

## **THE FOREST AVENUE PROGRAM**

### **DESCRIPTION:**

Forest Avenue located at 1476 Forest Avenue in Portland provides housing and support for 8 individuals. The main building is a *transitional housing unit* for 4 people (up to 3 months). Referrals come from inpatient hospital settings, individuals awaiting residential treatment settings, or those who need additional assessment to determine the appropriate level of support needed in a long-term housing plan. When a vacancy exists, admission is possible within 3 days. The program collaborates with the Regional Mental Health team leader to establish priorities.

Short-term goals will be established with input from the resident and their treatment team. Goals can be adjusted according to ongoing assessment of the resident's areas of strength and growth. Forest Avenue staff will focus on those areas relating to the transition to a more permanent setting.

Each resident has a private bedroom. The kitchen, living room, and bathroom areas are shared within the main building. There is an additional staff area for tenants and support providers to meet with staff. Food and all basic supplies are provided.

On the same site are 3 apartments where 4 individuals have *permanent housing*. They receive support from the same staff. Staff will provide assistance as necessary to prepare meals and help with housekeeping. To qualify for this program, applicants must have a diagnosis of a major mental health disability.

### **STAFFING:**

The 24-hour residential support staff provides medication supervision, personal supervision, and social and daily living skills training, supportive counseling, crisis intervention, and coordination with the tenant's community support team. Because single staffing is often the case, transportation for tenants is not possible.

### **RENTS AND FEES:**

Rooms: Tenants pay \$425 per month and a security deposit of one month's rent.

Apartments: Contract rents are based on fair market rent guidelines. Shelter+Care, BRAP, and Section 8 tenant-based rent subsidies are accepted. A security deposit of one month's contract rent is required.

### **REFERRAL PROCESS:**

Referral to Forest Avenue is made directly to the Intake and Referral Coordinator at 874-1080.

### **FUNDING**

Funding is provided through the Maine Department of Health and Human Services, MaineCare, tenant-based rent subsidies, and tenant rents.