

Sun River Health



2021 Housing Summit
Housing & Healthcare

Christopher Quinones, MS

Chief Administrative Officer

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Sun River Health – Who We Are

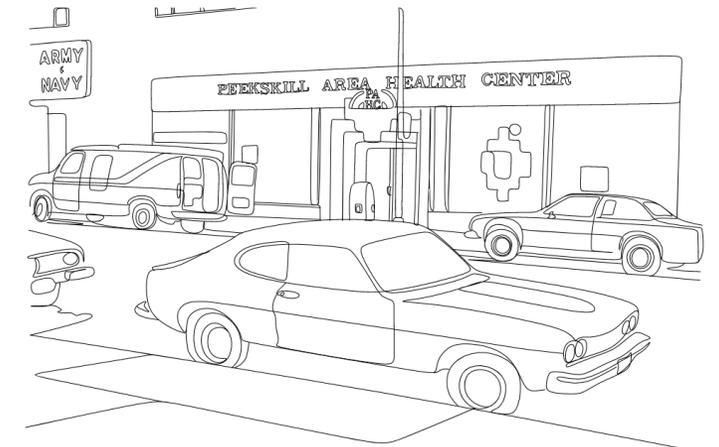
A half-century of care

In the early 1970s, four African American women in Peekskill, New York came together to address the lack of affordable, quality health care in their community. With money from a small federal grant, the first Hudson River Health Care site was opened in 1975.

That first health center has since grown to become an FQHC (federally qualified health center) system with over 40 locations, serving more than 245,000 patients throughout the Hudson Valley, New York City, and Long Island. Our exceptional primary care practitioners, specialists, and support staff have made us a

destination for affordable, high-quality care.

In December 2018, Brightpoint Health, an FQHC network offering integrated medical, behavioral, and social support services in New York City, merged with Hudson River Health Care. Together with our subsidiary organizations, we became Sun River Health in December 2020.



Our services include



Primary care /
family medicine



Dental



Women's health / OB-
GYN



Behavioral / mental
health



Pediatrics



Foot care



Eye care



Substance use
treatment



Adult day health care



HIV care and
prevention



PrEP



Nutrition
services



Urgent care



Preservation Company, Inc. of Peekskill

Founded through Sun River Health in response to the housing crisis in Westchester County, The Preservation Company, Inc. of Peekskill, New York increases access to housing for low and moderate-income families, and advances community development and revitalization.

- * Works to increase the supply of housing for low- and moderate-income households.
- * Management of 6 buildings (total of 10 units)
- * Occupied by low to moderate working, disabled, and subsidized families

Preservation Co. Services Include:

Relocation Assistance

- *Weekly listing of available apartments from web sites
- *Financial assistance for First Month rent or Security Deposit

General Office Services

- *Phone usage
- *Fax Machine Availability
- *Copy Machine
- * Document Retention

Landlord Negotiation

Assistance with landlord negotiations and payment agreements.

Eviction Prevention

- *One-on-one Rental Counseling and assessment
- *Referrals for financial assistance.
- *Legal Referrals and advocacy

Housing Workshops



Health & Housing

Housing Quality, Affordability, Location, and Surrounding Social and Community Attributes Are Important to Health

Links between housing and health



Housing quality

Housing that is safe, dry, clean, maintained, adequately ventilated, and free from pests and contaminants, such as lead, radon, and carbon monoxide, can reduce the incidence of negative health outcomes such as injuries, asthma, cancer, neurotoxicity, cardiovascular disease, and poor mental health.

Housing affordability

Affordable housing enables people to pay for other basic needs such as utilities, food, and medical care, which can reduce the incidence of negative health outcomes such as malnutrition, diabetes, anxiety, and depression.

Housing community

Neighborhoods free from segregation and concentrated poverty, and in which residents have close and supporting relationships with one another, can improve physical and mental health by reducing stress and exposure to violence and crime as well as improving school performance and civic engagement.

Housing location

Easy access to public transportation, parks and recreation, quality schools, good jobs, healthy foods, and medical care can help reduce the incidence of chronic disease, injury, respiratory disease, mortality, and poor mental health.

Source: Adapted from Human Impact Partners, 29th Street/San Pedro Street Area Health Impact Assessment (2009), accessed Jan.22, 2016, <http://www.humanimpact.org/downloads/san-pedro-st-area-hia-full-report>

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HOW HOUSING CAN IMPROVE HEALTH AND WELL-BEING

There are many opportunities to promote health by addressing housing conditions including:



Healthy housing is becoming more important in light of



URBAN GROWTH



AGEING POPULATIONS



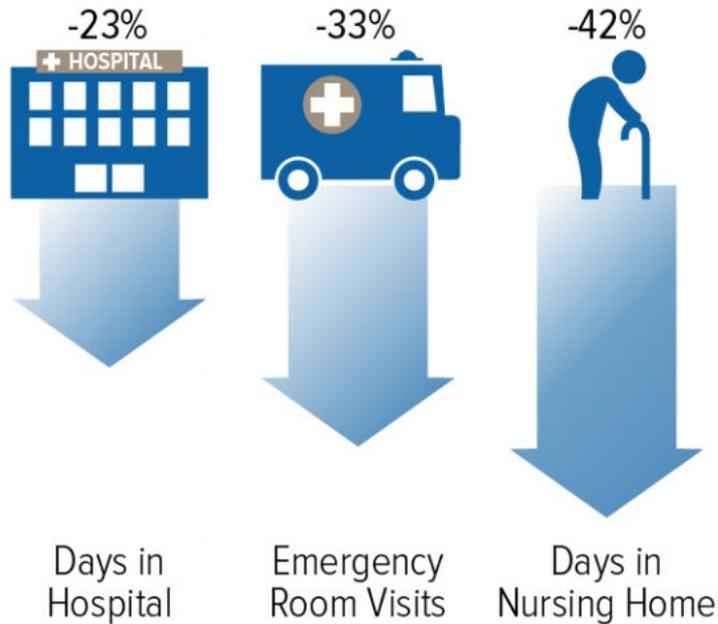
CLIMATE CHANGE

HEALTHY HOUSING FOR A SUSTAINABLE FUTURE

#EnvironmentalHealth

Supportive Housing Can Produce Health Care Savings

Combining affordable housing with intensive services for a high-needs group saved an average of over \$6,000 a year per person in health care



Note: Intensive services include help finding housing, working with a landlord, physical and behavioral health care, assistance finding employment, and others.

Source: Anirban Basu, *et al.*, "Comparative Cost Analysis of Housing and Case Management Program for Chronically Ill Homeless Adults Compared to Usual Care," *Health Services Research*, February 2012, Vol. 47, No. 1, Part II, pp. 523-543.



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FORGOING CARE TO PAY THE RENT

A national survey of renters and medical professionals shows families – especially cost-burdened renters – make tough tradeoffs between housing and health care.



+54% delayed care due to costs. This group missed out on:



check-ups **42%**



care while sick **38%**



over-the-counter medications **35%**

AMONG SEVERELY COST-BURDENED RENTERS*:



45% didn't follow a doctor's treatment plan due to costs

Mercy Housing Northwest

Mercy Housing Northwest owns and operates 54 properties throughout Washington and Idaho, providing over 5,000 families and seniors a place to call home at below-market rent. We believe a family or senior's lack of financial resources should not determine their ability to access high quality and safe affordable housing. Beyond housing, we provide onsite resident services that focus on five key program areas – housing stability, health and wellness, community engagement, education and financial well-being. Providing these critical programs right where residents live ensures that home is a platform for kids to thrive in school, for families to improve their financial stability, and for residents to have greater knowledge and access to improve their health and wellness. When combined with the stability, security, and pride of having a place to call home, these services help Mercy Housing Northwest residents work toward self-sufficiency and break the cycle of poverty.

Research shows that for people that have access to good, affordable housing:



Medicaid costs



Primary care visits



E.R. visits



accumulated medical expenses

Residents also reported better access to and quality of health care

Source: Center for Research Outcomes and Education, 2015



PLACE MATTERS

The Arizona Partnership for Healthy Communities "Place Matters" series identifies how factors outside of health care impact health, identifies successful evidence-based practices for improving health outcomes, and demonstrates evidence of cost savings in healthy communities work. This piece in the series examines the connections between housing and health.



ARIZONA PARTNERSHIP FOR
HEALTHY COMMUNITIES



Families who have trouble paying for housing are 84% more likely to delay necessary medical care and 116% more likely to postpone purchasing needed medications.

Only 1 out of every 4 extremely low income renters can find an affordable apartment in Arizona.



\$100B



Health care costs for treating diseases caused by obesity are estimated at approximately \$100 billion. Investment in prevention - including housing and healthy communities - reduces overall health care costs.



Residents of the most walkable communities within the county are more likely to meet the U.S. Surgeon General recommended 30 minutes per day of moderate activity.

**QUALITY
OF LIFE**



Seniors in supportive housing are half as likely to enter nursing homes as seniors in buildings without supportive services.

A Housing First program in Seattle serving homeless individuals with severe alcohol problems showed a health care costs savings of \$42,964 per person per year. This more than offsets the \$13,440 per person costs of housing and services provided to program participants.

\$43K

PER PERSON
PER YEAR
SAVINGS



Housing And Health: An Overview Of The Literature

Lauren Taylor

There is strong evidence characterizing housing's relationship to health. Housing stability, quality, safety, and affordability all affect health outcomes, as do physical and social characteristics of neighborhoods.

JUNE 7, 2018

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THE MARIN CITY HEALTH CLINIC?

Over 60% of the population is on Medicaid. In 2016, by a grassroots effort to provide accessible health services to low-income families of a historically African American community, we are an FQHC serving patients of all ages in 4 clinic locations in Marin and San Francisco.

Our vision is to provide innovative health and wellness services to all, with the goal of African American health equity.

- Health Services
- Assisted Recovery
- Community Services

Architecture

A Vision for the Future of Equitable Healthcare

MARIN CITY HEALTH & WELLNESS CENTER

This new one-of-a-kind program includes an inclusive approach to health services including medical, dental, and mental health services with the addition of on-site affordable housing and staff.



Future



Community Hub East View

Additional Resources describing the connection between housing and health:

- <http://arizonahealthycommunities.org/wp-content/uploads/2018/04/APHC-HousingHealth-White-Paper-4-11-18.pdf>
- Robert Wood Johnson Foundation
- RWJF Commission to Build a Healthier America
- *American Journal of Public Health*
- Public Housing & Primary Care: <https://nchph.org/resource-center/data/>