

SANCTUARY PSYCHIATRIC CENTERS
OF SANTA BARBARA



SUPPORTED HOUSING



APPLICATION
INFORMATION

SPCSB SUPPORTED
INDEPENDENT LIVING
PROGRAM

provides affordable studio units, with supported services, for low income persons living with mental illness. As such, a continuum of services is provided at the housing site.

Ongoing clinical support is given so that each person can be as self-sufficient as possible and crisis situations and hospitalizations can be avoided.





Sanctuary Psychiatric Centers
of Santa Barbara

Conveniently located in the midtown area of Santa Barbara, SPCSB's Supported Living services provides permanent affordable housing coupled with supportive treatment services.

There are two overarching treatment goals for all of our consumers. One, is to empower consumers to reach their maximum level of functioning including improved/comfortable social interaction; and secondly, is to promote healthy individuation from family.

Both of these goals are consistent with enhancing consumer success as they move forward in the world.



I N T R O D U C T I O N

SPCSB's Supported Living Services (the Arlington Apartments) provides affordable housing for low-income persons with mental disabilities.

A person with a mental disability is someone who:

has a mental disorder as defined by the DSM-IV, other than a primary substance abuse disorder or developmental disorder,
AND

as a result of the disorder has symptoms or a substantial functional impairment in independent living, social relationships, or vocational skills or physical condition; or alternately has a psychiatric history demonstrating that without treatment there is imminent risk of decompensating to the point of having substantial impairments or symptoms;
AND

as a result of the functional impairment is eligible for public assistance, services, or entitlements.

A low-income person is someone whose:

annual gross income does not exceed eighty (80%) percent of the County's median income figure for a one-person household, as established and periodically revised by the U.S. Department of Housing and Urban Development (HUD) for Public Housing and Section 8 Rental Assistance Programs.



WHAT IS SHELTER PLUS CARE?

The Shelter Plus Care Program is a rental payments assistance program administered by the Federal Department of Housing and Urban Development (HUD).

Homeless persons with a mental disability are eligible for Shelter Plus Care rental assistance at the Arlington Apartments.

A person is considered homeless if they are:

being evicted within one or two weeks from a dwelling unit, or being discharged from an institution in which they have resided for more than thirty (30) consecutive days; or someone who is sleeping in shelters or in places not meant for human habitation; **AND**

for whom no subsequent residence has been identified, **AND** who lacks the resources and support network needed to obtain housing.

A low-income applicant, with a mental disorder, who is not homeless will still qualify to live in the Arlington Apartments but will not qualify to receive Shelter Plus Care Rental Assistance while living there.



R E N T A L R A T E S

The Arlington Apartments offer twenty-seven (27) studio apartments for rent. Each of these units are required to be made available only to persons with mental disabilities and who meet “low-income” guidelines.

For low-income persons with mental disabilities:

rent, including utilities, is \$817.00 (as of March 2008).

For low-income persons with mental disabilities who are also considered homeless (eligible to participate in the Shelter Plus Care program):

rent will be an amount which is 30% of the person’s adjusted monthly income as determined by the guidelines set forth by the Housing Authority of the City of Santa Barbara.

each person will obviously have a different sum since rent is derived from the individual’s adjusted income.

for a person receiving only S.S.I. benefits and having no income adjustments, the rent would be approximately \$275.00 per month including utilities (as of March 2008).

All units require a two (2) month security deposit.



A P P L I C A T I O N Q U E S T I O N S

WHERE CAN I GET AN “APPLICATION TO RENT” FORM?

Download an “Application to Rent” form from our website
www.spcsb.org

Navigate to **Forms** and download the following documents:

Arlington Apartment Application Instructions

Arlington Apartment Rental Application

WHAT DO I DO WITH THE FORM ONCE IT IS COMPLETED?

Gather the application form and all of the supporting documents.

Mail the application in its entirety to:

Steve Sheld
Post Office Box 551
Santa Barbara, CA 93102

HOW SOON SHOULD I APPLY?

It is best to apply as soon as possible. Please make certain that your application is complete before sending it in as that is the only way you will receive a priority number for the waiting list (see next page for more information on the screening process).

HOW WILL I KNOW WHEN A UNIT IS AVAILABLE?

Once your application has been accepted, SPCSB’s Property Manager will inform you when a unit has become available.

You may also call the Property Manager (Steve Sheld) to get updates.

805-564-3534 Ext 211



THE SCREENING PROCESS

The screening process will occur in two stages.

In the first stage:

Applications will be screened to determine whether the applicant meets the criteria to rent one of the studio apartments at the Arlington (see section titled “Introduction”).

Applications must be completed in their entirety. All questions **must** be answered and **all** requested or supporting documents must be included (*see below*).

If the question does not apply, indicate so by marking “N/A” in the space provided for the answer.

Incomplete applications will not be processed but will be returned to the applicant for completion.

Supporting documents are as follows:

- A completed “Application to Rent” form; **AND** copies of your picture identification card (drivers license or ID)
- your vehicle registration
- your Social Security card **AND** Birth Certificate
- The most recent federal and State income tax returns and W2’s
- Most recent two (2) pay stubs (if employed)
- Most recent Social Security benefits statement or signed verification of disability form if not receiving benefits
- Most recent checking and savings account statements (a minimum of the last 6 months)
- Savings passbooks



THE SCREENING PROCESS (CONT.)

Most recent statements for stocks/bonds

Your health/Life insurance policy number(s), with name and address

Any on-going prescription costs not reimbursed by insurance

Annuity/pension statements with I.D. numbers and addresses

Once each of the above requirements are met the applicant will be eligible to move onto 'The Second Stage'.

An incomplete application will be returned and will not be accepted or receive a priority number until it is complete.

In the second stage:

The applicant is assigned a priority number. The numbering system will begin with 0001, which is given to the first **completed** application received. Subsequent completed applications will be numbered sequentially (i.e., 0002,0003, etc.)

The priority number will represent the order in which vacant units will be offered for rental to tenants.

Each applicant will then be re-screened to determine whether the applicant may also be eligible for Shelter Plus Care Rental Assistance.

If it appears that the applicant may qualify the applicant is referred to the Housing Authority of the City of Santa Barbara which will make the final determination of eligibility for Shelter Plus Care Rental Assistance.



C L I N I C A L S U P P O R T

Clinical support for Arlington Apartment residents is provided by the Arlington Day treatment Center (ADTC). Conveniently located next to the Arlington Apartments the ADTC offers a wide spectrum of treatment options for adults dealing with addiction issues and mental health concerns.

Clients who graduate from Sanctuary House and are designated as Shelter Plus Care will receive the following fee-based services:

Satellite Service (one time fee-based service).

In-Home Supported Services (on-going support as decided by the treatment team).

A minimum of two (2) groups at the Arlington Day Treatment Center (as chosen by the client in conjunction with the treatment team).

A minimum of one (1) time weekly Case Management with a therapist at the Arlington Day Treatment Center

Regular meetings with a Psychiatrist (minimum of two times monthly).

FREQUENTLY ASKED QUESTIONS

WHAT IS THE SIZE OF AN ARLINGTON STUDIO APARTMENT?

The entire apartment measures 275 square feet. The main living area is roughly 190 square feet in size.

DOES IT HAVE A FULL BATH AND KITCHEN?

It has a full bathroom. The kitchen has a stainless steel kitchenette unit with a stove, refrigerator, and sink.

There is wall to wall carpeting in the living room and within the walk-in closet. The kitchen and bathroom has vinyl flooring.

ARE THE APARTMENTS FURNISHED?

No. You must furnish the apartment yourself.

WHO LIVES AT THE ARLINGTON APARTMENTS?

Anyone in the County of Santa Barbara who meets eligibility requirements is qualified to live in the Arlington Apartments.

WHAT ARE THE BASIC QUALIFICATIONS TO RENT AT AN ARLINGTON APARTMENT?

You must meet the criteria for low-income and have a diagnosed mental illness. Additionally, to be eligible for Shelter Plus Care Rental Assistance you must meet the criteria for homelessness.



SANCTUARY PSYCHIATRIC CENTERS
OF SANTA BARBARA

Sanctuary Psychiatric Centers
of Santa Barbara

P.O. Box 551
Santa Barbara, CA 93102

Administrative Office:
Phone: 805.56-2785
Fax: 805.563-1977

Celebrates 33 Years!

OUR GOAL:

To ensure consumers have a safe, inviting environment that will contribute to a strengthened sense of self and independence through personal self-growth and responsible self-support. We hope the experience all our consumers have in our Supported Independent Living Program will increase their interpersonal skills, improve their coping mechanisms, and expand their social contacts as they learn to move comfortably within the Santa Barbara community.

**FOR MORE INFORMATION REGARDING SPCSB'S
SUPPORTED INDEPENDENT LIVING SERVICES
CALL:**

805.564-3534 EXT. 211

