaces.
2. Strengthen routine testing.
3. Encourage and support vaccinations against COVID-19.
4. Maintain mitigation protocols.
5. Avoid displacing people experiencing unsheltered homelessness.

This guide was developed by USICH, the Centers for Disease Control and Prevention (CDC), and the departments of Health and Human Services (HHS), Housing and Urban Development (HUD), and Veterans Affairs (VA).

[View the full guidance](#)

USICH Releases Voting Guides for Homeless Providers and People Experiencing Homelessness

To help more Americans exercise their right to vote, USICH created the following step-by-step voting guides for homeless providers and for people experiencing homelessness. Both are available in five languages:

- [Election Checklist for Homeless Service Provider](#)
- [Voting Checklist for People Experiencing Homelessness](#)

By some estimates, less than 10% of people vote while experiencing homelessness, even though 60% of the homeless population was eligible to vote as of 2008. By comparison, 67% of U.S. voters cast a ballot in 2020. These guides are the first of many efforts USICH will make to address this election inequity.

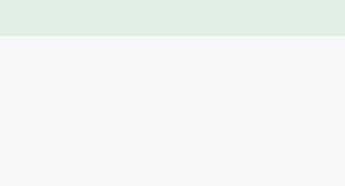
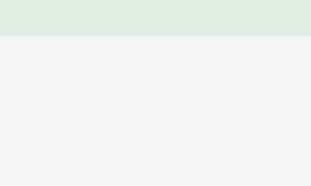
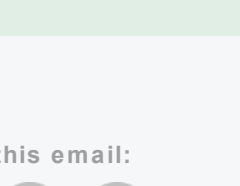
People can vote without a permanent address, and homeless providers can help through nonpartisan registration and get-out-the-vote efforts. This work is more important than ever. The COVID-19 pandemic spurred changes in registration and voting rules in many states, and election misinformation is pervasive online and off.

These guides include information from the Federal Voting Assistance Program, Election Assistance Commission, Department of Housing and Urban Development, League of Women Voters, National Alliance to End Homelessness, National Coalition for the Homeless, and Election Protection.

Upcoming Events in the Field

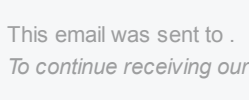
- [HUD CARES Act Virtual Training Conference 2022](#)
January 24-28, Virtual. U.S. Department of Housing and Urban Development.
- [Webinar: Leveraging Innovation and Technology to Care for People Who Use Drugs](#)
January 25, 1:00pm ET. National Council for Mental Wellbeing.
- [Webinar: Peer Support Specialists: A Critical Component for SOAR Programs](#)
January 25, 3:00-4:30pm ET. SAMHSA SOAR TA Center.
- [National Conference on Ending Unsheltered Homelessness: Strategies & Policies That Work](#)
February 14-16, Virtual. National Alliance to End Homelessness.
- [Webinar: Rethinking Substance Use: An Earlier and Broader Approach](#)
February 16, 2:00-3:30pm ET. National Family Support TA Center.
- [Virtual Housing Policy Forum: Achieving Housing Justice](#)
March 22-23, 12:30-5:30pm ET. National Low Income Housing Coalition.
- [2022 National Health Care for the Homeless Conference and Policy Symposium](#)
May 10-13, Seattle, WA. National Health Care for the Homeless Council.
- [Policy Action Institute Conference: Advancing Policy to Improve Health](#)
June 14, 9:00-5:30pm ET. American Public Health Association.

Please direct questions or concerns to: info@hhrcetraining.org



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