

Family Supportive Housing Model

Powerful Moms Who Care
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Table of Contents

I.	Introduction	Page 3
II.	Ideas Behind Our Model	Page 4
	A. Building Design	Page 4
	B. Outdoor Spaces	Page 4
	C. Indoor Spaces.....	Page 5
	D. Supportive Services and Location	Page 5
III.	Our Visual Model	Page 6
IV.	Community Agreements and Guidelines	Page 7
V.	Long Term Goals	Page 7

I. Introduction

Powerful Moms Who Care (PMWC) is a grassroots organization of low-income mothers who have experienced homelessness, eviction, or some other form of housing insecurity. We work toward safer communities and healthier families, especially for people living in extreme poverty and struggling with homelessness. The group has projects and campaigns focused around increasing the availability of low-income housing for families, as well as accessible and affordable child care, health care, education and job training. PMWC was formed in January 2018 after a survey of 75 moms in homeless and domestic violence shelters were interviewed for a report organized by Crossroads Urban Center¹.

The members of Powerful Moms Who Care have been gathering ideas from their lived experience in Permanent Supportive Housing and low-income housing over the past three years. In addition to their ideas, there is a need for specific housing for families that is supportive and permanent. Affordable housing is in short supply and is dwindling rapidly as Salt Lake City gentrifies, and Permanent Supportive Housing directly helps people who are vulnerable, disabled, and housing insecure/homeless to stabilize their lives. Currently there are no *family only* PSH properties in the city, yet families with children face unique problems and need supportive services along with affordable housing. Homelessness has a significant impact on children, hurting their development, performance in schools, and life outcomes. PSH for families would dramatically reduce child homelessness as well as give low-income families the safe housing they deserve.

Trauma-informed Design^{2 3}(TiD) * is an integral concept to our model, which considers the range of experiences of trauma that residents may carry with them in the design and aesthetics of the building. The TiD framework centers empowerment, safety, peace of mind, joy, connection and hope. This trauma-informed model applies to exterior and interior design, utilizing cool, fresh color palettes for communal walls, lots of natural light, windows, and plenty of plants inside and outdoors. Ample greenspaces for residents to enjoy create a sense of safety, cleanliness and tranquility.

¹ “Mothers Experiencing Homelessness - Teach Out”, Dec. 2017, *Crossroads, YWCA, The Road Home*. https://1b521ee6-428d-4879-aebd-ae00643addc0.filesusr.com/ugd/260458_460fde81e6a84cc085345f3ff6e8a6b7.pdf

² <https://traumainformeddesign.org/>

³ <https://e4harchitecture.com/empathy-in-architecture-using-trauma-informed-design-to-promote-healing/>

II. Ideas Behind Our Model

The model is categorized into the building design, outdoor spaces, indoor spaces, supportive services and location. The asterisk refers to items related to Trauma-informed Design.

A. Building Design

<p>Modern design</p> <ul style="list-style-type: none"> - <i>No balconies (for safety of all residents)</i> - <i>Avoiding all white color palette*</i> - <i>No distracting colorful murals or wall art</i> 	<p>Big windows, lots of natural light*</p> <ul style="list-style-type: none"> - <i>Child safety locks on all windows</i> 	<p>Multiple buildings</p> <ul style="list-style-type: none"> - <i>Open design, each building could have a certain number of bedrooms per unit</i> - <i>To avoid feeling trapped in long, dim hallways*</i>
<p>Multiple secure entrances and exists</p> <ul style="list-style-type: none"> - <i>Keypad entry for each entrance/building</i> - <i>Keypad entry for each residential hallway</i> 	<p>24-hour on site security service</p> <ul style="list-style-type: none"> - <i>Covered and monitored resident parking lot</i> - <i>High quality security cameras and monitoring technology</i> 	<p>Secure front desk check-in location(s)</p> <ul style="list-style-type: none"> - <i>For guests/visitors to sign in</i> - <i>Safety for residents and staff is a priority</i>

B. Outdoor Spaces

<p>Garden space</p> <ul style="list-style-type: none"> - <i>Raised beds/boxes for community gardening</i> - <i>Well maintained flowerbeds</i> 	<p>Trees, plants, flowers, and ample greenspace</p> <ul style="list-style-type: none"> - <i>Benches and areas to enjoy communal outdoor spaces</i> 	<p>Covered picnic tables</p> <ul style="list-style-type: none"> - <i>Shared spaces for family gatherings/parties</i> - <i>Barbeque area</i> - <i>Garbage/recycling cans in multiple areas</i>
<p>Interactive playgrounds</p> <ul style="list-style-type: none"> - <i>Tailored for many youth age-groups</i> - <i>Covered playspace for winter use</i> - <i>Splash Pad for summer use</i> 	<p>Outdoor lighting</p> <ul style="list-style-type: none"> - <i>Amble automatic outdoor lighting</i> - <i>Sense of safety and security, especially with early winter darkness</i> 	<p>Gated pet area</p> <ul style="list-style-type: none"> - <i>Space to take dogs outdoors to use the bathroom</i> - <i>Dog run, separate from children's play area</i>

C. Indoor Spaces

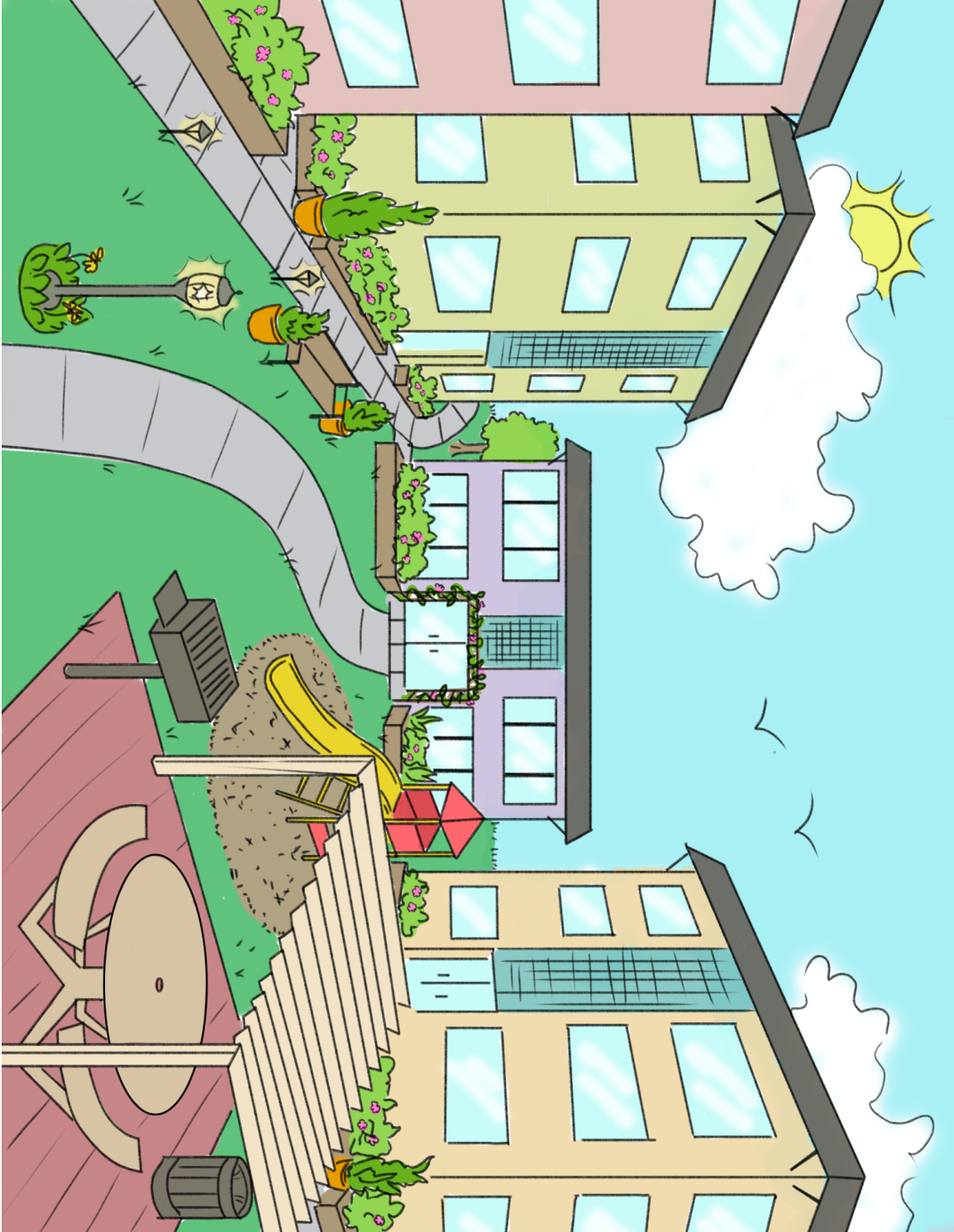
<p>Access to industrial-sized laundry machines</p> <ul style="list-style-type: none"> - <i>For washing sheets/ winter coats/ larger clothing items</i> 	<p>Deadbolt locks on each unit/apartment entrance</p> <ul style="list-style-type: none"> - <i>Along with key access</i> - <i>Policy in place for quickly changing locks when needed</i> 	<p>Well lit hallways*</p> <ul style="list-style-type: none"> - <i>Security cameras in hallways and elevators</i> - <i>Well maintained lights/cameras for safety of residents</i>
<p>1 bathroom per bedroom in apartment units</p> <ul style="list-style-type: none"> - <i>Could include half-baths</i> - <i>To accommodate parent/children's needs</i> 	<p>Hardwood, laminate or tiled floors in communal spaces and apartments</p> <ul style="list-style-type: none"> - <i>Carpet floors are much harder to clean and maintain</i> 	<p>Separate clubhouse building</p> <ul style="list-style-type: none"> - <i>Shared kitchen space</i> - <i>Meeting rooms</i> - <i>Computer lab/reading room</i> - <i>Gym/yoga room</i>
<p>Garbage chutes on each floor for residential use</p> <ul style="list-style-type: none"> - <i>Access to safe needle disposals</i> 	<p>Food / clothing pantry area on site</p> <ul style="list-style-type: none"> - <i>Unlimited access for residents</i> 	<p>Free wifi provided in building/ on property</p> <ul style="list-style-type: none"> - <i>Includes outdoor spaces</i> - <i>Free Google Fiber inside apartment units</i>

D. Supportive Services and Location

<p>On-site childcare service</p> <ul style="list-style-type: none"> - <i>Programs for multiple age groups</i> - <i>Options for non-traditional working hours</i> - <i>After school/summer programs</i> 	<p>On site and/or mobile medical clinic</p> <ul style="list-style-type: none"> - <i>Pediatric and family doctors and nurses available</i> - <i>Includes dental care access</i> 	<p>Wellness checks</p> <ul style="list-style-type: none"> - <i>Periodic check ins on residents and units</i> - <i>Includes health as well as apartment /building maintenance</i> - <i>Maintenance Team is efficient, responsive and easy to contact</i>
<p>Mental health services</p> <ul style="list-style-type: none"> - <i>On site therapists for adults and children</i> - <i>Case management with background in trauma informed care</i> - <i>Art therapy program</i> 	<p>Domestic violence service providers/ advocates on site</p> <ul style="list-style-type: none"> - <i>Partnerships with local DV organizations</i> - <i>Could include group therapy / educational programs</i> 	<p>Fun events for residents</p> <ul style="list-style-type: none"> - <i>Field trips and opportunities to visit museums, gardens, cultural and art events</i> - <i>Child/family friendly events on site</i>
<p>Provided and public transportation</p> <ul style="list-style-type: none"> - <i>Near UTA stops</i> - <i>Shuttles provided for transportation to services off site</i> - <i>School buses and stops</i> 	<p>Located nearby essential places for families:</p> <ul style="list-style-type: none"> - <i>Schools</i> - <i>Grocery stores</i> - <i>Pharmacies</i> - <i>Public parks</i> 	<p>On-site partner organizations that provide voluntary services for:</p> <ul style="list-style-type: none"> - <i>Job training programs</i> - <i>Substance use</i> - <i>Legal action</i>

III. Our Visual Model

This visual was created by a volunteer with many of the Building Design and Outdoor Spaces components in mind.



IV. Community Agreements & Guidelines

Our members feel that there should be some strong community guidelines that all residents agree to upon living at the Family PSH. Here are some ideas they came up with from their lived experiences. Some of these agreements need more exploration and input from other low-income families:

1. No tolerance for violence. The moms feel this is crucial to maintain a safe property without fear of violence, weapons, aggression, etc.
2. Drug Free Zone. The entire property would be a drug free zone, however alcohol for those 21+ may not be included in this. Smoking tobacco would have to comply with local regulations but would not be allowed in the building. All illegal drugs would not be allowed on the premises and there must be strict adherence to this in order to maintain a safe environment for families with children.
3. There must be a guest and visitor policy that includes checking-in with identification and holding them accountable to all community and property agreements. This would help keep all residents feeling safe and aware of who is in their home. The safety of families and survivors who live on the property should be the highest priority. The inclusion of fathers, single dads and partners needs to be considered further with other moms' input.

V. Long Term Goals

This report has room for continued visioning and exploration. Some ideas to consider for long-term goal planning include but are not limited to:

1. Having a strong partnership with domestic violence service providers and sexual assault advocates in the Salt Lake area. These partners could have their own spaces and events on the property, along with connections to other groups of families, mothers, and survivors in the community.
2. A sense of community and ownership over the property that current and future residents and staff cultivate. This could be achieved through community events, group therapy, advocating for more support for low-income families, and combating NIMBYism through its successes. This would also include having a Powerful Moms Who Care chapter onsite.
3. Language and cultural inclusivity would be at the core of this space. Services would be provided in multiple languages. Diversity celebrations and teach-outs led by local BIPOC (Black, indigenous and people of color) staff, residents, and community leaders would be frequent.