

Homeless Services Panel of Experts

October 9, 2024



LifeLong Medical Care:

- Founded in 1976 in Berkeley, CA as part of the Grey Panther movement to increase health care access for Seniors
- Now, provides services to over 50,000 patients annually through 14 primary health centers across Contra Costa and Alameda counties
- Homeless Services is a core service area that includes Street Medicine, Medical Respite, Supportive Housing, and drop-in services in addition to primary care



Who is
LifeLong
Medical
Care?



For people experiencing homelessness, street medicine:

- Brings medical care and support services to encampments
- Helps create connections to a health care clinic and support system
- Focuses on increasing better health outcomes for chronic and/or co-morbid health conditions



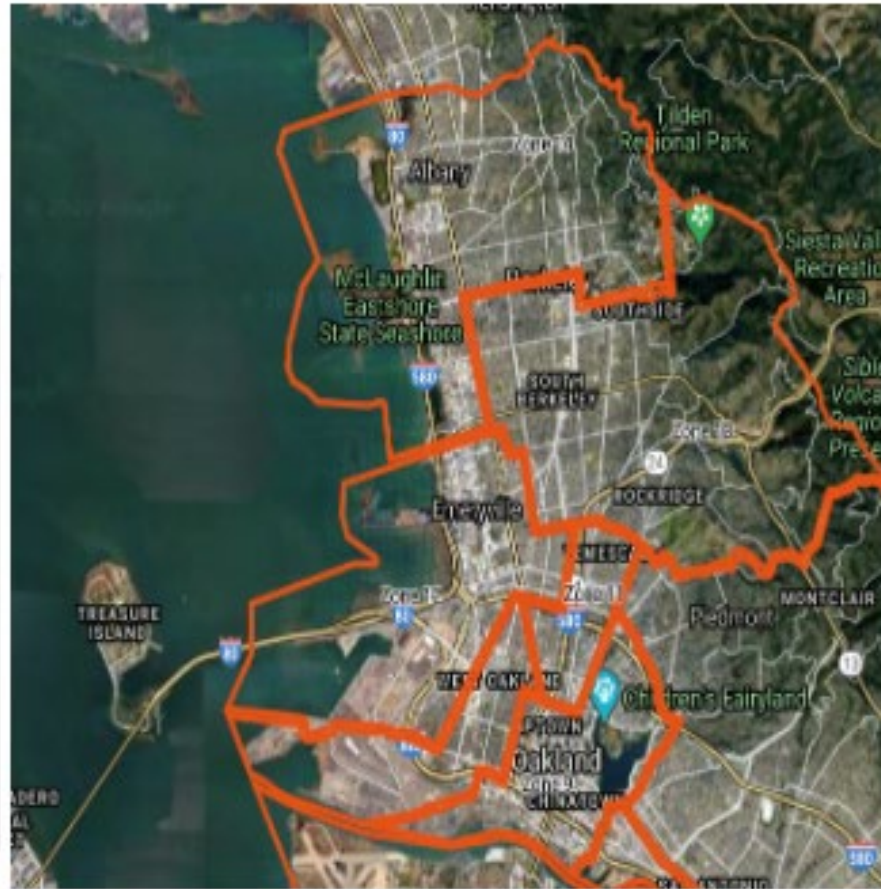
What is the
Street
Medicine
model?

LIFELONG

STREET MEDICINE

Who and where are we?:

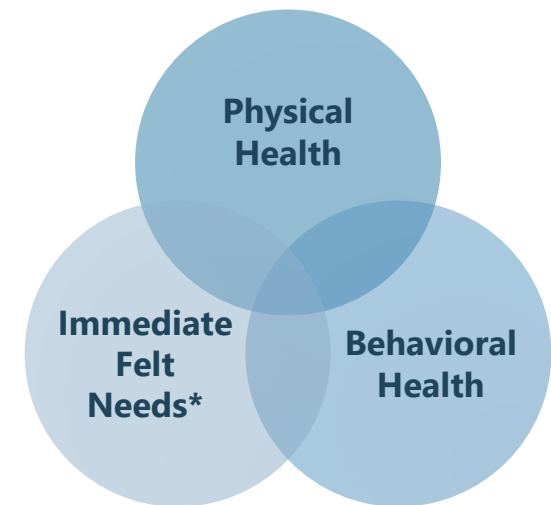
- Our 6 multidisciplinary teams serve unhoused people in Oakland, Berkeley, and Emeryville, California
- Each team is assigned to one zone and is staffed with:
 - 0.3 FTE Primary care provider (PCP)
 - 1 FTE Registered Nurse (RN)
 - 1 FTE Social Worker (ASW) or Clinical Case Manager
 - 1 FTE Case Manager



We provide integrated healthcare and case management:

- Facilitate access to Medi-Cal and entitlement benefits
- Enrollment into a medical home clinic
- Physical health care including primary and urgent care
- Behavioral health consultation, treatment, and therapy
- Complex case management (short term)
- Coordinated Entry System (CES) services (e.g. housing problem solving, assessments, housing navigation)

What type
of care do
we
provide?



*e.g. water, clothing, housing, income, identification documents, etc.

Examples of the types of services and supplies we provide:

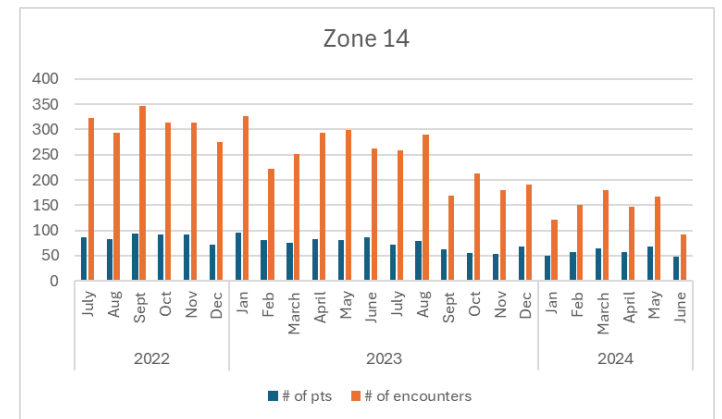
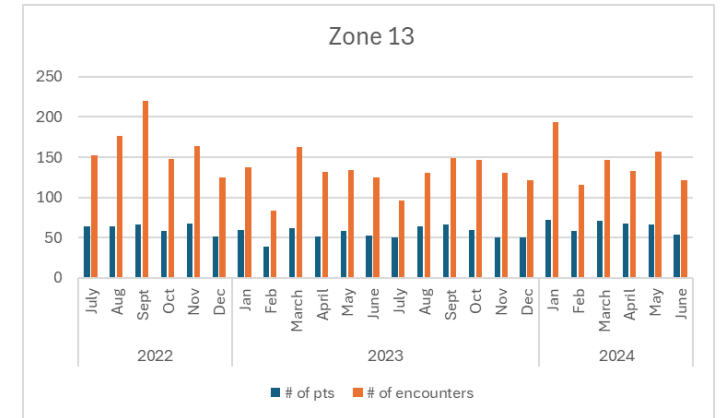
Immediate Felt Needs	Physical Health	Behavioral Health
6,000 lbs of food per month*	Wound care	Intensive Case Management
600 bottles of water per month*	HIV / Hep C / STI testing and treatment	Therapy
Camping gear [e.g. tents, cots, sleeping bags, blankets, cooking gear, fire extinguishers]	Vaccinations [e.g. COVID-19, flu]	Medication Assisted Treatment [MAT]
Clothing and rain gear [e.g. underwear, socks, pants, shirts, jackets, ponchos, hats, gloves shoes]	HBP / Diabetes monitoring and treatment	Psychiatric consultation
Pet supplies [e.g. food, flea medicine, leashes, collars, dishes, baths, dog sitting during appointments and referrals to pet care]	Referrals [e.g. medical respite, medical specialists, emergency shelter]	Referrals to treatment and higher levels of care [e.g. Full Service Partnership, inpatient SUD treatment]

*Includes supplies distributed by all six of LifeLong Medical Care's Street Medicine teams in Oakland and Berkeley

Patients Served in Berkeley

Encampments we serve include:

- 2nd and Page/Cedar
- 8th and Harrison
- The Campus Hotel
- The Rodeway
- Shattuck corridor
- Shattuck and Adeline
- Berkeley Inn
- Willard Park
- Civic Center/Old City Hall



Living outdoors in an encampment is the only eligibility requirement for Street Medicine

- Teams conduct **proactive** outreach, meaning they keep a regular schedule visiting the highest density encampments in their zones on the same days every week
- Street Medicine **does not** take general referrals from the community
- We prioritize the highest density/most populated encampments or curbside communities in our outreach

How are
Street
Medicine
services
accessed?





Street Medicine's success is premised on:

1. Trust

Our proactive model allows encampment residents to know when to expect us and gives us time to build relationships with our patients.

2. Harm Reduction

All interactions focus on co-developing practical strategies that reduce potential negative consequences of homelessness as defined by our patients. This includes drug use, living with serious mental illness, and having multiple chronic co-morbid health conditions.

3. Accompaniment

Our staff physically accompany patients in encampments and in the community as part of their case management approach.



What makes
Street
Medicine
different?

Health & Homelessness in California

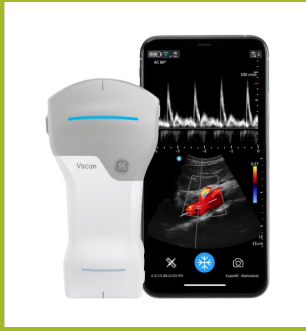
The California Statewide Study of People Experiencing Homelessness, 2023, UCSF Benioff Homelessness and Housing Initiative.

- 60% of the unhoused reported a chronic disease. 34% reported a limitation in an activity of daily living, and 22% reported a mobility limitation.
- The health of unhoused people in their 50's and 60's is the same or worse than a housed person in their 70's and 80's.
- 82% reported a period in their life where they experienced a serious mental health condition. 27% had been hospitalized for a mental health condition.
- 26% of those assigned female at birth age 18-44 years had been pregnant during their current episode of homelessness.
- When an unhoused person becomes housed, their risk of dying drops by ½.

Clinical Focus

- **Acute care:** wound care for skin infections, rashes, burns, ulcers, musculoskeletal injuries
- **Sexual and Reproductive Health:** pregnancy care, gender affirming care, sexually transmitted illnesses
- **Substance Use Disorder:** Medication Assisted Treatment (MAT)
- **Behavioral Health**
- **Chronic disease management:** heart failure, COPD, chronic musculoskeletal injuries, cirrhosis, hypertension, diabetes
- **Hepatitis C**
- **Health Care Maintenance:** pap smears, blood sugar tests, blood pressure checks, etc

Clinical Tools



- Medical vans
- Blood draws
- Vital signs
- Injections
- Dispense OTC medications
- Wound care supplies
- Prescribe medications
- Order imaging
- Refer to specialists and respite
- Point-of-care ultrasound



Obstacles to Care



- Housing: organization, SUD triggers
- Survival: food, water, possessions, pets, tent/RV, security, substance use, weather
- Lack of health insurance
- Tent living --> hygiene, organization, theft
- Sweeps
- Past trauma in health care settings
- Behavioral health challenges (psychosis, retraumatization, social anxiety, etc)
- Our capacity: 4 staff, M-F
- Lack of phone that works
- Surgical requirements

"There is no medicine as powerful as housing,"

Margot Kushel, MD

Thank you!



Contact:

**Ashley Fairburn, Program
Manager**

afairburn@lifelongmedical.org

510-871-1405

**Olivia deBree, Associate Medical
Director & Nurse Practitioner**

odebree@lifelongmedical.org

510-513-5511

References

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