Concurrent Session Six:

Everyone Means Every One: Home Design Solutions for Individuals on the Autism Spectrum or Transitioning from Homelessness
Everyone Means Every One: Home Design Solutions for Individuals on the Autism Spectrum or Transitioning from Homelessness

Christopher Ptomey
ULI Terwilliger Center for Housing
Moderator

Denise Resnik
First Place

Laura Rossbert
Shopworks Architecture
Design Principles

- **Equitable Use**: The design does not disadvantage or stigmatize any group of users.

- **Flexibility in Use**: The design accommodates a wide range of individual preferences and abilities.

- **Simple, Intuitive Use**: Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

- **Perceptible Information**: The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.
Design Principles

• **Tolerance for Error:** The design minimizes hazards and the adverse consequences of accidental or unintended actions.

• **Low Physical Effort:** The design can be used efficiently and comfortably, and with a minimum of fatigue.

• **Size and Space for Approach & Use:** Appropriate size and space is provided for approach, reach, manipulation, and use, regardless of the user's body size, posture, or mobility.

(Institute of Human Centered Design)
What is Trauma?

• At least 61% of adults have experienced at least one adverse childhood experience
• Implications of traumatic stress:
  • Shift brain’s response to reward and pleasure
  • Trigger a constant state of fight, fight, or freeze
• Stress response system is impacted – goes from being adaptive to being health damaging

For More: Visit Dr. Nadine Burke Harris’ Ted Talk on Trauma
Affordable Housing Services: Trauma Informed Care Best Practices

• Safety
• Trustworthiness and Transparency
• Peer Support
• Collaboration and Mutuality
• Empowerment, Voice and Choice
• Cultural, Historical, and Gender Issues

“What looks like resistance is resiliency”

“People are not giving you a hard time; they are having a hard time”
Designing Arroyo Village

• 12,000 SF Homeless Shelter serving women and transgender individuals
• 35 one-bedroom units of supportive housing (0-30% AMI)
• 95 one, two, and three-bedroom units of workforce housing (30-50% AMI)

Services would be offered with a trauma informed lens – how create a building that also helps facilitate that healing from trauma?
Research Study

- 3 SITE TOURS
- 11 FOCUS GROUPS
- 59 SURVEYS
Three C’s of Designing for Health and Healing

Health & Wellness

Building Systems

Connection

Choice

Comfort

Community
OTHER CONSIDERATIONS

- CHOICE
- COMFORT
- COMMUNITY
Core Values of a Trauma-Informed Approach

1. DIGNITY, HOPE, & SELF-ESTEEM
2. EMPOWERMENT & PERSONAL CONTROL
3. SAFETY, SECURITY, & PRIVACY
4. PEACE OF MIND
5. COMMUNITY & CONNECTION
6. JOY, BEAUTY, & MEANING
Trauma Informed Design Resources

- SAMHSA – Trauma Informed Care
- Design Resources for Homelessness: Dr. Jill Pable
- Enterprise 2020 Green Communities Criteria
- Dr. Nadine Burke Harris’ work on trauma
- What have you learned in your buildings?

Stay in touch!
Laura Rossbert, COO
Shopworks Architecture
laura@shopworksarc.com
Fueling a New Wave of Residential Options...
Community is not just a physical location, but an emotional connection, too. It’s defined by those you care about and trust to care about you. It’s where you can be yourself and experience life knowing there are always people in your corner.

- Denise D. Resnik, Matt’s Mom and First Place® AZ Founder, President/CEO
Ensuring that housing and community options are as bountiful for adults with autism and other neurodiversities as they are for everyone else.
WHO WE ARE

• Individual- & family-focused
• Neuro-inclusive
• Research-based
• Collaborative
• Impact-oriented

• Transparent
• Pioneering
• Steppingstones
• Beautiful & functional
• Home sweet home

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WHO WE’RE NOT

- Licensed
- Medical home
- Assisted care/congregate housing
- For those needing 24/7 care & support
- For those with self-injurious/violent behaviors

There is no one-size-fits-all approach. Societal costs can be dramatically reduced and quality of life increased when the right lifelong living and learning opportunities are available and accessible.

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First Place-Phoenix

- Informed by more than two decades of research, evaluation & exploration
- Backed by public, private, nonprofit & philanthropic collaborations
- Designed for replicability, scalability, financial sustainability and impact
- Sister study to Opening Doors now underway in collaboration with the Autism Housing Network, Urban Land Institute, ASU Morrison Institute, among others
First Place Features
- Provide building security
- Maximize familiarity

Construction Features
- Foster health & wellness
- Ensure durability

Design Features
- Provide opportunity for choice & independence
- Minimize sensory overload

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“Our residential model will demonstrate a variety of best practice, replicable housing options for adults with ASDs and related disorders; scalable frameworks through public/private/nonprofit collaborations; and community integration/engagement, safety/security and the comforts of home.” – 1999 SARRC Housing Strategic Plan
MULTI-USE DEVELOPMENT
Innovative Residential Model

1. Supportive Amenities for Residents 18 years & Older; Ready for Growth & Greater Independence
2. Apartments/ Housing with Supports (for Residents)
4. Transition Academy (for Participants/Students)

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KINTSUGI: JAPANESE ART OF GOLDEN REPAIR
Supportive & Connected Community

“Most Autism-Friendly City in the World” - PBS NewsHour
Community Development
TRANSLITION
ACADEMY
COMPONENTS

Transition
Career Education
Functional
Social
Academic
Outcomes are based on the First Place Transition Academy program operated by the Southwest Autism Research & Resource Center (SARRC), including the Learn4Independence® curriculum.

94% were employed upon graduation.

50% of graduates had never been employed prior to enrollment.

55% of graduates live at First Place properties.

89% live outside of family home after program completion.

39% of graduates are from out of state.

Only 28% of graduates had experienced living outside family home prior to enrollment.
Home Sweet HOME

Outreach

What does the research show?

MISSION VITAL WORK
Enabling America to live with autism

EARLY DETECTION
Research, advocacy, and family support programs

Home Sweet HOME

Support

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Earning Public Support

BY DENISE D. RESNIK, First Place® AZ Founder/CEO and SARCC Co-Founder

innovation sometimes necessitates a certain measure of disruption — shaking up the status quo, breaking away from the confines of public policy and laying around and over roadblocks until we can inspire a new, more effective direction.

As ever more nonprofit, the relationship between SARCC and First Place® AZ is a testament to the benefits — and results — of joining forces as innovative change agents in the field of autism. It hasn’t happened swiftly, considering SARCC was founded 22 years ago and First Place just seven years ago.

Over time, our shared goal of supporting individuals with autism and their families across the spectrum and their families throughout their lifetimes — with the chance for more choices in education, housing, healthcare and career opportunities leading to greater independence — exemplifies collaboration among the philanthropic, public, private and nonprofit sectors and its collective impact.

Consider that SARCC’s early intervention programs started through philanthropic funding, allowing us to envision, develop and critique models and form what was and wanted working. Our bold vision was to create a school demonstrating an intensive early-intervention program in a more natural classroom environment for children with and without autism at a fraction of the cost and with better outcomes.

Founded in 2006, the Community School at SARCC was funded through a three-year “demonstration grant” from the State of Arizona. Favorable results enabled us to work with the broader community to pass Arizona legislation allowing families to pay for the Community School program using insurance benefits. Today, the school is one of SARCC’s most successful programs, with a doubling in the number of classrooms since it opened, an expansion into Tempe and another in planning stages.

Fast-forward and consider that First Place and SARCC continue to innovate, with a critical pivot toward addressing adult issues and demonstrating a new model. After four years of operating the First Place Transition Academy as a private-pay and philanthropically supported initiative, several participants who are members of the Arizona Division of Developmental Disabilities have the opportunity to apply a portion of their Arizona Long-Term Care System support to Academy tuition. This is a positive step toward offering a more equitable and inclusive program.

Each outcome is the result of collective perseverance and strategic partnerships, creating the social capital that helps us innovate, learn, reduce or avoid and ultimately succeed. We are particularly grateful for the team, led by visionary like Arizona Department of Economic Security Director Michael Stoffer, a longtime supporter of our work who has consistently challenged us to overcome roadblocks and consider “how government can make sense of it all” through new opportunities as a fraction of the cost, with better outcomes and more hopeful futures.

Social capital facilitates coordination and cooperation, helping build a framework for change for the better. Together, SARCC and First Place are a powerful force for change when innovation demonstrates meaningful, improved quality of life and economic outcomes — to the benefit of us all.

For more information on First Place, visit firstplaces.org
Support
Building a community of diversity, pride and purpose™ through daily planned activities, the celebration of firsts, the rhythm of the year and spontaneous fun.
firstplace

Community
Retention 80%
Occupancy 75%
Residents employed or volunteering 80%
Paid employment 70%+
Full-time jobs with benefits 20%

FIRST PLACE APARTMENTS: 18 MONTHS AFTER OPENING

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500 JOBS OVER THE NEXT 5 YEARS FOR PEOPLE WITH AUTISM & OTHER NEURODIVERSITIES
ASKING TOUGH QUESTIONS

Looking up and out to marketplace principles and the evolution of other sectors for answers
FIRST PLACE GLOBAL LEADERSHIP INSTITUTE’S FIVE CENTERS

Maricopa County IDA Center for Education, Training & Employment

Center for Real Estate & Community Development

Colonel Harland Sanders Center for Applied Research

Mulzet Center for Expression/Communication

The Daniel Jordan Fiddle Foundation Center for Public Policy

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THE FIRST PLACE GLOBAL LEADERSHIP INSTITUTE ADDRESSES 10 PRIORITY ISSUES

- Quality of Life
- Isolation
- Housing Crisis
- Business Models
- Support Staff
- Public Policy
- Research
- Adult Medical Care
- Technology Platforms
- Heterogeneity
BUILDING THE SUPERHIGHWAY

We must restructure the way government funding is allocated to housing resources in order to grow a sustainable real estate supply over time.

First Place Financial Stack
• Philanthropy
• Private funding
• New Markets Tax Credits

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HOUSING & COMMUNITY
Defining the Nomenclature & Segmentation Fueling Marketplace Options for a Neurodiverse Population
Speaking the Same Language

• Foundational nomenclature for housing and service delivery models
• Further defining market segments
• Establishing best practices and guiding principles
• Helping drive crucial partnerships that address pressing needs
• Resource for scholars, direct service providers, policymakers, researchers and other stakeholders

The report will be informed through data collection, research, think tanks and collaboration with various industry thought leaders culminating in a report, collateral materials and videos.
DATA-DRIVEN INDICATORS

• Quality of Life Survey based on standardized outcome indicators (i.e., SAMHSA National Outcome Measure; National Core Indicators as adopted by AHCCCS/ALTCS)

• Developed jointly by First Place AZ and Autism Housing Network/Madison House Foundation®
Celebration of Firsts
Celebration of Firsts
<table>
<thead>
<tr>
<th>Don’t fall in love</th>
<th>Don’t fall in love with or marry your plan too soon.</th>
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<tbody>
<tr>
<td>Recognize</td>
<td>Recognize there’s no one-size-fits-all approach.</td>
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<tr>
<td>Invest</td>
<td>Invest early in research and discovery to inform your vision.</td>
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<tr>
<td>Appreciate</td>
<td>Appreciate that timeouts are not just for kids.</td>
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<tr>
<td>Focus</td>
<td>Focus on life course outcomes.</td>
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<tr>
<td>Explore</td>
<td>Explore treasures in your own backyard. There’s no place like home!</td>
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*Refer to our Fall 2018 Series
HOME IS...

a nurturing place that makes me feel better when I'm sick, grounds me when I'm well and brings forward the warm memories of fun times and cherished people in my life.
where I can be the same and different.
a place I can cook a meal just the way I like it.
a place that makes me happy and a place where I find comfort when I’m sad.
a powerful, very special place.
a place where I feel good and look good no matter what I’m wearing.
where I can speak any language and be understood.

that has rules so others can enjoy their privacy and be comfortable—and I can, too.

a place where I can dream with or without a pillow.

my most sacred space and place.
GLOBAL LEADERSHIP INSTITUTE SYMPOSIUM

APRIL 22-24, 2020
My FAVORITE FIRST...

When I took the Light Rail.

--Rock Aaron Fillipitch
Networking Lunch
11:45am - 1:00pm
Sevilla
FEBRUARY 24-26, 2020 I MIAMI, FL

Housing Opportunity Conference