



**Board of County Commissioners**  
**MULTNOMAH COUNTY OREGON**

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**501 SE Hawthorne Blvd., Ste. 600  
Portland, Oregon 97214**

October 28, 2010

Steve Rudman  
Executive Director  
Housing Authority of Portland  
135 SW Ash Street  
Portland, OR 97204

Dear Steve:

Multnomah County is pleased to support the Housing Authority of Portland's HOPE VI application to redevelop Hillsdale Terrace by providing this letter of leverage support and accompanying resolution adopted by the Board of County Commissioners at our meeting today.

The County plays many roles in our community. Our priority is providing safety net services for those most in need. Our long-term partnership with HAP is centered on the ideal of providing supportive services to those you help to house.

Hillsdale Terrace is an extremely distressed and isolated public housing property in Southwest Portland. Residents struggle to gain access to educational, employment and social services that would help them achieve a better quality of life. The despair felt among many residents at Hillsdale Terrace is due in large part to rundown facilities and lack of available resources, whether educational, professional or social.

HAP's comprehensive community needs assessment, conducted over the past 18 months, found that Hillsdale Terrace residents want a safer community, a stronger connection with surrounding neighborhoods, better educational programs for their children and improved access to health care and healthy foods. Multnomah County's array of services can assist in meeting many of these needs.

We are pleased that the U.S. Department of Housing and Urban Development has placed an emphasis on early childhood development and appreciate that HAP plans to build classrooms dedicated to early childhood development at the new Hillsdale Terrace. Neighborhood House, a long-time county partner and the proposed operator of these classrooms, has a proven track record in addressing the needs of young children and their families. Likewise, we are encouraged that HUD is also making effective health initiatives such as the With Every Heart Beat is Life a priority for the HOPE VI programs. These HUD Policy Priorities are in direct alignment with Multnomah County's commitment to address health disparities within our community. We are committed to help you make these programs a success and will provide technical assistance in tracking your success.

With the redevelopment of Hillsdale Terrace, Multnomah County will be able to significantly expand its services to current and future residents of the Hillsdale community. These new services will cover both the relocation and re-occupancy phases of the HOPE VI grant.

### **Environmental Health - \$19,200**

There is growing awareness worldwide that differences in health status among groups in society are largely the result of the differing social conditions these groups experience. These social conditions include economic and employment status, educational attainment, and respect and dignity. Public health professionals are coming to the conclusion that if we want to eliminate persistent health inequities, we must work with non-traditional partners to address social conditions *and* support individuals and communities to increase control over their lives and their health. This awareness produced the definition of health promotion adopted by the World Health Organization in its 1986 Ottawa Charter: "Health promotion is the process of enabling people to increase control over, and to improve their health."

Multnomah County's Healthy Homes/Health Education program will educate HAP landlords, property managers, and tenants about environmental health issues with the goal of creating and maintaining healthy homes. The program's primary focus is on improving indoor air quality through the use of environmentally friendly building materials and cleaning products. Through the in-kind donation of staff members' time to conduct workshops and provide outreach services, residents will receive technical assistance on health education and learn about topics related to maintaining a healthy home and health equity. These services will be especially helpful to Hillsdale Terrace residents during relocation and re-occupancy phases of the grant period. Eligible families with health conditions who live in the Hillsdale Terrace can also benefit from one of our Healthy Homes programs

The combined rate for a program development specialist and health educator would be \$96/hour (salary, fringe and modest indirect costs). At 10 hours per year for five years, the in-kind match is estimated at \$4,800. Healthy Homes services for four families would be valued at approximately \$14,400. It would be expected that more than four families would actually participate in our programs.

### **Community Wellness & Prevention Program**

Fighting chronic diseases must involve a comprehensive approach addressing not only individuals and individual behaviors but the environments and settings where children and adults spend a significant amount of their days – in schools, health care settings, worksites, the built environments of neighborhoods, and homes. Multi-unit housing provides a unique environment to implement health promotion activities and to establish community norms for healthy behaviors.

The Community Wellness and Prevention Program will provide technical support and resources to help cultivate a culture of health and wellness at Hillsdale Terrace. This will include:

### **Healthy Eating & Active Living Coalition Building - \$75,000**

The Program has a track record of effectively bringing together local residents to identify and address community needs and priorities for the promotion of physical activity and healthy eating. In 2006, the Program convened a Healthy Eating Active Living (HEAL) Coalition which includes community members and partners living in the Portsmouth neighborhood in North Portland. This Coalition has been successful in implementing a multitude of health promotion activities, such as a walk to school campaign and fruit and vegetable promotions in addition to broader systems changes such as securing resources for implementation of the City of Portland's safer routes to school program for local schools and

for the establishment of a community garden. The Coalition's activities are intended not only to change individual behavior through knowledge and the opportunity to learn new skills, but also to implement strategies that influence community norms and lead to the adoption of policies that make it easier for the community at large to eat well and be physically active. Building on this success, the Program will work with residents at Hillsdale Terrace to form a HEAL Coalition among tenants after the redevelopment is complete. This Coalition, with staff support from Multnomah County, will encourage residents to address issues most important to their families. The estimated cost for this project including a .5 FTE Health Educator, community incentives and supplies is \$75,000.

#### **Development of Wellness Policies - \$10,000**

The Program will assist HAP to develop and implement a number of organizational policies that promote health and help cultivate a culture of wellness. These will include: a tobacco-free housing policy, nutrition standards for food and beverages served at HAP community events, and healthy meeting guidelines. Program staff will help HAP set policies and guidelines that maximize the utilization of on-site resources such as the childhood education center and teaching kitchen. These technical support services are estimated at \$10,000.

#### **Community Capacitation Center - \$3,000**

The mission of the Health Department's Community Capacitation Center (CCC) is to support communities to identify and solve their most pressing health issues by addressing the underlying social and structural causes of those issues. The CCC uses five primary strategies to accomplish this mission, including teaching a variety of groups to use popular education methodology. Popular education is an empowering approach to teaching and organizing which has roots in Latin America and the southeastern U.S. It has been used successfully throughout the world in fields as diverse as adult literacy, health promotion, and community development. In the context of this project, staff from the CCC will facilitate two one-day popular education workshops for HAP staff, to enable them to use this approach in their work in the community. In addition, CCC staff will provide consultation and technical assistance to HAP staff and training to community residents to develop a Community Health Worker program as outlined in the Community and Supportive Services Program. We estimate the value of these trainings is \$3,000.

#### **Women, Infant, Children Program - \$4,000**

The WIC program provides food and nutritional support to pregnant and breastfeeding moms and children prior to the age of five years old. Multnomah County Health Department delivers these services, which include money for healthy food, nutrition education, growth monitoring and referral services for children. WIC is available to families at 185% of the federal poverty level. We anticipate 65% of children ages 0-4 will be eligible for these services, an estimated 42 children per year based on project data. In addition, pregnant women will be eligible, although it is not possible to estimate that number at this time. The Health Department will do four outreach events at Hillsdale Terrace after redevelopment to ensure those who are eligible for these services are enrolled and connected to the appropriate health clinic to deliver those services. These outreach events will occur twice a year for the first two years. The estimated in-kind contribution is \$1,000 per outreach event (staff time plus materials) for a total of \$4,000.

#### **Health Department – Primary Care Referral - \$7,800**

Multnomah County does not have a health clinic in Southwest Portland however residents of Hillsdale Terrace can use health clinic services in any other area of Multnomah County where there are available appointments. To ensure access, especially during the relocation phase, the Health Department will work with the Community and Supportive Services staff to implement a process of connecting clients with a medical home and primary care provider

team at a Multnomah County Health Center or with our partners in the community, such as the Coalition of Community Clinics. The County will assist families in scheduling appointments for both screening for Oregon Health Plan/Medicaid eligibility and a New Patient medical appointment (through PCARD, MCHD's Primary Care Access & Referral Program). This process will ensure that family members potentially eligible for coverage through the state receive application and enrollment assistance, and that family members have access to medical care, be assigned a medical home and primary care provider team when there are available appointments. The estimated value for this referral service (.1 FTE of a Medicaid eligibility worker) is \$7,800.

### **Schools Uniting Neighborhoods (SUN) System - \$90,000**

Multnomah County provides youth and family services through its SUN Service System (Schools Uniting Neighborhoods), which coordinates and provides educational, recreational, social, and health services throughout Multnomah County. Hillsdale Terrace is home to 101 children enrolled in all school grades, from kindergarten through high school. This number is projected to double with an influx of new families moving into the renovated Hillsdale Terrace.

The community needs assessment conducted by HAP in preparation for the HOPE VI revitalization of Hillsdale Terrace showed that 76 percent of children are not enrolled in after-school programs, such as homework clubs. The majority of parents expressed the need for such programs at the elementary, middle and high school levels, as they believe these programs help children succeed in the classroom. Multnomah County will provide on site early childhood and academic support services through contracted service providers for the region. These services will support HAP's overall goal of assisting youth to excel, especially with the area of leadership, education and career advancement.

The annual contract with SUN service provider is \$20,000 and a total four and a half year cost is estimated at \$90,000.

### **Multnomah County Library Services - \$20,700**

The Hillsdale Library is the closest County Library to Hillsdale Terrace. This new and expanded library, which opened in 2004, is a light and airy building with high ceilings, natural light and numerous energy-efficient features. It has an attractive public meeting room that can accommodate 46 people, and includes small, quiet study rooms for individual study or tutoring sessions. The Library also provides online homework help, computer labs with focus on job searching, story times for children of all ages, and a vibrant summer reading program. Hillsdale Library and additional outreach staff provide services to families that experience barriers accessing library services in English. Services include a series of professionally evaluated classes for child care providers and caregivers of young children to improve their children's early literacy skills prepare them to enter kindergarten ready to succeed in reading. Classes are available in English, Spanish, Russian, and Vietnamese.

New services provided to residents at Hillsdale Terrace by the Library will be through the early childhood center. The Library's Early Childhood Services (ECS) will provide bimonthly parent education classes for families with young children from birth to 5 years old, encouraging and supporting them to read to their children every day. These trainings help inform parents that the first years of life are critical to building the foundation for learning to read. ECS will also deliver 50 picture books bimonthly to the on-site childcare classrooms established by Neighborhood House. (Estimated annual value: \$1,600 x 4.5 years = \$7,200)

Youth librarians from Hillsdale Library will visit the Head Start classrooms at Hillsdale Terrace on a monthly basis. These visits will foster children's early literacy skills so they will be successful when they transition on to elementary school. The youth librarians will also host a semi-monthly onsite "Read to the Dogs" program which will help the children become self-confident readers and successful students. (Estimated annual value: \$3,000 x 4.5 years = \$13,500)

In addition to these services already provided, the library will provide outreach through the Summer Reading program to Hillsdale Terrace residents, ensuring that current residents are signed up and participating in the summer reading program prior to relocation.

### **Aging and Disability Services - \$643,320**

Multnomah County is pleased to learn that HAP will be building fully assessable, adaptable and visitable apartments in order to serve seniors and people with disabilities at the new Hillsdale Terrace. Based on current HAP data, we project that half of the residents in one-bedroom units will be eligible for in-home services. Multnomah County, in partnership with HAP, will provide informational and referral services, case management and care coordination ensuring financial and medical benefits are in place and meet client needs. We also can connect residents with a range of peer support and intergenerational programs that support independence and choice. The estimated value of these services is \$643,320 over the next two and a half years.

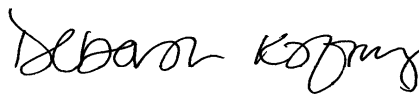
- Nine households - 13,360 per year X 4.5 years = \$60,120 (cost of providing case management)
- Nine households - 129,600 year X 4.5 years = \$583,200 (value of in-home services and support)

In all, the total in-kind contribution we envision from Multnomah County to support the residents of Hillsdale Terrace is estimated at \$873,020.

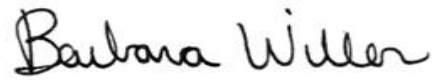
Sincerely,



Jeff Cogen  
Chair



Deborah Kafoury  
District 1



Barbara Willer  
District 2



Judy Shiprack  
District 3

Diane McKeel  
District 4