



Pathways to Success After Homelessness is a supportive-housing program in Sacramento County offered by Turning Point Community Programs.

## At a Glance

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For more information, contact  
Alexis Bernard, Program Director,  
Pathways to Success After  
Homelessness,  
916- 283-8280, ext. 1271,  
[alexisbernard@tpcf.org](mailto:alexisbernard@tpcf.org).

## Pathways to Success After Homelessness, Sacramento

The Pathways program serves approximately 200 clients who have mental illness and a history of chronic homelessness from three targeted populations: adults; emancipated, transition-aged youth 18-25; and seriously emotionally disturbed children and their families.

Research conducted by Sharon Sprowls, Housing California  
Editor: Karen C. Naungayan, Housing California  
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Pathways to Success After Homelessness is a supportive-housing program in Sacramento County offered by Turning Point Community Programs. Pathways to Success is designed to help homeless individuals with mental illness to succeed in living more independently. It is one of the first major Mental Health Services Act (MHSA)-funded programs to be launched in the county.

The program serves approximately 200 clients who have mental illness and a history of chronic homelessness from three targeted populations: adults; emancipated, transition-aged youth 18-25; and seriously emotionally disturbed children and their families. Some participants also have co-occurring conditions. The program does not currently accept parolees, because the Mental Health Services Act specifically excludes parolees, defining parolees as an ineligible population. However, if resources became available to offer services to parolees, Pathways would apply the same type of successful intervention to parolees.

The Pathways program provides intensive wrap-around services to all clients. These services include case management; independent living skills training; employment services; mental health services (including Turning Point's psychiatrist and nurse); and referrals to other medical, educational, and community resources.

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The Pathways program provides services to numerous locations in Sacramento:

- **Fairview Apartments:** In 2006, with Homeless Intervention Program funds, Turning Point purchased Fairview Apartments, which opened to Pathways clients in 2007. There are nine 1-bedroom apartments and one 2-bedroom apartment, with a resident manager. To cover operating costs, tenants either have Shelter Plus Care subsidies or rental subsidies through MHSA. Tenants also pay 30 percent of their income towards rent.

- Ardenaire Apartments: Through Mercy Housing and the Sacramento County Division of Mental Health MHSAs Housing Program, Pathways also has 19 apartments at the Ardenaire Apartments complex, which is owned and operated by Mercy Housing. Pathways residents occupy three 2-bedrooms and sixteen 1-bedrooms. These apartments, which began serving clients in June 2008, are covered through tenant rents (30 percent of income), Multifamily Housing Program funds provided by the Governor's Homeless Initiative, and tax credits.
- Scattered-site apartments: Pathways master leases individual apartments to accommodate more Pathways clients. In December 2008, 50 apartments were under lease with various landlords. Funding is provided by Keys to Hope and program subsidies.
- Martin Luther King Village: Pathways also has 30 dedicated, efficiency apartments for adults at Martin Luther King Village. Martin Luther King Village was built by Mercy Housing to provide a total of 80 affordable, supportive homes for those with disabilities. It opened in December 2008. This is a tax-credit property and tenant rents are subsidized by Shelter Plus Care or Multifamily Housing Program funds.

Clients are referred to Pathways by the Sacramento County Adult ACCESS Team. Services are offered to Pathways clients in their homes and throughout the community. At Martin Luther King Village, Pathways and Mercy Housing have on-site offices along with The Effort, a health and mental health care and addiction treatment program. Pathways' services are funded through MHSAs and Medi-Cal.

### A Pathways Success Story

"Simon" [not his real name] has experienced depression and non-specified psychotic disorders since he was 11 years old. By age 31, he had been self-medicating with cannabis (marijuana) off and on for almost 20 years. Previously homeless, he now lives at the Ardenaire Apartments and has weekend visits with his three-year-old son, whom he had previously been unable to see. Pathways helped him settle his court case so he could have regular visitation.

Simon's anger issues are improving and he is working on rehabilitation using the County's Alcohol and Drug program to deal with his cannabis dependence.

His Personal Services Coordinator especially appreciates his openness and willingness to work on his problems. Simon is motivated and is meeting with an employment specialist so he can get a job.