

# The Bridge's Iyana House: Permanent Supportive Housing for Women with Mental Illness Discharged from Prison

## THE BRIDGE, INC.

### MODEL

**IYANA HOUSE** is a 16-bed program that opened in October 2004. Iyana House is a pioneering program that provides permanent housing for post-incarcerated homeless women with co-occurring mental illness and substance abuse in a congregate setting. It means "sacred house" in a Native American Language and is a special place offering hope and help to these women.

The Bridge has a long-term net lease on a newly renovated building in East Harlem that consists of 16 "Class A" one-bedroom units for each woman, a large community room with a kitchen, a child-friendly area where the women can visit with their children, and a large backyard for gardening and recreational activities.

**The program offers permanent long-term housing upon release from prison.**

The Bridge is the sponsor and service provider.



## TARGETED TENANCY

The program accepts only adult SPMI women who are homeless upon entry into the program. Many have co-occurring substance abuse. All referrals come from Bedford Hills Correctional Facility, who are ready for discharge and who go through The Bridge *in-reach services* at the prison wherein project staff meets weekly to interview the women and begin the essential relationship-building process. The same staff continues to work with the women in the residence.

## SERVICES

**On-site services**, available 24/7, include:

- weekly trauma groups and Dialectical Behavior Therapy (DBT) groups
- peer counselor assistance
- case management
- entitlements counseling
- a Career Club to discuss work-related issues.

**Off-site services** at The Bridge rehabilitation center include:

- integrated mental health and substance abuse treatment
- vocational training and job placement
- Each client is referred out for medical services.
- Each woman has a dedicated parole officer with experience in working with the mentally ill.

## GOALS AND OUTCOMES

- Eliminates the problem of relocating to permanent housing after a few months
- Reduce recidivism rates of all 16 tenants
- Prevents long-term homelessness and shelter use for these formerly homeless women
- Reduces the use of other costly public services

## SOURCES OF FUNDING

- Capital: none (using a leased building renovated by landlord under a long-term lease)
- Operating: \$287,035 (includes rent, utilities, maintenance, insurance, real estate tax surcharge, capital reserve, one-time furniture, audit)
- Services: \$292,587
  - 1 Project director
  - 1 Case Manager/benefits
  - 1.3 forensic Peer
  - 5.0 housing counselors
  - .75 maintenance worker
- Sources of funding:
  - HUD McKinney SHP: \$358,861
  - OMH (SP-SRO): 206,656 (\$12,916/bed)
  - Client fees: \$33,120



## THE BRIDGE, INC.

The Bridge, Inc. is an experienced mental health, rehabilitation and housing agency now in its 51<sup>st</sup> year of serving mentally ill adults, the homeless, people with HIV/AIDS, people with co-occurring substance abuse, and increasingly men and women released from jail and prison. More than 1,000 clients are served annually citywide. We offer a comprehensive array of services including mental health and medication monitoring, integrated mental health and substance abuse treatment, health services, vocational training and job placement, food services, homeless outreach and a drop-in center, and the city's first and only Assertive Community Treatment Program for mentally ill adults released from jail. In addition we provide housing with services for 500 men and women throughout Manhattan, Queens and the Bronx, with additional units of housing in development and construction. We are licensed by the New York State Office of Mental Health and the New York State Office of Alcoholism and Substance Abuse Services.



### CONTACT:

248 W 108th St  
New York, NY 10025  
Tel: 212-663-3000  
Email: [bridgeinfo@bridgenyc.org](mailto:bridgeinfo@bridgenyc.org)

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