



HENNEPIN COUNTY

MINNESOTA

Public Health



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Understanding Barriers and Facilitators to Housing in the Twin Cities

Findings from Interviews with People Living with HIV Experiencing Housing Insecurity



Agenda

Local context

Project overview

Participant characteristics

Barriers to housing

Facilitators to housing

Desirable housing

Conclusion

Local Context

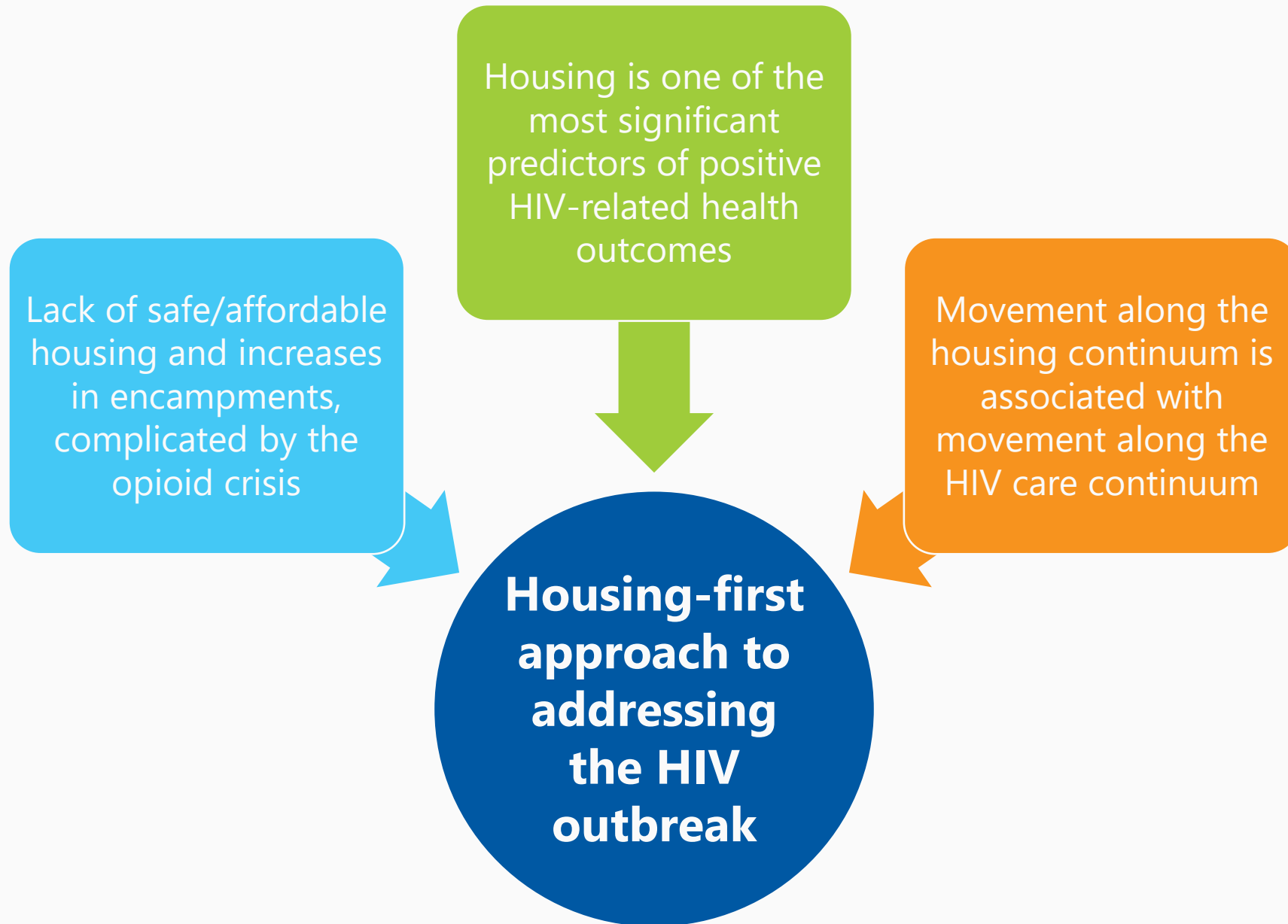
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HIV outbreak in the Twin Cities

- Two distinct subclusters:
 - People living in encampments and using injection drugs (111)
 - Men who have sex with men (MSM) and using injection drugs (142)
- Total of 253 cases as of 5/8
- More information: hennepin.us/hiv-outbreak



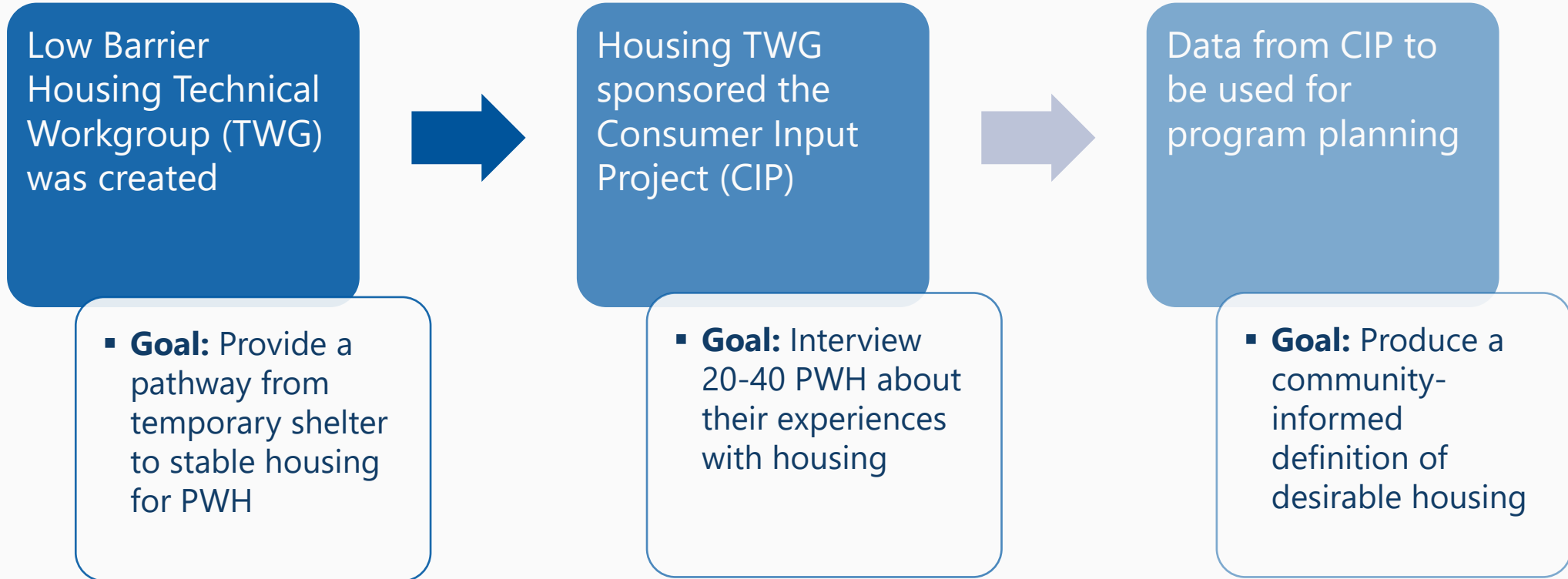
Project Overview

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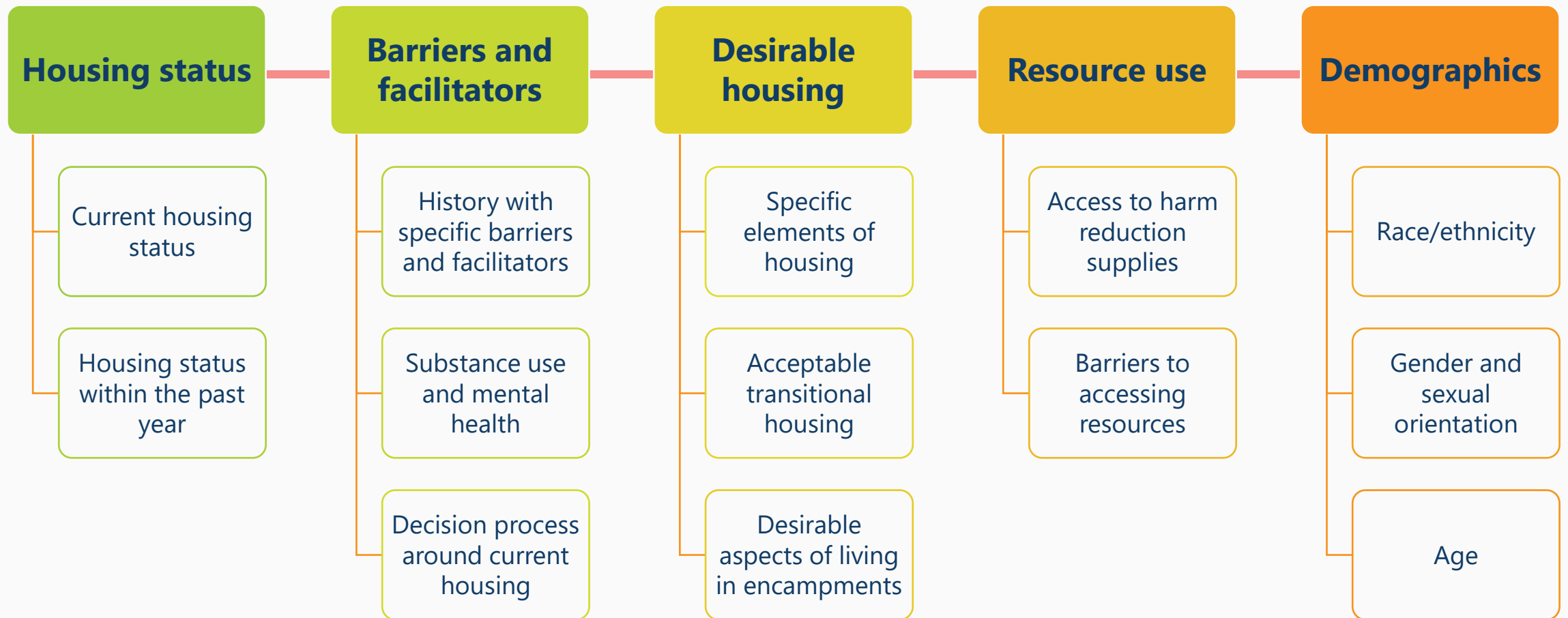
Overview



Project details

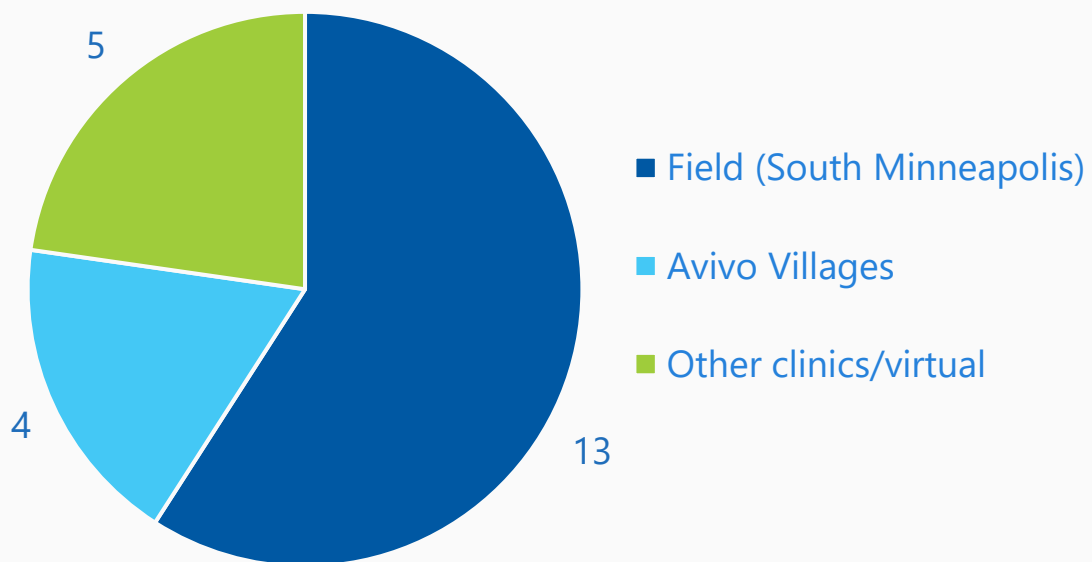
- 22 interviews conducted between July 2022 and March 2023
- All participants were:
 - Living with HIV and over 18 years old
 - Part of the Twin Cities HIV outbreak or outbreak adjacent
 - Either:
 - Currently experiencing homelessness
 - In unstable or transitional housing
 - Experienced homelessness in the last year

Interview questions

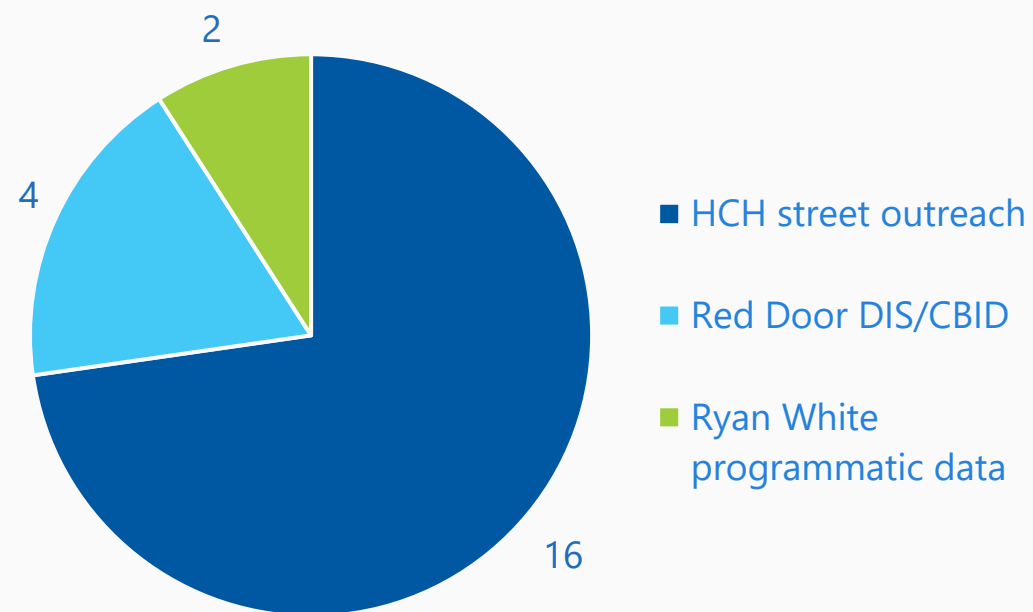


Interview locations and recruitment

Interview locations



Recruitment methods



Participant Characteristics

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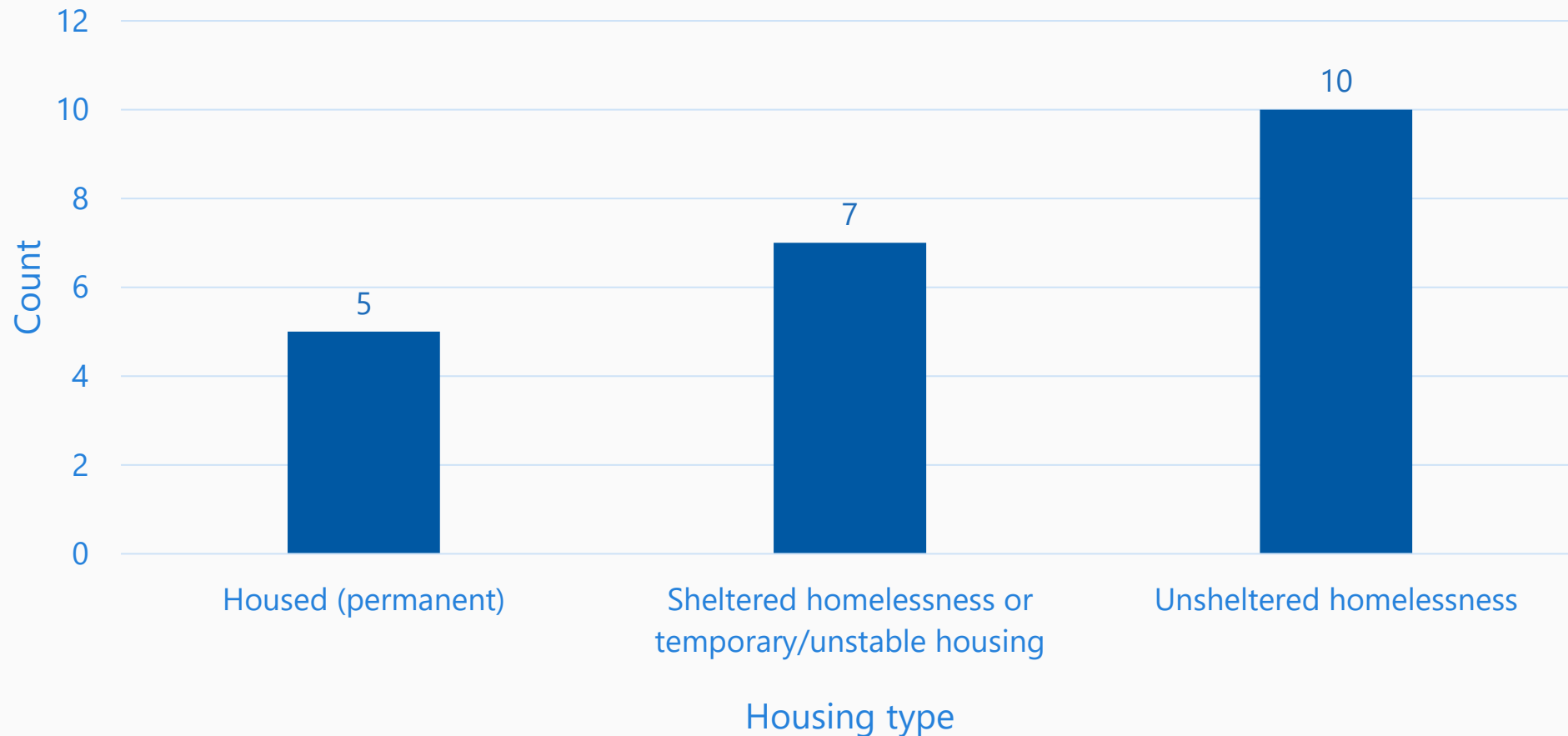
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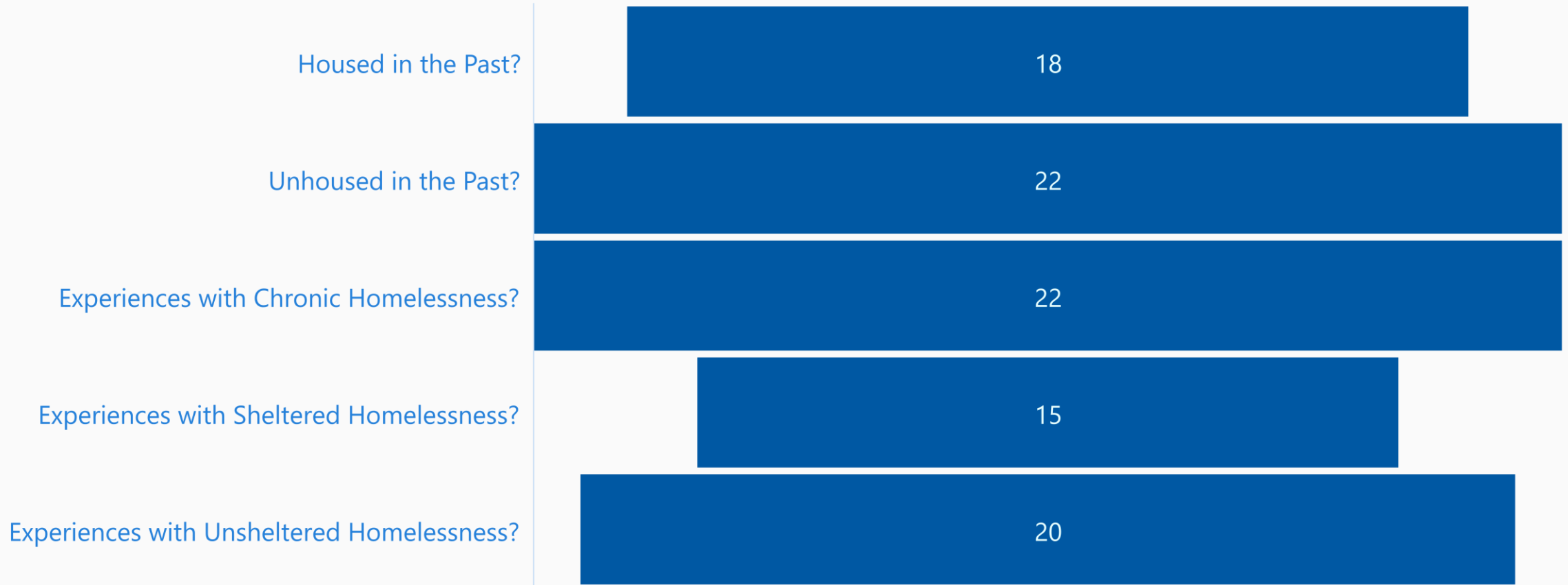
Demographics reflect the HIV outbreak

- More than 50% Native American (12)
 - Black (3), multi-racial (3), Hispanic (2), and White (2)
- MSM (3)
 - 6 in total did not identify as straight/heterosexual
- Gender
 - Cisgender male (10), cisgender female (9), transgender or non-binary (3)
- Median age 36.5
 - 50% younger than 35 and 2 older than 50

Housing statuses at time of interview



Housing experiences



Limitations and use cases

- Inclusion criteria were determined before HIV outbreak
subcluster definitions were updated
- Small n's for subgroups
- Data collected is specific to:
 - Research questions
 - Populations represented in the inclusion criteria

Understanding Barriers to Housing

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Substance use disorder

n=18



Difficulties with life tasks
Loss or surrender of housing
Harder when unhoused

Legal

n=15



No ID documents
Criminal/legal background
Other legal issues

Desirability

n=14



Surrendering, turning down, or not maintaining undesirable housing

Mental health

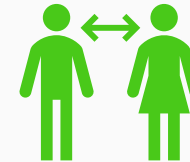
n=13



Difficulties with life tasks
Motivation and cognition
Worsened by no housing

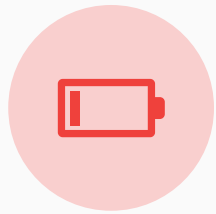
Social

n=13

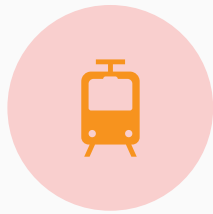


Lack of social support
Unstable relationships
Other social issues

Other barriers included:



Participants' lack of motivation for housing



Transportation barriers or public transit dependence



Safety issues on the streets or in housing



Finances, including barriers to employment or benefits



Negative experiences with providers or restrictive rules



Physical health issues, including HIV

Other barriers included (cont.):



Stigmatization
and
discrimination



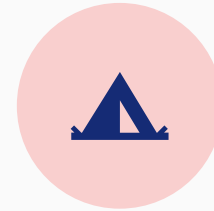
Participants'
lack of
knowledge
about housing



Lack of housing



Communication
challenges



Homelessness,
especially
chronic
homelessness



Systemic issues,
like structural
racism or the
war on drugs

Understanding Facilitators to Housing

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Supportive services

n=22



Case management, housing,
healthcare, SUD, financial
Transactional vs. intensive

Strong relationships

n=19



...with case managers
...with friends and family
...with other advocates

Availability of housing

n=11



General availability
Specific housing programs

Personal motivation

n=10



Wanting to do better for
themselves or others
Taking proactive steps

Desirability and rules

n=9



Liking housing/shelter
Liking the supports or
services around housing

Other facilitators included:



HIV-specific
housing
resources



Lack of legal
challenges



Communication



Good mental
health



Sobriety or
support around
substance use



Access to
transportation

Understanding Desirable Housing

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People want housing that:



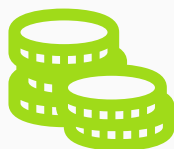
Is in the Twin Cities,
especially South
Minneapolis



Is one-bedroom and
allows them to live
alone or with family



Is accessible by public
transportation



Is affordable, subsidized,
and easy to access, with
no extra fees



Has safeguards against
evictions and flexibility
around criminal history



Offers harm reduction
tools and doesn't
require sobriety

People want housing that (cont.):



Allows for visitors and
pets/emotional support
animals



Has on-site laundry,
storage, private
bathrooms, and parks



Is in a safe
neighborhood with a
gated entrance



Is on a lower floor and
ADA or elevator
accessible

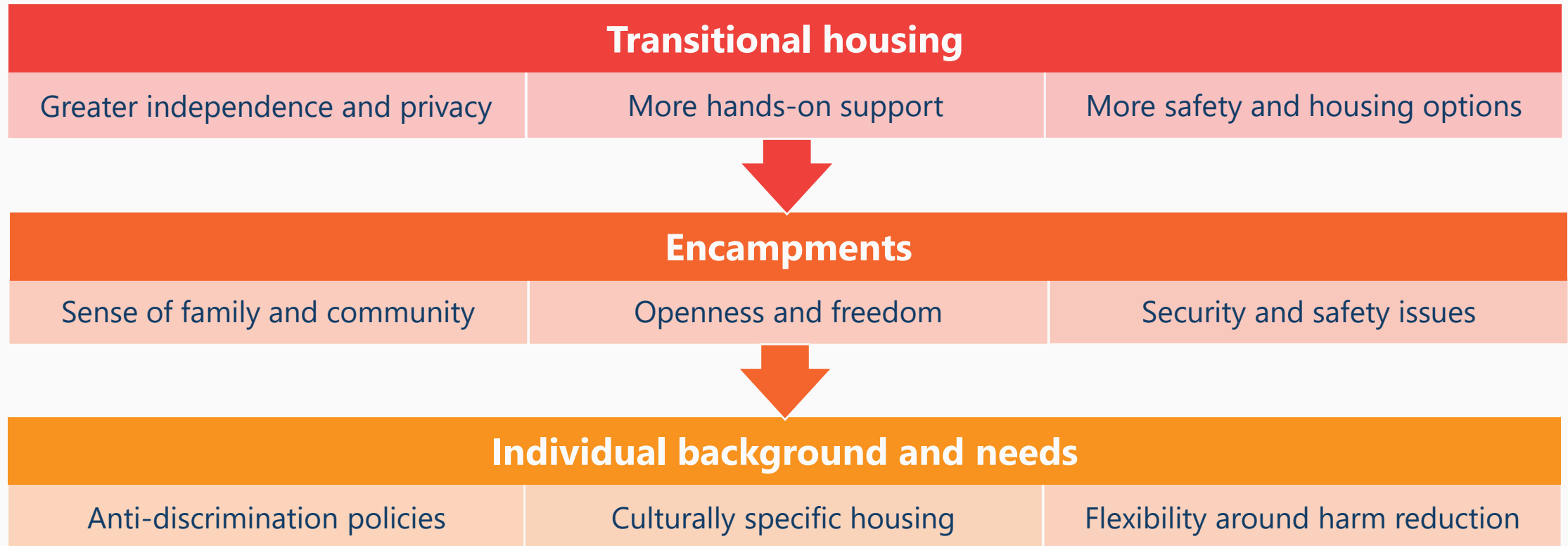


Offers independence
along with supportive
services



Is not recognizable as
HIV-specific or culturally
specific

Participants also wanted specific elements related to:



Conclusion

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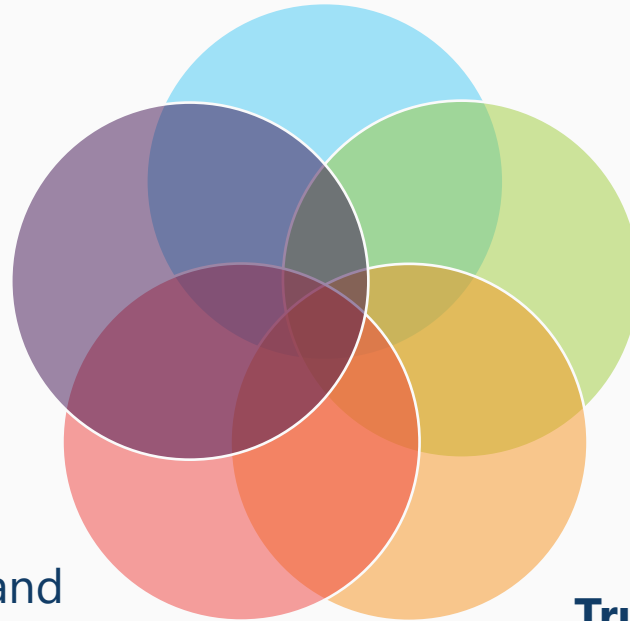
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Key takeaways

There are **cyclical relationships** between barriers, housing, and homelessness

Providers have different **perceptions** of housing systems and challenges



Case management, street outreach, and personal motivation are important **facilitators** to housing

Housing processes and programs need to be **desirable and flexible**

Trust in providers, systems, and programs is important

Next steps

- 1 Writing a full summary report of findings (email to request)
- 2 Creating and implementing a plan for low-barrier housing
- 3 Presenting findings to other stakeholders
- 4 Uploading recordings to MATEC and Ryan White webpages

Acknowledgements

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Aurin Roy

Senior Planning Analyst, HIV Disparities Reduction
aurin.roy@hennepin.us, 612-348-4282

Health Services Building
525 Portland Ave S, Floor 3
Minneapolis, MN 55415

