



LIVE WEBINAR

Affordable Housing Considerations for the I/DD Community

Hosted by:

Inclusive Housing Coalition



Wednesday, Feb. 21



12-1 p.m.



REGISTER TODAY



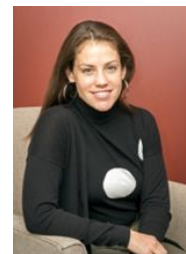
Visit ihccolorado.org to register.



Jennifer Korb



Jennifer Wilson



Julianna Stuart-Lomax

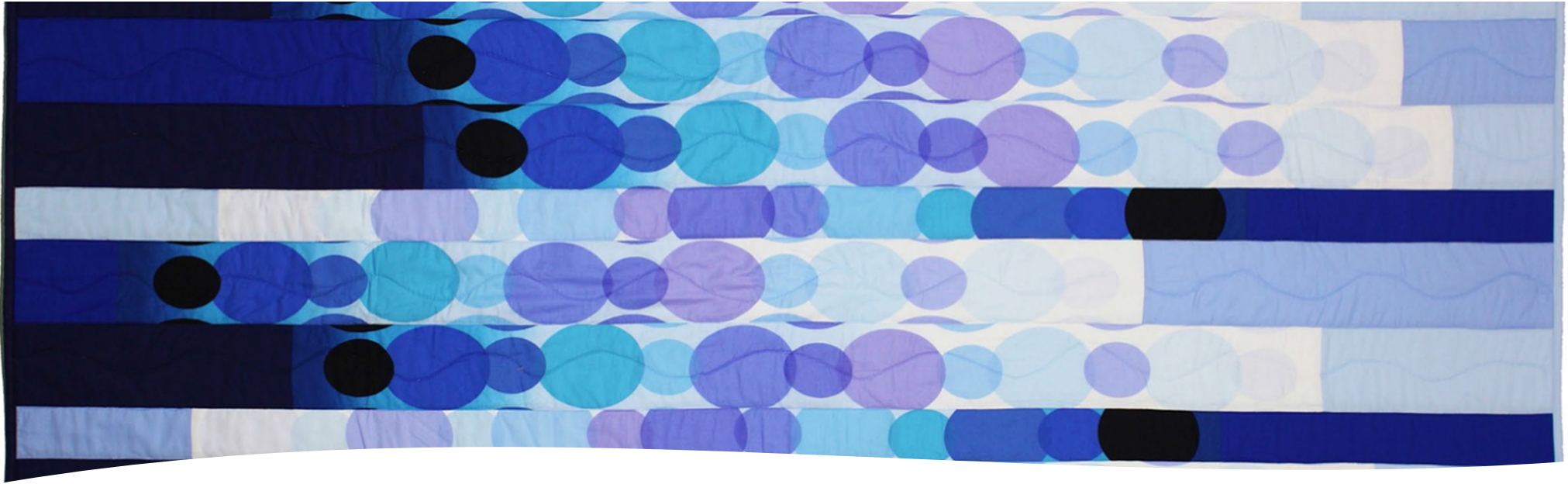


Join the Inclusive Housing Coalition Committee



Help advance our mission by addressing the housing barriers and systemic issues facing adults with I/DD.

Learn more at ihccolorado.org



Trauma-Informed Design

Jennifer Wilson, PhD, MSW | Shopworks Architecture



What is trauma-informed design?



Adaptations in the **built environment**



that support a **strengths-based** framework



grounded in an understanding of and responsiveness to the **impact of trauma**



that emphasizes physical, psychological, and emotional **safety**



for both **survivors and providers**



and creates opportunities for survivors to rebuild a sense of **control and empowerment.**



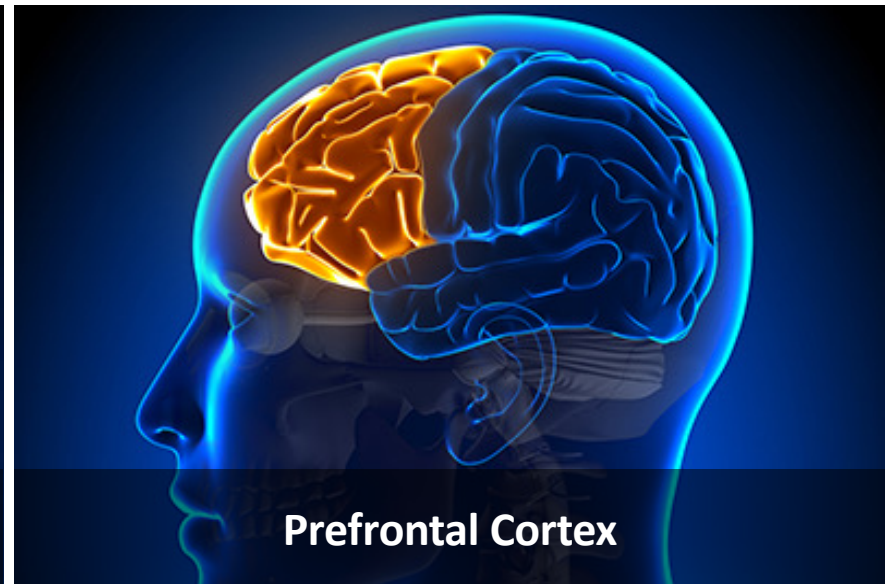


The Elisabetta | Denver, CO



Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

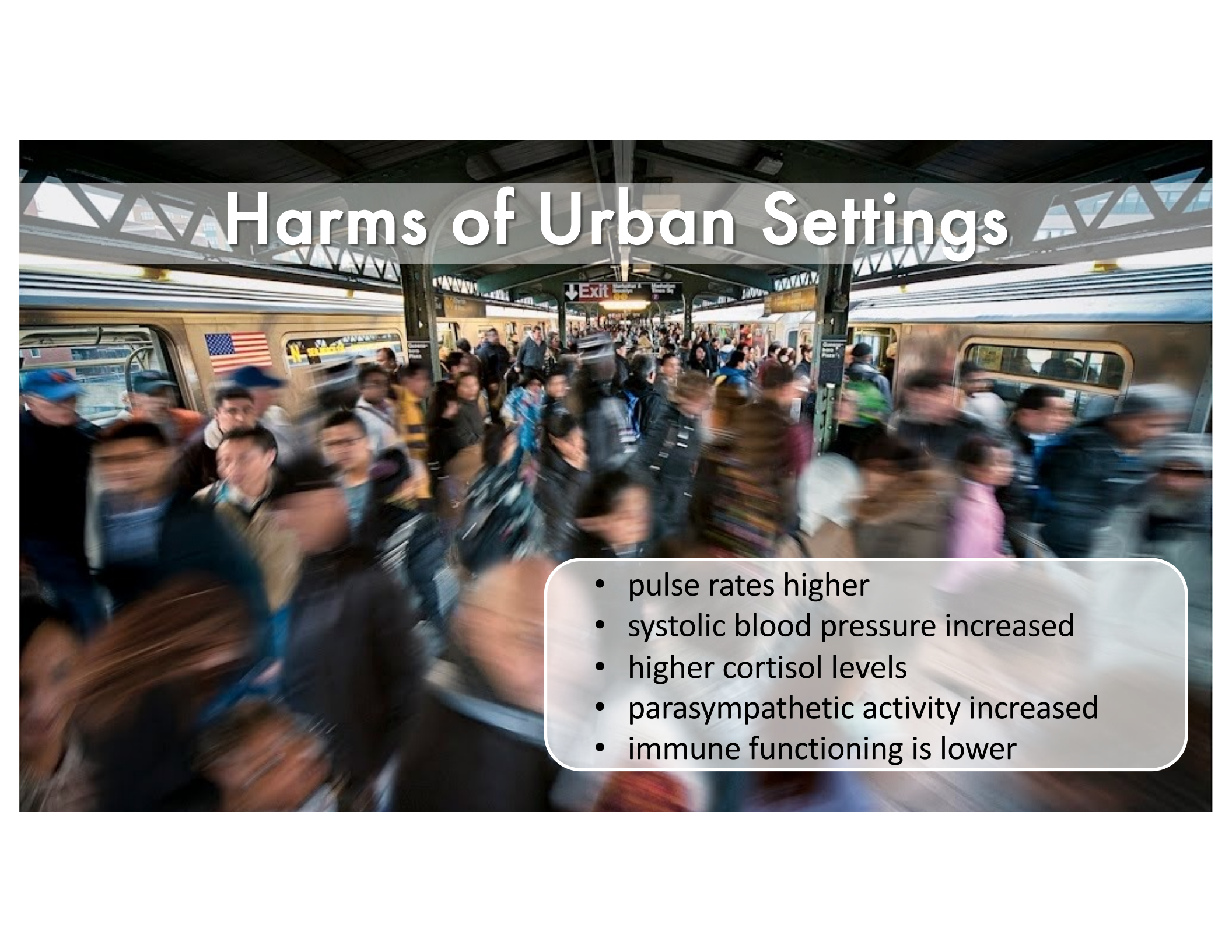
Trauma and the Brain





Trauma “wears a groove” in the brain

Harms of Urban Settings

A photograph of a crowded train platform. The image is blurred to convey a sense of motion and density. People are seen walking, standing, and waiting. In the background, there are train cars and a sign that says "Exit". The overall atmosphere is busy and packed.

- pulse rates higher
- systolic blood pressure increased
- higher cortisol levels
- parasympathetic activity increased
- immune functioning is lower

Benefits of Nature

Reduced
Stress

Better
Sleep

Greater
Happiness

Lower
Blood
Pressure

Better
General
Health

Improved
Mental
Health

Reduced
Aggression

Improved
Immune
Function

More
Social

Quicker
Recovery
Times



Residents with views of nature have:

- Decreased mental fatigue
- Reduction in domestic violence and aggression
- Better performance on measures of attentional functioning
- Lower drug and crime rates
- Improved management of life issues and increased ability to cope
- Increase trust of neighbors and feeling of community, and
- Children have better concentration and self-regulation

Source: Kuo, F. E. (2001). Coping with poverty: Impacts of environment and attention in the inner city. Environment and Behavior, 33(1), 5–34.



TID RESEARCH

2000+ end users interviewed

50+ sites impacted

4000+ people trained

TID FRAMEWORK



CORE TID
PRINCIPLES







COMFORT





CONNECTION





CHOICE



Different spatial experiences for different stress responses.



FIGHT



FLIGHT



FREEZE

shopworksarc.com/tid/

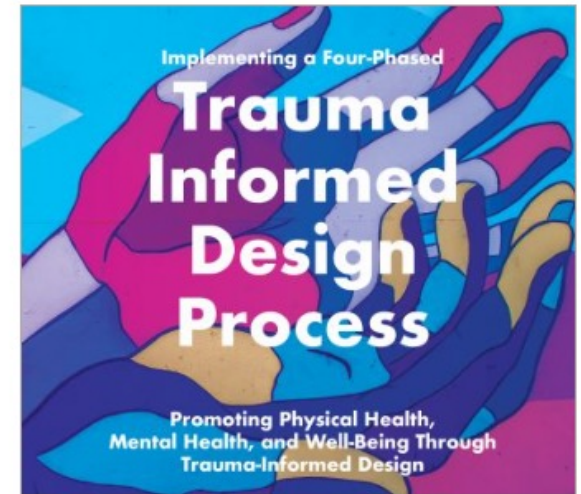
SWARC
TRAUMA-INFORMED DESIGN



Designing for Healing Dignity & Joy



Architectural Principles In The Service Of Trauma Informed Design



Trauma Informed Design Process

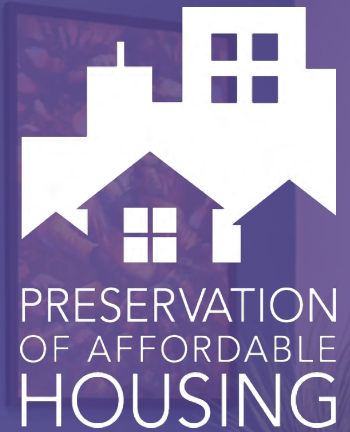
Trauma-Informed Housing

Julianna Stuart-Lomax, *Vice President, Community Impact*



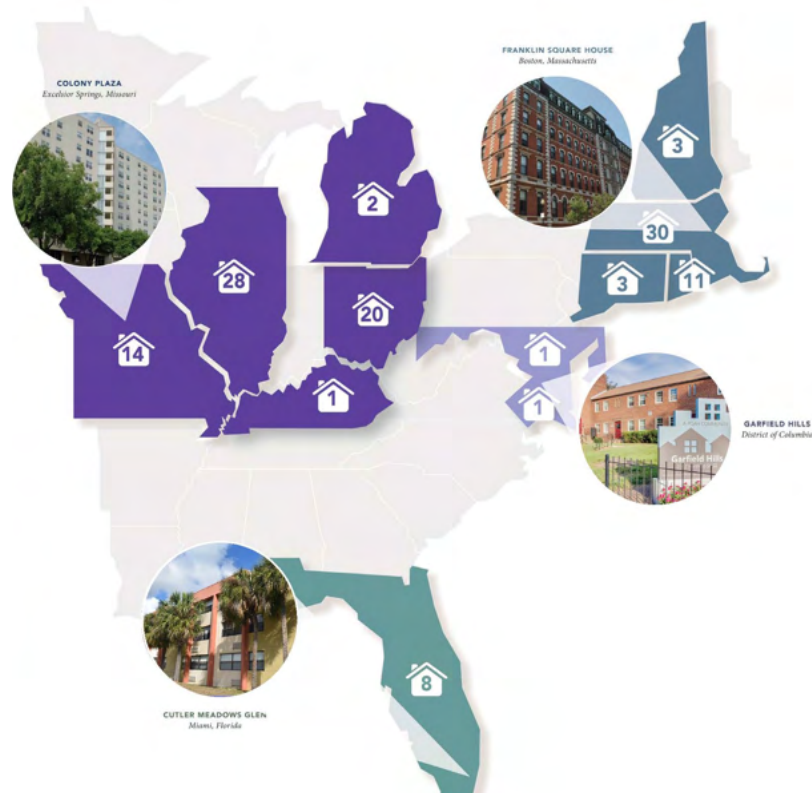
Preservation of
Affordable Housing

Trauma-Informed Housing



POAH is a national nonprofit organization whose mission is to preserve, create and sustain affordable, healthy homes that support **economic security, racial equity** and **access to opportunity for all**.

Where We Work



What We Do

- Real Estate Development
- Property Management
- Asset Management
- Design & Building Performance
- Community Impact (resident services)



Preservation of
Affordable Housing



PRESERVATION
OF AFFORDABLE
HOUSING

Trauma-Informed Housing





“Trauma is not a flaw or a weakness. It is a highly effective tool of **safety** and **survival**. Trauma is also not an event. Trauma is the body’s protective response to an event – or series of events — that it perceives as potentially dangerous.”

-Resmaa Menakem, MSW, LICWS, SEP
Healer, Trauma specialist and author of *My Grandmother’s Hands*



Trauma-Informed Care is Human-Informed Care



How might we design trauma-resilient communities?

Trauma-Informed Housing

Design with
community.



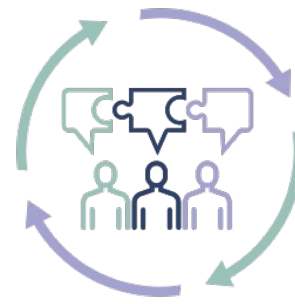
Utilize principles of Trauma-Informed Housing



**Safety
& Trust**



**Choice
& Empowerment**



**Community
& Collaboration**

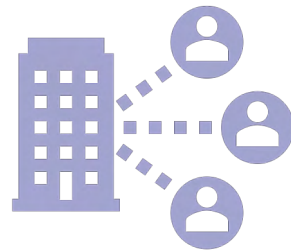


**Beauty
& Joy**

Across All Areas of Our Work



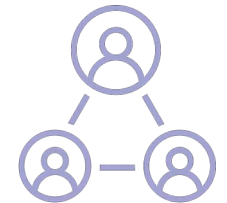
Development & Design
Places & Spaces



Property & Asset Management
Policies & Procedures



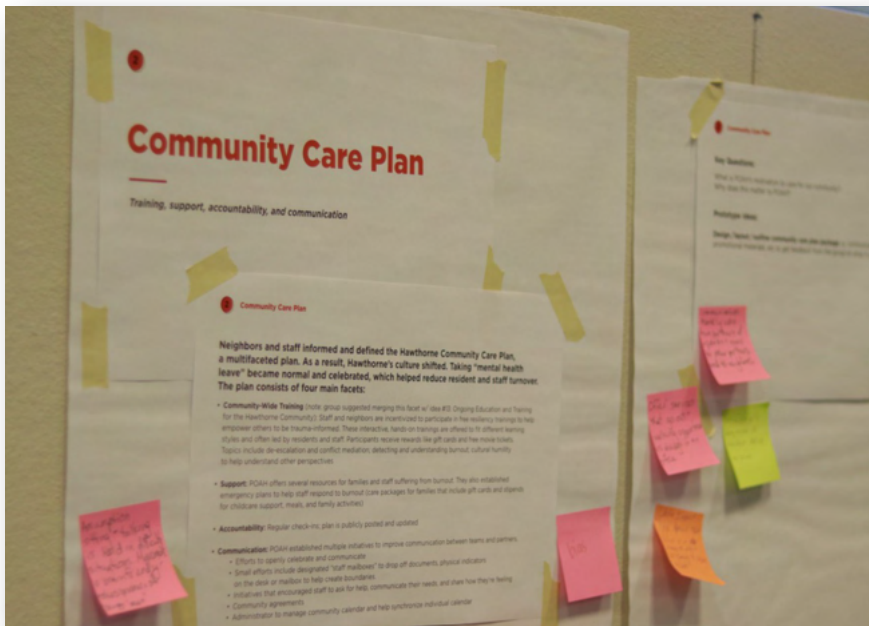
Resident Services
Programs & Services



Human Capital
People

Opportunity Areas

- Encourage Community Care
- Redefine Leadership
- Strengthen Workplace Collaboration
- Organizational Support for Burnout
- Prioritize Healing
- Address Community Trauma
- Communicate with Dignity & Belonging



Prioritize Engagement in Development & Design

- Engagement:
 - ***Project Mission***
 - Transparent budgeting
 - Inclusive decision-making
 - Consistent communication and education
- Design Tactics:
 - ***Design Guides***
 - ***Project Checklist***
 - ***Basis of Design***



Leasing & Property Management

1. Move-in & Orientation
2. Physical Inspections
3. Lease & Income Certification
4. Ongoing Communication
5. Frontline Staff Experience & Wellbeing
6. Mental Health & Incident Response



Trauma-Informed Housing

(Rev. 06/30/2017)

MODEL LEASE FOR SUBSIDIZED PROGRAMS

1. Parties and Dwelling Unit: The parties to this Agreement are (A) _____, referred to as the Landlord, and (B) _____, referred to as the Tenant. The Landlord leases to the Tenant(S) unit number (C) _____, located at (D) _____ in the project known as (E) _____.

2. Length of Time (Term): The initial term of this Agreement shall begin on (F) _____ and end on (G) _____. After the initial term ends, the Agreement will continue for successive terms of one (H) _____ each unless automatically terminated as permitted by paragraph 2g of this Agreement.

3. Rent: The Tenant agrees to pay \$(I) _____ for the partial month ending on (J) _____. After that, Tenant agrees to pay a rent of \$(K) _____ per month. This amount is due on the (L) _____ day of the month at (M) _____.

The Tenant understands that this monthly rent is less than the market (unsubsidized) rent due on this unit. This lower rent is available either because the mortgage on this project is subsidized by the Department of Housing and Urban Development (HUD) and/or because HUD makes monthly payments to the Landlord on behalf of the Tenant. The amount, if any, that HUD makes available monthly on behalf of the Tenant is called the tenant assistance payment and is shown on the "Assistance Payment" line of the Owner's Certification of Compliance with HUD's Tenant Eligibility and Rent Procedures form which is Attachment No. 1 to this Agreement.

4. Changes in the Tenant's Share of the Rent: The Tenant agrees that the amount of rent the Tenant pays and/or the amount of assistance that HUD pays on behalf of the Tenant may be changed during the term of this Agreement if:

- HUD or the Contract Administrator (such as a Public Housing Agency) determines, in accordance with HUD procedures, that an increase in rents is needed;
- HUD or the Contract Administrator changes any allowance for utilities or services considered in computing the Tenant's share of the rent;

Page 1 of 16 Form HUD-90105a
12/2007



1 You have to let us know when your income or household size changes.

Why?
Because our funding requires it. When your income changes, your rent may need to change, too.

You must report your new income within 10 days or you may owe back rent. If you "fail to report" more than once, it can result in an eviction.

What to do:
Call or visit the office as soon as you know your income is going up or down or if your household size changes for any reason.

2 Report maintenance issues right away.

If anything in your home breaks or just isn't working like it should, we will fix it. Call the management office or submit an online maintenance request through your Rent Café resident portal.



We rely on you to let us know when something isn't right.

If you do not notify us and the issue continues or gets worse, you may have to contribute to the cost of fixing it.

If the problem involves a water leak, utility outage, or anything urgent, report the issue immediately - day or night.



3 Read your mail.

We do not mail you anything you do not need to read.

If you receive a letter from us, please read it.

Letters are one way we share important information like when inspections are happening, when we are doing building-wide maintenance, community events and opportunities, and much more.



Center Residents in Resident Services

- Co-design, prototyping at strategy and program level
- **Resident Ambassadors & Fellows**
- Form a *Resident Advisory Board*
- Adequate funding for services
- Continuous training & supervision for frontline staff
- Measure for transformative change



Mental Health & Incident Response



**Develop Clear
Protocol**



**Provide Staff
Training &
Resources**



**Process Crisis &
Provide Staff
Support**



Upcoming Projects



Independent, Innovative & Integrated
Supportive Housing



Learn More



Training Tools



Agendas + Activities



Design Guides



Case Studies

TraumaInformedHousing.POAH.org

Learn More

- Visit our toolkit at: <https://traumainformedhousing.poah.org/>
- For more tools on building design: <https://www.poahbod.org/trauma-informed-housing>



Julianna Stuart-Lomax
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Autism Society

Colorado

Inclusive Housing

2024

Representation in the Autism Community

Person-first language



"I am a person with autism"

Identity-first language

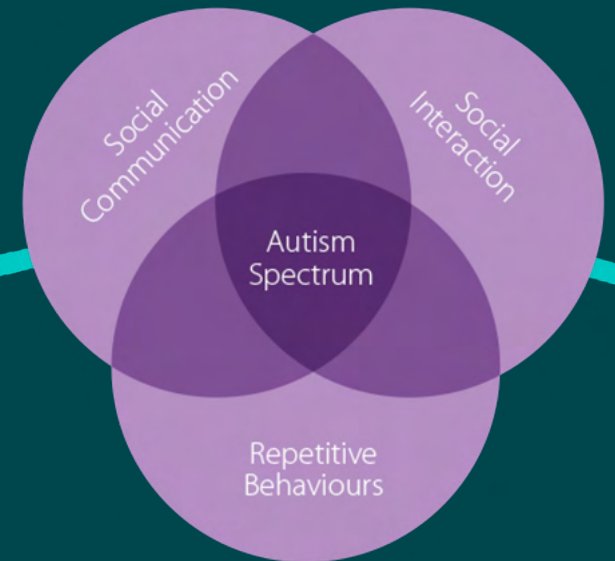


"I am autistic"

What is Autism?

Autism Spectrum Disorder (ASD), is a complex, lifelong developmental condition that typically appears in early childhood and can impact a person's **social skills, communication, relationships, and self-regulation.**

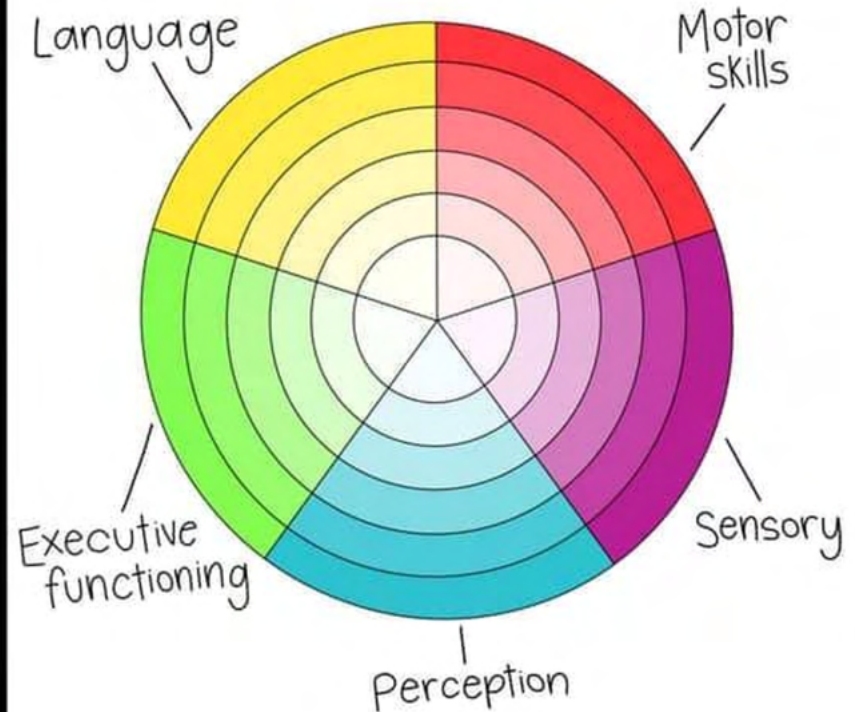
- The Autism experience is different for everyone.
- It is often referred to as a “spectrum” condition.
- Autism affects people differently and to varying degrees.
- Autism looks different at different ages.



What People THINK
the autism SPECTRUM
LOOKS Like:



What it CAN
ACTUALLY
LOOK Like:



Facts & Statistics

It is estimated that over **7 million individuals in the United States** are on the Autism spectrum; Autism is the fastest growing developmental disability in the US.

- **1 in 36** children are diagnosed with autism by the age of 8.
- 86,000 individuals in Colorado have an I/ DD.
- Over the next decade **1 million Autistic** teens will enter adulthood and age out of school-based services.



51%

are estimated to have an average or above-average intelligence quotient (IQ)

70%

are also diagnosed with co-occurring diagnoses; ADHD, anxiety, depression

30%

of children are diagnosed with both autism and intellectual disability



The Autism Advantage

- Detail oriented
- Creative
- Honest
- Special interest subject expertise
- Deep focus
- Fair and just
- Strong memory
- Reliable
- Excellent problem solving capability





Autism Society

Colorado

Thank You.

Supporting the Autism Society of Colorado

- www.autismcolorado.org
- Walk With Autism, May- CSprings Sept- Denver
- Donate and support our work
- Volunteer
- Promote Autism Acceptance

