

# Shelterhouse: Zumba, Painting, and Shavasana

Akshata Rudrapatna &  
Claire Golba  
(on behalf of LC12)

# Shelterhouse

Located in Cincinnati, OH, as:

- The Esther Marie Hatton Center for Women
- The David and Rebecca Barron Center for Men

Provides a comprehensive array of services to residents of Cincinnati and Northern Kentucky, including:

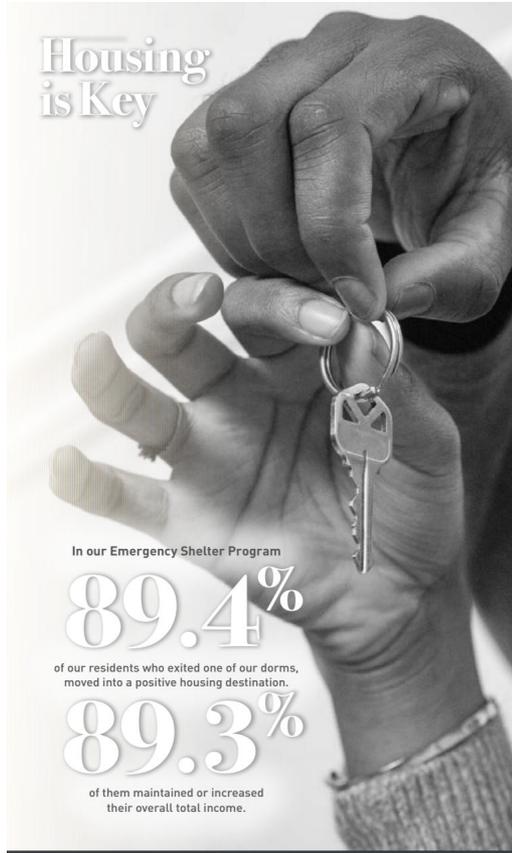
- Temporary housing
- Three meals a day
- A rapid-rehousing program that aims to help residents enter stable living situations as quickly as possible
- Nutrition and medical clinics
- Job services and career counseling
- The Winter Shelter (open between December and February)



*"In the time we have it is surely our duty to do all the good we can to all the people we can in all the ways we can."*

– William Barclay

# Shelterhouse: Impact on the Community



**Housing is Key**

In our Emergency Shelter Program

**89.4%**  
of our residents who exited one of our dorms, moved into a positive housing destination.

**89.3%**  
of them maintained or increased their overall total income.

## The Stats

Every year, Shelterhouse assists thousands of individuals – some with housing, some with programs, some with that extra bit of help that will keep them from the edge and alter their whole world. While the numbers both in our area and nationwide may be staggering, they illustrate the reality for many men and women.

**2,034**  
people served in our emergency shelter in 2021

**56%**  
were disabled

**47%**  
were mentally ill

**31%**  
were chronically homeless

**16%**  
victims of domestic violence

**8%**  
were veterans

Open 24 hours  
365 days a year

**3,073**  
total persons served in 2021

**76,568**  
total shelter nights to homeless men and women;

**83,063**  
number of meals served this year

**1,109**  
individuals served in the Winter Shelter

(Partnership Center, Ltd. HMIS (OH-500) VESTA 2021)

## Rapid Rehousing

Rapid Re-Housing provides short-term rental assistance and services. The goals are to help people obtain housing quickly, increase self-sufficiency, and stay housed.

Rapid Re-Housing is a primary solution for ending homelessness. It has been demonstrated to be effective in getting people experiencing homelessness into permanent housing and keeping them there. By connecting people with a home, they are in a better position to break down the barriers which prevented them in the past from obtaining housing.

**88.9%**  
of these clients remained in permanent housing at the conclusion of their rental subsidy and

**90.2%**  
maintained or increased their income.

Shelterhouse moves more homeless people into housing than any other agency in the region. We place a priority on moving individuals into permanent and stable housing as quickly as possible...ideally within 30 days of entering the program.



# Service Learning Project

- Homeless shelters are extremely stressful environments.
  - Residents face the challenges of experiencing homelessness and adapting to new environments at the same time.
  - These stresses are often amplified by other challenges such as lack of transportation, unemployment, and insomnia (due to the noisy environment of the shelter).
- With our project, we sought to provide residents of Shelterhouse with **positive coping mechanisms for stress** that they can continue using even after moving out of Shelterhouse and into their own homes.
  - Our classes centered on three positive stress coping mechanisms: **art, meditation and exercise.**



# Service Learning Project: Results

**Table 2: Mean Ratings of Survey Questions Regarding Stress Separated by Session Type**

Session Type	Mean Rating of Stress Levels Before Session	Mean Rating of Stress Levels After Session
Arts	3.36	2.93
Exercise	3.00	3.17
Meditation	3.50	2.18

Note: 1 = not stressed, 5 = extremely stressed

# Service Learning Project: Results



# Impacts of COVID-19 on Shelterhouse Residents

- Shelterhouse has lost staff as a result of the pandemic and has also had to reduce volunteering due to COVID-19 restrictions.
- COVID-19 safety measures have also complicated the operations of the shelter.
  - Given the high rates of COVID transmission in close quarters, safety measures had to be established for all parties involved, especially the residents of Shelterhouse.
    - Online-only behavioral health services
    - Limited daily recreational activities
    - Reduced transportation services
    - Limited intake of new residents

# Advocacy

- Affordable housing is an increasingly difficult resource to access due to companies, such as 3CDC, that have privatized large amounts of real estate in downtown Cincinnati
- Gentrification of historic neighborhoods like OTR has led to the displacement of residents from their homes



# City Council Can Help By...

- Providing funding for a longitudinal program for wellness at Shelterhouse similar to, but not limited by, arts and crafts, meditation, and exercise sessions.
- Investing in:
  - Healthier food options, including cooking classes for the residents at Shelterhouse, so that they can feel healthy and happy.
  - Specific programs for helping Shelterhouse residents develop computer skills, which would directly help them find jobs.
  - Pop-up health clinics around the city of Cincinnati, especially in vulnerable areas, to serve the needs of individuals experiencing homelessness.
  - Real, affordable housing opportunities for Cincinnati natives & research into housing-first models of real estate investment
- Educating other legislators on the demographics of the residents at Shelterhouse and sharing their stories with governmental officials.



*Thank you for your attention!*