

# UNITED HEALTHCARE & CENTRAL NASSAU GUIDANCE AND COUNSELING HOUSING FIRST MODEL PROGRAM

The 10 bed "housing first" model program is a pilot program designed to assist homeless individuals who qualify as "high utilizers" while receiving **United Healthcare** benefits. These individuals have mental health psychiatric diagnoses/ substance use disorders and medical concerns, and are consistently in and out of hospital ER's and inpatient services, as well as substance abuse inpatient detox/ rehabs.

This "housing first" supported housing program model, overseen by **CN Guidance & Counseling Services**, is more intensive than our traditional supported housing model, as these clients receive weekly visits by our counseling/case management care team to assess and support their ongoing needs.

In this program, we work on placing clients in dignified supported housing, which are 1 or 2 bedroom apartments. We also work on linking these clients to treatment providers, community resources and securing benefits. Additionally, we wrap services around these clients to further assist them to integrate into the community, including, health home care coordination, primary care provided by **LIFQHC**, mobile integration teams and assistance from our financial specialists.

The overall goal of the program is to decrease ER and hospitalization utilization and to assist in providing the clients a base for a more independent and productive life.

