

PROJECT NAME: Project Your Choice
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TIMELINE: June 2009-2010
CONTENT AREA: Substance Abuse, Housing and Mental Health
FUNDER: Substance Abuse Mental Health Services Administration
CLIENT: Swope Health Services
AUDIENCE: Substance Abuse Treatment
**RESEARCH
METHODOLOGY:** Quantitative and Qualitative Methods

OVERVIEW:

PROJECT YOUR CHOICE (PYC) was a program for individuals who were chronically homeless with substance abuse problems. PYC was designed as a client directed treatment; offering a ‘housing first model’ which aimed to house the homeless prior addressing their substance abuse issues, offering treatment of various lengths and intensive case management services of approximately one year’s duration. The project implemented two BEST Practices *Enhancing Motivation for Change in Substance Abuse Treatment* and *Comprehensive Case Management for Substance Abusers*. Case Managers were guided by the “Stages of Change” theory and Motivational Interviewing. Case Mangers roles were not only finding clients housing and substance abuse treatment, but also gaining employment or disability to sustain housing as well as linkage to Community and Mainstream Resources.

Evaluators conducted Baseline, Six Month and discharge interviews using the CSAT-Government Performance and Results Act (GPRA) interviews in addition to additional questions developed by evaluators, as well as interviewing clients one year after they were housed to evaluate if clients were successful in maintain housing for one year. Evaluators designed a data collection form for case managers. Evaluators collected, entered data into the GPRA data management system, conducted quantitative and qualitative content analysis on program data as well as quarterly evaluation reports for the funder. Evaluators also conducted client and staff focus groups, conducted client satisfaction surveys, lessons learned and attended SAMSHA Grantee meetings.

LINKS:

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