

# TRANSITIONS TO community living

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## FAQ

### **WHAT IS “TRANSITIONS TO COMMUNITY LIVING?”**

Simply stated, Transitions to Community Living (TCL) is an initiative to move individuals with severe and persistent mental illness (SPMI) from adult care homes or institutional settings to living in their own homes in the community. The state of North Carolina entered into a settlement agreement with the United States Department of Justice (DOJ) in 2012. The purpose of this agreement was to make sure that people with mental illness have the option to live in their communities in the least restrictive settings of their choice. The settlement was specifically in regard to individuals with SMI or SPMI who reside in or are at risk of residing in an Adult Care Home. The NC Department of Health and Human Services is implementing the agreement through the Transition to Community Living Initiative.

The initiative has its roots in the 1999 Supreme Court ruling relating to Title II of the Americans with Disabilities Act (ADA), also known as the Olmstead decision, which prohibited the unjustified segregation of individuals with disabilities. DOJ found many individuals with SPMI in North Carolina were living in adult care homes and state psychiatric facilities – living situations which violated the requirements under the Olmstead decision:

- Individual choice is valued and supported
- Individuals should be given the option to live in the least restrictive setting
- Housing setting should support integration and not limit access to community activities

### **WHAT ARE THE STEPS TO TRANSITION TO COMMUNITY LIVING?**

- Education and Process Initiation - In-Reach Specialists will educate about the opportunities provided by the agreement between the DOJ and North Carolina. They can then initiate the transition process.
- Assistance in achieving supportive housing through a Cardinal Innovations Transition Care Coordinator and Transition Support (Housing) Specialist
- Initial housing and move-in start-up costs up to \$2,000
- Continued tenancy supports and rental assistance to assist in maintaining residency
- Supportive Employment
- MH/SUD support through various behavioral healthcare services such as Assertive Community Treatment Teams, Individual Support Services, Peer Support Services, Community Support Team
- The entire transitional process should take no longer than 90 days when housing is available and supports are in place.

### **WHAT IS CARDINAL INNOVATIONS ROLE IN TCL?**

The Transitions to Community Living Team helps individuals at high risk identify and secure housing in the community and establish the supports needed to promote optimal care and healthy, community living. Team members use a holistic approach that is person-centered, comprehensive, strengths-based and outcome- focused. Primary functions of the department include:

- In-Reach Education and Engagement
- Clinical Assessment and Person Centered Planning
- Referral and linkage to community and support services
- Ongoing monitoring and follow-up

# continued<sup>FAQ</sup>

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Today, Cardinal Innovations has helped over 250 individuals transition to the community from adult care homes and/or institutional settings to their own homes throughout the 20-county region. About 40-50 individuals are currently in the process of transitioning to the community.

## **WHERE CAN I GET MORE INFORMATION?**

The NC Department of Health and Human Services has a webpage devoted to the Transitions to Community Living Initiative: [www2.ncdhhs.gov/tcli](http://www2.ncdhhs.gov/tcli).

You may also contact Cardinal Innovations at 1-800-939-5911.

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