



NAMI

National Alliance on Mental Illness

Wake
County

Housing Guide for Individuals Living with Mental Illness

A starting point to help you explore options.

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Updated 04/22/2019 by Ann Akland

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INTRODUCTION

A challenging aspect of living with mental illness is securing housing that is affordable and provides a level of supportive care. The need for housing for those living with mental illness can seem like a daunting prospect. Many of those living with mental illness face challenges of job security, general stability, and health-related concerns.

Even when options are available, it is difficult to know how to walk through the process of obtaining that housing.

That is the purpose of this guide. After reading this, you will know what different kinds of housing assistance and affordable housing are available for those living with mental illness, how to start the application process for obtaining your desired housing, and who to contact if you have any further questions.

There are two ways of reading this guide effectively. If you know what kind of housing you're looking for, flip to the section of that type of housing as referenced in the Table of Contents. If you're completely new to finding housing for those living with mental illness, start at the top and read all the way through.

Each topic has a unique role in the attempt to find housing for those living with mental illness. A range of housing options will be covered, as well as who provides that housing and what you need to do to secure it.

It is the hope that this guide demystifies the process of securing affordable housing and enables more people living with mental illness and their families to discover new avenues of stability and support.

Who to Contact When Experiencing a Housing Crisis or Homelessness

Coordinated Entry is a project of the Wake County Coalition to End Homelessness. Their website contains a list of organizations across Wake County that will advise individuals and families about community resources.

<https://endhomelessnesswake.org/continuum-of-care/coordinated-entry/>

Alliance Healthcare may also be able to help with short term assistance. They have two programs:

- The Independent Living Initiative Program (ILI) is a short-term, one-time assistance program for children and adults **receiving enhanced benefit services through Alliance Behavioral Healthcare**. An applicant is defined as the person who is applying for ILI funding for him/herself OR the parent or legal guardian of a child, youth or adult consumer with diminished capacity. The intent of the ILI Housing Program is to assist applicants who are behind on their rent, homeless, facing possible eviction or utility disconnection or are in need of start-up funds for newly acquired housing (i.e. security deposit). In order to submit an ILI application for financial assistance, the individuals' mental health providers must register and attend a training session to gain access to Alliance's online portal. Alliance no longer accepts hard copy applications.
- Alliance has also implemented a component of the ILI Housing Program called the *Restoring Hope Initiative*. The Restoring Hope Initiative is a 3-6 month longer rental assistance program targeting frequent utilizers who are homeless or precariously housed. Frequent utilizers tend to be an individual who frequents emergency rooms, the criminal justice system and shelters. Continued assistance is contingent upon the applicant's monthly progress toward self-sufficiency (i.e., employment search, enrollment in educational/job training program, etc.). For more information about Restoring Hope, please contact your county ILI

Housing Coordinator. Alliance Behavioral Healthcare website:
<http://www.alliancebhc.org/>

Contact: Alliance Behavioral Healthcare
Information Center: 1-800-510-9132

Homeless Shelters in Wake County

Family Promise of Wake County provides church-based emergency shelter and meals to Wake County families experiencing temporary homelessness. They also provide life-skills training, case management provided by social workers, a day center and transitional housing. They are one of only two emergency shelters in Wake County to allow families to stay together, regardless of the ages and genders of the children and parents, sparing parents the difficult choice between keeping their families together and finding a safe place for their children to sleep. They are the only homelessness nonprofit to offer a continuum of services and partnerships to move families all the way from homelessness to safe, affordable, permanent housing.
(919) 832-6024
903 Method Rd, Raleigh, NC 27606

South Wilmington Street Center Operated by Wake County, the homeless men's center provides emergency shelter, community outreach and the Progressive Housing Program which provides: Case Management, Job Skills and Job Search Training, Housing Counseling, and Transitional Housing.
Contact: Frank Lawrence, Supervisor
(919) 857-9428

The Raleigh Rescue Mission assists those who are ready to make a commitment to transforming their life, and working to overcome the negative factors that led to homelessness. Most clients who commit to their programs end up spending an average of one year in the program. The shelter serves women with children, women, and men.
919.828.9014
314 E. Hargett Street
Raleigh, North Carolina 27601

Helen Wright Center The Helen Wright Center for Women is a program for single, homeless women without children in their care. They designate 24 beds for emergency shelter. Women are offered an initial fourteen night stay and may request additional time if they wish to enter a program bed. The Helen Wright Center for Women's program provides more than housing assistance. With a focus on the establishment of well-defined goals and objectives, women are offered an opportunity to break the cycle of homelessness and achieve self-sufficiency through intensive case management services. The basic components of case management include intake, assessment of needs, service planning, linkage to services, continuous monitoring, and client advocacy. In addition to increasing access to medical and psychosocial services, case management can also include crisis intervention, discharge planning and direct services such as emotional support, client education, and skill building.
401 W Cabarrus St, Raleigh, NC 27601
919-833-1748 after 1:00pm.

Wrenn House Wrenn House provides a safe, legal, and responsible environment for youth who run away from home, who are homeless, or are otherwise in a crisis situation. They are open 24 hours a day, 365 days a year. Wrenn House is available to any youth age 10 – 17, with priority given to youth from Wake County and Raleigh.
Contact: 919-833-3312 (phone)
[https://www.havenhousenc.org/programs/crisis-homeless-programs/wrenn-house/LATEST WORKS](https://www.havenhousenc.org/programs/crisis-homeless-programs/wrenn-house/LATEST_WORKS)

Salvation Army - The Barbara L. Goodmon Family Emergency Shelter at the Judy D. Zelnak Center of Hope assists homeless families and those fleeing domestic violence. In addition to providing basic necessities, they offer individual case management, parenting workshops and tutoring opportunities for children. They are located at 1863 Capital Blvd in Raleigh. For more information, call at **919.834.6733** and ask to speak with someone in the Social Ministries Department, or email at info@wakearmy.org.

<https://www.salvationarmycarolinas.org/wakecounty/programs/social-ministries/women-and-childrens-shelter/get-shelter>

Cornerstone Facility – Operated by Wake County, this program provides intensive community based services with a behavioral health focus, as well as a **day shelter** for persons who are homeless. Services provided are: Case Management, Counseling Services, Employment Services, Mental Health Assessments, and Medication Management 220 Snow Ave. (Corner of W. Hargett Street & Snow Avenue), Raleigh, NC 27603
Contac: 919-508-0777

The Women’s Center is the only **day shelter** focused exclusively on serving and empowering women experiencing homelessness in The Triangle area of North Carolina. Through tireless engagement and outreach, they work with each individual woman to help break the cycle of homelessness and realize her dream of a safe, affordable home and sustained self-sufficiency.
112 Cox Ave.
Raleigh, NC 27605
919-829-3711

WAKE COUNTY GOVERNMENT

The government of Wake County plays a role in finding housing for those experiencing homelessness or a housing crisis as well as looking to the future to develop housing to meet the needs of Wake County citizens. It has a specific department called Wake County Department of Housing Affordability & Community Revitalization which offers these programs.

- Elderly & Disabled Housing Rehabilitation Program (50% Area Median Income (AMI) and below) Improves the health and safety of homes for elderly (62 & older) or disabled homeowners
- Emergency Rehabilitation Program (50% Average Median Income and below) Responds to immediate Health and safety risks of very low-income renters or homeowners

- Affordable Housing Development
Funding to subsidize affordable housing developments for low-income individuals, families or seniors. Starting in 2019 require 10% of units be set aside for participants of the Rental Assistance Housing Program (RAHP)
- Rental Assistance Housing Program (Formerly called Shelter Plus Care)
Provides rental subsidies and case management services for individuals experiencing:
 1. Chronic homelessness with a behavioral health diagnosis
 2. HIV/AIDS
 3. Youth aging out of Foster Care
 4. Veterans
- Ready to Rent
Workshop series for individuals on how to be a successful renter, restore credit, maintain a home and manage finances. Individuals receive a certificate and referral to a landlord upon completion
- Daily Housing Information Sessions
Assist individuals and families at Human Services Center (Swinburne) by providing resources and information on agencies which provide assistance with credit counseling, subsidized housing, vouchers and/or other information which may be helpful to overcome barriers
- Supportive Housing
Provides case management services at two affordable housing complexes (Lennox Chase https://dhic.org/wp-content/uploads/2014/09/lennox_procedures.pdf & Brookridge https://dhic.org/wp-content/uploads/2014/09/brookridge_app_procedures_revised.pdf – owned by DHIC) that serve chronically homeless individuals and those needing additional support to maintain stable housing
- Community Outreach Team & McKinney Team
Identifies and engages persons who have a behavioral health diagnosis and are

experiencing homelessness to assist in accessing and maintaining safe and stable housing

Contact:

Alicia Arnold, Wake County Government,
Department of Housing Affordability & Community
Revitalization, Alicia.Arnold@wakegov.com

HOUSING AND URBAN DEVELOPMENT

Founded in 1965 as a Cabinet department in the Executive branch of the United States federal government, the Department of Housing and Urban Development (HUD) has the mission of creating quality, affordable housing for all citizens of the United States. With topics areas of HUD ranging from economic development to helping people buy a house, the department institutes policies to find housing for the homeless and secure housing for the disabled or those with low-income. The HUD field office in North Carolina is located in Greensboro, which is a little more than an hour away from the heart of Wake County. They can be reached by phone via a toll free number and by email as well.

HUD plays a role in two important aspects of housing for those living with mental illness: Section 8 housing and Affordable Housing.

Public Housing is rental property that is owned, managed, and leased by a housing authority. The Raleigh Housing Authority owns and manages apartments in several public housing communities which are leased to low-income people at an income-based rental rate in the Raleigh area only. <https://www.rhaonline.com/public-housing/>

HCVP/Section 8 rental vouchers are for very low income individuals and the usual waiting time is 4 to 7 years. These properties are owned and managed by private landlords who opt to lease the unit to a HCVP/Section 8 program participant. These landlords typically advertise their property in the local newspaper and/or on housing websites. The housing authority/housing agency subsidizes a portion of the tenant’s rent to the landlord based on the tenant’s income. RHA administers

HCVP/Section 8 rental assistance in the Wake County area only.

<https://www.rhaonline.com/section-8-housing-choice-voucher/>

AFFORDABLE HOUSING

Affordable Housing is for those under the median household income of a community. HUD contributes to but does not manage this program. Instead, developers of apartments can receive tax subsidies for reserving some of their dwelling units for those who make less than the median household income level for the community.

Median household income is defined as the middle of all income levels of a designated area. That means 50 percent of people make more than that number, and 50 percent of people make less than that number.

The North Carolina Housing Coalition has an “Affordable Housing Primer,” which covers topics ranging from ‘What is Affordable Housing’ to ‘Fair Housing Basics.’ Their website is www.nchousing.org.

To search for Affordable Housing go to the website www.publichousing.com and search North Carolina. There you will see apartment complexes that give lower rates that are based on income level. The site further shows which listings are Section 8, Affordable Housing, through nonprofit organizations, and other categories.

YOUR NEXT STEPS

Deciding between Section 8 Housing, Affordable Housing, and any of the other choices presented in this guide is a difficult endeavor. Each type of housing has its pros and cons, and there is no one-size-fits-all when it comes to finding the right housing option. When in doubt, talk to someone to find out which options will suit your particular situation the best. A key consideration is period of waiting time until the voucher or housing is likely to be available, so be sure to ask. Picking up the phone and emailing

are two crucial components in your efforts to select the right housing option for you.

In this guide, we will continue to list phone numbers and contact information for numerous organizations, which you will be able to use when selecting a housing option.

RESOURCES

HUD: <http://portal.hud.gov/>

HUD-NC: <http://portal.hud.gov/> → Search NC

HUD-NC Phone Number: (336) 547-4000

Raleigh Housing Authority: www.rhaonline.com

North Carolina Housing Coalition:

www.nchousing.org

Affordable Housing Search Engines:

<http://www.nchousingsearch.org/>

www.publichousing.com

Housing Authority of the County of Wake (Burnetta Smith- Exec. Director.....[919-269-6404](tel:919-269-6404))

<http://www.hacwnc.org/Home.aspx>

NORTH CAROLINA HOUSING FINANCE AGENCY

If you are seeking affordable housing that offers accessibility options or supportive services, the North Carolina Housing Finance Agency may be able to help. Many of the affordable apartments are offered through local service providers for persons with disabilities, including physical, mental and developmental disabilities. These apartments are affordable for households with lower incomes. They are owned and operated by private owners, local governments, and nonprofit organizations. Some apartments include rent assistance to make them affordable to persons living on Supplemental Security Income (SSI). You will find a statewide listing a NCHousingSearch.org, or by contacting your service provider.

TARGETING PROGRAM

Over 1,000 low-income persons with disabilities have successfully obtained housing through the Targeting Program – a partnership between the NC Department of Health and Human Services (DHHS)

and the NC Housing Finance Agency (NCHFA). Another 700 units are under development. Benefits of Targeting Program housing include: ° Access to newly constructed or rehabbed independent apartments. ° Integration in communities of choice. ° Rent that does not exceed 30% of household income. ° Required access to supports and services by Referral Agency.

The Targeting Program provides housing linked to supports and services by virtue of commitment from referral agencies. DHHS and NCHFA look to local mental health providers to make referrals for persons receiving their services and to provide access to supportive services for Targeted Unit tenants. Basic responsibilities of referral agencies include: 1) Making referrals based on professional assessment of each individual's ability to live in independent housing with the supports and services available. 2) Providing access to supportive services for persons referred to Targeted units and being a point of contact should tenants need assistance. 3) Collaborating with other community partners to support tenants and build local housing knowledge.

Targeting Housing Program (DHHS- Stephanie Williams.....[919-855-4992](tel:919-855-4992))

CASA

CASA is a nonprofit affordable housing developer and property manager, operating in Wake County since 1992. CASA provides permanent supportive housing for people living with disabilities and workforce housing for low income households.

CASA was originally founded to meet the housing needs of people living with mental illness in Raleigh. Since then, the agency has expanded to serve people with any kind of disability in Wake, Durham, and Orange counties. CASA owns and manages nearly 500 affordable apartments across the Triangle.

CASA receives funding from numerous sources, including federal and local government entities, rent and housing vouchers, and community support.

Permanent Supportive Housing:

In 2019, CASA's has 246 permanent supportive housing apartments in Wake County. They have 2,500 people in their applicant pool waiting for an apartment. These units are reserved for households in which at least one member is living with a disability. CASA follows a Housing First philosophy and does not qualify individuals based on their treatment history or engagement. *CASA does encourage, but does not require, tenants to partner with supportive services to help them live independently.*

To qualify for supportive housing, applicants must provide proof of disability from a licensed health professional and financial need. Many CASA properties give priority to households who are experiencing homelessness and individuals who have a housing voucher.

To apply, applicants must first complete Part 1 of CASA's Supportive Housing Application. Qualified applicants are then placed in CASA's Applicant Pool and will be contacted when a vacancy matches the applicant's qualifications. To learn more or to download Part 1 of CASA's Supportive Housing Application, visit the website: <https://www.casanc.org/live-with-casa/>

Workforce Housing: Thirty percent of CASA's apartments are workforce housing units. In 2019, they have 56 workforce apartments. Applicants qualify if they fall within the published income range for a vacant unit. Vacancies are posted on CASA's website, and applications are processed on a first come, first serve basis. You can also sign up to receive an email when a workforce housing unit becomes available. Learn more: <https://www.casanc.org/live-with-casa/>

RESOURCES

CASA Website: <http://www.casanc.org/>
CASA Housing Information: <https://www.casanc.org/live-with-casa/>
CASA Phone #: (919) 754-9960
CASA Email: casahousing@casanc.org

RESOURCES FOR HUMAN DEVELOPMENT –(RHD)

RHD NC provides residential supports and services for adults with diagnosis of intellectual and developmental disabilities, serious and persistent mental illness and adults with dual diagnosis of mental illness and developmental disabilities. Individuals live in a variety of settings including Individual apartments, shared apartments and licensed group homes. Supervision in each setting is provided according to the level of need from 24 hours a day to 14 hours per day. RHD NC is committed to providing the best care and support for all persons served based on their individual desires and level of need. RHD programs have a focus on a person-centered approach, and much care is given to working with individuals to create homes and live the highest quality of life possible. RHD has 16 apartments in west Raleigh where two staff are available for support 14 hours per day. They also operate 12 apartments with staff onsite 24 hours per day..
919-755-1335
Manay.Gunter@rhd.org

DHHS LICENSED CONGREGATE LIVING FACILITIES

Housing options are based not only on income, but also on levels of care. That's where the DHHS Licensed Facilities come in. DHHS stands for the Department of Health and Human Services. In this section, we're specifically talking about the North Carolina Department of Health and Human Services.

While DHHS is the larger department, it encompasses the Division of Health Service Regulation, which encompasses the Mental Health Licensure and Certification Section.

That is where we'll start.

The Mental Health Licensure and Certification section licenses certain facilities in Wake County (and other counties) to serve as supervised living homes for those who live with mental illness. The facilities include intermediate care facilities, day services, and group homes. For our purposes,

we'll be discussing group homes.

Group homes provide a 24-hour living environment in a non-hospital setting, where room, board, and supervision are an integral part of the care and treatment provided to an individual. This definition is according to the rules and regulations section on the DHHS website, which we will list later for reference.

For the purposes of the licensing, there are four broad classifications when dealing with these facilities: (1) Mental Health; (2) Developmental Disabilities; (3) Substance Use Disorder; and (4) Services For More Than One Disability.

We'll just be looking into the mental health category and the substance Use category.

As a general rule, group homes of any kind have fewer than 7 individuals living in the home..

Surveys of homes are conducted once per year to determine the quality of the living environment. If a complaint is made, then the group home is surveyed sooner. Group homes vary in terms of quality of the environment, of the staff, and of the overall living conditions.

The primary method for securing a spot in one of these homes is to shop around, just as if you're looking for an apartment to rent. Here are a few types of group homes that have been established.

SUPERVISED LIVING

Supervised living homes are "a 24-hour facility which provides residential services to individuals in a home environment where the primary purpose of these services is the care, habilitation or rehabilitation of individuals who have a mental illness, a developmental disability or disabilities, or a substance abuse disorder, and who require supervision when in the residence."

There are many important words there. Clients live in a *home environment*, receiving *services for habilitation or rehabilitation*, and must have a *mental illness or substance abuse disorder*, among other possibilities. There are also clues in the rules and regulations section as to what services the client receives before and

during their stay.

For habilitation, clients undergo an entry assessment, where the client's needs and strengths are assessed, as well as the client's presenting problem. A plan is then formed and documented, along with progress toward the goals outlined in the plan.

There are also rules and regulations governing the storage and dispensing of the medication of the client. Disposal of medication (if needed) and education about medication also follow a strict set of rules. For most everything with these facilities, there is a rule or regulation defining it. And there are repercussions for breaking them.

ALTERNATIVE FAMILY LIVING

While group homes have two or more clients living in them, an individual may want to choose a more family-oriented environment. That's where alternative family living comes in.

A local nonprofit gives a good description of alternative family living: "An individual lives with a family in a private residence, with or without other people with disabilities, and the family serves as the natural support system, meeting any needs that may arise."

It is, essentially, all about living with a family. This does not necessarily mean a person is not "supervised" or even disqualified from the "supervised living" category. The two often go hand in hand. The difference here is that a larger family unit is present, rather than just the owner of an establishment and staff. It's a good option for those that prefer to live with a family. But facilities offering this option are few and far between.

KEEP THIS IN MIND

With all of these facilities, always call and tour the place before committing to anything.

Quality of homes varies greatly, as well as the commitment of the staff members. Always interview the group home owner to determine whether they would be the right fit for you or

your mentally ill family member.

RESOURCES

For a list of licensed facilities, visit:

<http://www.ncdhhs.gov/dhsr/mhcls/facilities.html>

For a list of rules and regulations, visit:

<http://www.ncdhhs.gov/dhsr/mhcls/rules.html>

For general information, please visit:

<http://www.ncdhhs.gov/dhsr/index.html>

To email DHHR, email the following address:

dhsr.webmaster@dhhs.nc.gov

To call DHHR: (919) 855-3795

Transitions to Community Living

The Transitions to Community Living Initiative is the result of the State of North Carolina entering into a settlement agreement with the United States Department of Justice (USDOJ) on August 23, 2012. The purpose of this agreement is to assure that persons with mental illness are allowed to reside in their communities in the least restrictive settings of their choice and is focused on moving individuals out of Adult Care Homes and other institutional settings into a community setting. The agreement is the end product of over a year of negotiations between the State and the USDOJ.

Learn more about [the settlement and the Transitions to Community Living Initiative](#).

TCLI Voucher

As part of the Transition to Community Living Initiative across North Carolina, Alliance and the North Carolina Housing Finance Agency administer the Transition to Community Living Voucher. This voucher program provides an opportunity to bring high-quality affordable housing to qualified individuals throughout Durham, Wake, Cumberland and Johnston counties. The TCLV program provides direct rent subsidy payments, Alliance staff work in partnership with property owners throughout tenancy to ensure success, and troubleshoot any issue that arises.

Every individual served by Alliance with the TCL voucher receives a normal lease like any other

renter in North Carolina. Along with a lease, the individual, the property owner and Alliance enter into an additional contract called the Owner Contract. This contract provides additional coverage and support to all three parties and clearly delineates the payment structure for the voucher program. Property owners will receive direct rental payments from the individual equal to 20% of their income, and Alliance pays the remainder of the Fair Market Rent in the form of the voucher subsidy. While this means that property owners receive two payments each month, the Owner Contract ensures Alliance provides direct electronic payment. Contact: Alex Rubenstein, Housing Specialist, (919) 651-8628

ADULT/FAMILY CARE HOMES

Another option for those with mental illness looking for long-term housing is adult and family care homes if individuals desire to live in an institutional setting with services such as meals and medication oversight. Adult and family care homes, like the group homes already discussed, are licensed by the North Carolina Department of Health and Human Services.

Family care homes have two to six beds. Adult care homes have seven or more beds.

Like the group homes, the adult and family care homes undergo an annual survey, and owners of homes who are breaking rules and regulations are punished.

There are degrees of oversight, including the DMH/DD/SAS division. The homes offer 24-hour scheduled or unscheduled care, and require a formal written agreement to stay in them.

FOR MENTAL HEALTH TREATMENT

While adult care homes and family care homes don't specifically cater to those living with mental illness like the group homes already mentioned, they offer an assisted living environment. Many of those living with mental illness in these types of facilities engage in what's called "wrap-around services," which are based upon the needs in a client's "care plan." While these homes don't function as a provider for

mental health services, they do have rules regulating the treatment of clients who do have mental illness. In addition, medication dispensation has strict rules and regulations concerning when medication is delivered, in what dosage, and other stipulations.

RSVP Screening Prior to Admission to Adult/Family Care Homes: Preadmission screening and diversion provisions as called for in Section III(F) of the Settlement Agreement with the U.S. Department of Justice.

Goals of RSVP

- Determination by an independent screener (LME-MCO or their contracted entity) of whether the individual has SMI/SPMI.
- Determination by an independent screener (LME-MCO or their contracted entity) whether the individual is eligible for Medicaid or state-funded mental health services and supports.

Many times to get into an adult care home or family care home, a referral is helpful. This can come from a physician, religious organization, social workers, or anyone else you trust.

It is good to go on the DHHS website for adult care homes and family care homes listed here: <http://www.ncdhhs.gov/dhsr/acls/faclistings.html>

Guidelines from DHHS suggest that you ask questions relating to available beds, type of care, admission requirements, and what the typical resident profile is. Visit the adult care home or family care home and meet with the administrator. When preparing to sign the contract, read it all the way through.

With adult care homes and family care homes, like most of these facilities, it really is a process of seeking the necessary information to find the right fit for you. Adult care homes and family care homes offer care and support in a group setting, and they offer the structure of medication management, an entry assessment, and follow-up care with providers outside of the

homes.

You should do your own homework by searching the list for your local facilities, calling them, evaluating them, and figuring out the best one that suits your needs.

And if you move into one and don't like it, you can always leave. There's a 14-day notice that can release you of any contract you've signed. You're not stuck in a home indefinitely, unless you want to be.

Here are the resources for adult care homes and family care homes that you may find useful.

RESOURCES

DHSR General Information:

<http://www.ncdhhs.gov/dhsr/acls/index.html>

Facility Listings:

<http://www.ncdhhs.gov/dhsr/acls/faclistings.html>

Rules and Regulations:

<http://www.ncdhhs.gov/dhsr/acls/rules.html>

Frequently Asked Questions:

<http://www.ncdhhs.gov/dhsr/acls/faq.html>

Staff and Contacts:

<http://www.ncdhhs.gov/dhsr/acls/adultcarestaff.html>

DHSR Address:

805 Biggs Drive

Raleigh, North Carolina 27603

DHSR Phone #: (919) 855-3765

CARAMORE COMMUNITY

The ultimate goal at Caramore is to help people live as whole and happy a life as possible. National data and our experience suggests that, as it relates to people managing SPMI, some of the biggest hurdles include finding consistent work, safe housing, and supportive services to assist with the daily tasks that can be overwhelming for anyone to face entirely on their own. Caramore accomplishes this goal by offering Community Housing, Vocation, Peer Support, and Supported Living.

919-967-3402, info@caramore.org

<https://www.caramore.org/>

Jack Simonds Center

550 Smith Level Rd.

Carrboro, NC 27510

OXFORD HOUSES

Oxford Houses are a clean and sober housing option for individuals in recovery. North Carolina is part of a network of 1,600 Oxford Houses with more than 13,200 beds. Individuals who are interested in living in an Oxford House apply directly to the house of their choice. Houses are financially self-supporting; members split house expenses, which average \$100.00 to \$150.00 per person per week.

All Oxford House vacancies, locations and contact information in Wake County are listed on their website at <https://www.oxfordvacancies.com/> Select "NC" (state) and "Wake" (county) to display all current vacancies in Wake County Oxford Houses.

CONCLUSION

Finding affordable housing in Wake County can be difficult because there just aren't enough units to meet the need. Because of that, most of the public assistance programs for affordable house and supportive housing have a large pool of applicants and lengthy waiting lists. One of the best resources for funding, HUD Section 8 vouchers, has a waiting list that usually takes 4 to 7 years to receive help. CASA has an applicant pool of 2,500 people for its 246 units of supportive housing in Wake County. Understandably, all of this seems daunting, but you might want to consider applying for these programs even if they do have a long waiting list. Even if you have moved on to other options, when your name comes up, it may still be a good option for you. If you no longer need it at that time, you can decline the help.

Other Resources

Additional useful information from Resources for Seniors

<http://www.resourcesforseniors.com/pdf/directory2019.pdf>

ACKNOWLEDGEMENTS

This housing guide would not be possible without the help of a few select individuals. They are:

Alicia Arnold, Wake County Human Services
Megan Lamphere, DHHS, Division of Health Service Regulation
Laurel J. Callis, DHHS, Division of Health Service Regulation
Kim Westermann, CASA

We hope you received some good information from this guide that will help you make your decision. If you have any questions, please contact the NAMI-Wake County office 919 848 4490.