



FEBRUARY 24-26, 2020 | MIAMI, FL

Housing Opportunity Conference





Concurrent Session Six:

Everyone Means Every One: Home Design Solutions for Individuals on the Autism Spectrum or Transitioning from Homelessness



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2020

Everyone Means Every One: Home Design Solutions for Individuals on the Autism Spectrum or Transitioning from Homelessness

2020



Christopher Ptomey

ULI Terwilliger Center for Housing
Moderator



Denise Resnik

First Place



Laura Rossbert

Shopworks Architecture



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Design Principles

- **Equitable Use:** The design does not disadvantage or stigmatize any group of users.
- **Flexibility in Use:** The design accommodates a wide range of individual preferences and abilities.
- **Simple, Intuitive Use:** Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.
- **Perceptible Information:** The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.



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Design Principles

- **Tolerance for Error:** The design minimizes hazards and the adverse consequences of accidental or unintended actions.
- **Low Physical Effort:** The design can be used efficiently and comfortably, and with a minimum of fatigue.
- **Size and Space for Approach & Use:** Appropriate size and space is provided for approach, reach, manipulation, and use, regardless of the user's body size, posture, or mobility.

(Institute of Human Centered Design)



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What is Trauma?

- At least 61% of adults have experienced at least one adverse childhood experience
- Implications of traumatic stress:
 - Shift brain's response to reward and pleasure
 - Trigger a constant state of fight, flight, or freeze
- Stress response system is impacted – goes from being adaptive to being health damaging

For More: Visit Dr. Nadine Burke Harris' Ted Talk on Trauma

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en



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Affordable Housing Services: Trauma Informed Care Best Practices

2020

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Cultural, Historical, and Gender Issues

“What looks like resistance is resiliency”

“People are not giving you a hard time; they are having a hard time”



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Designing Arroyo Village

2020

- 12,000 SF Homeless Shelter serving women and transgender individuals
- 35 one-bedroom units of supportive housing (0-30% AMI)
- 95 one, two, and three-bedroom units of workforce housing (30-50% AMI)

Services would be offered with a trauma informed lens – how create a building that also helps facilitate that healing from trauma?



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Research Study

2020



3 SITE TOURS



11 FOCUS GROUPS



59 SURVEYS



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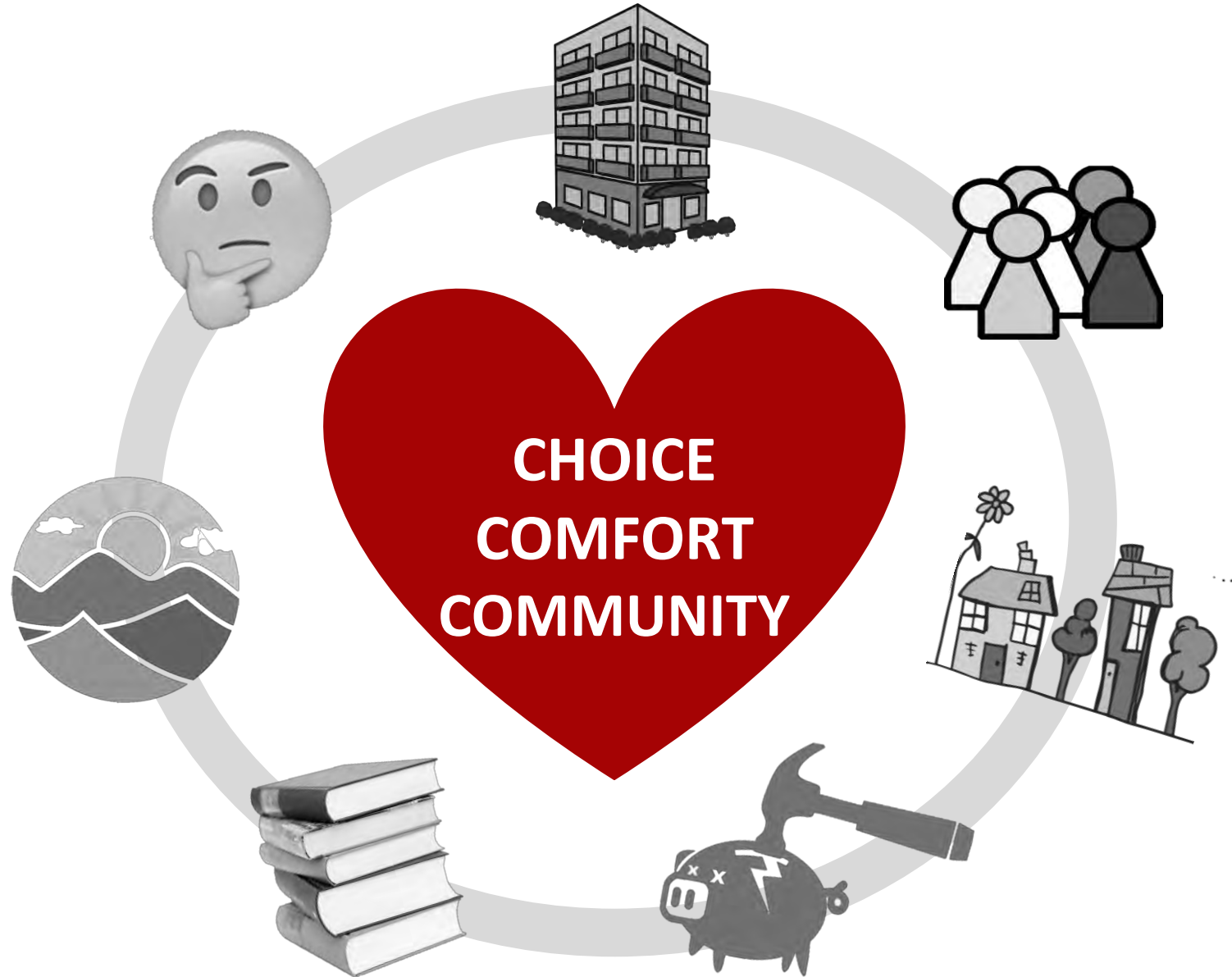
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Three C's of Designing for Health and Healing



OTHER CONSIDERATIONS



Core Values of a Trauma-Informed Approach

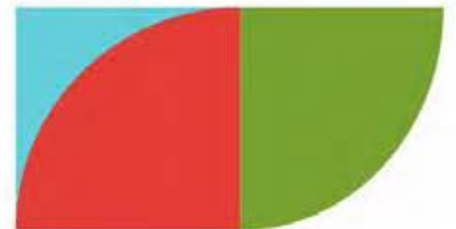
2020

1. DIGNITY, HOPE, & SELF-ESTEEM
2. EMPOWERMENT & PERSONAL CONTROL
3. SAFETY, SECURITY, & PRIVACY
4. PEACE OF MIND
5. COMMUNITY & CONNECTION
6. JOY, BEAUTY, & MEANING



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THIS IS THE BEGINNING OF A NEW DAY. YOU HAVE
WOKEN UP IN THE DAY TO LIVE AS YOU WILL. YOU
CAN WASTE IT OR LIVE IT FOR GOOD. WHAT YOU
DO TODAY IS IMPORTANT BECAUSE YOU ARE
EXCHANGING A DAY OF YOUR LIFE FOR IT. TOMORROW
TODAY. COURSE THIS DAY WILL BE DONE
FORGIVEN IN ITS PLACE IS SOMETHING THAT YOU
HAVE LEFT BEHIND. LET IT BE SOMETHING GOOD.





















Trauma Informed Design Resources

2020

- SAMHSA – Trauma Informed Care
- Design Resources for Homelessness: Dr. Jill Pable
- Enterprise 2020 Green Communities Criteria
- Dr. Nadine Burke Harris' work on trauma
- What have you learned in your buildings?

Stay in touch!

Laura Rossbert, COO

Shopworks Architecture

laura@shopworksarc.com



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Fueling a New Wave of Residential Options...





...and Communities of Opportunity

"Community is not just a physical location, but an emotional connection, too. It's defined by those you care about and trust to care about you. It's where you can be yourself and experience life knowing there are always people in your corner."

- Denise D. Resnik, Matt's Mom and First Place® AZ Founder, President/CEO

Live. Learn. Lead.

We're the place for that.®



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firstplace®
phoenix

Ensuring that housing and community options are as bountiful for adults with autism and other neurodiversities as they are for everyone else.



Cigna Medical Group

3001

first place

WHO WE ARE

- Individual- & family-focused
- Neuro-inclusive
- Research-based
- Collaborative
- Impact-oriented
- Transparent
- Pioneering
- Steppingstones
- Beautiful & functional
- Home sweet home

WHO WE'RE NOT

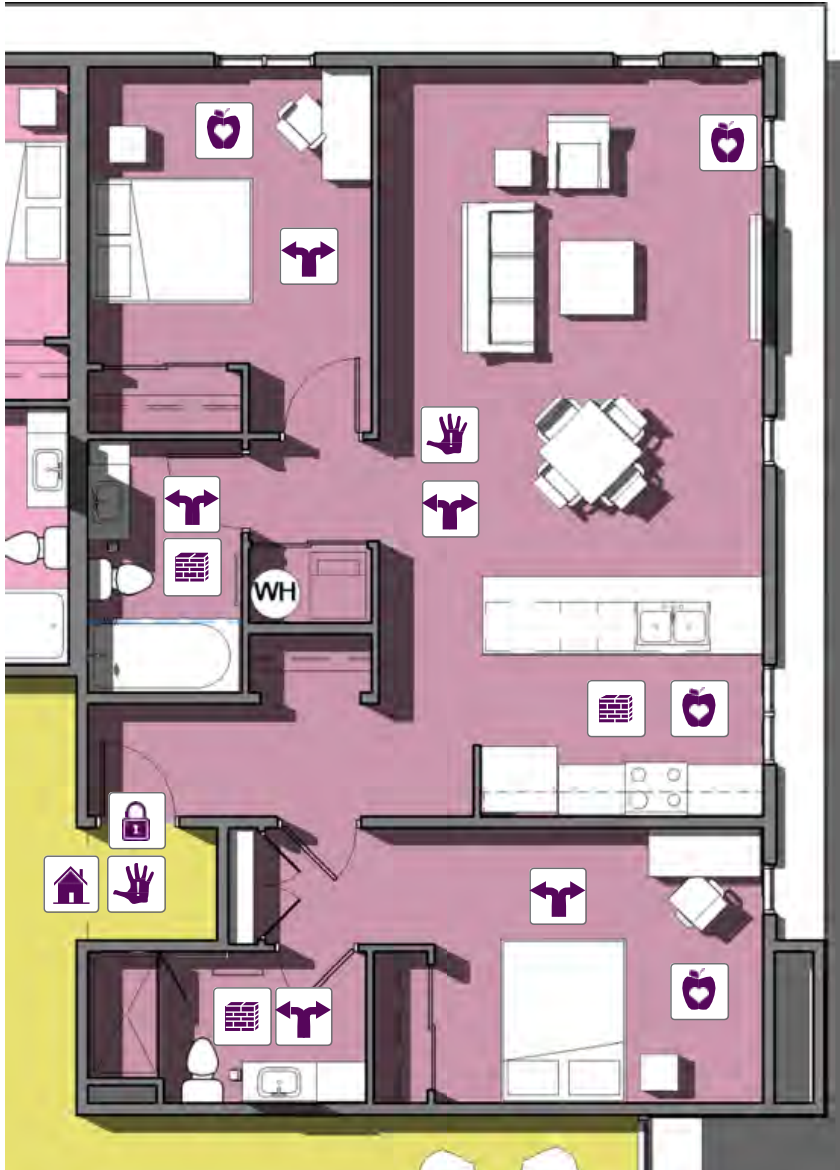
- Licensed
- Medical home
- Assisted care/
congregate housing
- For those needing
24/7 care & support
- For those with
self-injurious/
violent behaviors

*There is no one-size-fits-all approach.
Societal costs can be dramatically
reduced and quality of life increased
when the right lifelong living
and learning opportunities
are available and accessible.*





First Place-Phoenix



- Informed by more than two decades of research, evaluation & exploration
- Backed by public, private, nonprofit & philanthropic collaborations
- Designed for replicability, scalability, financial sustainability and impact
- Sister study to Opening Doors now underway in collaboration with the Autism Housing Network, Urban Land Institute, ASU Morrison Institute, among others



First Place Features

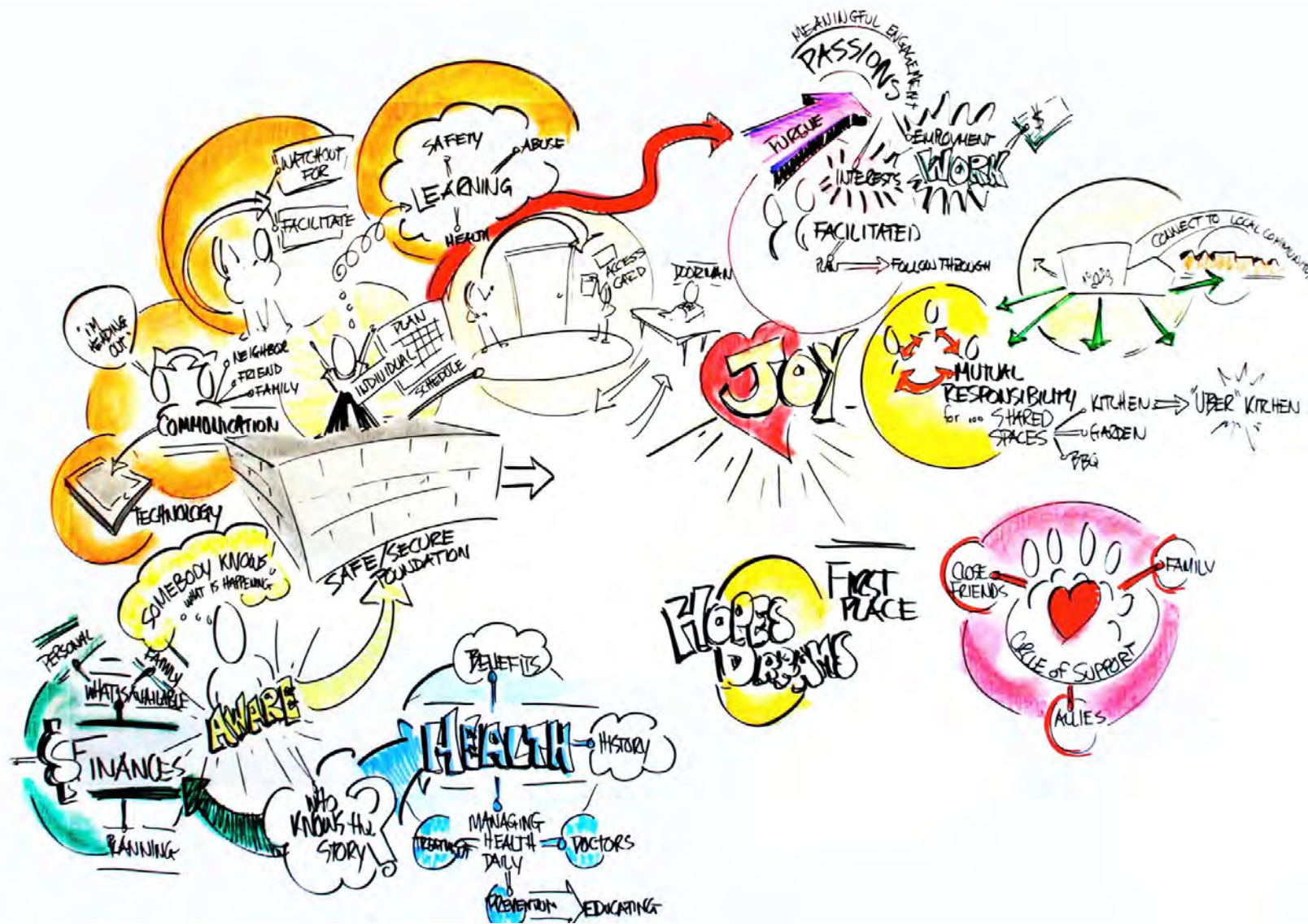
-  Provide building security
-  Maximize familiarity

Construction Features

-  Foster health & wellness
-  Ensure durability

Design Features

-  Provide opportunity for choice & independence
-  Minimize sensory overload



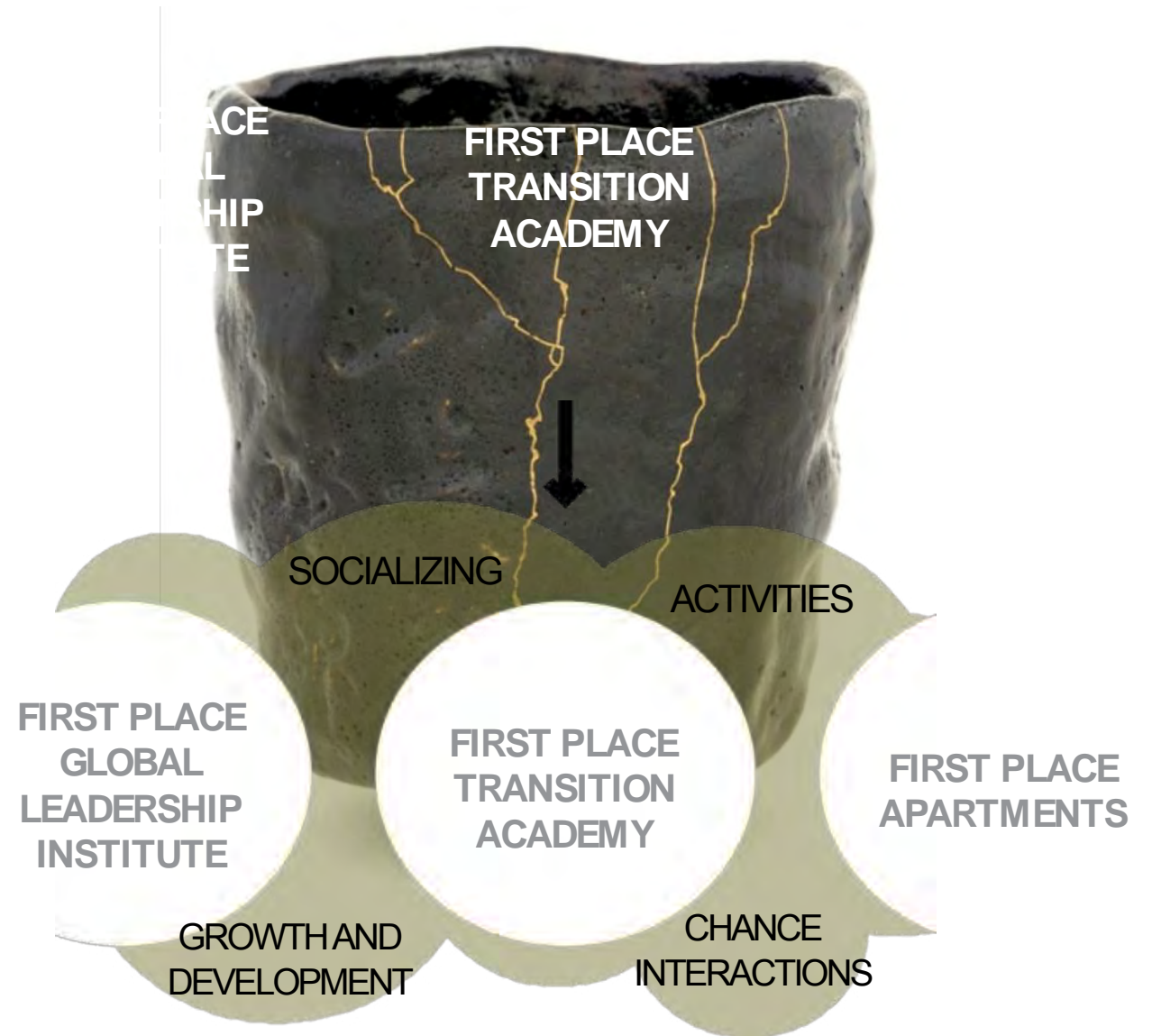
“Our residential model will demonstrate a variety of best practice, replicable housing options for adults with ASDs and related disorders; scalable frameworks through public/private/nonprofit collaborations; and community integration/engagement, safety/security and the comforts of home.” – 1999 SARRC Housing Strategic Plan

MULTI-USE DEVELOPMENT

Innovative Residential Model



KINTSUGI: *JAPANESE ART OF GOLDEN REPAIR*





Supportive & Connected Community

“Most Autism-Friendly City in the World” - PBS NewsHour



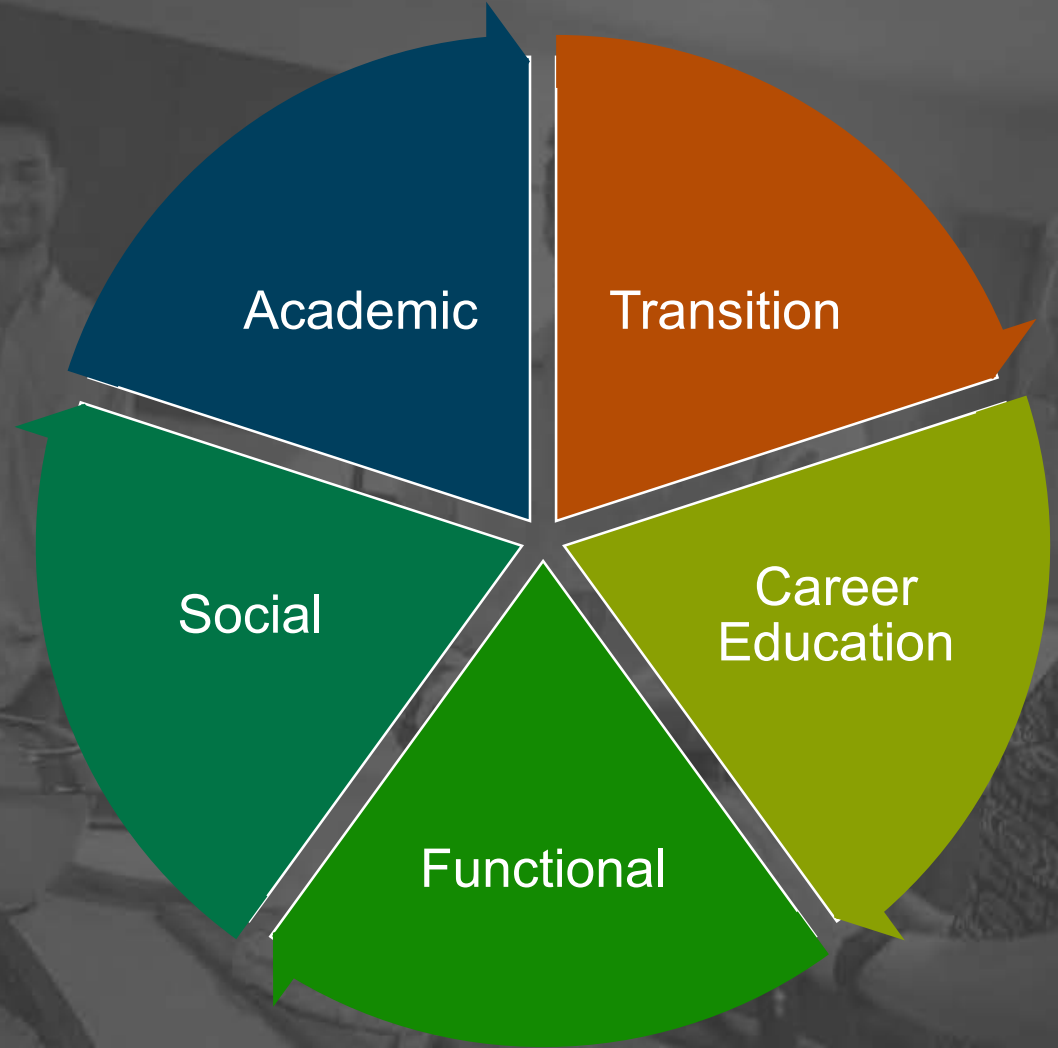
Community Development







TRANSITION ACADEMY COMPONENTS



learn4[®] independence



Community



Roommates & community
apartment living



Etiquette



Courtesy & manners



Finances



Money basics &
personal finance



Health



Physical &
mental health



Identity



Personal &
community identity



Living On My Own



Creating a life
of independence



Nutrition



Safety, meal planning
& prep



Relationships



Friendships & family
relationships



Safety



At home & in the
community



Solutions



Conflict, coping &
personal management



Transportation



Travel planning,
budgeting & etiquette



Work



Getting a job &
navigating the workplace



PowerPoint Presentations



Instructor's Manuals



Reading Notes



Supplemental Materials

TRANSITION ACADEMY OUTCOMES



94% were
employed upon
graduation.



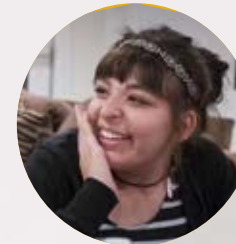
Only 28% of
graduates had
experienced living
outside family
home prior to
enrollment.

89%
live outside of
family home after
program
completion.

50%
of graduates
had never been
employed prior to
enrollment.



39% of
graduates are
from out of
state.



55% of
graduates live
at First Place
properties.

Outcomes are based on the First Place Transition Academy program operated by the Southwest Autism Research & Resource Center (SARRC), including the Learn4Independence[®] curriculum.



Earning Public Support

BY DENISE D. RESNIK,
First Place® AZ
Founder/CEO and
SARRC Co-Founder

Innovation sometimes necessitates a certain measure of disruption — shaking up the status quo, breaking away from the confines of public policy and leaping around and over roadblocks until we can inspire a new, more effective direction.

As sister nonprofits, the relationship between SARRC and First Place® AZ is a testament to the benefits — and results — of joining forces as innovative change agents in the field of autism. It hasn't happened swiftly, considering SARRC was founded 22 years ago and First Place just seven years ago.

Over time, our shared goal of supporting individuals with autism and other neuro-diversities and their families throughout their lifetimes — with the chance for more choices in education, housing, healthcare and career opportunities leading to greater independence — exemplifies collaboration among the philanthropic, public, private and nonprofit sectors and its collective impact.

Consider that SARRC's early intervention programs started through philanthropic funding, allowing us to envision, develop and critique models and learn what was and wasn't working. Our bold vision was to create a school demonstrating an intensive early-intervention program in a more natural classroom environment for children with and without autism at a fraction of the cost and with better outcomes.

Founded in 2006, the Community School at SARRC was funded through a three-year "demonstration grant" from the State of Arizona. Favorable results enabled us to work with the broader community to pass Arizona legislation allowing families to pay for the Community School program using insurance benefits. Today, the school is one of SARRC's most successful programs, with a doubling in the number of classrooms since it opened, an expansion site in Tempe and another in planning stages.

Fast-forward and consider that First Place and SARRC continue to innovate, with a critical pivot toward addressing adult issues and demonstrating a new model. After four years of operating the First Place Transition Academy as a private-pay and philanthropically supported initiative, several participants who are members of the Arizona Division of Developmental Disabilities have the opportunity to apply a portion of their Arizona Long-Term Care System supports to Academy tuition. This is a positive step toward offering a more equitable and inclusive program.

Such outcomes are the result of collective perseverance and engaged state-agency leaders, creating the social capital that helps us innovate, learn, redirect as needed and ultimately succeed. We are particularly grateful for the teamwork led by visionaries like Arizona Department of Economic Security Director Michael Traylor,

a longtime supporter of our work who has consistently challenged us to overcome roadblocks and consider "how government can make sense of it all" through new opportunities at a fraction of the cost, with better outcomes and more hopeful futures.

Social capital facilitates connection and cooperation, helping build a framework for change for the better. Together, SARRC and First Place are a powerful force for such change when innovation demonstrates measurable, improved quality of life and economic outcomes — to the benefit of us all! 🌱



Arizona Department of Economic Security Director Michael Traylor and First Place Founder/CEO and SARRC Co-Founder Denise Resnik at the fall 2018 First Place Global Leadership Institute Symposium.

For more information on First Place, visit firstplaceaz.org.



Building Security



**Health &
Wellness Center**



**24/ 7 Concierge
& Maintenance**



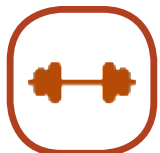
**Courtyard, Pool &
Organic Garden**



**Transit-Oriented
Midtown Location**

First Place Apartments Amenities & Features

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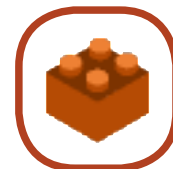
Fitness Room



**Culinary
Teaching Kitchen**



Game Room



Lego Lounge



Zen Room



Health &
Wellness



Self-
Determination



Schedule &
Routine



Shopping



Culinary

Support

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Transportation



Personal
Management



Money
Management



Household
Management



Social Skills

COMMUNITY LIFE



Entertainment



Recreation



Relationship
Building



Social



Education



Arts & Culture



Culinary

Building a community of diversity, pride and purpose™ through daily planned activities, the celebration of firsts, the rhythm of the year and spontaneous fun.

firstplace
phoenix

Community

firstplace
phoenix

Independence



Jobs & Community Development



FIRST PLACE APARTMENTS:
18 MONTHS AFTER OPENING

Retention
80%

Occupancy
75%

Residents
employed or
volunteering
80%

Full-time jobs
with benefits
20%

Paid
employment
70%+

500 JOBS OVER THE NEXT 5 YEARS FOR PEOPLE WITH AUTISM & OTHER NEURODIVERSITIES



SRP

ARIZONA
ACTION DAY



DEOS

FINDING JOBS FOR EVERYONE



ARIZONA

6:39

62°

abc 15

ASKING TOUGH QUESTIONS

Looking up and out to marketplace principles
and the evolution of other sectors for answers



FIRST PLACE GLOBAL LEADERSHIP INSTITUTE'S FIVE CENTERS



Maricopa County IDA
Center for Education,
Training & Employment



Center for Real Estate
& Community
Development



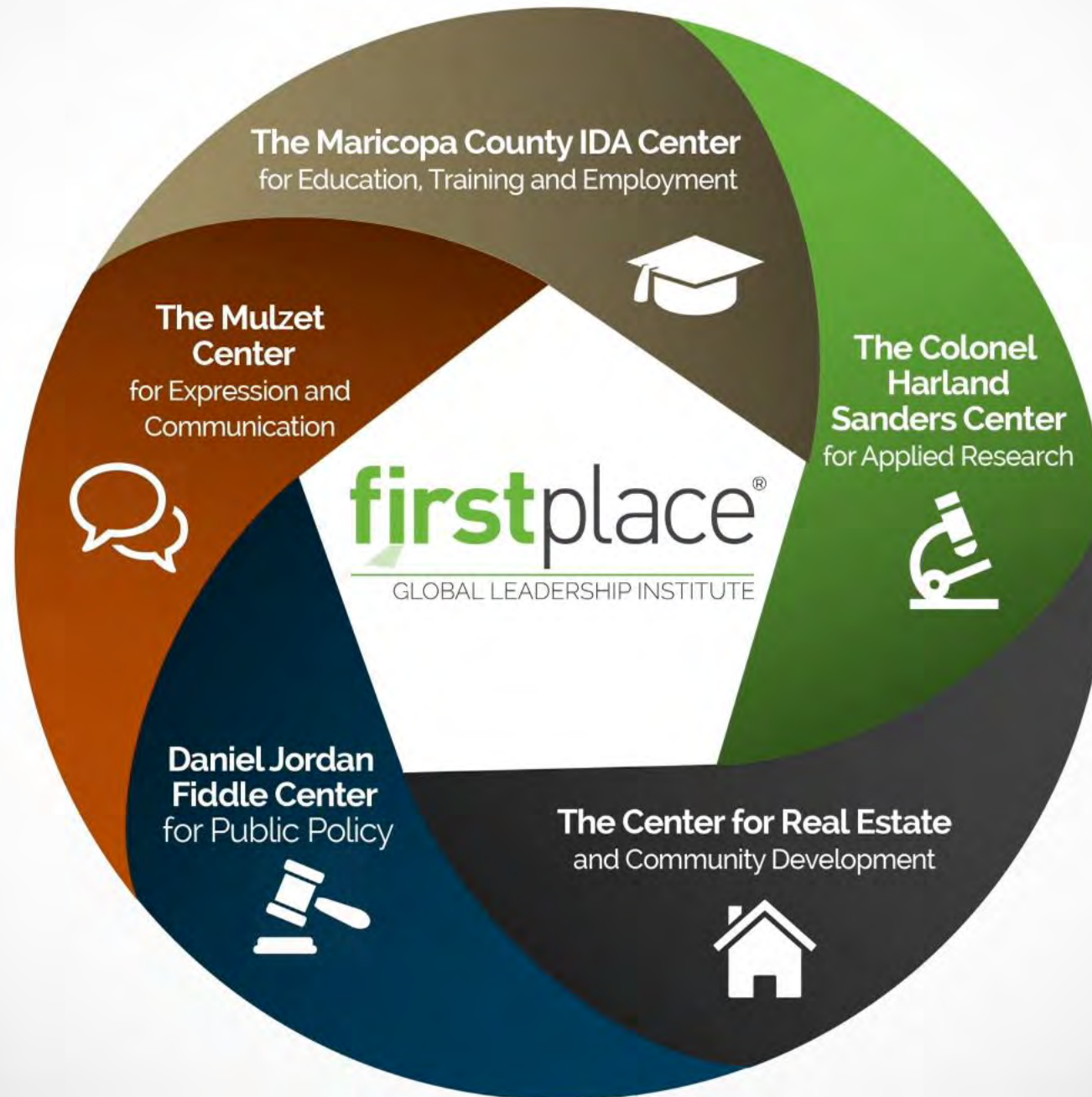
Colonel Harland
Sanders Center for
Applied Research



Mulzet Center for
Expression/
Communication



The Daniel Jordan Fiddle
Foundation Center for
Public Policy



THE FIRST PLACE GLOBAL LEADERSHIP INSTITUTE ADDRESSES 10 PRIORITY ISSUES

Quality
of Life

Isolation

Housing
Crisis

Business
Models

Support Staff

Public Policy

Research

Adult
Medical Care

Technology
Platforms

Heterogeneity



BUILDING THE SUPERHIGHWAY

We must restructure the way government funding is allocated to housing resources in order to grow a sustainable real estate supply over time.

First Place Financial Stack

- Philanthropy
- Private funding
- New Markets Tax Credits

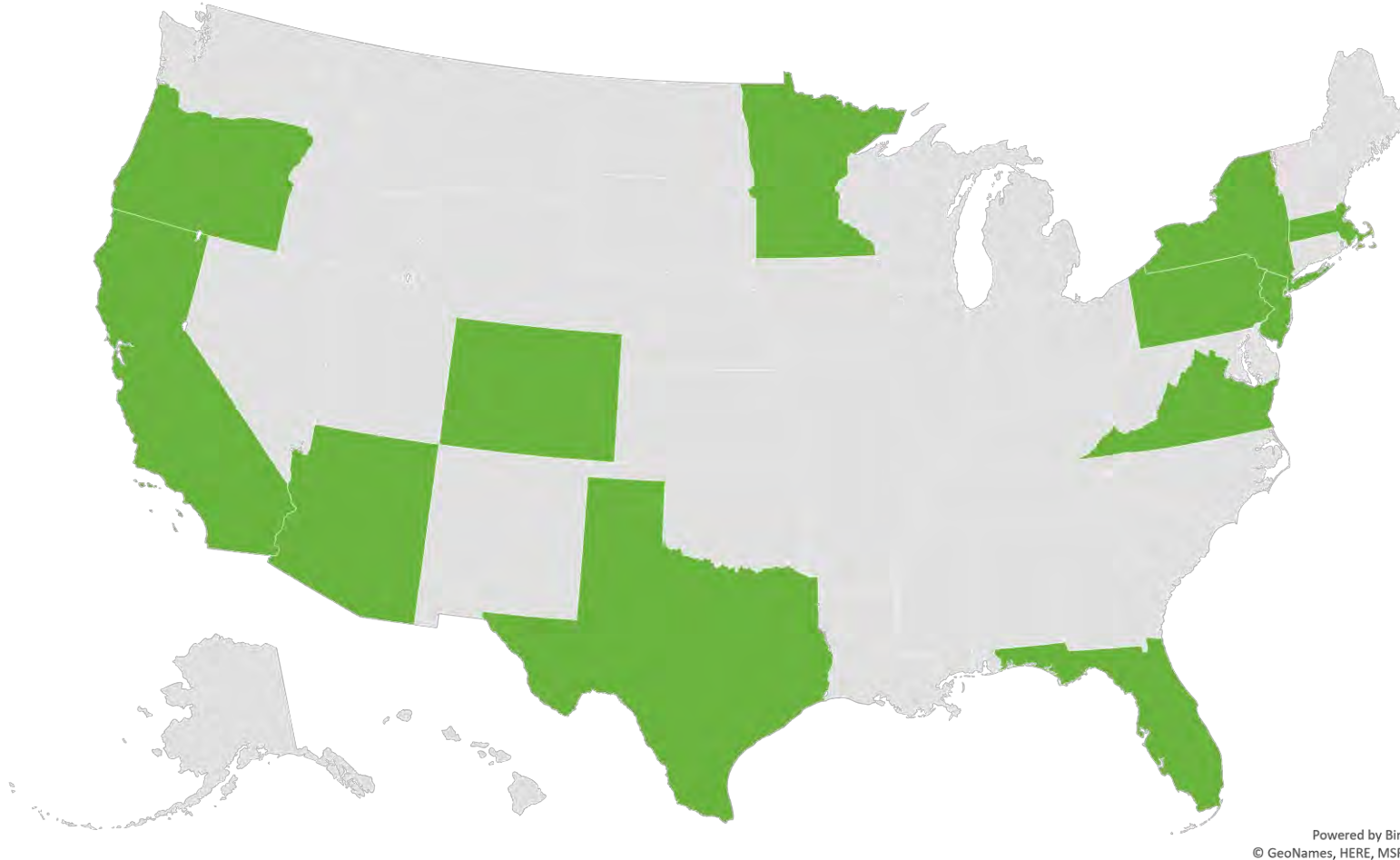


HOUSING & COMMUNITY

Defining the Nomenclature & Segmentation Fueling Marketplace Options for a Neurodiverse Population



“A Place in the World” Leadership Advisory Board



- Ascendigo
- ASU Morrison Institute
- Autism Housing Network
- Autism Housing Pathways
- Autism Society
- Autism Treatment Center
- AZ DES
- Bergen County United Way
- Creative Housing Solutions
- Disability Opportunity Fund
- Enabling Spaces
- Everest Holdings
- First Place Global Leadership Institute
- Home Matters
- Madison House Autism Foundation
- National Association of Home Builders
- National Council on Severe Autism
- RSP Architects
- RST Development
- Rutgers University
- University of Miami
- Urban Land Institute

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Speaking the Same Language

- Foundational nomenclature for housing and service delivery models
- Further defining market segments
- Establishing best practices and guiding principles
- Helping drive crucial partnerships that address pressing needs
- Resource for scholars, direct service providers, policymakers, researchers and other stakeholders

The report will be informed through data collection, research, think tanks and collaboration with various industry thought leaders culminating in a report, collateral materials and videos.



DATA-DRIVEN INDICATORS

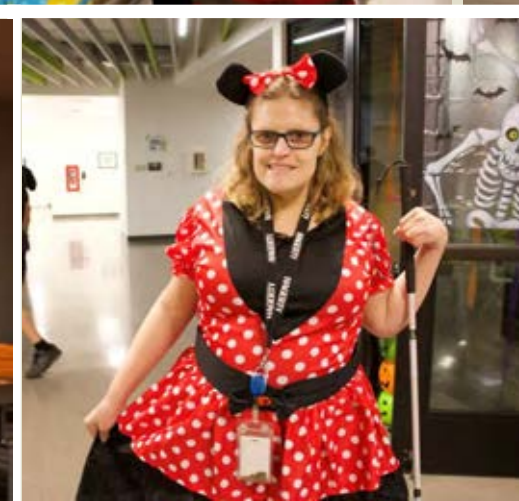
- Quality of Life Survey based on standardized outcome indicators (i.e., SAMHSA National Outcome Measure; National Core Indicators as adopted by AHCCCS/ALTCS)
- Developed jointly by First Place AZ and Autism Housing Network/Madison House Foundation®

Celebration of Firsts





Celebration of Firsts



Lessons Learned*



Check Out Our
Fall 2019 Blog Series



*Refer to our Fall 2018 Series

HOME IS...

a nurturing place that makes me feel better when I'm sick, grounds me when I'm well and brings forward the warm memories of fun times and cherished people in my life.

where I can be
the same and
different.



a place I can cook
a meal just the way
I like it.



a place that makes me
happy and a place
where I find comfort
when I'm sad.



a powerful, very
special place.



a place where I
feel good and look
good no matter
what I'm wearing.



where I can speak
any language and
be understood.



that has rules so
others can enjoy
their privacy and
be comfortable—
and I can, too.



a place where I
can dream with or
without a pillow.



my most
sacred space
and place.





firstplace

GLOBAL LEADERSHIP
INSTITUTE SYMPOSIUM

APRIL 22-24, 2020

My FAVORITE FIRST...

When
I took the Light Rail.



By: Aaron Phillipitch



Denise D. Resnik
Founder & President/CEO
denise@firstplaceaz.org

Follow us!
Facebook & Instagram
[@firstplaceaz](#)



Networking Lunch

11:45am - 1:00pm

Sevilla



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2020



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