

Note – this could be a stand-alone document, or these charts could be added to a housing search or housing support plan

## Risk Management Plan – SAMPLE

<b>Identified Risk: Lose contact with PSHA provider (lose phone, have to leave motel, etc.)</b>		
Where might PSHA staff be able to locate you	Who could we contact? Name and number(s) / email	Permission to contact?
<i>Typically, food shelf M and W around 10. The library if it's super hot or raining unless they kick me out. I should be at the motel. If they make me leave, I take showers at the drop in center sometimes. Not saying where I sleep.</i>	<i>-Email me. I check that weekly when I don't have a phone. -Try my friend Jimmy, 802.888.8898. just say you're trying to reach me and leave a number. Text may be best. -Mom if you're worried. 777.7777</i>	<i>- Y - Y - If you don't hear from me in a couple weeks</i>

<b>Identified Risk: Depression</b> <i>When I get really depressed, I stop talking to anyone and don't get anything done. This can last for months.</i>		
What do I usually do to stay well	What can I do if things are not going well to reduce risk	What can my PSHA provider do if things are not going well
<i>Leave the room at least once a day Talk to at least one person daily Get sleep Do art Take my meds</i>	<i>- Force myself to go outside and talk to people - Tell someone so someone else knows</i>	<i>- Keep trying to talk to me. Not pushy, but keep coming by. Let me know if you think I'm falling into my hole.</i>
Who else, natural or service supports, should be contacted		

Contact name (information if needed)	When to reach out	Permission for PSHA staff to reach out?
<i>Mom. 777-7777 Vermont Support Line Peer support, Janine Savoy, HCRS 999.5523 Dr Sanchez 555.3434 Jimmy 802.888.8898</i>	- <i>I should when I start to feel bad. You should if I refuse to talk to anyone for a couple weeks.</i>	- Yes
	- <i>I should, anytime, especially at night</i>	- N/A
	- <i>If I can when I start to feel low</i>	- No
	- <i>If I'm low for a few weeks straight</i>	- Yes – preferably with me
	- <i>If I haven't really been talking with ppl</i>	- No

(^^duplicate as needed)

<b>Identified Risk: Substance Use</b>		
<i>I use opiates. I try to just use heroin but I know it's not always pure. I typically inject. There have been times when I start using more than I want and stop doing anything else and spend way to much money and feel gross. It's hard to get out of.</i>		
What do I usually do to stay well	What can I do if things are not going well to reduce risk	What can my PSHA provider do if things are not going well
<i>Clean needles, clean injection site Use with a buddy Engage in life things when not high Only spend the extra money I have Don't go into debt w ppl</i>	<ul style="list-style-type: none"> <li>- <i>Use SafeSpot or Never Use Alone if alone</i></li> <li>- <i>Get to doc if I start to get sores</i></li> <li>- <i>Talk w Bri, recovery coach. She's good even if I just want to use less</i></li> <li>- <i>Make sure bills are paid</i></li> </ul>	<ul style="list-style-type: none"> <li>- <i>Meetings around 10am-1pm.</i></li> <li>- <i>Check in more often – text okay between meetings</i></li> <li>- <i>Let me know what you see but don't be pushy. Remind me abt Bri and doc</i></li> <li>- <i>My checks come the 3<sup>rd</sup> W of the month. Meet that day.</i></li> <li>- <i>** If it's really bad for over 3-weeks, I'm always sick, at risk of losing housing, not engaging, etc. Bring in Bri. Remind me I want to go to rehab</i></li> </ul>
Who else, natural or service supports, should be contacted		
Contact name (information if needed)	When to reach out	Permission for PSHA staff to reach out?

<p>Bri 885.5588 Vermont Support Line Doc. 776.7767 Valley Vista</p>	<ul style="list-style-type: none"> <li>- I'll try if it's getting bad but if I wont, and you can tell I'm high even in meetings, you can call.</li> <li>- I should, anytime, especially at night</li> <li>- If I see sores or generally feel sick. You you see sores</li> <li>- ** If it's really bad for over 3-weeks, I'm always sick, at risk of losing housing, not engaging, etc. Bring in Bri. Remind me I want to go to rehab</li> </ul>	<ul style="list-style-type: none"> <li>- Yes</li> <li>- N/A</li> <li>- Yes</li> <li>- Reach out to Bri. I'd have to be on the call w VV.</li> </ul>
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HOUSING SPECIFIC

<p><b>Identified Housing Risk: <i>Housekeeping</i></b>  <i>I lost my last housing because I was depressed and never cleaned. My LL thought it was gross and didn't renew my lease. I just couldn't get it done.</i></p>		
<p>What do I usually do to stay on top of this</p>	<p>What can I do if things are not going well to reduce risk</p>	<p>What can my PSHA provider do if things are not going well</p>
<p>(notes from convo as example: Ive been trying to be better at this hotel. Cleaning every couple days. Not leaving food out for more than a day. Taking the trash out every few days. It may help that I have a tiny trash can.  I need to not get so depressed or let it get so bad before I notice it. Leaving the room helps too – I notice more if it's nasty when coming back in. Having someone else over.)</p>		

<ul style="list-style-type: none"> <li>- Clean 2x weekly take trash out</li> <li>- Don't keep food out more than a day</li> <li>- Small trash can ?</li> <li>- Leaving the apartment at least once every 2 days</li> <li>- Have someone else in the apartment at times</li> </ul>	<ul style="list-style-type: none"> <li>- Call mom</li> <li>- Save money for a cleaner. \$60 for a quick clean \$120 for deep.</li> <li>- Clean while you are there to stay on track</li> <li>- Try to address depression</li> </ul>	<ul style="list-style-type: none"> <li>- Meetings in the apartment at least monthly</li> <li>- Be honest about concerns but not picky</li> <li>- Support my motivation – be there when I clean</li> </ul>
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Who else, natural or service supports, should be contacted

Contact name (information if needed)	When to reach out	Permission for PSHA staff to reach out?
<ul style="list-style-type: none"> <li>- Mom 777.7777</li> <li>- GreenClean 802.333.4454</li> <li>- Peer support Janine Savoy, HCRS 999.5523</li> </ul>	<ul style="list-style-type: none"> <li>- When it's bad but not awful</li> <li>- If I have money and just am not doing it</li> <li>- If I connect the mess with mood</li> </ul>	<ul style="list-style-type: none"> <li>- Not for this</li> <li>- Yes, if I'm not for some reason</li> <li>- No</li> </ul>

(^^repeat as necessary)

Threat of Eviction: <b>Miscellaneous</b>			
Things to consider	Identified Strategies or Support	Permission for PSHA to coordinate Services?	Notes / Date
Financial need	<ul style="list-style-type: none"> <li>- Budget together if not too late</li> <li>- HOP app</li> <li>- Church of the Saint who donates...?</li> <li>- Mom – if she's okay and we're getting along</li> </ul>	<ul style="list-style-type: none"> <li>- NA</li> <li>- Yes</li> <li>- Yes</li> <li>- No</li> </ul>	
Housekeeping	<ul style="list-style-type: none"> <li>- GreenClean 802.333.4454</li> </ul>	<ul style="list-style-type: none"> <li>- Y</li> </ul>	

Health/mental health/substance use	<p><i>Vermont Support Line</i></p> <p><i>Peer support, Janine Savoy, HCRS 999.5523</i></p> <p><i>Dr S Sanchez 555.3434</i></p>	<p>- N</p> <p>- Y if I give permission</p> <p>- Y, prefer if I'm there</p>	
Legal Services	- <i>Legal Aid</i>	Y	
Natural supports	<i>Mom 777.7777</i>	<i>Y – but try to get me to call her before you do</i>	
How to avoid eviction on one's record	<i>Work with legal aid to fight but leave before an eviction</i>	Y	
Ways to avoid a negative reference	<i>Try to be nice to LL. Or let PSHA do the talking. Comply with a date they need me to leave. Ask if they'll write a reference if I leave on time. Call Green Cleaners if needed</i>	<i>Y – please. I probably won't be in a friendly mood.</i>	
Plans for personal items, pets	<p><i>-Donut will come with me wherever I go. Could stay w mom if he really needs.</i></p> <p><i>-Try to get storage for my TV, games, and knickknacks.</i></p> <p><i>-mail forwarding to drop in center.</i></p> <p><i>-call pharmacy about med deliveries</i></p>	<i>Maybe with storage</i>	
Other	- <i>Stay in contact with voucher rep the whole time. Save that voucher!</i>	Y	