



# Press Kit

**Press Contact:**

**Elena Peabody**  
**Office of External Affairs**  
**t: 212-289-0000 x 1105**  
**e: [epeabody@pathwaystohousing.org](mailto:epeabody@pathwaystohousing.org)**

***Facts***

***Story***

***Press***

***Awards***

***Bio***

# FACT SHEET

**Founder & Executive Director:** Sam Tsemberis, Ph.D.

**Established:** New York, NY: 1992  
Washington DC: 2003  
Philadelphia, PA: 2008  
Burlington, VT: 2009

**Locations:**

186 East 123<sup>rd</sup> St., 4<sup>th</sup> Floor  
New York, NY 10035  
212-289-0000

4040 Market St. Suite 320  
Philadelphia, PA 19104  
215-390-1500

101 Q St. NE Suite G  
Washington DC 20002  
202-529-2972

45 Kilburn St.  
Burlington, VT 05401  
888-492-8281

**Website:** [www.pathwaystohousing.org](http://www.pathwaystohousing.org)

**Email:** [info@pathwaystohousing.org](mailto:info@pathwaystohousing.org)

**Media Resources:** Office of External Affairs  
186 East 123<sup>rd</sup> St., 4<sup>th</sup> Floor  
New York, NY 10035  
212-289-0000 extension 1101

[www.pathwaystohousing.org/press](http://www.pathwaystohousing.org/press)

## Services:

Pathways to Housing provides immediate and independent housing for persons who are homeless and suffer from psychiatric disorders. The program is based on the belief that housing is a human right and provides independent and permanent apartments without preconditions. Support services are provided 24 hours, 7 days a week and comprise of a team of nurses, psychiatrists, wellness specialists, employment specialists, family specialists, social workers and substance abuse specialists.

The Pathways Housing First model is an Evidence-based model that has been proven a success and cost-effective. The model has sparked national and international interest and many cities across the USA and Canada have implemented the program. Pathways is committed to providing training to these new programs and ongoing support to Housing First programs.

## Population:

Pathways to Housing serves over 1,300 individuals: 700 in New York, over 450 in DC, 135 in Philadelphia, and 65 in Vermont.

## Cost:

Pathways Housing First model costs approximately \$57 per night compared to \$73/night for a shelter, \$164/night for the jail, \$519 for an Emergency Room visit and \$1185 for a Psychiatric hospital.

# THE PATHWAYS TO HOUSING STORY

## *The Problem*

- Over the course of a year, between 2.5 and 3.5 million people will live either on the streets or in an emergency shelter. This population, if it was a city, would be the third largest city in the U.S., ranking between Los Angeles and Chicago.
- 23% of homeless people are chronically homeless, meaning that they have been homeless for a year or more or four times in the past three years and they suffer from mental or physical disabilities.
- 16% of all homeless people in America suffer from mental illness.

## *The Solution*

1992, Dr. Sam Tsemberis, compelled by his work as a director of a psychiatric outreach program, founded Pathways to Housing to ensure that people on the street obtained what they were entitled to, housing as a basic right. Pathways' Housing First approach to ending chronic homelessness for people with mental disabilities has been proven to work.

The principles are:

- Providing immediate access to permanent independent apartments, without preconditions
- Setting the standard for services driven by consumer choice that support recovery and community integration
- Conducting research to find innovative solutions and best practices for those who suffer from mental illness and homelessness

## *The Impact*

- The number of chronically homeless people in the United States dropped by almost 30% between 2005 and 2007. Administration officials attribute much of that one-third drop to the Housing First Strategy.
- Public cost of an average chronically homeless person per year, living in a supportive housing program like Pathways to Housing: \$16,000.  
  
Public cost of an average chronically homeless person per year, living on the streets and in shelters: \$40,000.
- Pathways to Housing clients have an 85% five-year retention rate and drastic drops in emergency room visits, contacts with law enforcement, and psychiatric hospitalizations.
- More than 400 cities in the US and Canada adopted 10-year plans to end chronic homelessness, 70% of these plans include a Housing First program

# PATHWAYS TO HOUSING: PRESS HIGHLIGHTS

## *TV Spotlights*

BBC  
BC Local News  
CBS News  
CNN  
NBC  
PBS

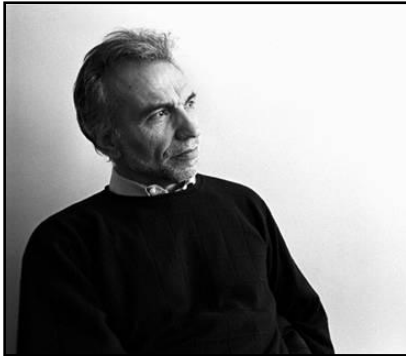
## *Books*

*Housing First: The Pathways Model to End Homelessness for People with Mental Illness and Addiction*, by Sam Tsemberis Ph.D., Hazelden Press, 2010

## *Print Spotlights*

Philadelphia Inquirer	Associated Press
Miller- McCune	AM New York
New York Times	The Las Vegas Sun
Huffington Post	The Gotham Gazette
Behavioral Healthcare	The Lancet
Washington Post	Press of Atlantic City
Miami Herald	Psychiatry News
Reverse Zone	Chronicle of Philanthropy
Calgary Herald	Salt Lake Tribune
The Hilltop Online	The Poughkeepsie Journal
NYU Silver School of Social Work Issues and Actions	Street Light
The Gilroy Dispatch	State Techmag.com
Colorado Springs Gazette	The Atlantic Monthly
The Indypendant	Health Care for the Homeless
Las Vegas Sun	The Honolulu Advertiser
Wall Street journal	Chattanooga Free Times Press
Boston Globe	Mental Health News
New Orleans News	Design/builder
Grand Forks Herald	Hope Magazine
Edmonton Sun	National Resource Center on Homelessness and Mental Illness
Lethbridge Herald	Miami-New York City Metro
Hawaii Reporter	City Limits
The Daily Progress	Mother Jones
National Council Annual Report Commonweal	Huffington Post
University of Calgary Gauntlet Local Buzz	
United Press International	
Western Catholic Reporter	
Des Moines Register	
The Boston Globe	
Affordable Housing Finance	

## BIOGRAPHY OF SAM TSEMBERIS



Dr. Sam Tsemberis founded Pathways to Housing after years of on-the-ground work as a member of a psychiatric street outreach team working to house New York City’s chronically homeless street population. He found that many of those struggling with mental illness or addiction did not meet the strict requirements set by existing housing programs. Dr. Tsemberis postured that even chronically homeless people with mental disabilities could stay housed if simply offered a home without prerequisites and the support and services necessary to maintain it.

In 1992, after receiving a \$500,000 grant from the New York State Office of Mental Health, Dr. Tsemberis was ready to test his theory, known as “Housing First.” That year, Dr. Tsemberis launched Pathways to Housing – one of the first organizations in the United States founded on the belief that housing is a basic right for all.

Since then, Housing First programs have been implemented in hundreds of communities across the United States and Canada. Dr. Tsemberis and Pathways have been honored by the Center for Mental Health Services, the National Alliance to End Homelessness, New York Psychiatric Association, Eli Lilly Foundation, and others. In 2005, the American Psychiatric Association Institute on Psychiatric Services awarded Pathways its prestigious Gold Award in the area of community mental health.

Dr. Tsemberis holds a Ph.D. in clinical psychology from New York University, and currently is on the faculty of the Department of Psychiatry of the Columbia University Medical Center. He continues to publish numerous articles and contribute to federally funded studies on the topics of housing and treatment for individuals who are homeless and have psychiatric disabilities. As Executive Director of Pathways to Housing he serves as an international spokesperson on homelessness and the Housing First model of service.

## PATHWAYS TO HOUSING AWARDS/HONORS

- The Substance Abuse and Mental Health Services Administration awarded Pathways to Housing two prestigious grants in 2009 to bring Housing First to Vermont and also to integrate peer-run Illness Management and Recovery practices into the ACT model for a total of 4 million dollars over a five year period.
- The Catalogue for Philanthropy in 2008, selected Pathways DC to be featured as one of the best, a highly regarded stamp of approval for non-profits in the greater metropolitan DC region.
- In 2007, Pathways to Housing was awarded the Excellence in Innovation Award from the National Council for Community Behavioral Healthcare, which represents 1,300 organizations providing treatment and rehabilitation to help people recovery from mental illnesses and addiction disorders nationwide.
- In 2006, Dr. Sam Tsemberis won the National Alliance to End Homelessness John E. Macy Award for Individual Achievement. As Founder and Executive Director of Pathways to Housing, Dr. Tsemberis received this distinguished award for outstanding success with the “Housing First” model in New York City and the District of Columbia.
- In 2005, The American Psychiatric Association presented Pathways to Housing with the Gold Award, First Place for Community Mental Health Program. Pathways to Housing was selected for the "exemplary success of [its] housing first program in the provision of permanent housing and treatment services for adults with severe mental illness and co-occurring substance use disorders."

### Pathways New York Featured Awards

2008	Behavioral Healthcare Champion, Sam Tsemberis, Behavioral Health Champions
2004	Public Health Association of New York, Leadership & Advocacy that promotes public health
2002	New York University, Division of Nursing, Special Recognition Award
2002	New York Association for Psychiatric Rehabilitation, Marty Smith Memorial Award, For Outstanding Contribution to the Advancement of Services for People with Psychiatric Disabilities
2001	National Alliance for the Mentally Ill NYC, Special Achievement in Housing Award

### Pathways DC Featured Awards

2009	AmeriCorps; Program Support and Leadership Award
2008	Chronicle for Philanthropy; Best small philanthropy in the Washington area
2007	Consumer Leadership Forum; Award for providing excellent consumer services

Dartmouth PRC **HAZELDEN**



## SMI Severe Mental Illness Program

# Housing First

### The Pathways Model to End Homelessness for People with Mental Illness and Addiction

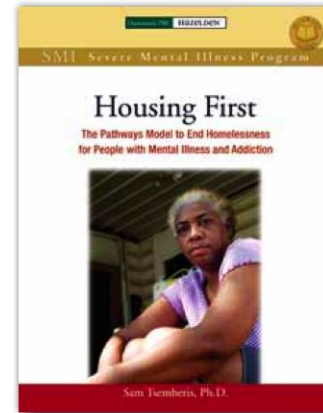
Using a person-centered approach, the Pathways model provides adults with severe mental illness and substance use disorders with independent, supported housing followed by intensive treatment and support services. With an 85% retention rate even among those not considered “housing ready” by other programs, this evidence-based model has already been implemented in more than 40 U.S. cities, including New York and Washington D.C., and in other countries spanning the globe.

Now, for the first time, this groundbreaking program developed by Sam Tsemberis, Ph.D., founder and CEO of Pathways to Housing, is outlined in a step-by-step manual with DVD, serving to not only introduce the Housing First approach into new locations, but also evolve existing programs using the Pathways ideals.

The user-friendly manual guides professionals in structuring policies and programs that respect and respond to clients living in the community, by detailing:

- solid, actionable information about the program’s philosophy, operations, and administration
- the composition, staffing structure, and day-to-day operations of the clinical and support services, including the formation of Assertive Community Treatment (ACT) teams
- the creation and implementation of individual comprehensive service plans
- practices in client assessment and engagement
- property management operations
- the research evidence noting the effectiveness of the Pathways model

The DVD works hand-in-hand with the manual by illustrating the concepts presented, offering client success stories, presenting helpful tips, and showing model teams in action.



4739 / \$265.00 / Manual and DVD  
4752 / \$49.95 / Manual only

From Pathways to Housing **Sam Tsemberis, Ph.D.,**

is the founder and CEO of Pathways to Housing and has also served as the principal investigator for several federally funded multi-site studies of homelessness, mental illness, and addiction. In 2006, Dr. Tsemberis was the recipient of the prestigious Macy Award from the National Alliance to End Homelessness. He is currently working with the Mental Health Commission of Canada to provide training and technical support in a national, five-city implementation of the Pathways model. *Housing First* is the first step-by-step manual and DVD designed to bring this model to people in need around the globe.

**Order today! Call 800-328-9000 or visit [hazelden.org/bookstore](http://hazelden.org/bookstore).**

3066-2  
(1/11)

