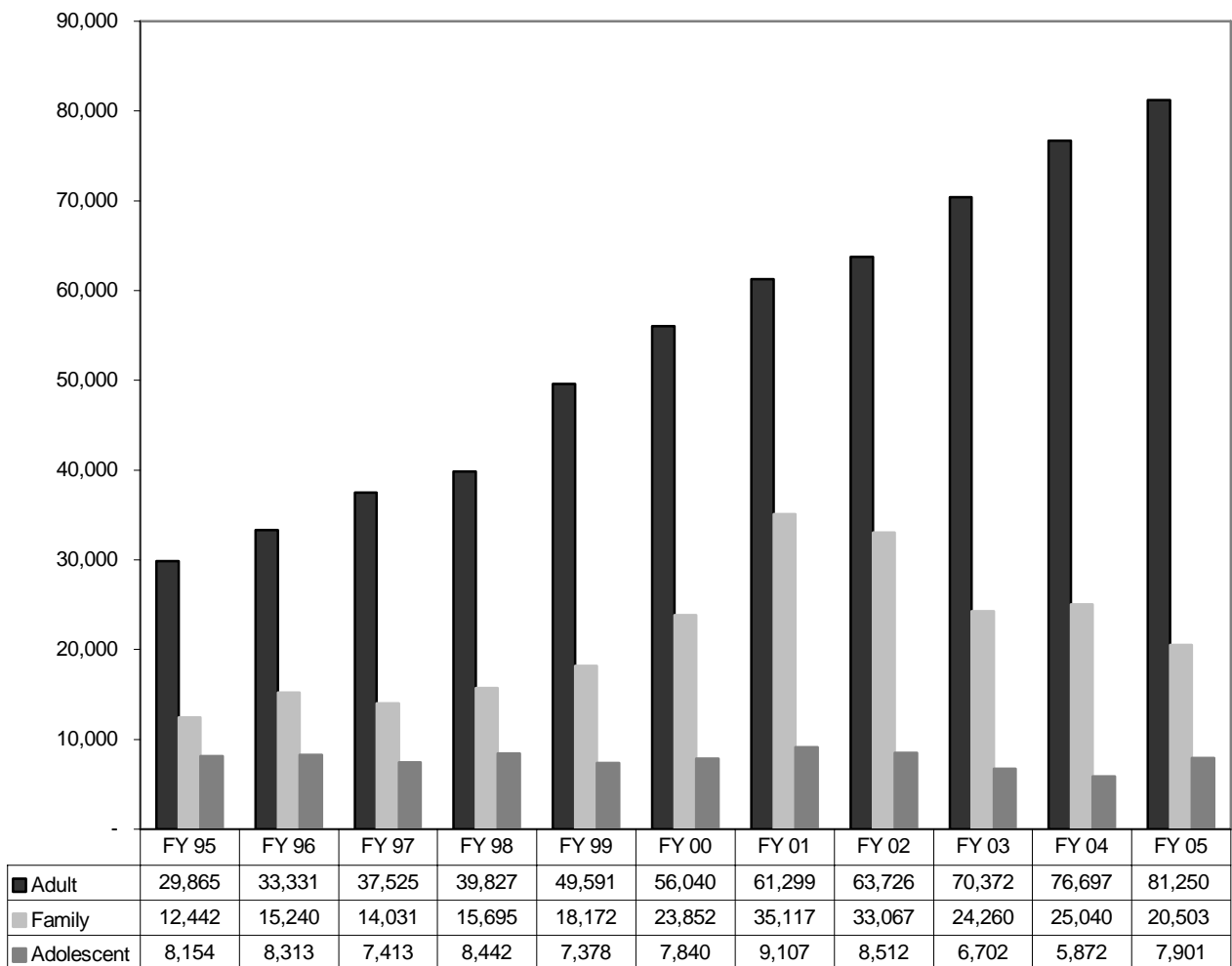


# Point-in-Time Survey of Homelessness in the City of Portland, Maine

## 2006

Annual Shelter Bed Usage in the City of Portland, Maine: 1995 - 2005



Health and Human Services Department  
City of Portland

<http://www.portlandmaine.gov/hhs/hhsreports.asp>

## **Acknowledgements**

*I would like to take this opportunity to acknowledge our coordinating community partners and individuals residing in homeless shelters who participated in this year's Point-in-Time Survey. The data we capture assists in developing strategies for reducing homelessness and in planning for alternative housing options for the future. On behalf of the City of Portland, Maine, I thank all of you for participating in this very important endeavor.*

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Family Crisis Services  
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City of Portland  
Health & Human Services Department  
Social Services Division  
Family Shelter & Oxford Street Shelter

Preble Street  
Lighthouse Shelter  
Consumer Advocacy Project (CAP)

Milestone Foundation, Inc.  
Milestone Shelter

MAPS/My Choice  
My Choice Shelter

Youth Alternatives, Inc.  
Reardon's Place

YWCA of Greater Portland  
Women's Shelter

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# Executive Summary

The Portland Point-in-Time (PIT) survey was conducted on January 17, 2006, in concert with Maine's two other Continuums of Care. The methodology included a one-night census of homeless people in Portland emergency shelters and outreach to streets and campsites to find unsheltered homeless (none were found). In addition, shelter residents were asked to complete detailed surveys to learn more about their housing history, health and employment status, and future needs. Of 300 emergency shelter guests in Portland on the night of the survey, 243 were eligible to complete the survey and 186 agreed to answer at least some questions (a 77% response rate). Their responses provide a snapshot of Portland's homeless population in early 2006.

The picture of homelessness has changed since April 2004, when the last PIT survey was conducted. Among the positive trends appeared to be:

- A smaller percentage of respondents were chronically homeless (26% as compared to 37% in 2004), which likely reflects the opening of Logan Place, a 30 unit Single Room Occupancy (SRO) for chronically homeless men and women;
- 33 individuals were veterans; of these, 58% were enrolled in VA services. This represents a significant increase from 2004, when only 4 (13%) of that sample said they were enrolled.
- Only 56% of those reporting a disability said they were not receiving disability benefits, down from nearly 80% in 2004.
- Nearly two-thirds of respondents said they were receiving some form of public assistance, a complete reversal from 2004, when 74% reported they received no public assistance at all.
- In 2004, only 40% of respondents reported any monthly income; in 2006, 59% of those responding said they had some income every month. In addition, the median income reported increased from \$400-\$599 in 2004 to \$600-\$799 in 2006.

Despite these positive trends, there were some troubling findings as well:

- In 2006, incarceration was the fifth leading reason people gave for leaving their last residence. While incarcerated individuals are not considered homeless, upon their release this history makes it difficult for them to secure permanent housing. This reflects a growing national trend in the reasons for homelessness.
- Homelessness affects many more people than just those in shelters; adult respondents indicated they were the custodial parent for 24 children who were living with other family members (and were thus not in the shelter on the night of the PIT).
- Close to 80% of those responding indicated that they had some sort of disabling condition. While only half believed that their disability limited their activity, the high incidence of mental illness, substance abuse, physical health or co-occurring disorders certainly does complicate efforts to achieve stability.

- Compared to 2004, there was a slight decrease in the percentage of homeless people receiving MaineCare or Medicare, and a corresponding increase in the percentage of those who report having no health insurance at all.
- In 2006 a greater percentage of respondents reported being unemployed, though able to work. In 2006, 55% of the total sample was unemployed, compared to 42% in 2004.

## Key Findings

- Of the 186 survey respondents, 71% of adult survey participants were males and 29% were females.
- 72% (127) of Portland's homeless respondents reported having a high school education or less. In contrast, this is the case for only 37% of Portland's population. In Maine and the US as a whole, only half of adults over 25 have a high school education or less.
- 81% (145) of people in the shelters were white, non-Hispanic, and did not indicate a racial identification. Of the remainder, 12% (22) were Black or African American and 7% (12) were Native American.
- Almost half (48% or 79) of the respondents reported being limited by a disability; of these two-thirds said they had a physical illness, 51 (65%) had a mental health issue, and 35 (44%) had a substance abuse issue. Almost one-third admitted to having both a substance abuse and mental health issue.
- Altogether, nearly 4 out of 5 respondents indicated that they had a disability. More than half of these (56%) were not receiving disability benefits. This is a significant improvement from 2004, when nearly 80% of those reporting a disability were not receiving benefits.
- Almost three times as many homeless respondents reported feeling depressed from 8-29 days in the preceding month as in the Maine or US samples of the Behavioral Risk Factor Surveillance System (BRFSS) is a national telephone survey which tracks health risks of the American public.
- The most frequently cited health problems of survey respondents were depression/anxiety (91), back or neck problems (74), and dental problems (72).
- Just over one-third of survey respondents had been to the dentist in the past year. This compares favorably to the 2004 survey, when only one in five respondents had been to the dentist in the past 12 months.
- 28% of respondents indicated that they routinely used hospital emergency rooms for health care; this is down slightly from 34% in 2004.
- 75% (165) of survey respondents report receiving some public assistance in the form of General Assistance (GA), housing subsidies, or food stamps.<sup>1</sup> This is a substantial improvement over 2004, when 74% reported not receiving any form of public assistance.

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<sup>1</sup> Housing subsidies include Section 8, Shelter+Care, BRAP, and RAC+

- Despite a smaller sample size in 2006, more respondents than in 2004 reported having difficulty accessing housing subsidy (24 v. 14) and help in locating suitable housing (21 v. 11). Interestingly, almost half (46%) of the sample said they did not need housing subsidies, which is surprising given that nearly 8 out of 10 have incomes at or below the federal poverty guidelines.
- No unsheltered homeless people were found the night of the survey, hardly surprising in that January temperatures can drop well below the freezing mark at night.
- Relative to 2004, a higher percentage of the 2006 respondents came from Portland, but a higher percentage also came from other Maine towns. There was a reduction in the number of homeless people reporting that their last residence was in another state.
- As in 2004, the top four reasons for not paying rent were inability to pay rent, family break-up, eviction, and domestic violence. In 2006, however, incarceration was the fifth leading reason for leaving the last residence.

# Introduction

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## *Point-in-Time (PIT) Survey Methodology and Key Players*

The Portland Continuum of Care (CoC) conducted the Point-in-Time Survey on January 17, 2006, as part of a statewide census of homeless people.<sup>2</sup> In cooperation with the Penobscot and the Balance of State Continuums of Care, on the night of the 17<sup>th</sup>, Portland service providers and advocates counted the number of homeless people in shelters as well as those living on the streets or in other places unfit for human habitation. In addition to the simple count, homeless people were asked to complete a detailed survey in order to gain a clearer picture of their history of homelessness, specific needs, and barriers to achieving stability in permanent housing.

On the same night, volunteers completed an inventory of available beds in emergency shelters and transitional housing serving homeless people. This permitted a comparison between the capacity of the system to provide emergency housing, and the demand from people who were homeless that night. Because the PIT survey was coordinated and administered statewide on the same night, it produced an unduplicated count of homeless people and system capacity that is extremely valuable for planning purposes.

The 2006 survey instrument builds on one that was first developed for use in April, 2004. The survey was conducted between 4pm and 5am on January 17<sup>th</sup>. Homeless individuals over the age of 18 (or younger if in a youth shelter) were approached to be interviewed. For homeless families, interviewers approached the head of household. The response rate (eligible individuals who agreed to be interviewed) was 77%.

### **Key Players**

**Emergency Shelter Assessment Committee (ESAC)** – In 1987, the United Way of Greater Portland and the City of Portland formed the Emergency Shelter Assessment Committee (ESAC) in response to community concerns regarding the lack of shelter services for Portland’s homeless population. ESAC’s mission is to monitor usage of shelter beds and support services that help homeless individuals achieve stability. In 1996, Portland’s City Council designated ESAC to serve as the governing board for Portland’s Continuum of Care in order to qualify for U.S. Department of Housing & Urban Development (HUD) funding. ESAC’s membership includes service providers, consumers, local and state government representatives, advocates, and others. Its members work collaboratively to ensure the safety and well-being of people who are homeless in Portland.

**HUD Continuum of Care** – In 1994 HUD established the Continuum of Care approach to planning, implementing, and evaluating housing and services for homeless individuals and families. Through this consolidated funding mechanism, HUD encourages communities to coordinate emergency, transitional, and permanent housing with social services and homelessness prevention activities, and to report back on the success of these efforts in helping homeless people achieve stability.

The lead entity for the Portland Continuum of Care is the City of Portland’s Health & Human Services Department, Social Services Division. The organizations involved in the Portland Continuum of Care include the City of Portland Health & Human Services Department, Social Services Division and Public Health Division; MAPS/My Choice, Preble Street; Milestone

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<sup>2</sup> The US Department of Housing and Urban Development mandated that each CoC nationally conduct a homeless survey during the 3<sup>rd</sup> week in January, 2006.

Foundation, YWCA of Greater Portland, My Choice, Portland West, Ingraham, Inc.; Shalom House, Inc.; Avesta Housing Development Corporation, and Maine's Department of Health & Human Services.

In January of 2006, HUD awarded the Portland Continuum of Care \$2,502,206 for permanent housing for chronically homeless adults, Shelter Plus Care Housing subsidies, employment counseling and training, transitional housing, counseling and case management services for parenting teens, transitional housing and services to homeless youth, employment services, and a community Homeless Management Information System.



## ***Homelessness***

The definition of homelessness controls who may receive services paid for by the Department of Housing and Urban Development (HUD), which is the primary federal agency which funds housing and services for homeless people. HUD defines homelessness to include individuals and families with children who:

- (1) lack a fixed, regular, and adequate nighttime residence; and
- (2) have a primary nighttime residence that is<sup>3</sup>--
  - (A) a supervised publicly or privately operated shelter designed to provide temporary living accommodations (including welfare hotels, congregate shelters, and transitional housing for the mentally ill);
  - (B) an institution that provides a temporary residence for individuals intended to be institutionalized; or
  - (C) a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.

HUD recognizes that within this broad category of homeless people there is a subset who have a long history of homelessness. Since the Bush administration has a goal of eliminating chronic homelessness by 2012, many resources are directed towards those who have been **chronically homeless**, which HUD defines as--

An unaccompanied homeless individual with a disabling condition who has either been continuously homeless for a year or more OR has had at least four (4) episodes of homelessness in the past (3) years. In order to be considered chronically homeless, a person must have been sleeping in a place not meant for human habitation (e.g., living on the streets) and/or in an emergency homeless shelter. A disabling condition is defined as “a diagnosable substance use disorder, serious mental illness, developmental disability, or chronic physical illness or disability, including the co-occurrence of two or more of these conditions.” A disabling condition limits an individual’s ability to work or perform one or more activities of daily living. An episode of homelessness is a separate, distinct, and sustained stay on the streets and/or in an emergency shelter.<sup>4</sup>

Note: The chronic homeless definition specifically excludes families. Both definitions exclude people who lack a permanent residence of their own and instead stay temporarily with a series of friends or family members. This is far more common in rural Maine where emergency shelters are long distances away and there is no public transportation. This survey was conducted on the streets and in the shelters of Portland; thus by definition all respondents met HUD’s criteria for homelessness, and some were chronically homeless.

### **2006 Point-in-Time Survey Participation for Homeless and Chronically Homeless**

	Numbers
# homeless people found in shelters (none was found unsheltered)	300
# survey eligible homeless adults	243
# participating in the survey (this is the total, though many participants did not answer every question)	186
# chronically homeless	46 *
% chronically homeless	26%

\* This includes only those who reported being homeless for more than 365 days. The survey did not ask participants whether they had been homeless four or more times in the last three years

<sup>3</sup> <http://www.hud.gov/offices/cpd/homeless/rulesandregs/laws/title1/sec11302.cfm>

<sup>4</sup> <http://www.hud.gov/offices/cpd/homeless/apply/2005QandA.pdf>

## Shelter Capacity, Occupancy, and Survey Participation, by Shelter and Shelter Type

Shelters	Response Rate	Survey Participation	Survey Eligible	Shelter Occupancy	Shelter Capacity
<b>Adult</b>					
Portland's Oxford Street Shelter	72%	93	129	129	154
Milestone Foundation	69%	31	45	45	41
Ingraham Bridge	91%	10	11	11	12
YWCA	72%	13	18	18	20
<b>Total Adults</b>		147	203	203	227
<b>Family</b>					
Portland's Family Shelter	100%	13	13	63	77
Family Crisis Services	50%	1	2	7	14
My Choice (Maine Adoption & Placement Services)	100%	3	3	5	10
<b>Total Family Members</b>	94%	17	18	75	101
<b>Adolescent</b>					
Preble Street Lighthouse	100%	12	12	12	16
Youth Alternatives Reardon Place	100%	10	10	10	10
<b>Total Adolescents</b>	100%	22	22	22	26
<b>Total</b>	77%	186*	243	300	354

\* While 186 people agreed to participate in the survey they may have refused to answer individual questions; thus the response rate for each question is often less than 186.

Of 243 individuals who were eligible for the survey, 186 participated, a 77% response rate.

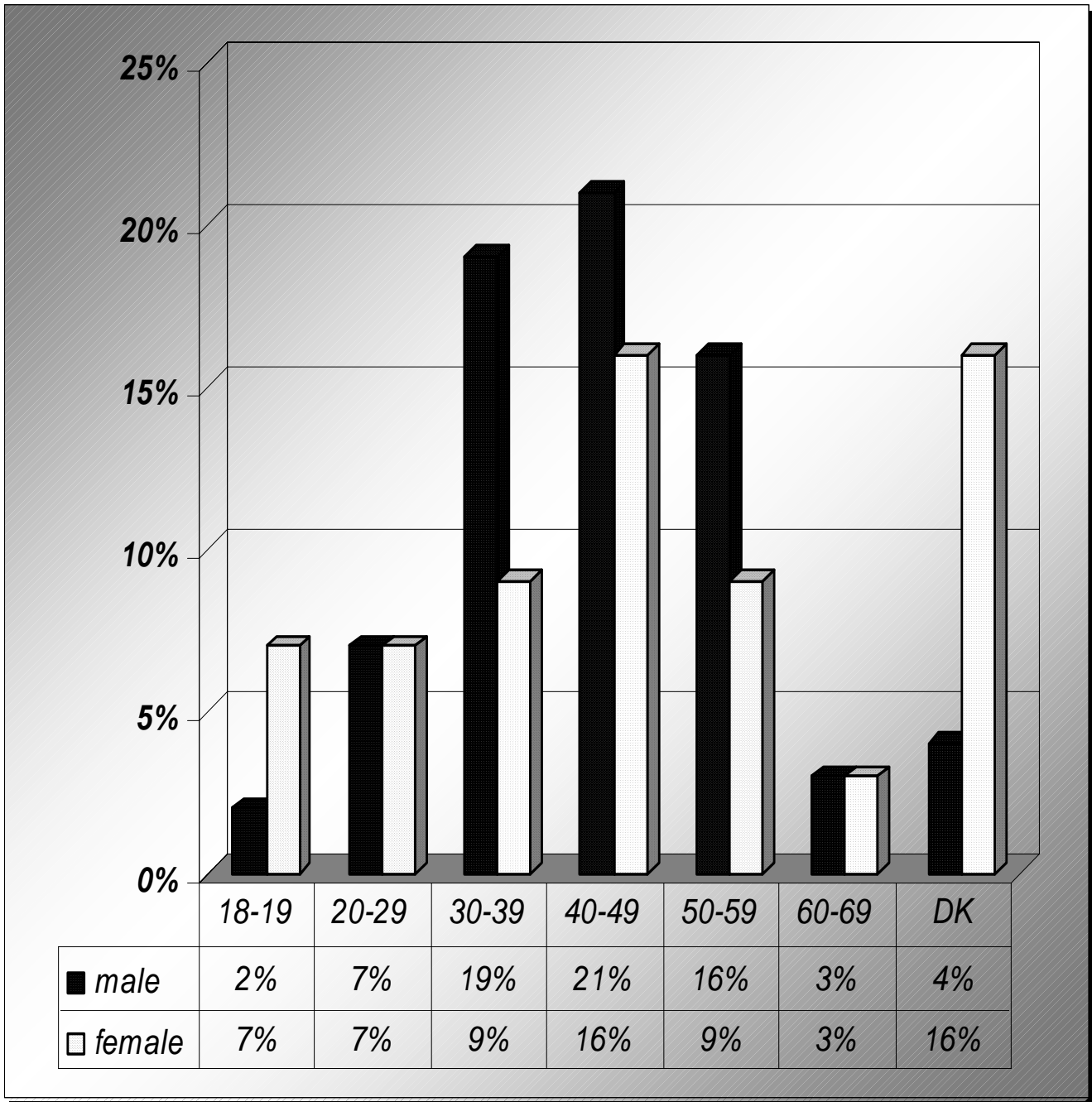
## Survey Participants by Shelter Type, Age and Sex, with Counts of Sub-Populations

Respondents by Shelter Type, Age and Sex	Total	M	F
<b>Family</b>			
<b># of Families</b>	18		
< 1 year	2	2	0
1 – 4 years	11	6	5
5 – 11 years	21	10	11
12 – 14 years	4	2	2
15 – 17 years	3	2	1
<b>Subtotal &lt; 18 years (<i>not</i> survey respondents)</b>	<b>41</b>	<b>22</b>	<b>19</b>
18 – 19 years	3	1	2
20 – 29 years	1	0	1
30 – 39 years	3	1	2
40 – 49 years	2	0	2
50 – 59 years	0	0	0
60 + years	1	0	1
<b>Subtotal 18 + years (survey respondents)</b>	<b>10</b>	<b>2</b>	<b>8</b>
<b>Total in Family Shelters</b>	<b>51</b>	<b>24</b>	<b>27</b>
<b>Youth</b>			
<b>Total in Youth Shelters (survey respondents &lt; 18 years)</b>	<b>22</b>	<b>19</b>	<b>3</b>
<b>Adult</b>			
18 – 19 years	5	2	3
20 – 29 years	15	11	4
30 – 39 years	32	28	4
40 – 49 years	41	32	9
50 – 59 years	30	24	6
60 + years	6	5	1
**DK	17	6	11
<b>Total in Adult Shelters (survey respondents)</b>	<b>146</b>	<b>108</b>	<b>38</b>
<b>Total Completing Survey (Family 18+ / Youth / Adult)</b>	<b>219</b>	<b>151</b>	<b>68</b>
<b>Special Populations (As Self-Reported)</b>			
Chronically Homeless	30	26	4
Substance Abuse (SA)	61	50	11
Mentally Ill (MH)	74	43	31
Dual Diagnosis of MH & SA	35*	25	9
Veterans	34	31	3
Persons with HIV/AIDS	3	3	0
Victims of Domestic Violence	14	5	9

\* Gender was not listed for one of these respondents

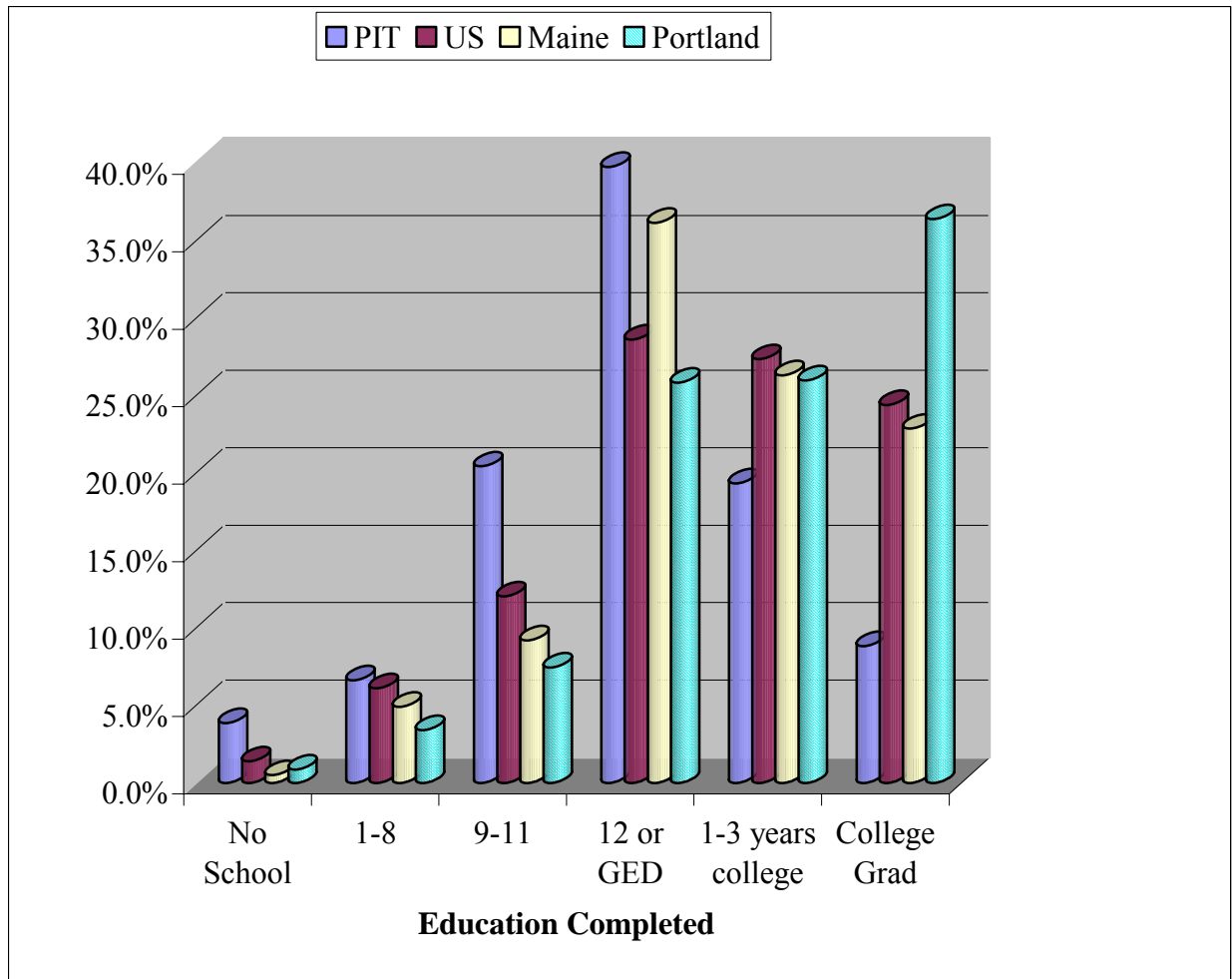
\*\* Don't Know – Throughout this report "DK" denotes "don't know"

## Percentages of Respondents by Age & Sex



- 71% of adult survey participants were males and 29% were females.
- The ratio of men to women more closely resembles 2003 numbers (75% to 25%) than 2004 (60% to 40%)

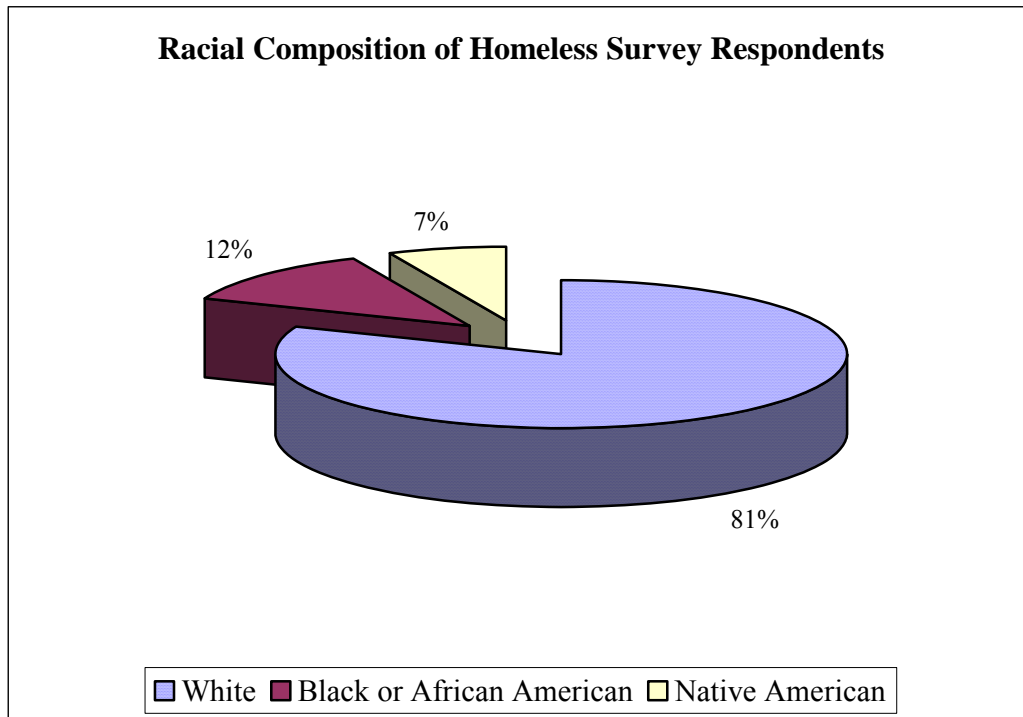
## Educational Attainment of Survey Participants Ages 25 and Over



Consistent with 2004 PIT results, 72% (127) of Portland’s homeless respondents reported having a high school education or less. In contrast, this is the case for only 37% of Portland’s population. In Maine and the US as a whole, only half of adults over 25 have a high school education or less.

Level of Education	Homeless
No School	7
Grades 1-8	12
Grades 9-11	37
HS Grad/GED	71
Some College/Tech School	34
College Grad +	15
<b>TOTAL RESPONDENTS</b>	<b>176</b>

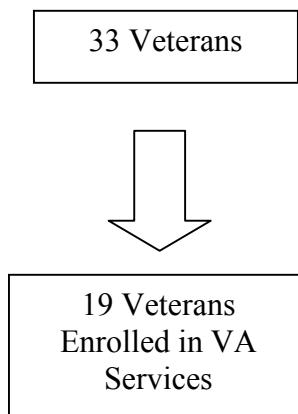
## Survey Participants by Race & Ethnical Identification



n = 179

Most of the people in the shelters were non-Hispanic, white individuals who did not indicate “mixed” racial identification. Nine respondents (6%) did indicate that they were Hispanic.

## Veteran Status



- ◆ 33 (19%) of 175 people responding to this question said they were veterans
- ◆ 19 (58%) of veterans were currently enrolled in VA services, significantly higher than in 2004, when only 4 (13%) of that sample said they were enrolled.
- ◆ 4 (27%) of veterans said they had applied for and been denied services

## Disabilities – Self Reporting

The results from the following survey question illustrate how sensitive the issue of disability is and how it may be interpreted in different ways. In this question, respondents were asked if they were limited in work or in carrying out daily tasks due to a disability. Almost half (79, or 48% of the 164 responding to this question) indicated they were limited by a disability, but nearly as many (75) said they were not. Of the 79 who said they were disabled, more than two-thirds (54 or 68%) had a physical or medical disability, 51 (65%) had a mental health issue, and 35 (44%) had a substance abuse issue. Almost a third of those responding **yes** to this question indicated they had both a mental health and a substance abuse issue.

A total of 75 (46%) respondents said they were **not limited** by a disabling condition, but more than half 42 (56%) still reported having one or more disabilities. While many fewer (12 or 16%) were troubled by a physical illness, nearly a third (28 or 37%) reported having a mental illness. Another third (25 or 33%) reported having a substance abuse issue, and 11 (15%) had both mental health and substance abuse issues. The key element in this question may have been its emphasis on whether respondents were limited by their conditions. Clearly, many did not believe they were. Fewer men than women were willing to admit to having a disability (51 or 47% of men v. 28 or 64% of women).

Survey Question n=164	#/% of Yes Responses
Are you limited in your ability to work or carry out activities of daily living because of a chronic physical illness or disability, substance use disorder, mental illness, or developmental disability?*	--
Total saying YES they WERE limited...	79 (48%)
Do you have a physical or medical disability?	54 (68%)
Do you have a mental health disability?	51 (65%)
Do you have a developmental disability?	7 (9%)
Do you have HIV/AIDS?	2 (3%)
Do you have a substance abuse disorder?	35 (44%)
Do you have both a mental health and a substance abuse issue?	24 (30%)
Total saying NO they were NOT limited...	75 (46%)
Do you have a physical or medical disability?	12 (16%)
Do you have a mental health disability?	28 (37%)
Do you have a developmental disability?	4 (5%)
Do you have HIV/AIDS?	1 (1%)
Do you have a substance abuse disorder?	25 (33%)
Do you have both a mental health and a substance abuse issue?	11 (15%)
Total saying No they were NOT limited reporting one or more disabilities	42 (56%)

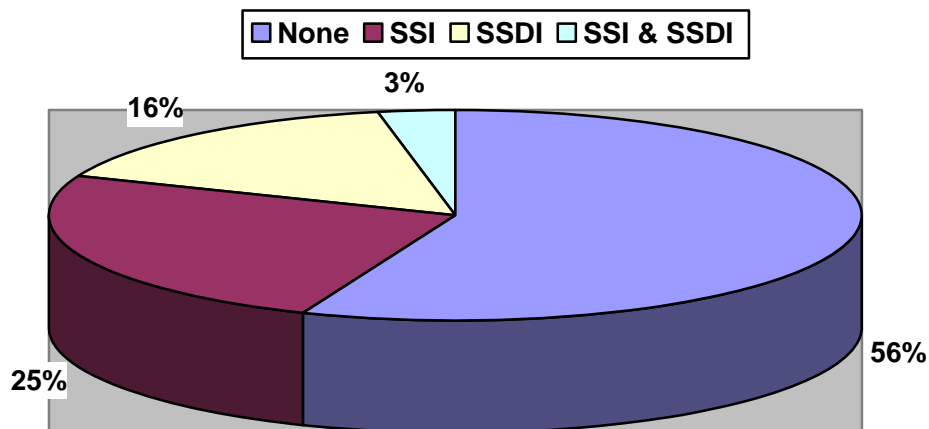
\* Note: Respondents could select more than one disability, so the percents do not total to 100%. A total of 22 respondents left some parts of these questions blank; thus the smaller “n” of 164.

Homeless advocates routinely note that their shelter guests may not self-identify as “disabled” when asked directly, and as a result the number of people reporting disabilities is low. Initially, only 79 respondents said they had a disabling condition; however, 40 people denying a disability reported they had used mental health or substance services. An additional eight respondents, though denying a disability or use of mental health or substance abuse services, were staying in a shelter reserved for people with substance abuse issues when they completed the survey, and three others admitted to suffering from depression.

Considering the responses to all these questions, the number of respondents who could be considered disabled rose from 48% (79) to 79% (130), an increase of 65%.

Survey Question	“No” to previous question but “yes” to this question	Cumulative Total
Do you have a disabling condition?	-	79
Are you using MH & SA services?	40	119
Is the shelter you are using for people with MH and/or SA disorders?	8	127
Do you have depression?	3	130
Total with disabilities		130
Total without disabilities		34
n		164
% of respondents with disabilities		79%
Non-responders (don’t know, blanks)		22
Total		186

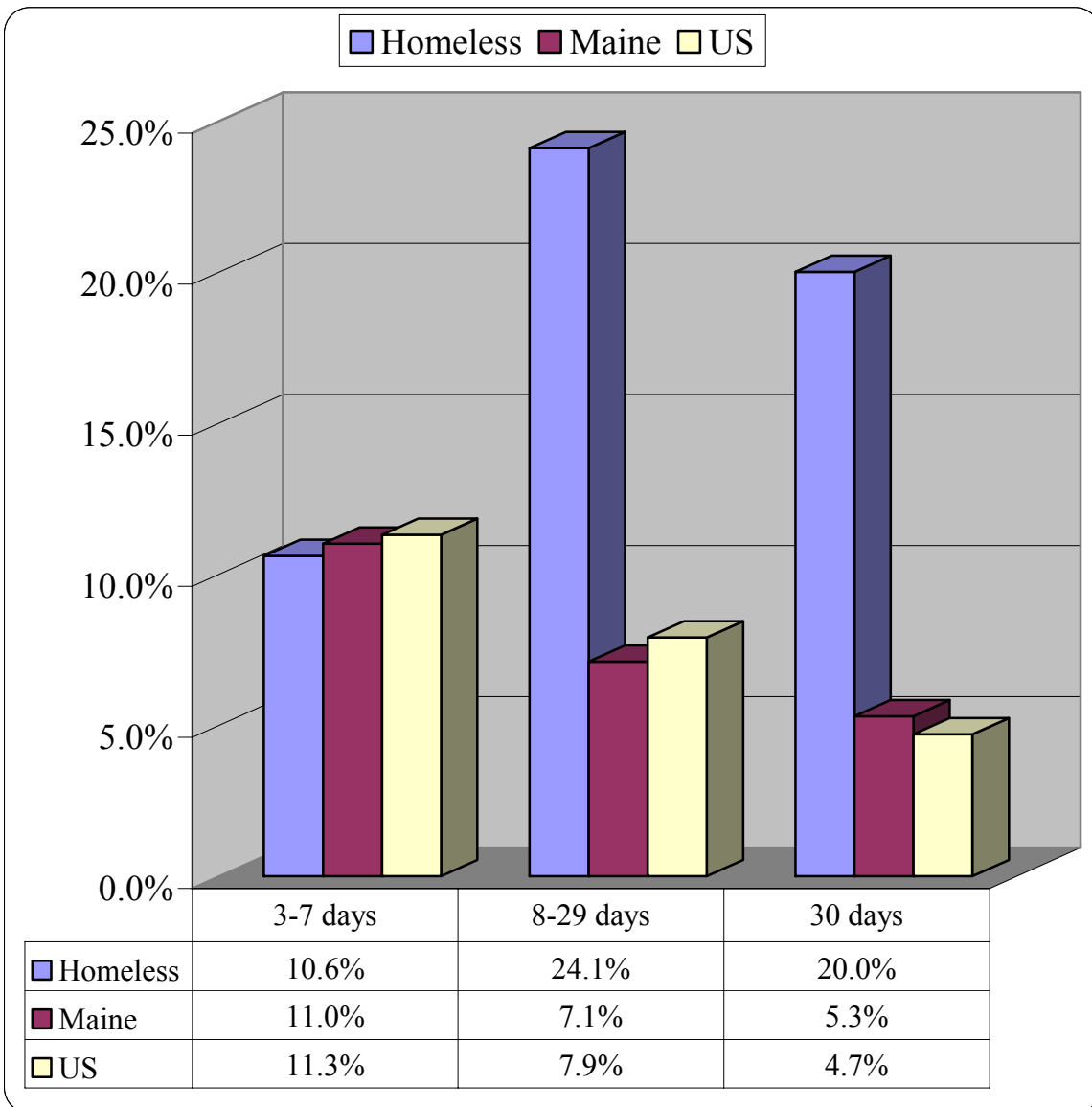
### Disabled Participants’ SSI & SSDI Benefit Status



- Of the respondents who said they had a disability, more than half (56%) were not receiving disability benefits. This is a marked improvement from 2004, when nearly 80% of those reporting a disability were not receiving benefits.



## Mental Health Days



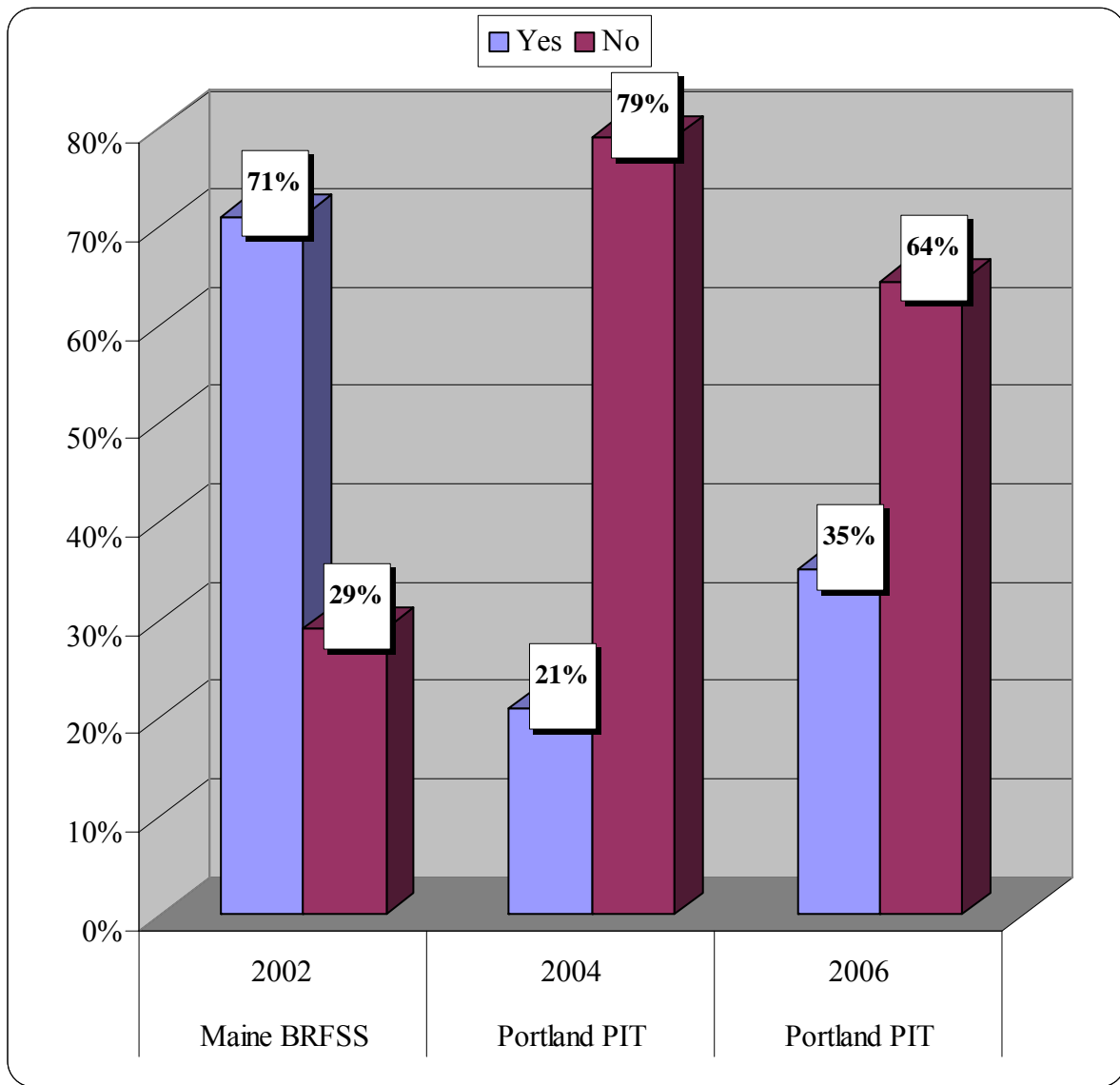
The Behavioral Risk Factor Surveillance System (BRFSS) is a national telephone survey which tracks health risks of the American public. As in 2004, the 2006 PIT used some of the questions from the BRFSS. Because there are differences in how the data is obtained, the training received by interviewers, and sample sizes, the two data sets are not precisely comparable. However, it is interesting to note that about three times as many homeless people in the sample reported feeling depressed for 8-29 days in the preceding month as in the Maine or US samples.

## Most Frequently Cited Health Problems

Conditions	# of Mentions (N= 554)	% of Mentions
Depression/Anxiety	91	16%
Back or Neck Problems	74	13%
Dental Problems	72	13%
Eyes/Vision Problems	68	12%
Fractures/Bone/Joint Injury	47	14%
Walking Problems	46	8%
Lung/Breathing Problem	43	8%
Arthritis/Rheumatism	32	6%
Hearing Problems	30	5%
Heart Problems	17	3%
Diabetes	9	1.6%
Cancer	4	1%
Stroke	3	< 1%
Tuberculosis (TB)	2	< 1%
HIV	1	< 1%
Other	15	3%

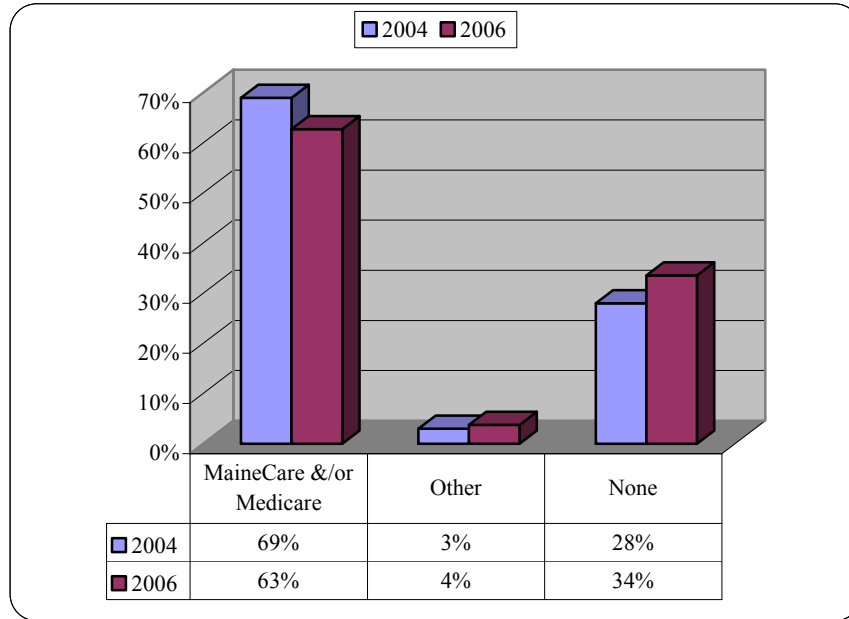
As in 2004, the most frequent health problem cited by participants was depression, followed by back or neck problems, and dental problems.

## Have You Been to the Dentist in the Past 12 Months?



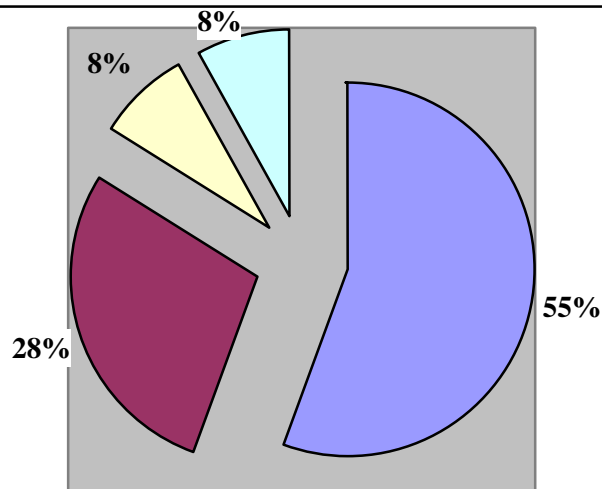
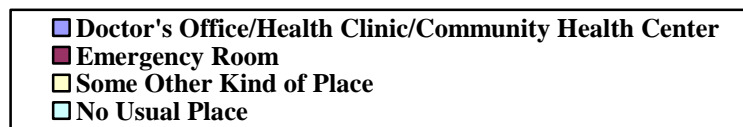
Just over one-third of survey respondents had been to the dentist in the past year. This compares favorably to the 2004 survey, when only one in five respondents had been to the dentist in the past 12 months. However, Maine's general population is much more likely to obtain dental treatment; about 70% of Mainers in 2002 had been to the dentist in the last year.

## Do You Have Any Health Care Coverage?



Compared to 2004, there was a slight decrease in the percentage of homeless people receiving MaineCare or Medicare, and a corresponding increase in the percentage of those who report having no health insurance at all.

## Where Do You Usually Go For Health Care?

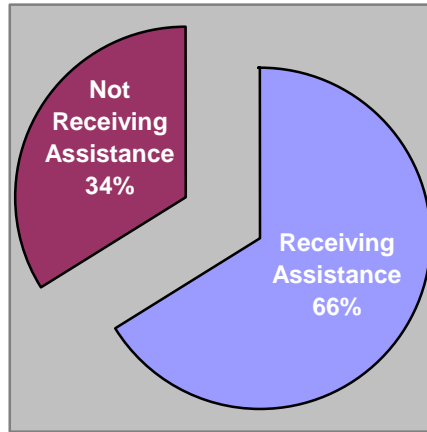


2006: n= 179

One of the costs of providing services to homeless people can be their use of hospital emergency rooms for general health care needs. In 2006, 28% of respondents indicated that they routinely used hospital emergency rooms for health care; this is down slightly from 34% in 2004.

## Public Assistance

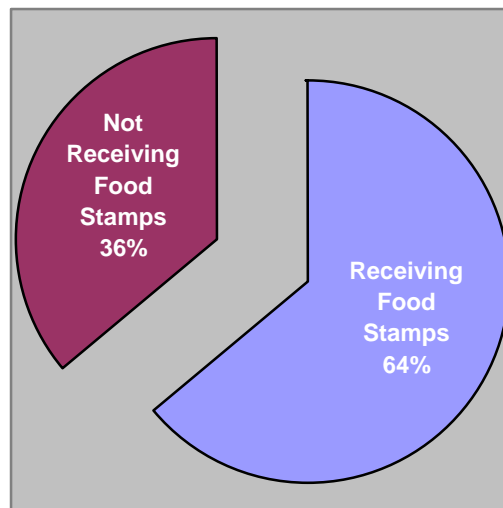
■ Receiving Assistance ■ Not Receiving Assistance



Two-thirds of those responding to this question (n= 165) report receiving some public assistance in the form of general assistance (GA), housing subsidies, or food stamps.<sup>5</sup> This is a substantial improvement over 2004, when 74% reported not receiving any form of public assistance.

## Food Stamps

■ Receiving Food Stamps ■ Not Receiving Food Stamps

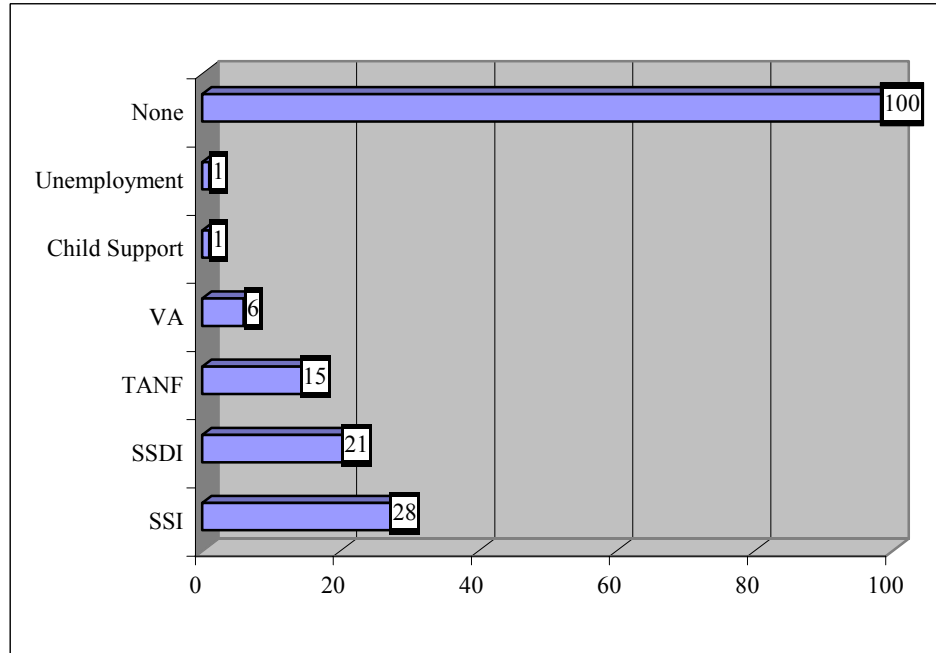


Again, nearly two-thirds of those answering this question reported receiving food stamps. In 2004 about 54% reported receiving public assistance.

<sup>5</sup> Housing subsidies include Section 8, Shelter+Care, BRAP, and RAC+

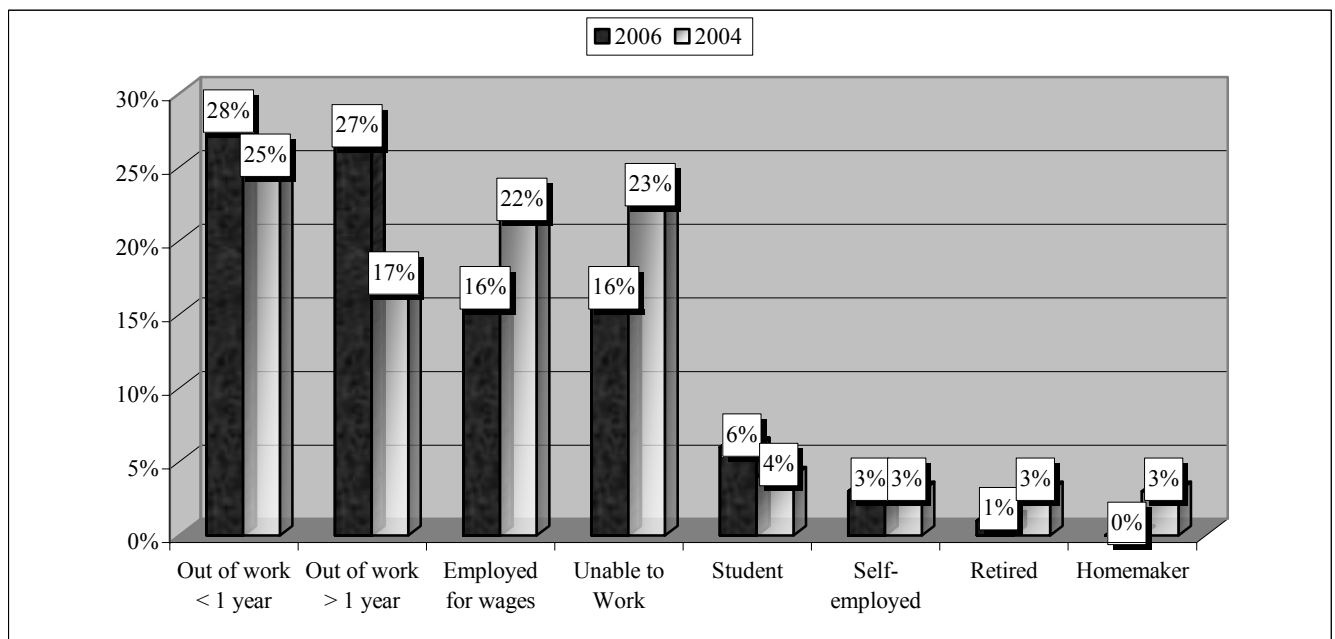
## Other Financial Assistance

Most homeless people, if they received any form of public assistance, received GA, food stamps, or housing subsidies. About 16% of the total sample received SSI, about 11% received SSDI, and 8% received Temporary Assistance to Needy Families (TANF).



n= 186

## Employment Status

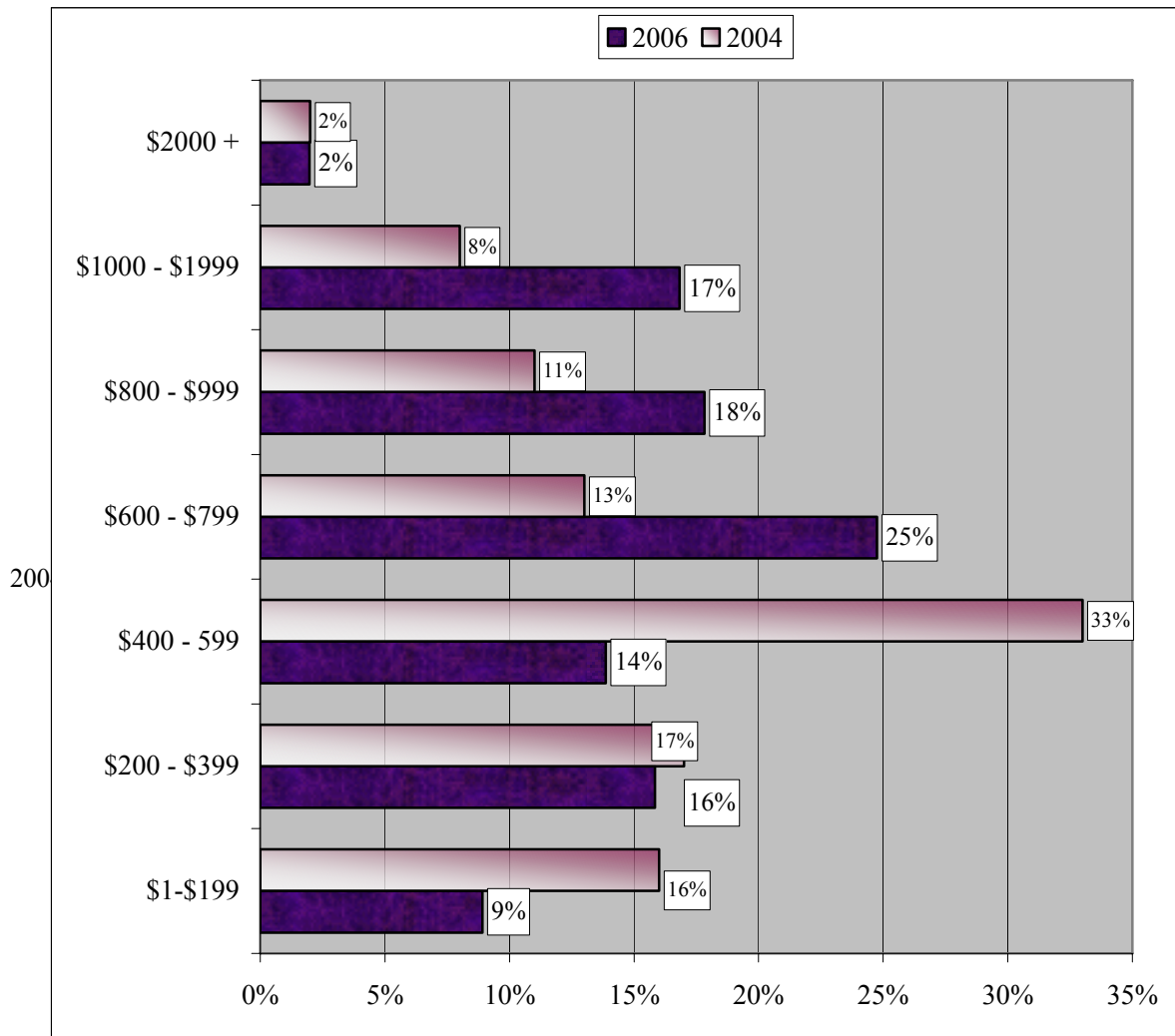


2006 n=179;

2004 n=248

In 2006 a greater percentage of respondents reported being unemployed, though able to work. In 2006, 55% of the total sample was unemployed, compared to 42% in 2004. A smaller percentage reported being employed in 2006 than in 2004 (16% versus 22%).

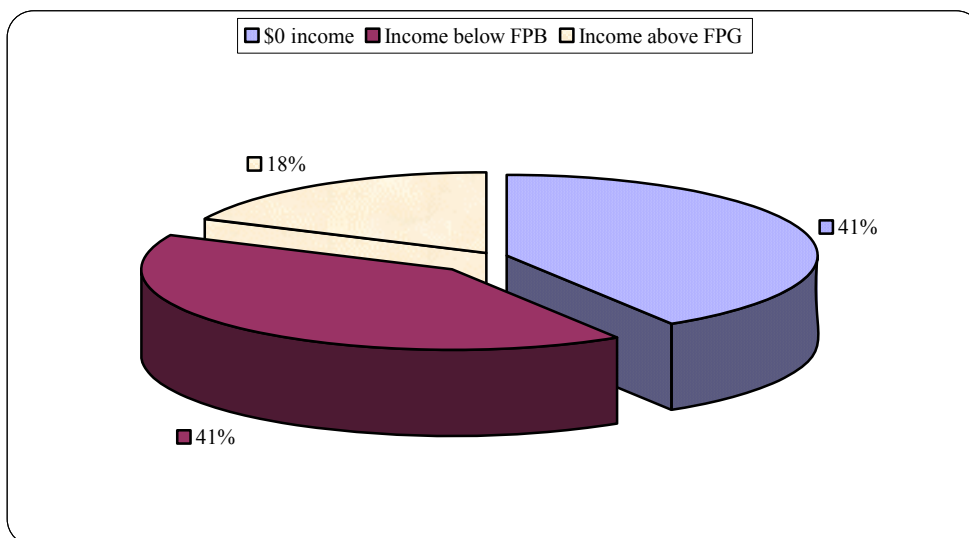
## Monthly Income



The income picture for homeless people improved slightly between 2004 and 2006. In 2004, only 40% of respondents reported any monthly income; in 2006, 59% of those responding said they had some income every month. In addition, the median income reported increased from \$400-\$599 in 2004 to \$600-\$799 in 2006.

The data also reflect an increase in the percentage of homeless people earning \$800 - \$1,200 a month. This may be an indicator that the service delivery system is more effective in helping homeless people obtain and sustain employment.

## Poverty Status



The improvement in incomes is reflected in the fact that more individuals reported incomes above federal poverty guidelines. In 2006, 18% of respondents had incomes above FPG (or \$817/month), compared to only 10% in 2004. While this is some improvement it is still important to note that the FPG are a fairly minimal standard for income, and Portland housing costs are very high. A newspaper survey of apartments available for rent in March 2006 showed that 1 BR apartments rented for about \$800/month. This means that individuals at or near the FPG would need to spend 100% of their incomes just to rent a 1 BR apartment.

**2006 HHS Poverty Guidelines**

Persons in Family or Household	Annual	Monthly
1	\$ 9,800	\$ 817
2	13,200	1,100
3	16,600	1,383
4	20,000	1,667
5	23,400	1,950
6	26,800	2,233
7	30,200	2,517
8	33,600	2,817
For each additional person, add	3,400	283

**SOURCE:** *Federal Register*, Vol. 71, No. 15, January 24, 2006, pp. 3848-3849

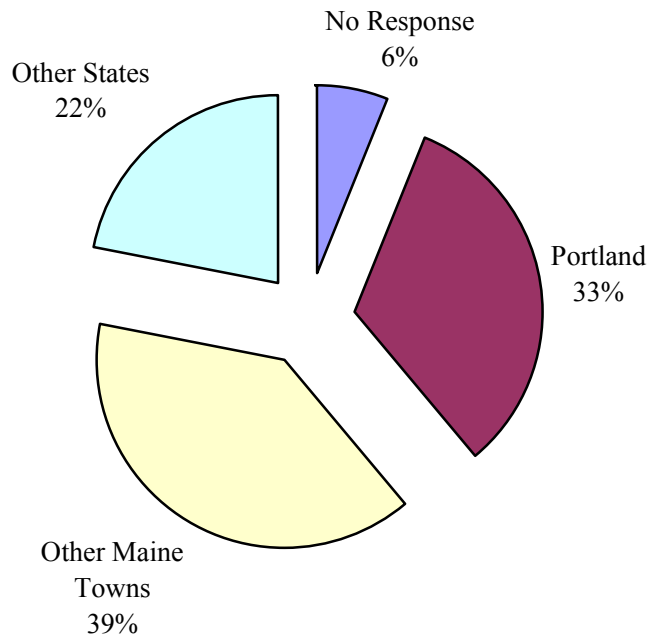


## Service Utilization

	Used	Can't Access	Not Applicable	Not Recorded	Total
<b>Basic Needs</b>					
Shelter	180	0	1	4	185
Food/Hot Meals	152	0	27	6	185
Showers	163	0	16	6	185
Drop-In Center	77	1	97	10	185
<b>Health Needs</b>					
Health Care/Medication	121	10	46	8	185
Mental Health Services	82	4	91	8	185
Alcohol/Substance Abuse Services	51	2	122	10	185
Domestic Violence Services	5	2	170	8	185
Parenting Services	8	7	162	9	185
<b>Transition Needs</b>					
Storage	70	9	94	12	185
Transitional Housing	32	17	127	9	185
Section 8/BRAP/RAC +/-Shelter Plus Care	65	24	85	11	185
Childcare Services	6	7	163	9	185
ESL Classes	4	7	164	11	185
Cultural Orientation	2	7	163	13	185
INS Assistance	7	2	165	11	185
<b>Stabilizing Needs</b>					
Housing Location Help	88	21	67	9	185
Household Budgeting	9	10	155	11	185
Job Location Help	48	17	110	10	185
Job Training	29	24	124	8	185
Continuing Education	37	11	126	11	185

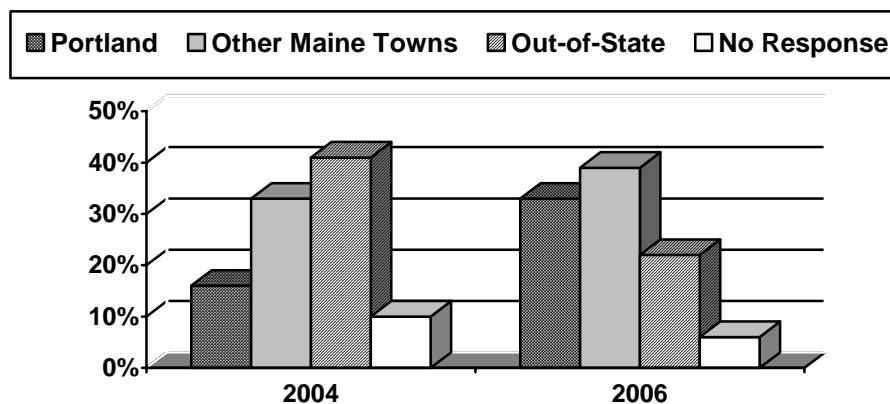
- ◆ Despite a smaller sample size in 2006, more respondents than in 2004 reported having difficulty accessing housing subsidy (24 v. 14) and help in locating suitable housing (21 v. 11). Some difficulty in accessing transitional housing was also reported by 17 (9%) of respondents. Finally, some respondents indicated that they had trouble getting access to job training and job location assistance.
- ◆ About half of respondents said that they did not need mental health services, while nearly two-thirds said they did not require substance abuse services. These responses are consistent with the earlier survey question that asked whether they regarded themselves as having a substance abuse or mental health issue.
- ◆ Interestingly, almost half (46%) of the sample said they did not need housing subsidies, which is surprising given that nearly 8 out of 10 have incomes at or below the federal poverty guidelines.
- ◆ The services most frequently accessed included emergency shelter, food, and showers.

## Regionalization of Homeless Services



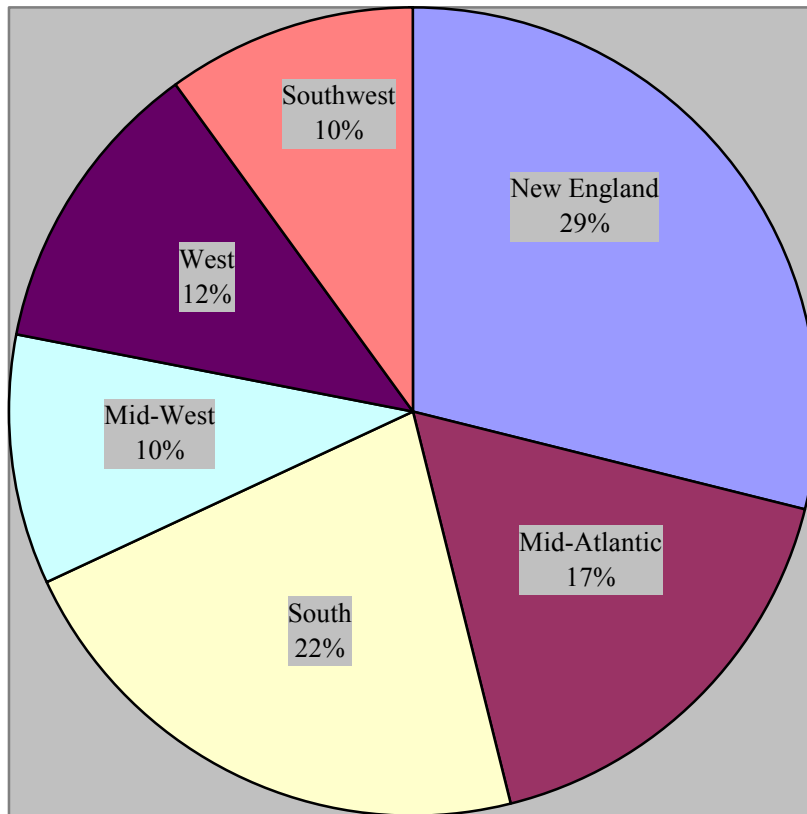
Relative to 2004, a higher percentage of the 2006 respondents came from Portland, but a higher percentage also came from other Maine towns. There was a reduction in the number of homeless people reporting that their last residence was in another state. This trend can be seen from the line graph, below.

Just over one in five respondents (22% or 41) said they were from another state. Of these, 12 (29%) were from New England, and the remainder was fairly evenly drawn from other regions of the country.



These results should be interpreted with caution. The survey instrument only asked respondents to name the town or state of last permanent residence, not where they were from originally. Homeless people, especially those who have been homeless for extended periods, are often transient. Thus, it is impossible to know their state of origin.

## Previous Residence Out-of-State

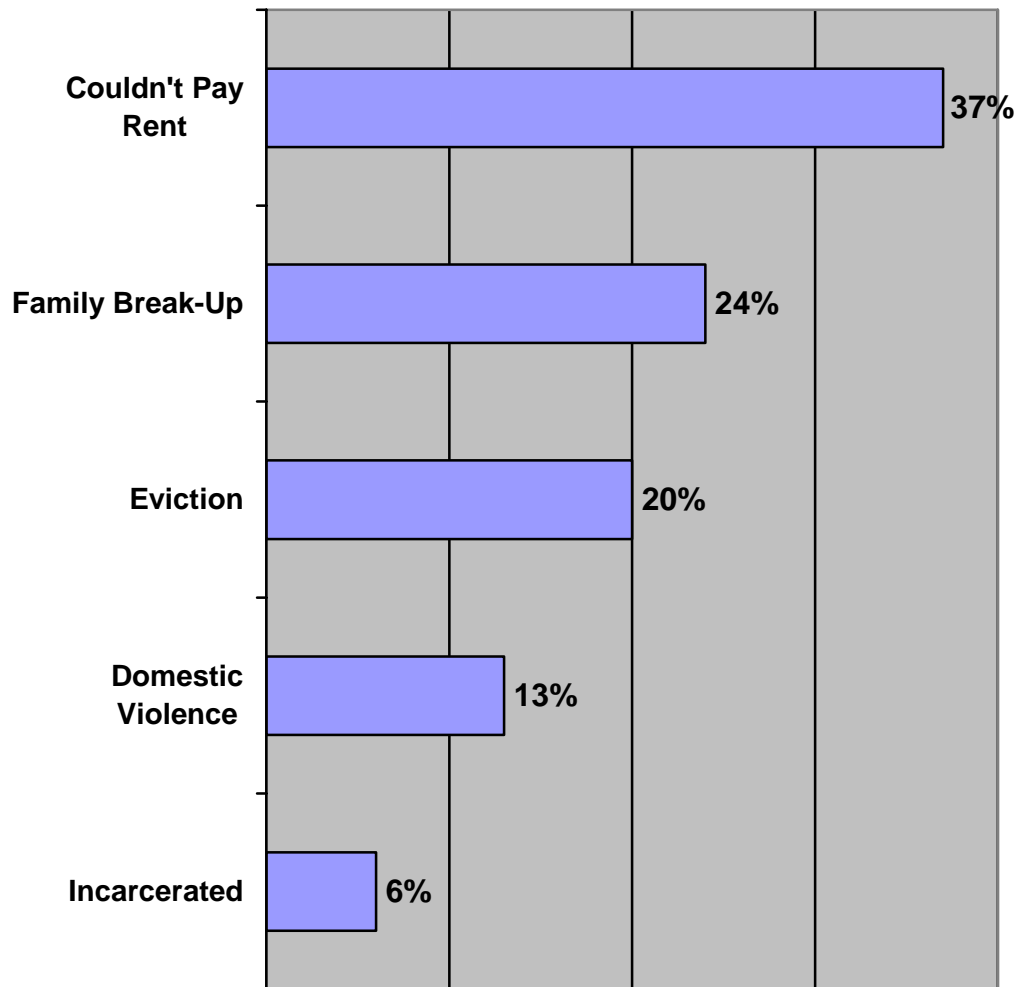


## Other Maine Town Residents

Town	# Last Residence
Westbrook	9
South Portland	7
Saco	6
Lewiston	6
Buxton	3
Brunswick	3
Sanford	3
Windham	3
Scarborough	3
Old Orchard Beach	3
Biddeford	2
Presque Isle	2
Houlton	2
Wells	2
Bridgton	1
Bangor	1

Town	# Last Residence
Bowdoin	1
Clinton	1
Warren	1
Standish	1
Cumberland	1
Norridgewock	1
Island Falls	1
Rockland	1
Canton	1
Pownell	1
Greenfield	1
Cape Elizabeth	1
Milo	1
Lebanon	1
Ellsworth	1
Hiram	1

## Top Five Reasons for Leaving Last Residence

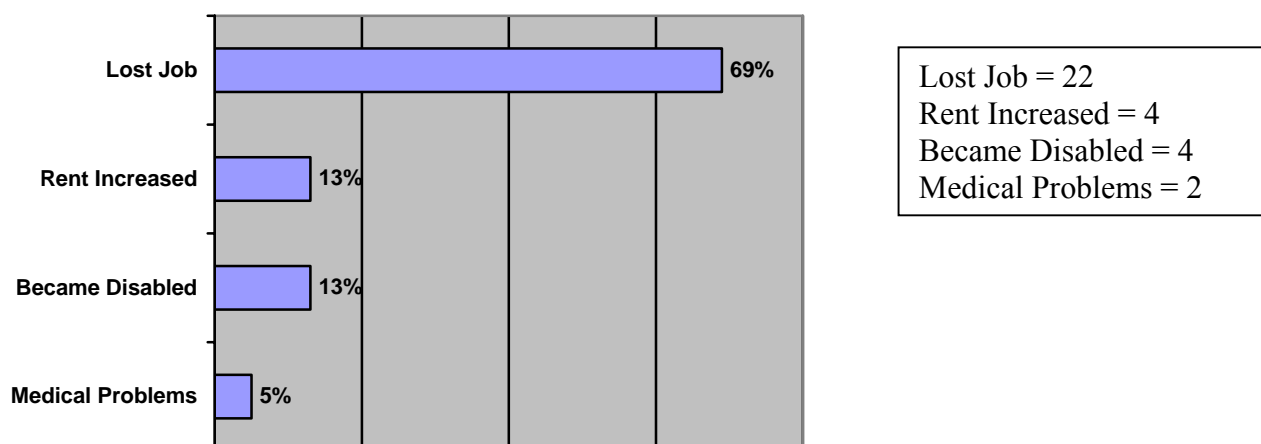


n= 186

Couldn't Pay Rent = 40
Family Break-Up = 26
Eviction = 22
Domestic Violence = 14
Incarcerated = 7

- ◆ Inability to pay rent was the leading reason people left their most recent residence.
- ◆ These results followed a similar profile in 2004, when the top four (4) reasons for not paying rent were also inability to pay, family break-up, eviction, and domestic violence. In 2006, however, incarceration was the fifth leading reason for leaving the last residence. While incarcerated individuals are not considered homeless, upon their release their history of incarceration complicates securing of permanent housing, contributing to future homelessness.

## Top Four Reasons for Inability to Pay Rent



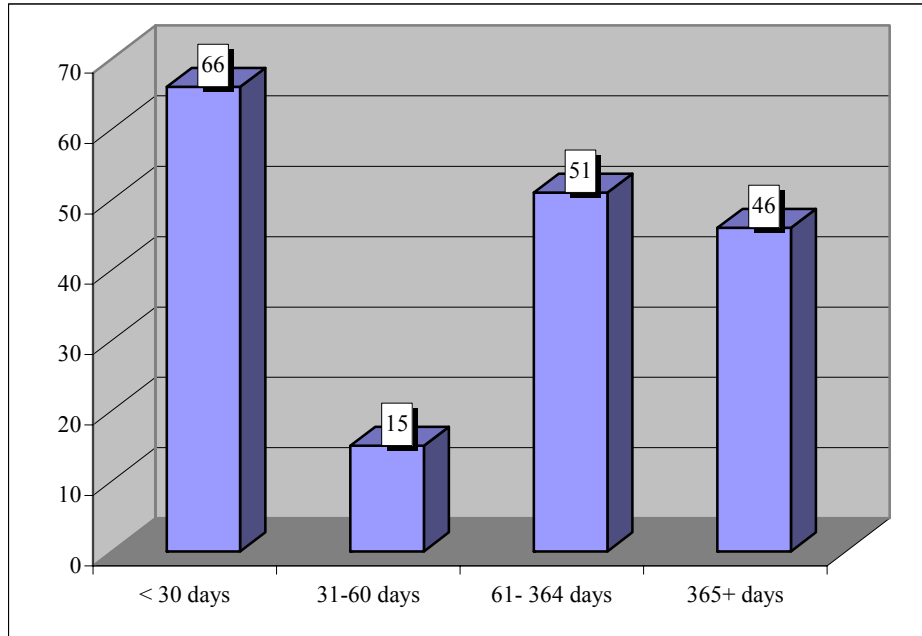
- ◆ Over two-thirds of those responding to this question indicated that a job loss led to their inability to pay rent. Nearly one in five individuals indicated a health issue or disability was the reason they lost housing.

## Children In Shelters

<b>Children Accompanied by Adults in Family Shelters</b>		<b>#</b>
	> 1 Year	3
	1-4 Years	11
	5-11 Years	21
	12-14 Years	4
	15-17 Years	3
<b>Total # of Children in Family Shelters</b>		<b>42</b>
<b>Children in Youth Shelters</b>		
	14-17 Years	22
<b>Total Children in Youth Shelters</b>		<b>22</b>
<b>Children &lt; 18 Who Have a Parent in an Adult Shelter</b>		
	Children of Custodial Parents in DHS Custody/Foster Care	3
	Children of Custodial Parents Living with Other Family Members	24
<b>Total of Children Who Have a Custodial Parent in an Adult Shelter</b>		<b>27</b>
<b>Total # of Children Directly Affected by Homelessness</b>		<b>91</b>

- ◆ On the night of the survey, a total of 64 youth under the age of 18 were in shelters, either in the youth shelter or with an adult family member in the family shelter.
- ◆ Adults reported being the custodial parent for an additional 27 children who were living with other family members or had been removed from the home by the Maine Department of Health and Human Services (and were thus not in the shelter on the night of the PIT).
- ◆ Almost four out of five (78%) of the youth living in shelters were of school age, which is significant because homelessness disrupts attendance and can lead to future academic problems.

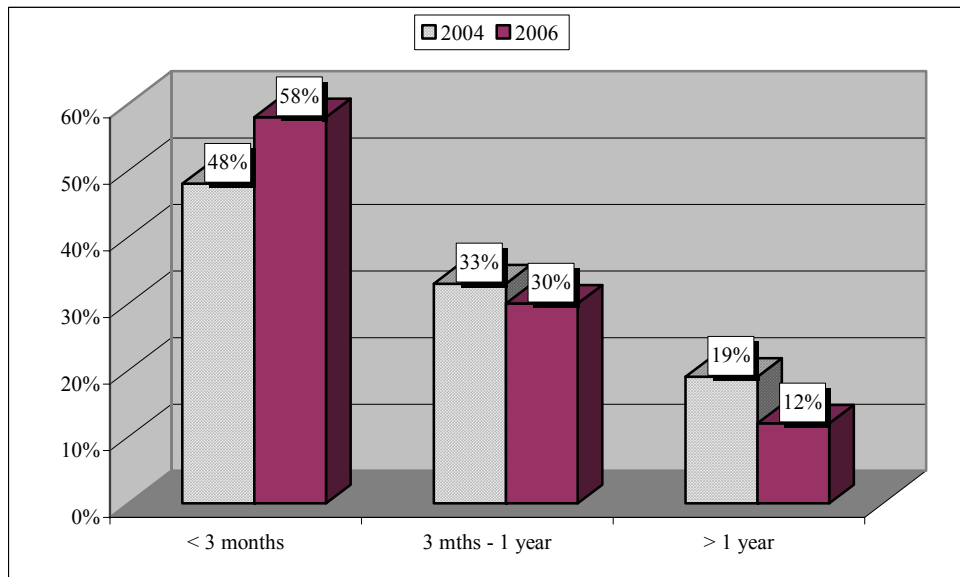
## Length of Time Homeless



n = 178

- ◆ A little more than a third (37%) of the respondents said they had been homeless for 30 days or less. The same number had been homeless for more than 30 days but less than a year.
- ◆ About one quarter (26%) of those responding to this question said they had been homeless for 365 days or longer. Based on this self-report, they would be considered **chronically homeless** by HUD's definition.

## Length of Residence at Current Shelter

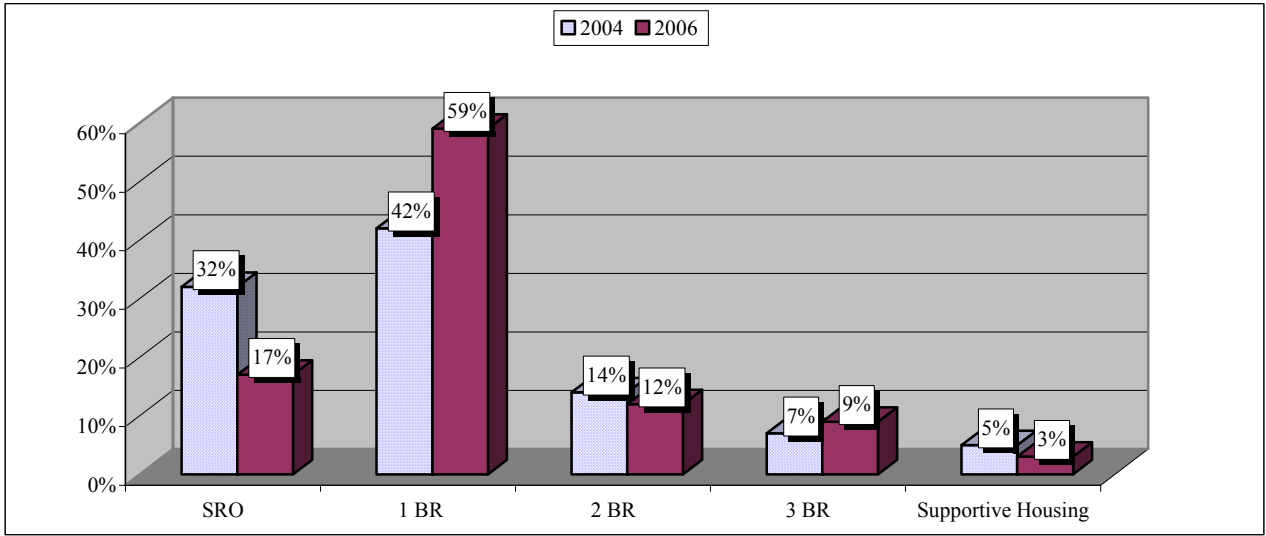


2004 n = 254;

2006 n = 178

- ◆ Relative to 2004, a higher percentage of those responding to this question had been in the current shelter for less than 30 days, and a slightly lower percentage had been in for longer than a year. This likely reflects the completion of Logan Place, a 30 unit permanent supportive housing project developed for chronically homeless men and women, which was placed in service in 2005.
- ◆ Responses to this question differ from the previous one, because this question asked how long the respondents had been at the current shelter where they were staying, as opposed to the time they had spent homeless overall.

## Desired Housing



2004 n= 250

2006 n = 160

- ◆ This chart may also reflect the influence of Logan Place, a 30-unit SRO developed by Avesta Housing Development Corporation and opened for occupancy in March 2005. In 2004, almost a third (32%) of respondents indicated a preference for SRO housing. In 2006, this percentage had dropped almost in half to 17%.
- ◆ Demand for 1-bedroom apartments increased to 59% from 42% in 2004.

## Portland Rental Housing Market

Unit type	# Available for rent*	Average Rent
Studio apartment	8	\$600
One-bedroom apartment	21	\$730
Two bedroom apartment	33	\$890
Three-bedroom apartment	12	\$1,155
Four bedroom apartment	6	\$1,300

\* From Portland Press Herald listings, April 6, 2006

**City of Portland**  
**Point in Time Homeless Survey**  
**January 17<sup>th</sup>, 2006**

**SAY:** *Hello, I'm (name). I'm gathering information on the status of Maine residents. I'd like to ask some questions about your housing and health situation. I won't ask for your name, address, or other personal information that can identify you. You don't have to answer any question you don't want to, and you can end the interview at any time. The interview takes a short time and any information you give me will be confidential.*

**DEMOGRAPHICS**

*Let's start with some basic information that doesn't identify you but describes you.*

1. (Indicate gender of respondent; ask only if necessary.)       Male       Female
2. *Are you Hispanic or Latino?*
  - a.  Yes  No  Don't know/Refused to answer

3. *Which one or more of the following would you say is your race?*

**(Read answers and check all that apply)**

- |                                                       |                                                                    |
|-------------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> White or Euro-American       | <input type="checkbox"/> Native American                           |
| <input type="checkbox"/> Black or African American    | <input type="checkbox"/> Native Hawaiian or Other Pacific Islander |
| <input type="checkbox"/> Asian                        | <input type="checkbox"/> Any other? Please specify. _____          |
| <input type="checkbox"/> Don't know/Refused to answer |                                                                    |

**(If more than one response continue; otherwise go to 4.)**

*Now I want to read the things you picked and I'd like you to tell me: if you had to name one that best represents your race, which one would it be?*

**(Read the items selected by the respondent and circle the one choice.)**

4. *What is your age?* \_\_\_\_\_ Years       Don't know/Refused to answer

5. *What is the highest grade or year of school you completed?*

- Never attended school or only attended kindergarten
- Grades 1 through 8 (Elementary)
- Grades 9 through 11 (Some high school)
- Grade 12 or GED (High school graduate)
- College 1 year to 3 years (Some college or technical school)
- College 4 years or more (College graduate)
- Don't know/Refused to answer

6. *Are you limited in your ability to work or carry out any activities of daily living because of a chronic physical illness or disability, substance use disorder, mental illness, or developmental disability?*

- Yes  No  Don't know/Refused to answer





SAY: *The next few questions are about your last regular residence.*

18. *Where was your last regular residence? (Before becoming homeless.)*  
Town \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Don't know/Refused to answer

19. *How long had you lived there?*  
(Read only if necessary.)  
\_\_\_ Less than 3 mo  
\_\_\_ 3 mo - 1 year  
\_\_\_ Over 1 year, how long? \_\_\_\_\_  
\_\_\_ Don't know/Refused to answer

***(Last regular residence questions cont.)***

20. *When did you leave there*  
(Read only if necessary.)  
\_\_\_ Less than 3 mo  
\_\_\_ 3 mo - 1 year  
\_\_\_ Over 1 year, how long? \_\_\_\_\_  
\_\_\_ Don't know/Refused to answer

21. *Please listen to this list and tell me which ones are your reasons for leaving your last regular residence. If your reasons are not on the list please tell me what they are.*

(Read and check all that apply)  
\_\_\_ Fire /Other disaster destroyed home      \_\_\_ Family break-up  
\_\_\_ Domestic Violence      \_\_\_ Eviction  
\_\_\_ Other, please specify \_\_\_\_\_      \_\_\_ Couldn't pay rent (go to 22)  
\_\_\_ Don't know/Refused to answer

22. *Why couldn't you pay rent?*  
(Read only if necessary.)  
\_\_\_ Job lost and couldn't pay rent  
\_\_\_ Rent increased and couldn't afford rent anymore  
\_\_\_ Medical problems and medical costs so unable to afford rent  
\_\_\_ Became disabled (mental health or other) and couldn't work and pay rent  
\_\_\_ Other, please specify \_\_\_\_\_  
\_\_\_ Don't know/Refused to answer

***(If more than one response continue; otherwise go to 23)***

*I want to read the things you picked and I'd like you to tell me: if you had to name one as the most important, which would it be?*

***(Read the items selected by the respondent and circle the one choice.)***

23. *How long have you been spending the night here (at this shelter, in your vehicle or this camp)?*  
(Read only if necessary.)  
\_\_\_ Less than 3 mo      \_\_\_ 3 mo - 1 year      \_\_\_ Over 1 year, how long? \_\_\_\_\_  
\_\_\_ Don't know/Refused to answer

**(If not at a shelter ask 24; otherwise go to 25.)**

24. Why are you here instead of at a shelter? \_\_\_\_\_  
\_\_\_\_\_ Don't know/Refused to answer

25. Have you been denied a housing subsidy though section 8 because of a criminal record?  
\_\_\_ Yes \_\_\_ No \_\_\_ Don't know/Refused to answer

(If last residence was in Maine continue; otherwise go to 27)

26. Before you left that residence, did you seek financial assistance from your town to help you stay there? That means: welfare, GA (general assistance), public assistance, or town hall.  
\_\_\_ Yes \_\_\_ No \_\_\_ Don't know/Refused to answer

*If denied reason for denial?*

\_\_\_ Lack of information      \_\_\_ Residency      \_\_\_ Eligibility requirements  
\_\_\_ Over income      \_\_\_ Work history      \_\_\_ Don't know/Refused to answer

Please listen to this list and tell me which ones are your reasons for spending the night here (at this shelter or camp). If your reasons are not on the list please tell me what they are.

**(Read and check all that apply.)**

- |                                                                              |                                                                                                           |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| ___ Unable to find work and pay rent                                         | ___ Can't find a rental unit                                                                              |
| ___ Poor rental history /No references                                       | ___ Mental health issues                                                                                  |
| ___ <u>Can</u> afford rent (or have subsidy) <u>but</u> can't locate housing | ___ Alcohol or other drug use problems                                                                    |
| ___ No housing subsidy available                                             | ___ Discharged from State custody at age 18 (DHHS custody)                                                |
| ___ Money management problems                                                | ___ Discharged from a hospital or other medical or mental health institution without another place to go. |
| ___ Social network at the shelter                                            | Which hospital? _____                                                                                     |
| ___ Disabled and waiting for disability (SSI / SSDI) benefits                | ___ Discharged from jail, prison, or other correctional facility without another place to go              |
| ___ Migrant worker between jobs                                              | Which correctional institution? _____                                                                     |
| ___ Any other reason? Please specify: _____                                  |                                                                                                           |
| ___ Don't know/Refused to answer                                             |                                                                                                           |

*If more than one answer read I want to read the things you picked and I'd like you to tell me: if you had to name one as the most important, which would it be?*

27. What kind of housing do you need?

- |                 |                                                              |
|-----------------|--------------------------------------------------------------|
| ___ SRO         | ___ Supportive living (assisted living, rehab house, etc...) |
| ___ 1 bedroom   | ___ Other (specify) _____                                    |
| ___ 2 bedroom   | ___ Shared living arrangement/roommate                       |
| ___ 3 + bedroom | ___ Don't know/Refused to answer                             |

28. What town/city would you like to live in? \_\_\_\_\_ Don't know/Refused to answer

29. Why? \_\_\_\_\_ Don't know/Refused to answer

## INCOME / EMPLOYMENT / SUPPORT SERVICES

SAY: Now I'm going to ask some questions about how you are taking care of yourself. Please be assured that answering these questions will not affect your ability to receive assistance in any way.

30. I'm going to read you a list of employment statuses. Please let me know which one applies to you:

(Read)

- |                                                           |                                         |
|-----------------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Employed for wages               | <input type="checkbox"/> A Homemaker    |
| <input type="checkbox"/> Self-employed                    | <input type="checkbox"/> A Student      |
| <input type="checkbox"/> Out of work for more than 1 year | <input type="checkbox"/> Retired        |
| <input type="checkbox"/> Out of work for less than 1 year | <input type="checkbox"/> Unable to work |
| <input type="checkbox"/> Don't know/Refused to answer     |                                         |

31. Do you receive income from any of the following sources? I'll read a list.

(Read and check all that apply.)

- |                                                                                |                                                                  |
|--------------------------------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> TANF                                                  | <input type="checkbox"/> Unemployment compensation               |
| <input type="checkbox"/> SSI <input type="checkbox"/> state supplemental check | <input type="checkbox"/> Worker's compensation                   |
| <input type="checkbox"/> SSDI                                                  | <input type="checkbox"/> Vocational/job training program stipend |
| <input type="checkbox"/> VA                                                    | <input type="checkbox"/> Child support or alimony                |
| <input type="checkbox"/> None of these                                         | <input type="checkbox"/> Don't know/Refused to answer            |

32. What was your last month's income from all sources? \$ \_\_\_\_\_ Don't know/Refused to answer

33. If employed, how much do you make an hour? \$ \_\_\_\_\_ Don't know/Refused to answer

34. How many hours do you work a week? \_\_\_\_\_ Don't know/Refused to answer

35. What assistance from the following list, if any, do you currently receive?

**(Read and check all that apply.)**

- |                                                                                                          |                        |
|----------------------------------------------------------------------------------------------------------|------------------------|
| <input type="checkbox"/> General Assistance (GA, town welfare) in the town currently sheltered/residing; | From which town? _____ |
| <input type="checkbox"/> Housing subsidy (Section 8, Shelter + Care, BRAP, RAC+)                         |                        |
| <input type="checkbox"/> Food Stamps                                                                     |                        |
| <input type="checkbox"/> Don't know/Refused to answer                                                    |                        |

36. I'm going to read you a list of services. For each one I'd like you to tell me if you have used the service. If you have not used the service because it is difficult to access, please let me know. You can add others to this list.

(Read each service. Check "used", "Can't access" or "N/A" for "not applicable" or "don't need it".

	Used	Want but can't access	N/A
Shelter			
Food/Hot meals			
Showers			
Job location help			
Job training program			
Housing location help			
Transitional housing			
Section 8, BRAP, RAC+, Shelter Plus Care			
Health care / medication(s)			
Mental health services			
Alcohol / substance abuse services			

	Used	Want but can't access	N/A
Domestic violence services			
Childcare services			
Parenting services			
Drop-in center			
Household budgeting			
Continuing education program (such as GED, college prep, etc)			
Storage			
Is English your first language? Ask the following only if first language is not English	_____ Yes _____ No		
English as second language (ESL) classes			
Cultural orientation			
Immigrant documentation/ INS assistance			

Other (specify): \_\_\_\_\_ Don't know/Refused to answer \_\_\_\_\_

**HEALTH**

*SAY: This is the last part. I want to ask about your health and your use of health services.*

37. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as MaineCare, Medicaid, Dirigo or Medicare?

Yes  No  Don't know/Refused to answer

38. What is your health care coverage? \_\_\_\_\_

39. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Number of days  None  Don't know/Refused to answer

40. I'm going to read you a list of health conditions. Please let me know if you have any of them. (Read and check all that apply)

Arthritis/rheumatism

Back or neck problem

Fractures, bone/joint injury

Walking problem

Lung/breathing problem

Hearing problem

Eye/vision problem

Heart problem

Other impairment/problem, please specific \_\_\_\_\_

Hypertension/high blood pressure

Diabetes ("sugar")

Cancer

HIV

Dental problem

Depression/anxiety/emotional problem

Tuberculosis (TB)

Stroke problem

Don't know/Refused to answer

41. When you are sick or need advice about your health, to which one of the following places do you usually go?

(Please read)

A doctor's office, public health clinic or community health center

A hospital emergency room

Some other kind of place

No usual place

42. Have you been to the dentist in the past 12 months?

Yes  No  Don't know/Refused to answer

*SAY: The survey is finished. Thanks so much for your help. This information will help us understand this issues facing homeless people in the State of Maine so we may educate state and federal representatives in order to make recommendations for funding and policy changes needed to end homelessness.*

43. Do you have anything you would like to add that you feel is important?