

# OMHSAS Adult Advisory Meeting

January 6, 2011

# Fairweather Lodge Program

What is it?

A program where individuals with serious mental illness choose to live together in the same home, work together and share responsibility for daily living and wellness.

Congregate living allows for shared household expenses, often allowing people to afford higher socio-economic living status. Members share responsibility for ensuring each person is “doing their part”, including contributing towards expenses & household chores, preparing congregated meals, performing the requirements of work/job, and for managing health and wellness, including sobriety, medication management and crisis resolution...

# Fairweather Lodge Program Model

Dr. George W. (Bill) Fairweather, 1969, Menlo Park, California

Project Sponsor was VA and Stanford University

Program development and national dissemination founded by NIMH

Considered best practice as outcomes can be replicated.

Fairweather Lodge is a value driven model based upon sixteen original guiding principles.

Fidelity Standards based upon 8 principles organized in 4 domains; housing, employment, social responsibility and autonomy.

# Cornerstone Principles

- Self Governance
- Peer Support
- Interdependence
- Must have opportunities for employment to elevate a person's financial well being and integration into community.
- Must have opportunities for affordable, permanent housing.

# How the Lodge is Different

- Staff role is to be a teacher, coach, mentor
- Culture shift to a recovery-oriented model
- Lodges are permanent housing based upon person's desire to stay in this type of housing.
- Jobs are permanent based upon person's desire to keep the type of job available.

# Fairweather Certification/Funding

- Based upon Fidelity Standards and Quarterly Outcome Reporting
- Annual Certification of Lodge Programs from national board; The Coalition for Community Living
- Lodge Coordinator, Peer Specialist and/or Psych Rehab Worker are part of a psychiatric rehabilitation program.
- These workers are able to bill for some services, which helps to create a viable program funding stream.

# October 2010 Pennsylvania Fairweather Outcomes

Data was collected from 6 Fairweather Lodge Programs located across the state of Pennsylvania. ***There are 23 lodges and 99 individuals represented.***

**Nutrition:** 84 lodge members (85%) are eating healthy. Standard = 85% or more

**Exercise:** 53 lodge members (54%) are exercising regularly. Standard = 50% or more

**Substance Use:** 4 lodge members (4%) reported using drugs or alcohol. Standard = 7% or less

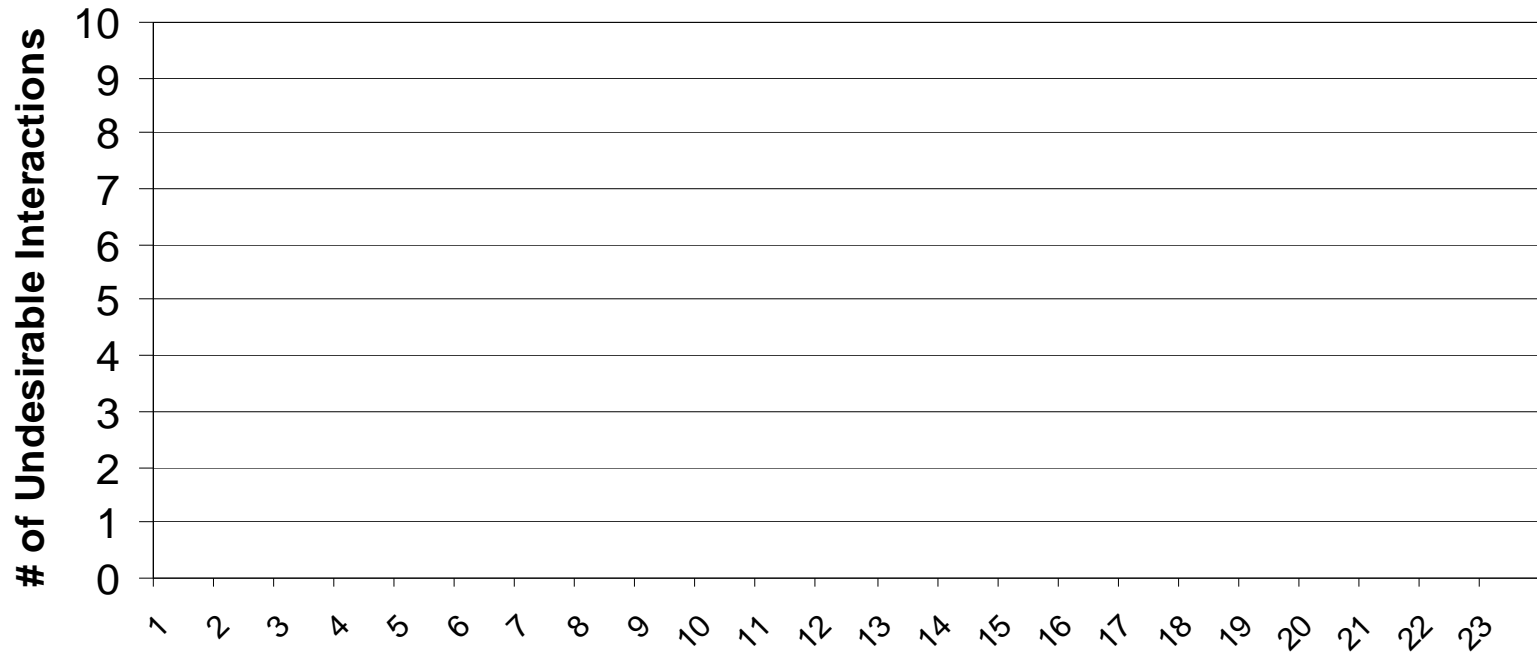
**Smoking:** 67 lodge members (68%) reported smoking. Standard = 25% or less

**Civic responsibilities:** 56 lodge members (57%) are engaged in civic activities. Standard = 25% or more

**Hospitalization:** 2 lodge members (2%) were hospitalized this month. Standard = 5% or less

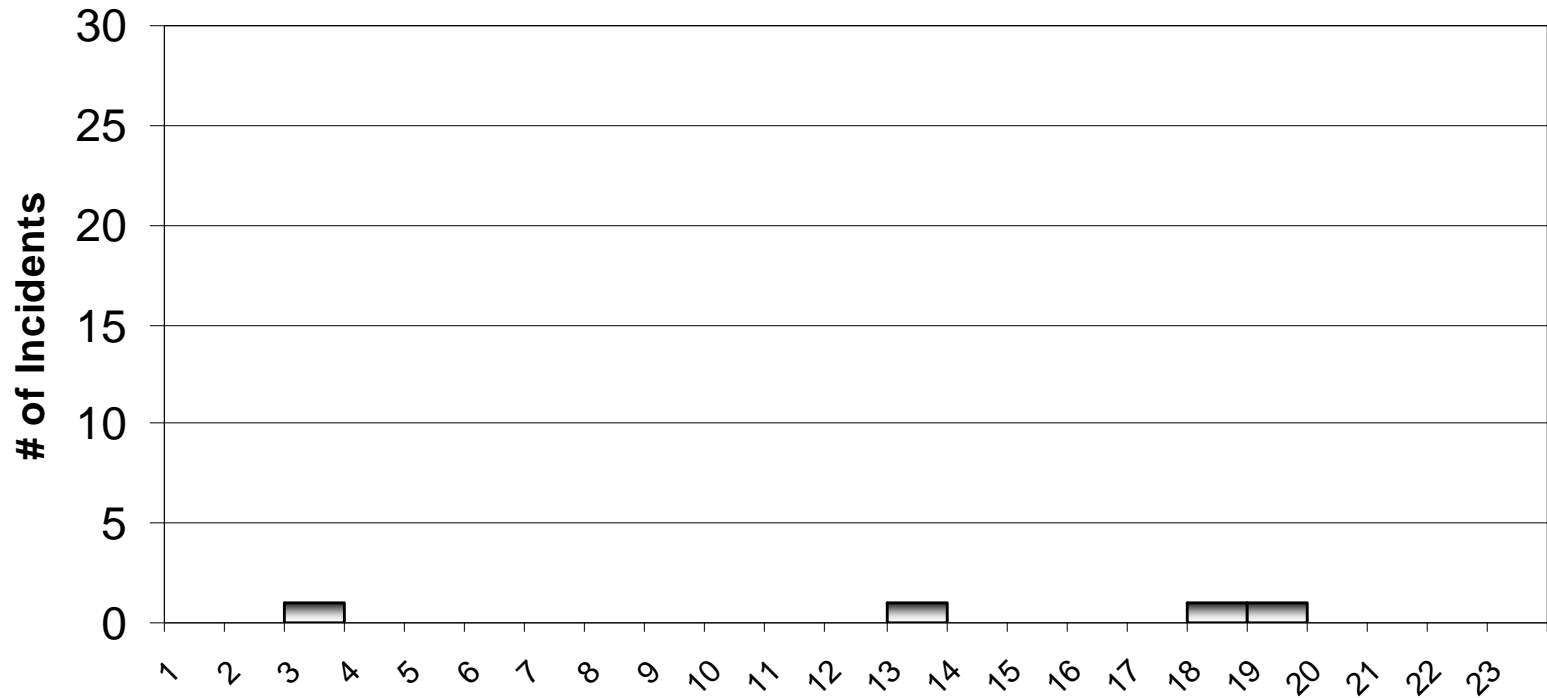
Hospital stays ranged from 8 to 16 days with an average stay of 12 days.

# Number of Undesirable Interactions in Neighborhood per Month



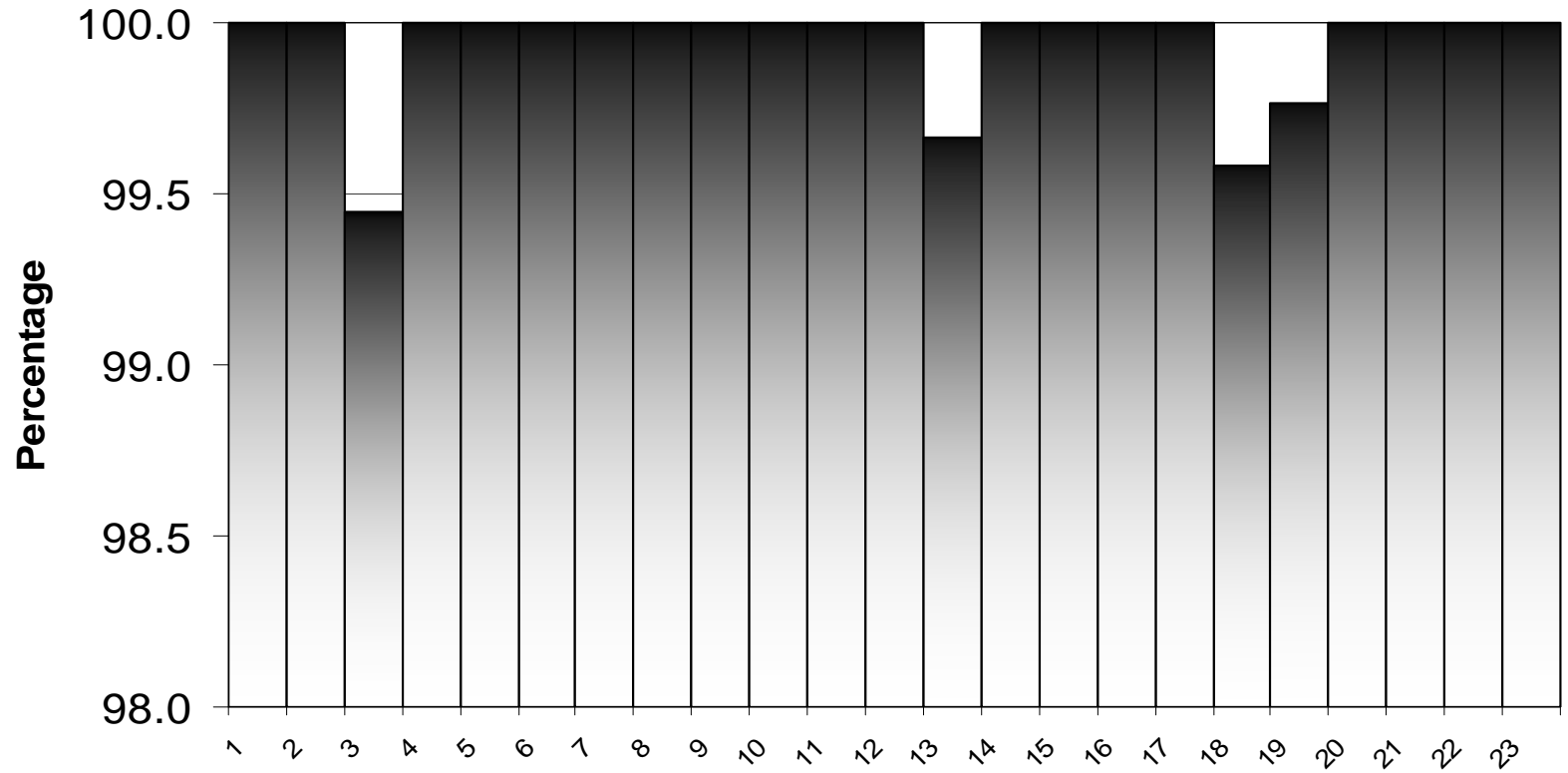
**Average 0**  
**Standard 0**  
**Range 0**

# Number of Incidents of Medication Non-Compliance per Month



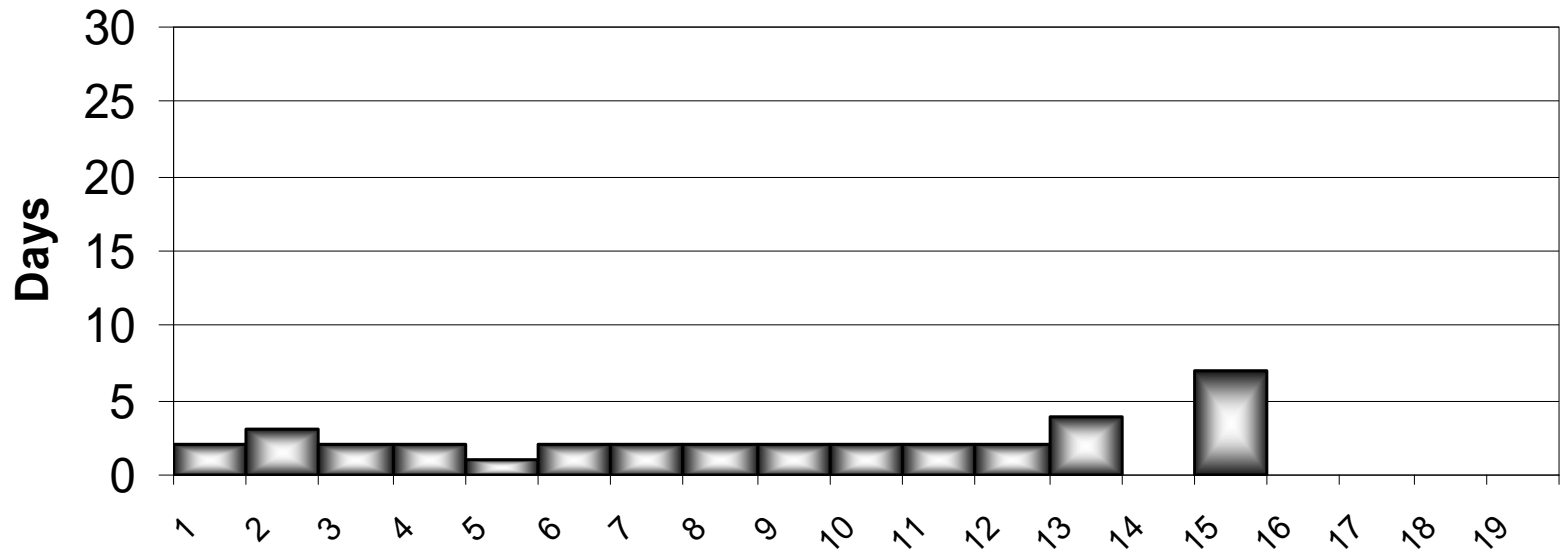
**Average 0.17**  
**Range 0 - 1**

# Percentage of Medication Compliance



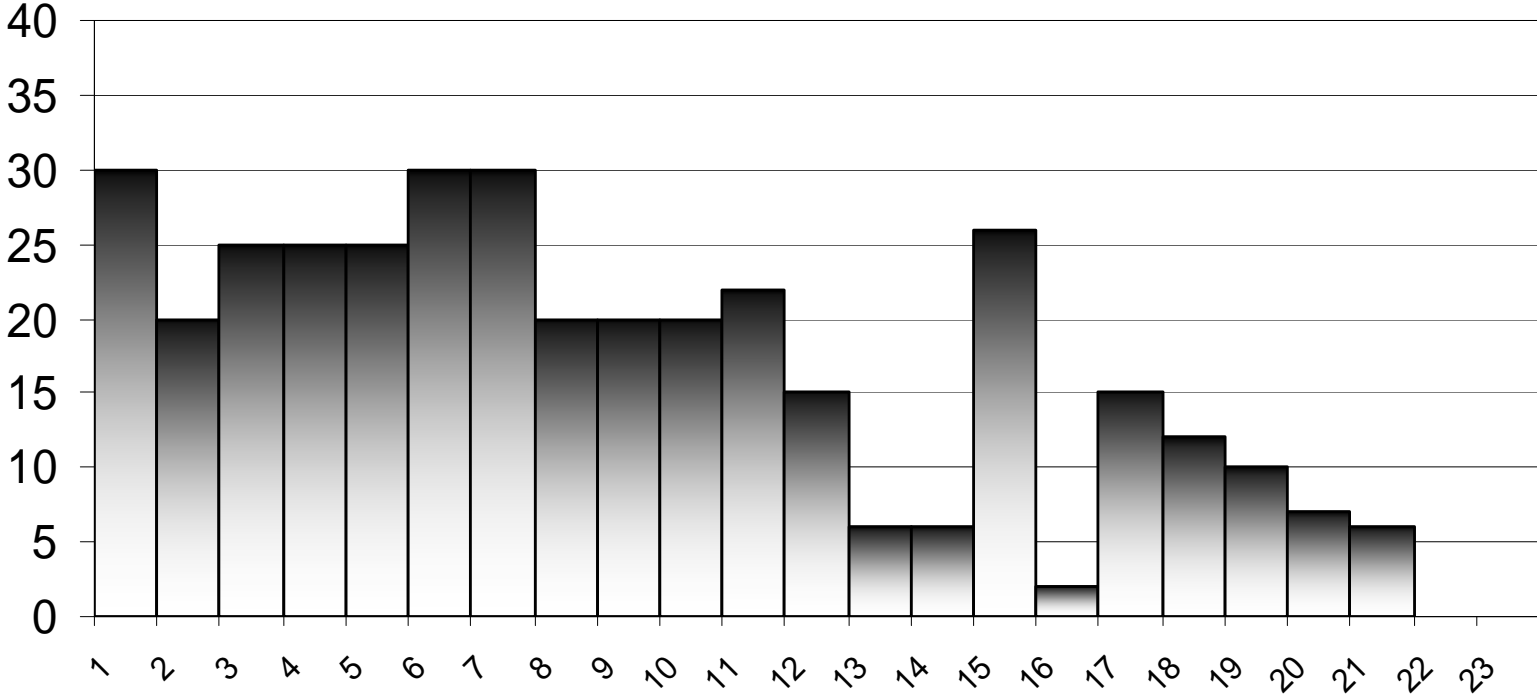
**Average 99.9%**  
**Standard 99%**  
**Range 99.4% - %100**

# Average Wait Time for a Non-Routine Psychiatric Visit



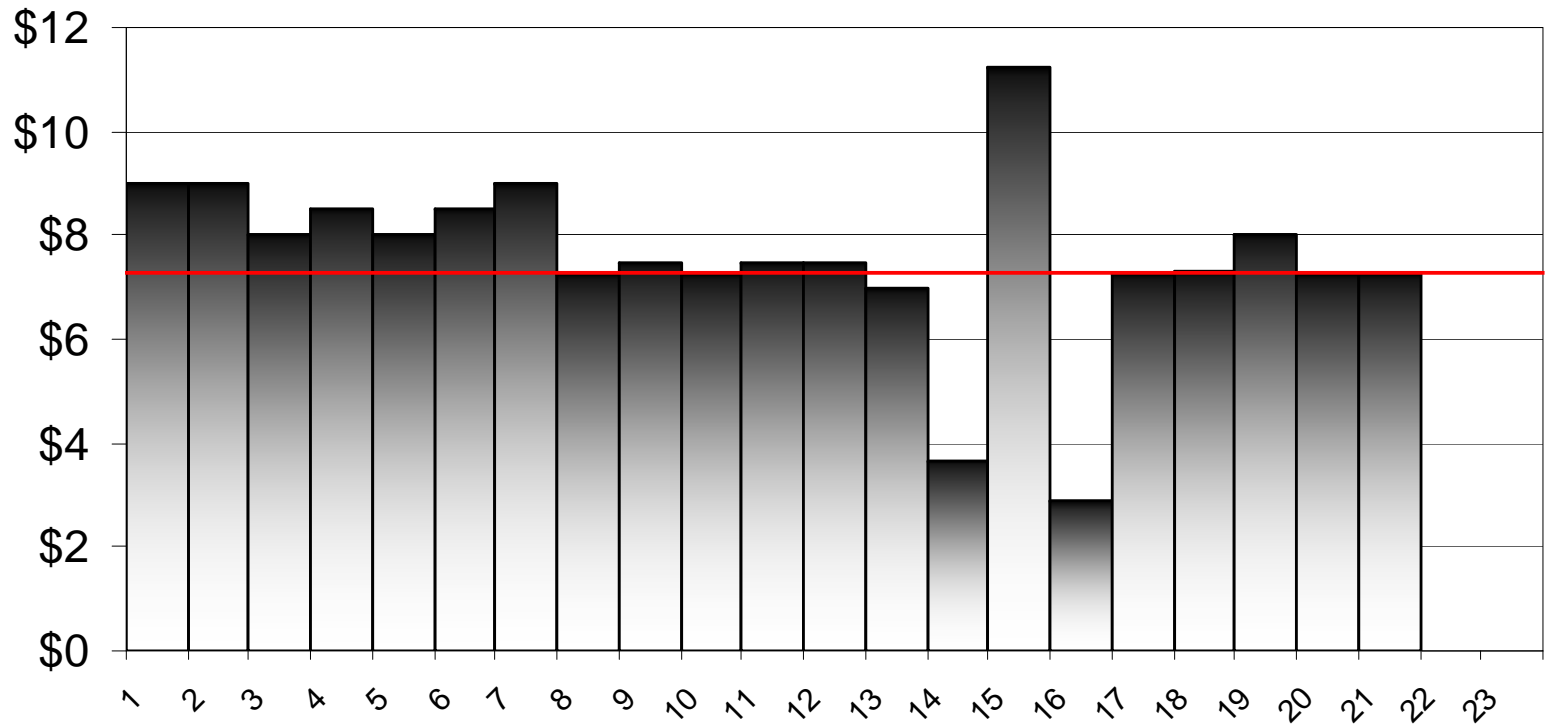
**Average 2 Days**  
**Standard 5 Days or less**  
**Range 0 - 7 Days**  
**Applicable data for 18 of 23 lodges**

# Hours Worked per Week



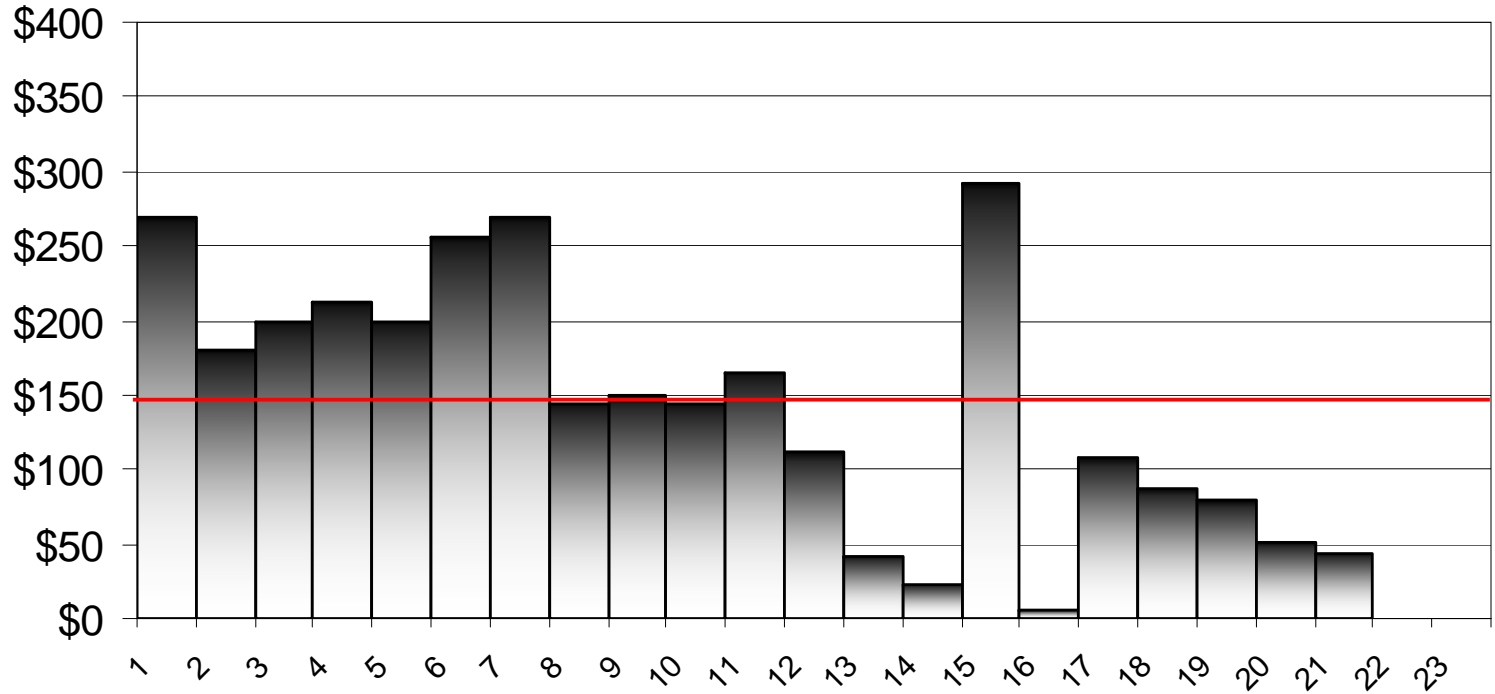
**Average 16 hrs**  
**Standard 20 hrs or more**  
**Range 0 - 30**

# Average Hourly Wage



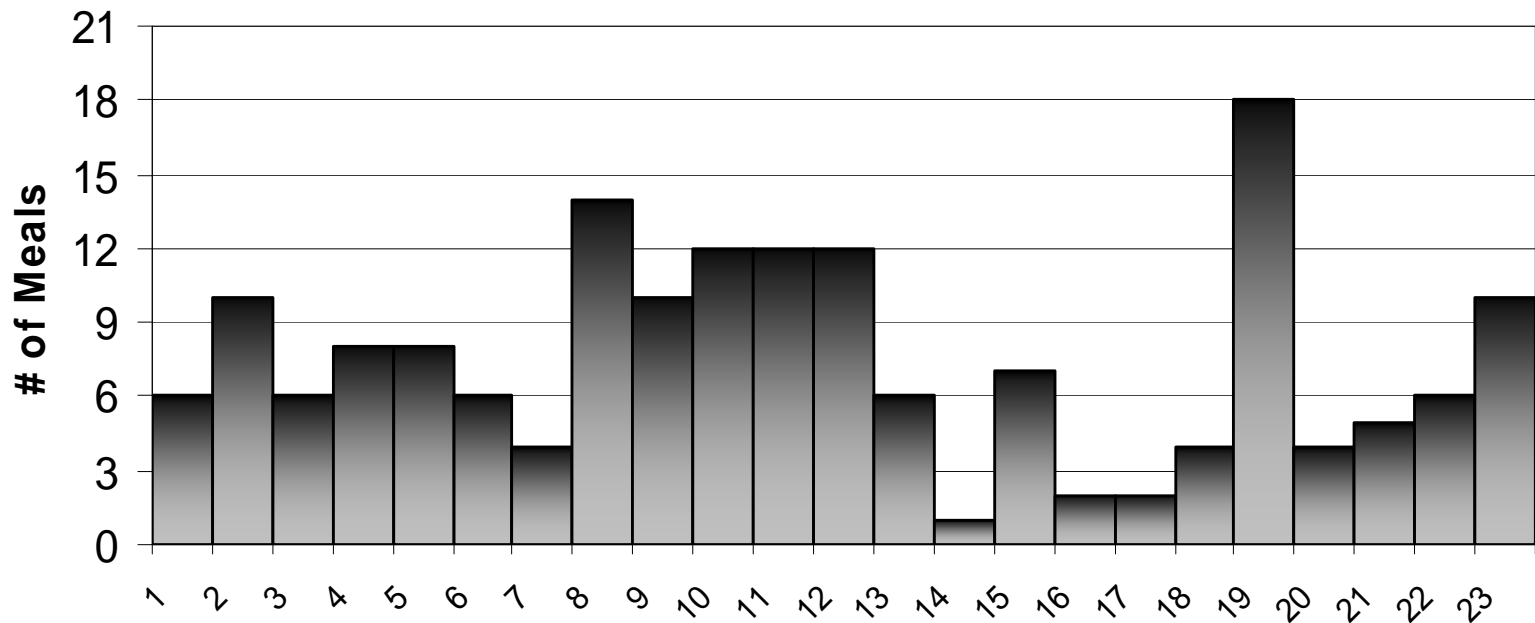
**Average \$6.91**  
**Standard \$7.25 or more**  
**Range \$0.00 - \$11.25**

# Weekly Earnings



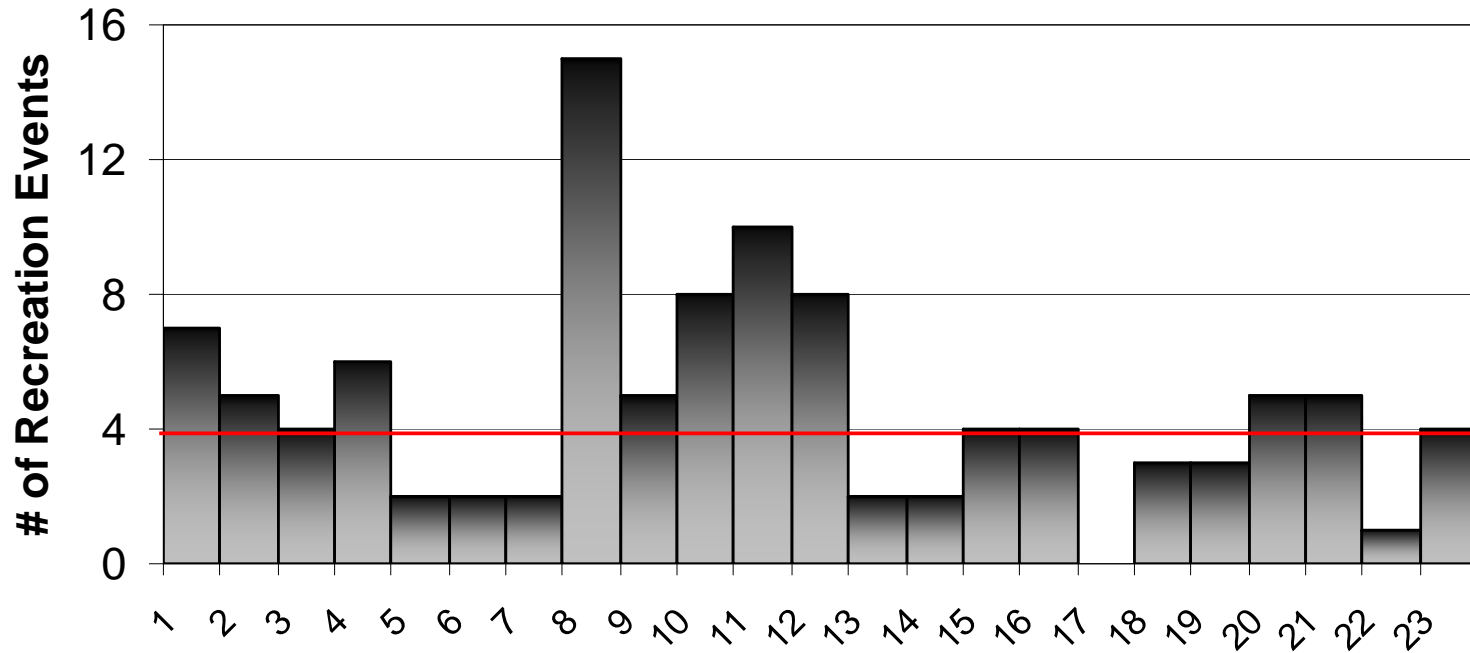
**Average \$132.09**  
**Standard \$145 or more**  
**Range \$0 - \$292.50**

# Number of Meals Shared by 75% of the Lodge Members per Week



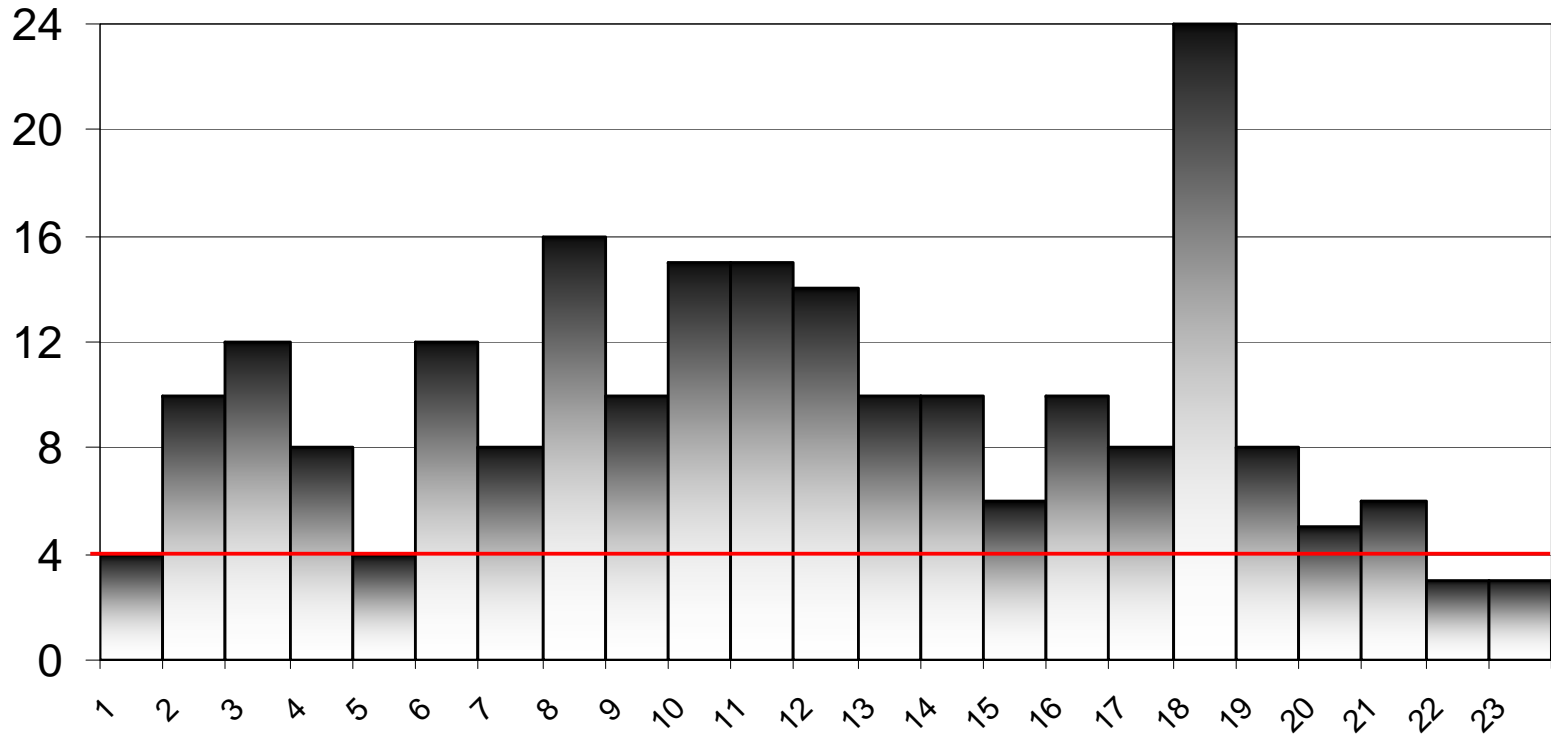
Average 7.5  
Standard 5 or more  
Range 1 - 18

## Number of Recreation Events Shared by 75% of Lodge Members per Month



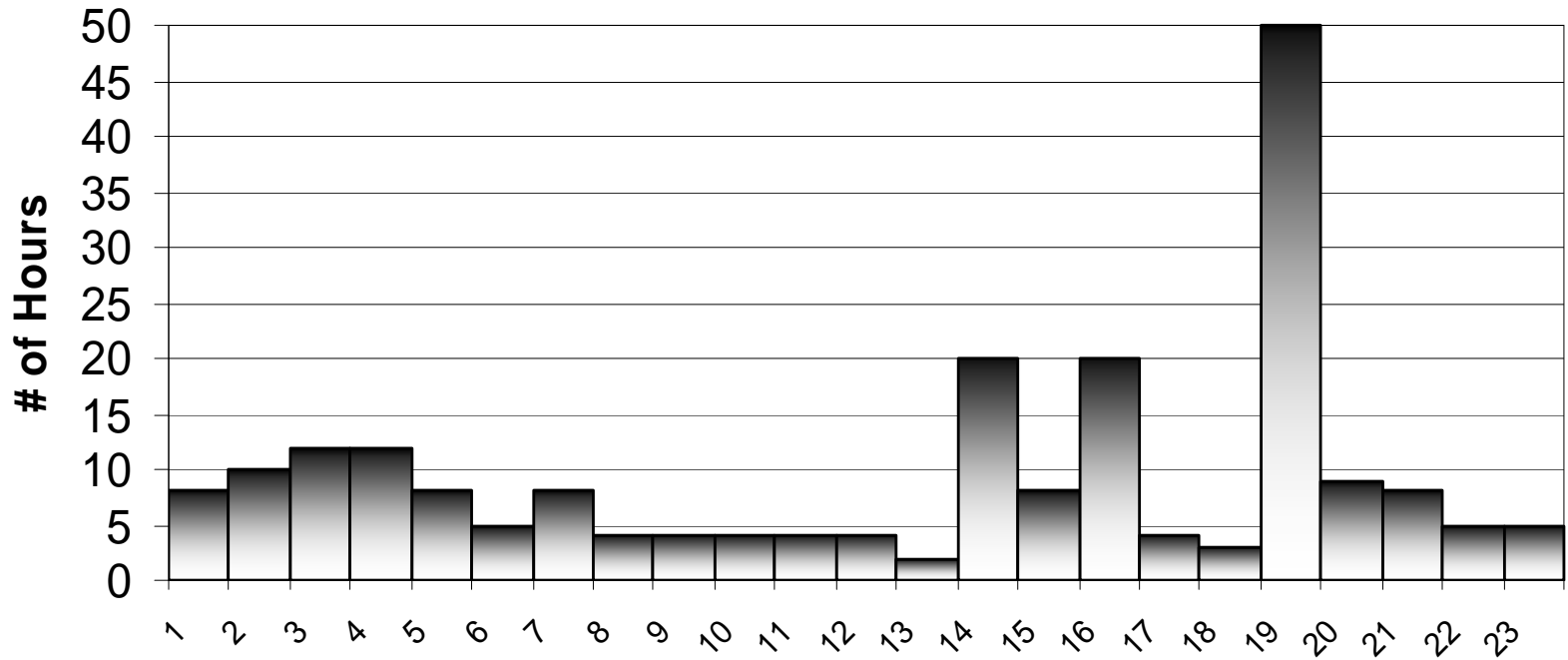
**Average 4.5**  
**Standard 4 or more**  
**Range 0 - 15**

# Social Interactions



**Average 9.5**  
**Standard 4 or more**  
**Range 3-24**

# Number of Hours Non-Lodge Member Staff is Present per Week



**Average 9.5 hrs/wk**  
**Standard 10 hrs/wk or less**  
**Range 2 - 50 hrs/wk**

# USPRA And Fairweather Compatibility

- Core Principles of USPRA and the Fairweather Lodge Model are very similar.
- Lodges convey hope & are recovery focused.
- The lodge operates based upon rules made by the members. Members participate in everyday decisions from who enters the lodge to meal planning to medication supervision.

# Similarities

- Lodges recognize people's strengths and ask them to use their skills. Ex: bookkeeper
- Lodges offer opportunities for empowerment such as being on lodge council or have a position in the lodge. Ex: Lodge Chair
- Lodges help people develop healthy personal support networks by providing the opportunity to meet other people in similar circumstances.
- Lodges are person centered and holistic.
- Lodges promote wellness and social responsibility as evidenced by having outcomes measure these areas.

# WHY NOW?

- There is and has been a housing crisis for people with mental health concerns.
- There is and has been an economic crisis for people with mental health concerns.
- Fairweather Lodge is a cost effective program compared to other traditional MH programs.
- Barriers to employment have been greatly reduced as evidenced by the PA Workers with Disabilities Program. (MAWD)
- Better medications are now available which help with symptom management.
- PA Office of Mental Health and Substance Abuse recognize the importance of peer support as evidenced by being the 7<sup>th</sup> state in the country to include peer support as a Medicaid billable service.

# Fairweather Lodge Fosters a Culture of Creativity and Partnership

## Center City Arts Annual Holiday Show & Exhibition

**Total Sales was \$9,610. \$6,727 returned to 82 clients as commission for their artwork.**

**Total number of checks issued – 118.**

This is a true team effort with many people from many departments working together to make this happen for our clients. We accomplished many firsts this year.

- First show at the new art studio
- Most # of sales ever
- Most \$ of sales
- Most client issued checks
- Largest Public Attendance
- First gallery night
- Best media coverage
- Quickest turn around for issuing checks
- Best lemon bars



**Kim Stucke**

**Director of Consultation Services**

2185 West 8<sup>th</sup> Street Erie, PA 16505

**Phone: 814-878-2170**

Cell: 814-572-5081

Fax: 814-453-4757

Toll Free: 888-453-5806

**E-mail: [kmstucke@StairwaysBH.org](mailto:kmstucke@StairwaysBH.org)**

[www.StairwaysBH.org](http://www.StairwaysBH.org)