The Hawai‘i Pathways Project was administered by the Alcohol and Drug Abuse Division of the Department of Health with funding from SAMHSA’s Cooperative Agreement to Benefit Homeless Individuals for States grant. Program services were provided by the Helping Hands Hawai‘i and Catholic Charities Hawai‘i, and program evaluation was conducted by the Center on the Family at the University of Hawai‘i.

The Hawai‘i Pathways Project was the first in the state of Hawai‘i to adopt the evidence-based Pathways Housing First model, which is designed to promptly connect chronically homeless people to permanent housing, without precondition, and then to address any underlying issues around mental health, addiction, medical care, income, and education using a client-driven, harm reduction approach. This project was implemented with high fidelity to the Pathways Housing First model.

**Pathways Clients**

- **134**
- **Avg. Age 50 yrs. (24–76)**
- **72% Male**
- **26% Female**
- **2% Transgender**

**Living Situation at Program Enrollment**

- **7% Institutionalized**
- **24% Sheltered**
- **69% Unsheltered**

**Ethnicity**

- **2% Black**
- **16% Other/2+ races**
- **40% Hawaiian or other Pacific Islander / Part HOPI**
- **34% Caucasian**
- **8% Asian**
- **2% Other/2+ races**

**Housing First**

**VI-SPDAT Score**

- **25% 10**
- **19% 11-12**
- **37% 13-14**
- **20% 15-16**

**Length of Homelessness**

- **1-2 years**
  - **23% 3-5 years**
  - **28% 6-9 years**
  - **23% 10+ years**

**Substance Use and Mental Disorders**

- **60% Co-occurring**
- **15% SMI * **

VI-SPDAT is a homeless service triage tool where a score of 10-20 (version 1) is recommended for permanent supportive housing.

Number of years experiencing continuous homelessness prior to entering Pathways.

Diagnosis at program entry

* serious mental illness
The Hawai’i Pathways Project provided treatment and support services through a hybrid model of Assertive Community Treatment (ACT) and Intensive Case Management (ICM).

Service Encounters
- 80% Successful
- 20% Attempted
- 10,500+ Contacts

The service team staffed with 8-14 workers, with an average of 8 full-time employees over the 3-year period. It was a multi-disciplinary team consisted of housing specialists, mental health counselors, nurses, peer support specialists, psychiatrists, social workers, substance abuse counselors, and vocational specialists.

Types of Services Used by Clients
- 32% Housing support
- 27% Treatment
- 18% Case management
- 3% Health education
- 16% Peer support
- 3% Medical
- 2% Employment

The Pathways team delivered services to clients via home visits or in places where they were needed, without time limits. Service planning was based on a client-centered approach where the client’s choice drove the decision on the type, frequency and intensity of services to be provided.

Average number of successful contacts per client per month was 2.9
- Pre-housing: 2.8
- Post-housing: 4.2

Clients enrolled in Pathways for 22 months on average (range: 1 to 36 months) by the end of the grant.
**HOUSING**

- Scattered-site, private market housing
- Clients paid 30% of income toward rent

99 clients moved into permanent housing

38% of clients were housed within 4 months of program enrollment

The average length from program entry to housing placement was 8.5 months

<table>
<thead>
<tr>
<th>Source of Housing Voucher</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Housing First Increment I</td>
<td>10</td>
</tr>
<tr>
<td>City Housing First Increment II</td>
<td>20</td>
</tr>
<tr>
<td>HUD Shelter Plus Care</td>
<td>20</td>
</tr>
<tr>
<td>HUD VASH</td>
<td>6</td>
</tr>
<tr>
<td>HUD HOPWA</td>
<td>4</td>
</tr>
<tr>
<td>State Housing First</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>80</strong></td>
</tr>
</tbody>
</table>

- Pathways received vouchers from permanent supportive housing programs as they became available through turnover and new Housing First funding
- Due to the scarcity of permanent supportive housing vouchers, only 74% of the clients were housed by Pathways

**Source of Housing Voucher**

**Housing Locations**

**90% Housing Retention Rate**

- 7% returning to homelessness
- 3% leaving the program to unknown destinations

13 clients relocated 1-3 times due to:

- Poor housing conditions
- Illegal-drug-related activity
- Client's choice
- Other lease violation

11 withdrew from the program due to death (7) or because the clients required long-term nursing or acute care (4)

**Clients Remaining in Housing at End of the Grant**

- Average length of housing stability was 13.9 months (range: 0.1 to 34.2 months)
PROGRAM OUTCOMES

- changes among clients after moving into stable housing
- based on client interviews; most of the questions referenced the 30 days before the interview

From baseline to follow-up, the number of housed clients who...

reported current health status as excellent, very good, or good
increased by 42% from 24 to 34 clients

had not been physically hurt
increased by 38% from 48 to 66 clients

had abstained from alcohol or illegal drugs
increased by 41% from 17 to 24 clients

had not experienced substance-use-related health, behavioral or social consequences
increased by 36% from 42 to 57 clients

experienced non-drug-related psychological or emotional problems
decreased 16% from 55 to 46 clients

Serious depression
from 55 to 46 clients

Serious anxiety or tension
from 53 to 44 clients

Had trouble understanding, concentrating or remembering
26% from 47 to 35 clients

Extremely or considerably bothered by these problems
47% from 34 to 18 clients

Used alcohol or drugs
decreased 3%
from 30 to 29 clients

...number of days alcohol was used
32% from 425 to 290 days

Used illegal drugs
34% from 35 to 23 clients

...number of days illegal drugs were used
47% from 530 to 280 days

30-day health care utilization, self-reported

<table>
<thead>
<tr>
<th>Type of Setting</th>
<th>Baseline</th>
<th>Follow-Up</th>
<th>% of Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>ER, # of visits</td>
<td>74</td>
<td>26</td>
<td>-65%</td>
</tr>
<tr>
<td>Inpatient, # of nights</td>
<td>231</td>
<td>42</td>
<td>-82%</td>
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<tr>
<td>Outpatient, # of visits</td>
<td>267</td>
<td>145</td>
<td>-46%</td>
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</tbody>
</table>

Estimated health care costs

<table>
<thead>
<tr>
<th>Type of Setting</th>
<th>Baseline</th>
<th>Follow-Up</th>
<th>Difference</th>
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</thead>
<tbody>
<tr>
<td>ER, est. @ $1,233 per visit</td>
<td>$123,242</td>
<td>$32,058</td>
<td>$91,184</td>
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<tr>
<td>Inpatient, est. @ $1,919 per night</td>
<td>$443,289</td>
<td>$80,598</td>
<td>$362,691</td>
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<tr>
<td>Outpatient, est. @ $199 per visit</td>
<td>$53,133</td>
<td>$28,855</td>
<td>$24,278</td>
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<tr>
<td>Average costs per client</td>
<td>$8,162</td>
<td>$1,965</td>
<td>$6,197</td>
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</tbody>
</table>

Note: Of the 75 clients who were interviewed at program intake and after housing placement, 72 were included in the health care analysis and 3 were excluded due to missing data. Estimated costs were calculated by multiplying the total usage with the average cost for each type of service based on recent research literature. References are provided in the "Hawai’i Pathways Project: Final Report" available from the Center on the Family website.

Average Cost per Client

**ESTIMATED REDUCTION IN HEALTH CARE COSTS** $6,197

**HOUSING FIRST**

- Housing voucher $1,100
- Pathways supportive Services $850

**ESTIMATED NET SAVINGS** $4,247