

Fair Housing & Mental Health Recap

Overview of Fair Housing Presentation

From Tuesday, June 8 training by Amanda Atkins, Atkins
Consulting

The Fair Housing Act

The Fair Housing Act protects people from discrimination when they are renting or buying a home, getting a mortgage, seeking housing assistance, or engaging in other housing-related activities. Additional protections apply to federally assisted housing.

Who Is Protected?

The Fair Housing Act prohibits discrimination in housing because of:

- Race
- Color
- National Origin
- Religion
- Sex
- Familial Status
- Disability

Fair Housing & Inclusion

FH is a HUD requirement, a funding requirement, a marketing requirement, local authority requirement.

Management's FH practices are checked up on during property inspections, site visits, funding requests, etc. to ensure we are fairly marketing and fairly housing residents.

FH applies to how we seek out applicants, how we market, how select and place. But it also applies to how we maintain residency, apply property rules, and provide a peaceful living environment.

*Individuals with **mental health, intellectual, or developmental disabilities** deserve equal housing opportunities.*

Housing discrimination against individuals with mental health, intellectual, or developmental disabilities is illegal.



If you believe you have experienced housing discrimination, contact **HUD** to file a complaint.



Visit www.hud.gov/fairhousing or call the National Discrimination Hotline at 1-800-669-9777 or 1-800-877-8339 (Fed. Relay)

Fair Housing News

Recent common complaints –

- discrimination based upon disability;
- discrimination based upon race, ethnicity, or national origin;
- failure to provide language access services;
- failure to provide reasonable accommodations;
- failure to allow a resident to pay for a reasonable accommodation;
- issues with assistant animals;
- sexual harassment.

Fair Housing During COVID-19

- Remember that any provided Covid-19 materials or resources should be available in appropriate multilingual formats, or formats accessible for persons with disabilities.
- The federal Fair Housing Act continues to apply and to make accommodations as necessary to avoid claims of discrimination against protected classes. For example, virtual tours should accommodate blind or visually impaired visitors, and leasing staff should work with prospective residents with disabilities to further accommodate any additional needs they may have.

Webinars on the CSS website:

<https://www.bnaibrith.org/seniors.html>

PREVIOUS CSS WEBINARS

Fair Housing and Diversity Awareness



The B'nai B'rith International Center for Senior Services (CSS) staff explores best practices in diversity awareness for subsidized senior housing.

Learn About CSS & Section 202 Housing

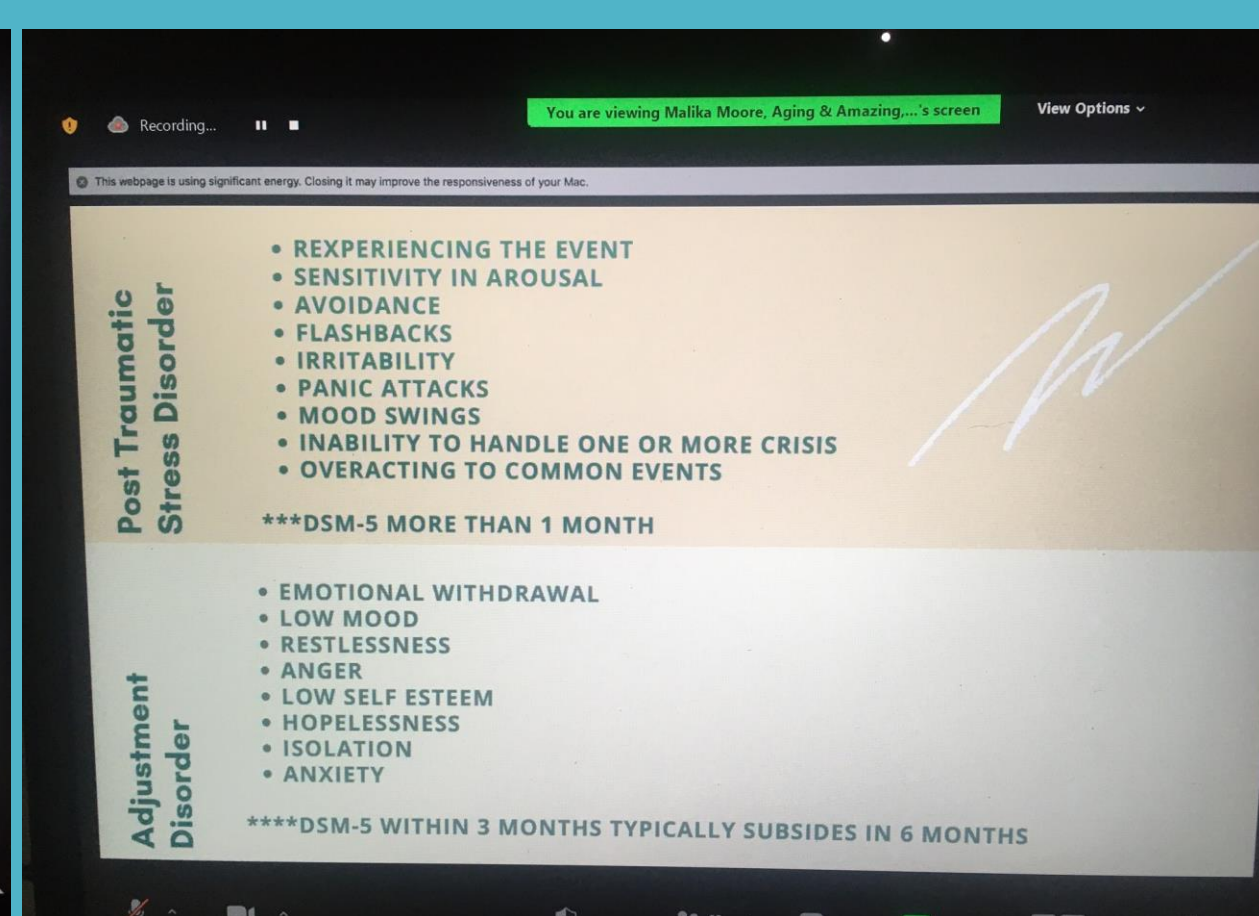
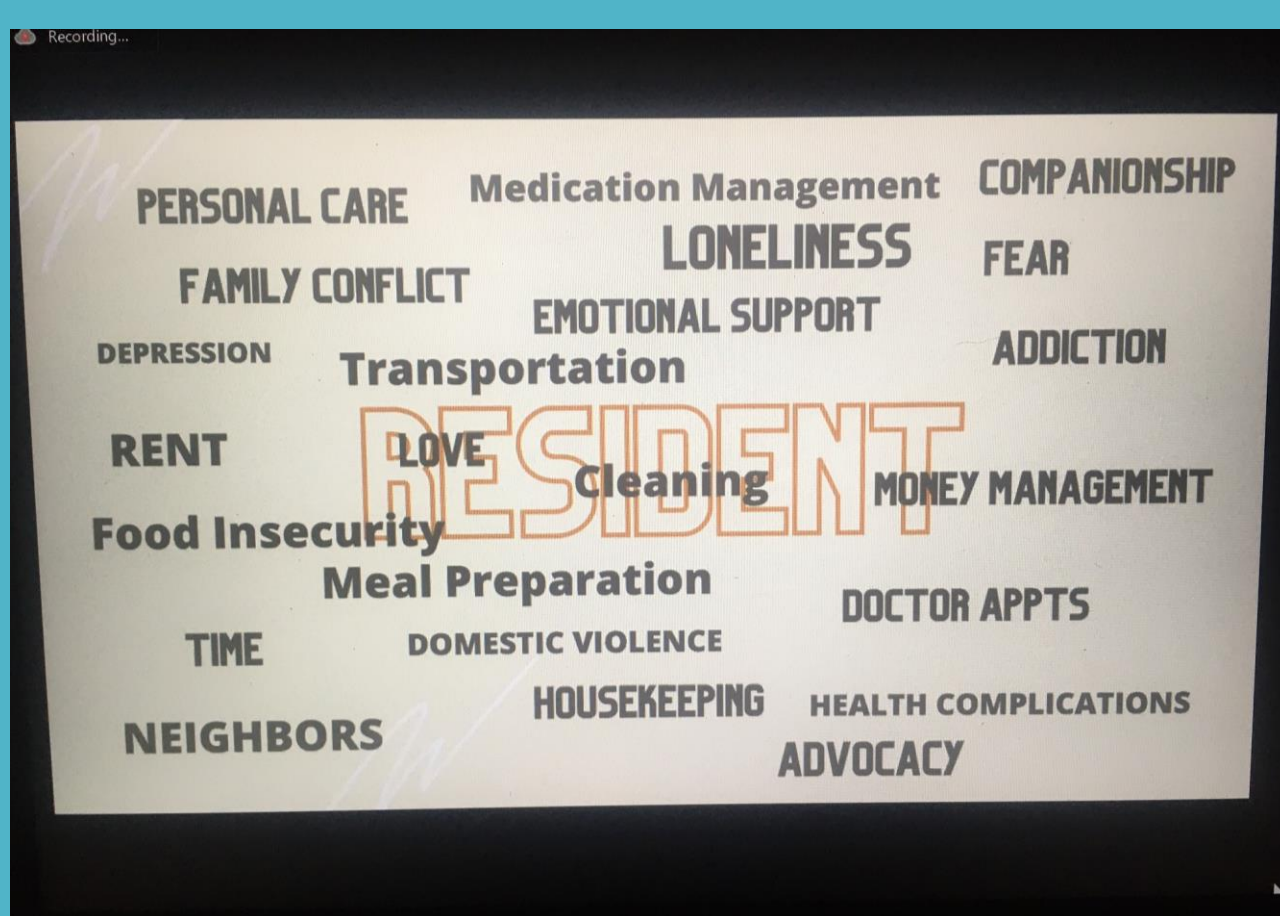


B'nai B'rith's relationship with Section 202 housing started in 1971 when we formed a partnership with the Department of Housing and Urban Development (HUD) to sponsor affordable housing for low-income seniors. The B'nai B'rith Senior Housing Network in the United States comprises 38 buildings and serves about 5,000 people. Watch to learn more about the history of Section 202 affordable housing, B'nai B'rith's role with the program and helpful information regarding the Board of Directors, staff members and residents of the buildings.

Tips & Resources

- Fair Housing
 - www.hud.gov/fairhousing
- HUD Notice FHEO 2020-01
 - <https://www.hud.gov/sites/dfiles/PA/documents/HUDAsstAnimalNC1-28-2020.pdf>
- ADA rules and service animal guidance on DOJ's ADA Home Page at
 - www.ada.gov22
- ADA Information Line - 1-800-514-0301

Mental Health During the Pandemic Recap



From Malika Moore's presentation

A sense of loss & loss of control

Causes of why the person is agitated, hostile and/or upset?

- * Frustration or annoyance
- * Disappointment
- * Fear
- * Stress
- * Confusion and/or memory loss
- * Change in physical ability
- * Feeling powerless/Loss of control & choices
- * Projection/expectations



NATIONAL POLL ON HEALTHY AGING

UNIVERSITY OF MICHIGAN

Mental health symptoms during the COVID-19 pandemic

AMONG ADULTS AGE 50–80

28%

worse
anxiety
or worry



19%

worse sleep



19%

worse
depression
or sadness



Administration on Community Living

<https://acl.gov/>

Holocaust Survivor Initiative & Center on Aging and Trauma

<https://holocaustsurvivorcare.org/>

Jewish Family & Children's Service and Jewish Community

Housing for the Elderly

Tips and Techniques for Supporting Residents with Mental Illness: A Guide for Staff in Housing with Older Adults

<https://www.jfcsboston.org/Our-Services/Older-Adults/Aging-and-Mental-Health-Training/Mental-Health-Guide>

National Coalition on Mental Health and Aging

<http://www.ncmha.org/>

Mental Health America Toolkit

<https://mhanational.org/mental-health-month-2021-toolkit-download>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

University of Michigan National Poll on Healthy Aging

<https://www.healthyagingpoll.org/report/mental-health-among-older-adults-and-during-covid-19-pandemic>

Online Resources

doing Good is Good for You

Reduces

Volunteering

Increases



depression



chronic pain



stress



risk of disease



social isolation



physical fitness



mental functionality



sense of purpose



social connection



longevity



A holistic approach to programming

Mind

Body

Soul/Spirit



Questions to consider:

How do we create a positive environment?

How do we help residents overcome that feeling of loss of control and helplessness?

How do we make sure everyone knows it is okay to acknowledge how difficult the past year has been?

How do we bring a sense of normalcy, where everyone can interact with each other and be our social selves?



Boundaries

How do you maintain those boundaries after the emergency is over?

- Setting & maintaining office hours
- Doorbell

