



Tacoma Pierce County Coalition to End Homelessness

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Homeless Coalition Friday Meeting – February 11, 2022

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SPEAKERS

Sarah, Richard, Patricia, Alfred Kirk, Jeffrey Boyce, Janet Thiessen, Gerrit Nyland, Po, Verna Lilly, Sally Perkins, Ed Jacobs, Rob Huff, Jeannie Schoeppe, Theresa Power-Drutis, Andrew Gelstin, ChiQuata Elder, Rosemary Powers, Janeen Provazek, Gerald Daniels, Tim Harris, Jeff Rogers, Janet Runbeck, Valeri Knight, Judy Lee, Monique Brown

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Rob Huff

Well, good morning, everybody. And welcome to this week's meeting of the Tacoma Pierce County Coalition to End Homelessness. We do as I mentioned just a second ago have our magic number of 30 plus people in the room so I think we can go ahead and get started. Rosemary, would you like to kick us off this morning?

Rosemary Powers

Thank you, Rob. You know, we meet every week here too, as the title Rob gave there to work to end homelessness. And we've been doing this for a lot of time, a lot of years. But there's still so many of our neighbors who are living on housed and the recent sweeps by local governments point out the unsafe conditions and the failure of our common imagination to find safe shelter for all of the folks who live in our area. For some of us some of the time. It seems like the hope of ending homelessness is an impossible dream. But we do find that it's a dream that touches everything and so I like to start our days with a poem and his black history month and Lucille Clifton is just such a wonderful poet and she has a great little poem on dreams that I think could set us up well today. So I'd like to share that with



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you. She says some dreams, hang in the air like smoke some dreams get all in your clothes and be wearing them more than you do. And you'll be half the time trying to hold them and half the time trying to wave them away. Their smell be all over you and they get in your eyes and you cry. The fire be gone and the wood but some dreams hang in the air like smoke, touching everything. So yes, it touches everything in here. We are meeting today to continue that dream together. I'm delighted that we'll have a chance later on to hear from Verna for some ways that we can have compassion for ourselves. As we do this dream together. And I just wanted to point out as we begin for those of you especially who are new, so the few of the norms that we have for our time together and so we ask very practically that when you wish to speak that you use the hand raised function if you can get to it and if not wave my wildly and somebody will notice. Also keep ourselves on mute when we're not speaking. I feel like that a lot. So if you do it, don't worry. Just try it again. And then also to turn the video off if you're doing other things or trying to multitask also, in this group. We find the chat is a place for networking happens delightfully. And it's not any kind of bad form to take time to privately interact with people on the chat so it is saved and you can save it yourself. If anyone doesn't know how to do that. Just send me a private message and I'll let you know how to save it for yourself. Otherwise, it'll be saved by the group for later retrieval. And also we have a number of norms that we agreed to about how we interact with each other mostly those are if Rob a few. I don't know if you've posted them but if you do if you're if you can see those. We're really trying to make sure that with the large group we have that we have shared experiences that we aren't just hearing from a few people and that we do hear from everyone as much as possible. So that means in this kind of a space for this amount of time that we have to pay attention to the space we take up in the space we don't take up and to pay attention to the power dynamics of who's speaking more and who was not speaking more. And also to realize that while we may say things that are unintentionally critical or painful to others that we take responsibility for the consequences of things. So those are our hopes. And I like to invite people who are new or who are returning from the time away to just let us know you're here your name and if you're with a group this we may have a lot of newer people and then and right now so we won't take time to have you explained all your reasons for being here. But just if anyone is new today or returning. This would be a time to raise your hand or just unmute and speak. Janet, go ahead. Well, I'm

Janet Thiessen

just I'm Janet CSUN and I was here last week. That was my first week and I am just really interested what you all are doing the wonderful things and I'm I am with a little group or bigger group called compassion Tacoma. And we are just trying to gather information, see how we can support those people that are all already doing the work and

Rosemary Powers

thank you, Janet. Well, thank

Janet Thiessen

you and you guys have been a wonderful source of information.



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Rosemary Powers

Well, welcome and we look forward to working with you.

Janeen Provazek

And I'm Janine privasi. I came here last week. And I'm involved with 350 Comment and the conversation and just trying to learn more about the homelessness situation since it's so devastating.

Rosemary Powers

Thank you Janine for your development and look forward to feature to

Janeen Provazek

your pet

Judy Lee

so my name is Judy Lee. I'm with I'm this is my first time. There's just a lot of homelessness in our neighborhood, but I am on the Aspen court, community education committee and I serve on the Cheska safe streets and I'm really excited about what you're doing. I know you're recently contacted for one of our homeless areas and did a great job. So appreciate all the work you are doing and hope to volunteer and assist as much as I can to help people transition into permanent housing.

Rosemary Powers

Judy, thanks for sharing the dream. That's great to have you. Well, thank you all if there's anyone else here who hasn't had a chance to do to do an introduction. You can also put this in the chat. Yeah, let us know who you are and how to contact you and what you're interested in. And we'll people will be able to follow up with you. I wanted to before we end this part, you know, sharing the dream is really important. And sometimes we take on a lot of work and sometimes we can't take on as much and I think Werner will help us with thinking about what kind of work we should take on a little bit later. But I was I wanted to let you all know that one of the very active participants in the coalition who's, who's just whose energy just beyond me most of the time is Maureen Howard and she asked me if I would let you all know that she's taking a medical leave from this work as much as she needs to for the next eight months. She is currently a patient at multi cares regional cancer center. And so she has an optimistic mystic outlook. People should who know her well should feel free to reach out. And she's working to distribute the kind of work that she's been doing so well for us, so that we can carry it on and in her absence. So she may be in and out but for right now the focus needs to be on her health and so that's a one she wanted you all to know. And so that's we want to honor her work and also her need to be in this new space for a while. So with that, Rob, I'll turn it back to you.

Rob Huff



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Thank you, rosemary, and thanks for sharing that news. And I know we all support Maureen and her health battle. So let's move on to our first item. Regular item in the agenda. And today you if you looked at the agenda that I emailed out yesterday, you'll notice that I left considerably more time for this week on the streets section of the meeting today. And that's because our steering committee meeting and in earlier meetings this week. Members of the coalition have been expressing frustration with what we're seeing on the streets this week. Especially in the wake of the ongoing cleanups and sweeps that have taken place under the 705 encampment. It's at East 72nd Penn High Street and multiple sweeps in the Fife area. So we wanted to carve out a little extra time for us to just discuss as a group. What we're seeing where we're seeing people moving to and what needs there are and and just to kind of to use this time to gather together and share our thoughts and frustrations about what we're seeing on the streets. So I will open the floor if you want to use the raise hand function or the chat or wave your arms in the air to let me know you want to speak. That would be great. I don't know Richard, would you like to speak I know you've been out under 705 every day since the sweeps began down there not to put you on the spot anyone else who want to talk about wants to talk about what they're saying. Jeffrey Good morning everyone.

Jeffrey Boyce

The Sweep at 72nd and I was complete. There is one camper still there. And the nobody seems to be wanting to move them. I had seen several campers heading tour heading west and 96 and I have seen several new tents or new tantalize and so I suspect that that was who ended up down there. There was one thing that I noticed was a lot of the campers at 72nd and I had vehicles and so that it's a new dynamic, I guess 705 When I drove by yesterday, it looked like I may be wrong but it looked like half the campers were still there and it was still a mess. J Street up on hilltop is filling up and I did see onesie twosie building there's a small there's three tents now under the Yakima bridge on center Avenue. And I've seen a couple of trucks with gear right around the Thompson Street Bridge and that's what I've been seeing so far. Rob

Rob Huff

Yeah, I can hear you Richard. And thank you, Jeffrey.

Richard

Sorry, I was having trouble with the zoom function. Um, yeah, I'm a little I'm a little I don't know, agitated with the whole situation. Let's let's be clear about a couple things. The coalition has a position of opposing sweeps. And in the last couple of weeks, there have been three sweeps. They swept in faith. They swept a 72nd Tacoma they swept it 705 I think it's important that the coalition step up if they say they oppose sweeps, the coalition needs to oppose sweeps. And right now what I see I like that phrase uses us onesies and twosies. There it It seems they're probably, I don't know, two to 300 people on the move right now. What I was told at the 705, which I don't know how many people were down there. But not one person, not one. Nobody accepted shelter. Nobody, which means to me, it was an absolute failure of outreach. I mean, nobody accepted shelter. That means they're all on the move. Everybody is



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on the move. onesies and twosies. I'm seeing people in doorways on park benches under different bridges. I mean, they're all over the place right now. It is a I mean, it's a complete failure. It's a complete failure. So they're moving people, they say trespass or health and safety. They're moving people because of a complete failure to clean up and provide basic sanitation to the encampment. I mean 705 was filthy. 72nd was filthy. Five was filthy. So they don't clean it up for six months, and then say, hey, it's filthy. It's we got to we got to move these people because of health and safety. You need I mean, if you haven't been out, come on out. You need to see what's going on out there on the street. So yeah, 705 it's not half I'd say there's probably, you know, they've probably got three fourths gone. I'm going to go down in a few minutes, but it's it's an abominable situation, what's going on out there. And I think I don't know. I don't know. I'm still new to this. I don't know. What the coalition's role is. But I think people ought to be pissed off about this. You know, they're not giving them shelter. They're failing in their outreach. They give them seven days, seven days. They should give them a month maybe to do the outreach, so that people can be put in, you know, they can coordinate with people and get them into shelter. But right now, drive around down drive around the county. There's a few 100 People that are stumbling around pushing their carts and looking for where they're going to live next. And I go out there a couple times. A day, and I'm not happy with it and I don't think he should be there. That's what I get to say I guess.

Rob Huff

Thank you, Richard. I think a lot of folks are with you and feeling that same frustration and anger um, add your hand up.

Ed Jacobs

You Yeah, I was down there on Friday, last week and took some pictures. Do you want me to share those?

Rob Huff

I can hear let me give you the ability to share your screen. Okay. You should have that now. Here we are.

Ed Jacobs

So can you see those the camp Yeah, just

Rob Huff

just came up. Okay.

Ed Jacobs

I walked around with what we used to call the hot team. I can't remember the name of it now.



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Rob Huff

They call them the heel team now heel team.

Ed Jacobs

And their assessment of this non sweep supposedly, is that it would take a week to two weeks to be completed. I spoke with people from the encampment and no one had any idea of where they were going. And the other thing was that the heel team was saying that they had places for people to go. But the problem with the places that they had two weeks before they had been active COVID outbreak locations. So if I'm a homeless person, and you say I have to move and the option comes with a percentage of people dying I'm probably not going to take your option. I'm gonna probably go on my own so as far as having a place for people to go, that is safe and acceptable. The city failed and this decision was made by the city manager after she had been warned about the number of sweeps going on in the area and how there were very little resources to offer people that didn't have some sort of death associated with it, even if it was a small percentage. So yeah, I think the city failed completely on this

Rob Huff

thank you add money.

Monique Brown

Yeah, so I went by there as well. And let's be honest 705 should have been broken up a long time ago. got very dangerous. They should have found some place for people long ago. These evictions, as Stacey calls it because it's not a sweep as they're not trash. I agree. 100% Stacy they have got to find something prior to we do not have the space for people. If you think about all those just the people under 705 and what they have in terms of their belongings and then trying to take all those people and put them into a shelter. It doesn't work we got people piled on top of people on top of people. We need to do something different. There's got to be more tiny home villages. There's got to be more tent cities so we can put people in a place safe. They don't need to be evicted and we can find them places to live. I'm curious Richard you know, he brought up a good point about what we are going to do. We're definitely against moving people and not having anywhere for them to go. But I'm wondering Richard, if you have any thoughts about how we as a coalition should step up. Morning

the question came up with the quarter they call themselves the compassion to call me the only the recommendation that I have right now. I like him to begin with. I'm perplexed that the city is talking about a camping ban. But there is no camping ban now. You know, and yet that doesn't seem to stop them. From going out and removing people from these encampments. The simplest suggestion I have right now in spite and I don't like any of this, but is is is what I said a few minutes ago. And maybe the coalition could draft a letter to this city but my suggestion is give him four weeks notice don't give



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him seven days notice. And then there's time to do outreach, but to move that many people I don't know what 100 150 People out of the 705 and not one person not one excepted shelter. Now one of them. That is that is an absolute failure of outreach. And so I guess the one simplest, the simplest suggestion that I could offer from what the coalition could do is recommending at least a four weeks notice instead of a seven day notice. So I mean, that's that's all I got right now in terms of maybe a suggestion that could make a difference.

Monique Brown

Yeah, that's a good response. I don't think it's a failure of outreach though, Richard. I think it's a failure of the system not having what we need. We need more resources.

Oh, absolutely. I mean, it's it's, it's a failure, but what they do what they do, I mean, the interaction right now, the way they the way they do it, is outreach. That's why I say that. You're right. I mean, it's an absolute failure of the system and all sorts of things but, but what I see I mean, what the mechanism that I see out there is a mechanism of outreach, which means that they're not communicating. They're not i You're right, you're right. But what I see is the outreach is the means by which they do it. So

Monique Brown

one last last comment I'm making a what perplexes me in this country is that we can quickly find a place to house refugees, but we have all these people on the street. We can't build or take some of these torn down and not torn down, abandoned buildings and put people in them. I just for the life of me don't understand that.

Rob Huff

Yeah. Thanks, money can Richard and this is exactly why we wanted to have this conversation. Theresa your hand up next.

Theresa Power-Drutis

So in response to my next question, can you say litigation, I think there's a lot of fear of litigation that stops communities from doing the right thing. I also wanted to respond to Richard I'm so thankful that you were down there doing what you're doing, and it's very easy. When I go out in to the encampments near my neighborhood. I'm almost always the only one there. I think it's important to know that you're there at some time somebody else is there at another time and, and all of us are kind of pedaling. It's not I don't I don't think you'll find anybody in the coalition who's sitting on their butt. So maybe look at what people other people are doing. It may not be the same as what each of us are doing, but it's important to acknowledge and celebrate it. The last point I want to make is it's not helpful. Last night, another someone came by I didn't see who but dropped off a giant stack of cordwood on our block again. And what what's happening is, this community has suffered some fires and you got to notice that



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one of the justifications that's given when there are sweeps and I still call them sweep because that acknowledges what is happening they are people are being treated as if they are debris. And none of the jurisdictions actually like that term. They'd prefer that it be called something else. I think it's fine to call it evictions too, but I think calling it a sweep does convey the fact that that is what is happening. People are being swept up as if they are debris. So I want to say if any of you know anyone who's dropping off large wooden structures, which are just, they're like kindling. If you had been in our neighborhood as we watched the trees go up in flames as we watch our mural being destroyed. You would also not want to have fires and unsafe places we need. Campsites established campsites with campfire pits with fire control possibilities. We need to have that level of camping for the people who need to live in tents, right? Now and they shouldn't need to live in tents. But absolutely, until there is any kind of income inequality, and until we end the income inequality that is behind all of this, there will be people in tents, so let's take care of them. And let's provide a space for all of us.

Rob Huff

Thank you, Teresa. Jenny in your hands up as well.

Janeen Provazek

Well, I was on out on the CVS meeting last night and I they were talking about the fact that this was a total failure on the 705 suite and toughness I think it was so rough. I can't remember who was talking about go visit about maybe a designated area because it's so hard when you have all these little camps all over to try to assess and bring in resources and figure out what they need. Can is and they talked about a designated area where there's running water if they're monitored, and they put some money into that. I mean, that to me makes way more sense. And then those that are committed to camping. At least we know which ones and I think many of them once things are common. It's not like Lord of the Flies, where they're living, they might indeed sort of rise to a higher level of wanting something for themselves. So I just I don't know if that's on the table, you know, because I'm just new to the topics here.

Rob Huff

So I can give a little bit of background on that. Almost a year ago, the city of Tacoma did a search for across city owned properties for a potential site to host well early on, they're talking about hosting a low barrier site of some kind. That search led to a property at South 69th and proctor street that became the location of Lehigh. tiny home shelter that's at that site, but that that didn't really meet meet the criteria of a low barrier site. So, so far, the city has been unable to to locate at least city owned property where they believe it would be appropriate to have a low barrier site. And I don't know that the city is actually publicly defined what a low barrier site would look like. But that that's some of the background there hasn't been a search. I I get frustrated by that as well, because I think I recognize a search was done but I think more should be done. So so that gives you a little bit of background. Yeah, you're welcome. Janet. You had your hand up as well.



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Janet Thiessen

Question for deck. I think I heard you say twice that the people at 705 wouldn't accept shelter. So are you saying that there are beds and they were saying no.

Rob Huff

So um, I'll let Richard answer but maybe, Garrett, could you give us I know you said in the chat that what was available this week was essentially spaces in congregate shelter. Do you know how many spaces have a sense of how many spaces are currently available? I mean, the last update which which I will say people can look that up for themselves on the overnight shelter link on the PC homeless.org website so you can get a snapshot of what spaces are available and what kind of individuals can be served by the spaces that are available, whether it's a space for single men, single women, women and families that sort of thing. But guarantee you have a sense for how many spaces

Gerrit Nyland

so we typically have no space in any of our non congregate shelters. So we have significant backlogs and all of our family shelters currently so Adams Street all time or Bethlehem Baptist YWCA is domestic violence. focused as RK wa but they both have weightless and then you shift on to our single adult or a couple shelters. And so we're talking about our three Lehigh Tiny House villages. We're talking about Aspen court. And all of those are typically functionally fold stability sites. Same thing right so maybe they have one or two units available. Typically there's a household they're trying to move into that unit, right. So functionally full. And really, you're left with our non congregate option or rather our car fully congregate option. So we're talking about Shiloh Baptist, which has been closed basically for new entries because of COVID outbreak and you're really getting narrowed down to our large two congregates, which is to come rescue mission and and nativity house shelter. And so those both will take people on maps, pretty much beyond their capacity. Come in beds are available, but congregates a more challenging model. So you aren't forced to you know, it's nativity houses an enhanced shelter so you don't need to leave during the day, but it still has limited goods you're still in a you know pandemic and congregate. Setting with no private space. So those can oftentimes create significant barriers. They have curfews timing associated with them. I don't know if the rescue mission right now is operating with a day center or not. Sometimes they are depends on their funding, honestly. So so when you talk about do folks have options, the answer is typically no especially for individuals that may have been banned for reasons from a rescue mission or nativity house right. So there can be individuals where there simply is not a shelter option available. And that's a challenge that we need to be working on. I've you know, I have I think four shelters kind of in the works that I'm developing and I think have funding streams for him but that isn't now and that's not as much as we need. Right? Like we need scores of shelters. And to and to imagine that one more shelter is in some way going to be, you know, dramatically improving the situation. It serves people right it obviously serves people we serve more now, every shelter matters. Every bed matters, every provider willing to bust their butt to make it happen, you know is a hero right? It is a non trivial process. But again, the scope of the problem



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demands substantially more right if I'm not not doing county talking points or city talking points or anything other than our comprehensive plan. And it's expectation of, you know, increasing our 1280 shelter beds to 3300 shelter beds, right. And if we can do it with permanent housing instead of shelter beds fine right? I'm not going to frown at adding that type of capacity to our system. But that's that's the scope of what we need to do. And I always appreciate when people are talking to the level of that need. So to Richard's point, I I wouldn't call it a failure of outreach. I mean, you know it in what do they sell it right? What are they offering, oftentimes, nothing that the people can take. And so again, longer amount of time, absolutely all for it, right? More outreach work, right to help folks develop relationships all that good, but you know, we haven't given our outreach workers great tools to help people move into shelter, not because our shelters aren't good, but because, you know, we need more of many different types bla bla bla bla bla bla, Thanks, Rob.

Rob Huff

Appreciate that perspective, Garrett. Um, so Janet did you have did you want to ask additional information or

Janet Thiessen

I just still wanted to understand and maybe somebody on the call if Richard's not there are people he said they weren't accepting shelter? You know, that that the unhoused were not accepting and I did not know that. If Well, there's not the right kind available for me. Or if they just said no, I'm going to stay out here. I'm not going to a shelter. And that's that's just what I was trying to get clear. How many people are saying now I don't want to go.

Rob Huff

Yeah, I think Jeffrey can address that.

Janet Thiessen

Okay. Thank, you know, put my hand down.

Jeffrey Boyce

Hello, Janet. I think what we tend to fail to remember is in Congress shelters, where they're all in a big room together. You can put blankets up and all that. But the bulk of our COVID outbreaks with the homeless were directly involving the Congress shelters. That's where they showed up. And so how are we taking the responsibility of possibly putting somebody in a congress shelter where they could possibly die? That's wrong. flat out wrong. And I think as a coalition, we need to stand up and tell the city this is wrong. You cannot do this.

Rob Huff



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Thanks, Jeffrey. And there's somebody on the phone and then I see you waving your hand Monique so we get a picture Patricia is that you on the phone with your hand up?

Sarah

No, I'm sorry. It's there with this coma rescue mission. Okay, update that we we do have our day shelter open and as the bed in our courtyard we still serve breakfast, lunch and dinner. Sorry my son wants to add to but we still have our day cells are open and available to shelter guests and non shelter guests.

Rob Huff

Okay, thank thank you for that. Gerald.

Gerald Daniels

Yeah, I'm sorry that I haven't gotten to the coalition sooner. But I was out myself up until about two weeks ago with COVID for like, three, three weeks. But we've been working with the city as to rob point when he's standing you know to find shelter and low barrier shelters. So we've been working with the city. And we're in the process of actually building a low barrier shelter here. All right. We got kind of got a little delay with me being sick and then we have a friend and see up there as well. That we've been trying to pull off but we're building up those tiny shares and we're making four individual spaces where we're going to house 32 to 36 individuals and they can very low barrier though, with the city has reached out and tried to support us on that and they have been supportive. We just got to get the project started. So we should be getting that pretty cool.

Rob Huff

That's great news. Gerald will look forward to to hearing and when that gets ready to come online. It'd be great to kind of hear a presentation about that and an update on rise. So we just need to get your schedule. Fantastic. Alright, so I appreciate everybody's time this morning on this conversation. I do want to move on with our agenda. I do urge people. If you have questions and comments, please do use the chat. So that we can both respond to those and also just kind of gather the information so that we can inform what we are going to do moving forward. You know, as Richard referred to, we have a statement as a coalition that we approved back in October regarding sweeps that and I know folks have challenges with that language that we have been using that quite frequently in talking with the media and with elected officials. It I understand the frustration it definitely doesn't feel like enough, especially when you're seeing a couple 100 people being displaced and looking for somewhere that they can safely go. So again, appreciate the conversation this morning. I want to get to our community spotlight session next and then we're going to hear an update from Po from the Washington Low Income Housing Alliance. I see you on the screen po Welcome to the meeting. But first let's go to Andrew Gelston from just threads and give you a few minutes to talk about what just threads this



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Andrew Gelstin

morning everybody. I'm really glad to be here. My name is Andrew Gilson. I'm the alternative program supervisor for Pierce County District Court. Just threads is our feature resource at the Pierce County District Court Resource Center. And you know hopefully in the in the near future when we're open to walk in traffic. We can have our manager DOM Hardiman. In here to talk about the the wide variety of services we have planned. Through our through our our collaboration and partnerships with community agencies. Once we're once we're back, open to walk in traffic to serve people for those services, but just threads is the initial resource that we were able to start when when this clothing bank was created. Oh in 2018, I think the fall of 2018 it was officially open and and it's been the most popular resource that you know to date. A lot of people know where it is now and are dependent on it. We have a lot of repeat customers that come in to us, the clothing bank and the services. Um, it's it's it's not a clothing closet. It's not really I mean, you can call it a clothing bank but it's a clothing store. Really when you come in and look at it. It looks like the store. Um you know, we we have we have our our clients dignity in mind when we're serving them. So, you know, we want to make sure that that they feel they feel that we've really thought this out and we think it's important that that they get quality items that are gonna serve their needs. But as I was going to say that the pandemic kind of put a wrench in, in our walk in services, one thing that we could do, or one thing that we thought of was with our clothing bank was to do takeout, you know, kind of like restaurants, we're doing takeout well or you can't have people in the building or coming in the building. So why don't we just prepare, you know, packages for people to come and pick up. People will knock on our doors people will call our number with the assistance you know, they'll call from if they have a phone, they'll call from outside we have the we have the number on the door or they'll have somebody that's that's assisting them a treatment provider, call on their behalf. Give their sizes and needs and we'll do what we can to fill their orders. We have casual aware we have you know, interview professional attire, a whole host of you know different different garments for different needs. We serve everyone. We are sponsored by Pierce County District Court, but you know, we're we're serving everyone and there is no special referral process. You know, however, however, someone can get connected to us, you know, we're gonna we're gonna meet them where they are. And sometimes, you know, I strike up conversations with people on the sidewalk. You know, I'm just passing by and letting letting people know hey, you know we have to offer in here and, and other times people will patiently knock on the door until they you know, until they get a response and we'll respond will respond and fill their needs. We we recently added a partnership with Eloise's cooking pot Food Bank. It's been outstanding. It's a great pairing with a clothing bank. And we will send people on their way with with some with some groceries generally what we try to do is we tried to supply or we tried to stock our food pantry with items that can be eaten on the go. And other other times you know we do have some people that that do have housing in the area. And they'll use some of those things that take a little more preparation and they can do that in their kitchen. Um, and you know, when when somebody is coming in for services from our clothing bank, we're not going to assume that that's the only thing that they need. So we do engage in a conversation with them. I think you know, a lot of times people people in need and and and dealing with the stresses of of being without a home. They have one track mind you know, survival and we totally understand that. And so, you know, we want to help to



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to uncover some of those needs that they're really not thinking of at the time. And if, if we can develop long term relationships to address some of these needs, that that's what we're going to do, and we have been successful, you know, in doing that, and that all started with somebody just requesting a t shirt. You know, or sometimes a pair of socks. Support, support for the clothing bank started out coming from our district court employees and we were flooded with support and donations. People love people love to to help out and and be a part of something bigger than themselves. And we were we're pretty sure that we you know, you know that we had those type of people within our organization. And then we started accepting donations from other county employees and then from there, other people wanted to agencies and such wanted to be a part of it and so they offer donations as well. We have a large demand for men's casual attire and and well men's and women's casual attire, shoes. Um, and that's, that's something we're always trying to stay ahead of. And so if anyone would like to to offer support, as well as referring individuals over or even to look into getting a supply of in demand clothing for yourselves when you're working with someone you know to to to have on hand in case someone reaches out to you. We can we can assist with that. Just give us a call and and we'll figure out what to do how to best serve you, Theresa.

Theresa Power-Drutis

Actually Monique had her hand up first.

Rob Huff

Oh thank you.

Monique Brown

I'm not sure how I can do this. I read when I first opened my nonprofit that a nonprofit cannot donate to another. However I received a donation a man closest store in the mall. I have hundreds of pair of jeans and these jeans are brand new. They're over, you know they're like \$160 jeans, right? So they're that kind and I there is no way that I could outfit. I could probably outfit every veteran in the state of Washington with this donation. So if I can figure it out, it's not only jeans, it's brand new shoes still in the boxes. And I also have boxes of T shirts. So if somebody on here can figure out how I can legally donate it because it makes no sense to be sitting in my storage. Then Andrew, you and I should work together and if you could, I'll put my information in the chat for you if you

Andrew Gelstin

can. Okay, and we can figure that out because we have a legal team as well and may be different with public with public nonprofit, you know, okay. Um,

Monique Brown

if you could ask the question, I'm willing, it doesn't make any sense for it to be sitting in my storage.



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Andrew Gelstin

Yeah, we we we we like to do things. You know, on the level, we're pretty meticulous about that. So we would find out the answer. Definitely. Okay. Thank you for any information. You're welcome. Wonderful. And I'll put my I'll put my information in the chat as well shortly. I'm

Rob Huff

3730. So you had your hand up too? Yeah.

Theresa Power-Drutis

So I'm Monique. If if there's a problem with nonprofits taking in kind donations that are given to them and spreading them through the community, then new connections is in big trouble as are a lot of other ones. So I leave it to people who are more illegal to answer that question, but I can tell you that if it's something that is not condoned, it's certainly not enforced. So the other thing I want to ask Andrew is, what about you know, you talked about people who are doing outreach could ask for specific things from you. Would you allow an outreach person to come in to just threads to look around and and take some things that would be useful to them or are they also not okay? Yeah, so they will make an appointment with you for that.

Andrew Gelstin

Yeah, or just or just come and knock on the door. I have an open door even when it's closed. So that's kind of my fit, you know? So if I answer then, yeah. Then I'm willing to help you. So yeah, so so just you would just contact me.

Theresa Power-Drutis

So do you want me to copy and paste your contact information into the chatter you know, that would be great. That would, okay, yeah, people give me just a minute. I got to go fetch it.

Andrew Gelstin

And and one other thing. You know, I we a lot of things that we have done here have have, you know, have been, you know, it's happened because we've had great ideas from a number of people that you know, that that specialize in areas that we don't or that have needs, that we just that that that we wouldn't, that we wouldn't think of. So, you know, we welcome we welcome discussions on you know, creative ways that we can help each other. So, I'd like to encourage that please reach out we always, we always love connecting with our community members. And I'm going to be on here on a regular basis from this point forward. So hope to get to know know you all and I recognize a heck of a lot of names. You know, because over the years I've seen your names and that's that's a good sign. So thanks for having you.

Rob Huff



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Yeah, thank you for coming in today to Andrew and we'll look forward to you joining us going forward.

Andrew Gelstin

Wonderful. Thank you, Rob. Yeah, um,

Rob Huff

so let's shift gears. Do please share questions and comments in the chat again, and Andrew, I don't know if you could see the chat. But there were a couple of questions about how people can donate that you might want to respond to in chat if you have the ability. So I want to shift and go off of our agenda a little bit so that we can get to PO from the Washington Low Income Housing Alliance. Welcome to the coalition meeting this morning. And if you want to introduce yourself and tell us how we can help with advocacy, that'd be great.

Po

Thank you. Thank you, Rob, for having me. And thank you, Andrew, for all your work and everyone else. I'm blessed. And honored to be in space with you all. My name is Polina pi. I'm the advocacy organizer at the Washington Low Income Housing Alliance. I am newish a couple of months now. It's an honor to be on the team. I am also an impacted community member impacted on housing instability in numerous fronts. I experienced homelessness months after my release from prison about 16 years ago. So I'm just honored to be here in space, so I'm just going to get right to it if y'all don't mind.

Rob Huff

You need to share any slides. Poke?

Po

Oh, no slides and just say links just to links. I'm going to paste in the chat and then hopefully I can navigate your way there and follow along. Today, especially amongst all our priorities at the Housing Alliance. I'd like to highlight two of them. The first one is House Bill 1904. We're asking for support behind House Bill 1904. House Bill 1904 gives tenants time to establish and maintain housing. And here's our current action for our pushed for support behind the house, my 204 and I'm gonna paste it right here on the chat. Here we go. Sorry for the delay. I'm not the most tech savvy person so bear with me. Thank you. So that's that's our current action. We drafted up in hopes of getting the word out and getting support. So specifically House Bill 1904 states that landlords must give at least six months written notice for any rent increases over 7.5%. If a landlord increases rent over 7.5% tenants can quit their lease and move out without penalty, but must give 45 days written notice in order to do so. The final detail in there that I wanted to share was that late fees are capped or are limited to \$75. There are currently no limits on how much landlords can raise the rents in Washington and tenants are experiencing an exuberant rent increase rent increases in communities all across the state. When a tenant can't afford a major rent hike, they often have to move with as little as 60 days notice. This



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amounts to any economic eviction and some landlords raise rents as a way around eviction protections. There are more than 1 million renter households in Washington and over 229,000 extremely low income renter households, more than two thirds of extremely low income tenants pay more than half of their income on rent. We continue to hear complaints about rental increases throughout the state. A Spokane resident just reported a \$1,000 a month increase on a month to month rental with no time to prepare up in her rent. to \$2,200 a month. We believe that is unsustainable and unacceptable. Now I would like to switch gears a little bit in this next link that I will be sharing with you all are our 2022 housing, housing Alliance priorities and I want to share that with you all here now. There's the chat. Alright. And this is everything behind our 2022 legislative session. After today we have four weeks by the way, um and so there's a there's that there is one, there's one I'd like to highlight. I'd like to highlight one of our budget acts that is dear to my heart, partially because of my experience with homelessness, but also because of the people who were there for me and pulled me in from the streets are \$78 million asks for homeless service providers is very important to us. In that link you can follow along. The tab says workforce capacity and sustainability for nonprofit homelessness service providers and permanent supportive housing providers. Our state's ability to prevent an end homelessness rests on the shoulders of nonprofit workers across the state who assist people in crisis. The pandemic has strained homelessness, nonprofits, frontline workers face hazardous conditions and experienced significant trauma while learning low wage while earning low wages. Many are just one paycheck away from homelessness themselves. The legislature should invest 78 million to address staffing shortages by providing hazard pay, retention and recruitment bonuses, secondary trauma resources and other supports for the frontline workers who are so critical to ending homelessness. If you are interested in helping to push that, please email me or my mentor my boss and colleague Michelle Thomas. I will leave I will put Michelle's email here as well. As mine in the chat. Please don't hesitate to reach out just like Andrew even even when the doors closed, it's really not closed, including weekends. So please take advantage of our information, our contact information here and reach out. Make sure that's legible. Okay. So yeah, there's my address, and Michelle's and thank you all so much for the time and space and be able to be here to share with you all I'm here for any questions or input or feedback. Thank you.

Rob Huff

Great, thank you, Paul. Um, anybody have any questions? Or comments? Just raise use the raise hand function if you have have anything I'm seeing a thumbs up in hearts.

Po

Thank you. Appreciate y'all much love Thank you.

Rob Huff

Thank you. Alright, so let's shift over to our and I'm kind of wheeling and dealing with the agenda here because we're, we went over time a little bit on our rich conversation about the current situation on the streets. So let's move over to government updates and we can be on time with that section of the



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meeting. I believe Chuck kuata Elder from the city of Tacoma has joined us did you want to share I know you had some information you wanted to share with the group this morning?

ChiQuata Elder

Yes, thank you. Can you guys hear me? We can Okay. Yeah. I apologize. I've been flip flopping back and forth. I really got usually have this on my calendar every Friday. And for some reason it didn't make it on my calendar. And somebody else put something on there. So I had to hop into another meeting and then I was cutting them short. And I was like that talk faster. talk faster, I gotta get back into another meeting. So I'm back and I'm out of breath. And I've been sitting in my chair the whole time. doesn't really make sense. Does it? So I'm Dakota elder landlord tenant coordinator with the City of Tacoma out of the Office of Equity and Human Rights. A lot of you guys know me already. Um, I've been here before. So I just kind of wanted to go give you an update, um, as you guys have heard me say before the city of Tacoma we're in charge of the rental housing code that we have, which is different than the state law. And that has some additional protections for tenants outside of the state law, one being an enforcement mechanism. So we are currently working on our rental housing code with some proposed changes. We had some proposed changes that went through in October and the biggest one that went through was Just Cause Eviction that had went through at the state level and so we adopted it at our at the city level, so that we can have an enforcement mechanism because they don't have the enforcement at the state level. So um, we got that through in October, but there were some other proposed changes that we didn't get through at that time, but we still feel they were important, such as regulations around shared housing, regulations around late fees, landlords ability to evict tenants if they don't have a business license. Landlords notice of sale to low income housing, or low income housing. And then there was one more I can't remember off the top of my head. So we are working on those things. And so we have a stakeholders group and we have that comprised of both landlords tenants. Legal for both sides, we have the City of Tacoma representation. And so we're we've been working on those things within what we've come to learn is that there's things as at the state level, and I think it was po does that who was just speaking, that was just talking about some of the things that's at the legislative level, such as like rent increases and notices and things like that. So we were we've come to look at some of those things that we weren't thinking about as proposed changes. In our rental housing code at this time, can still have effect on people in Tacoma. So if it goes in the state legislation, we have the ability to of course adopted into our code to make it part of our rental housing code, but if it doesn't make it into the state legislation, is that something that's a common some of those components that we can because there are pieces of it at the state level that we wouldn't be able to adopt? What are those some things that we add to commerce ship some of those components that we should be thinking about? in Tacoma because we did have the 60 day rent increase notice, but should we be looking at longer notices for some of those bigger rent increases that are at the state level, if it doesn't, you know, pass at the state level. So I just want to kind of put that out there, that these are the things that you might be hearing from us, even though we had this set of proposed changes that as I'm hearing stuff and as things are coming across at the state level, I am taking a look at if it doesn't happen at the state level, what we could still be doing at the city level and these conversations are



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going to be happening and we're going to meet you know your voices and be coming to you guys as we're going out into community to get the feedback and so to be looking for that and so we may be we'll be having like community events and things like that. So you may be asking, you know, to you to come to community events or for you to host a community event like for feedback and things like that. So I told Ryan I keep it short, but I just wanted you guys to know what I was working on and where I was coming from. So yes,

Rob Huff

thank you glad man. I'm glad you could ship back over here to this meeting quick.

ChiQuata Elder

Why I'm out of breath. It's probably because I ran to the kitchen to get some water before I sat back down. That's what it was. That means I

Rob Huff

just sit differently in this zoom stuff. So yeah. Um, so I don't know if we have anybody else from the city of Tacoma here to do any updates today. I'm not seeing anyone. So let's shift over to Pierce County Human Services. Jeff Rogers, I see you're on the call you have information for us today.

Jeff Rogers

The right thing that I can share is that today is the deadline to submit any applications for our homeless housing program funding. That's the largest part of funding where we fund everything from outreach to permanent supportive housing and everything in between. Make sure your application is submitted on time. Every year someone submits them later. They're not considered today at 4:30pm was to cut off they had to be sent by email and had to be received in our email box by 4:30pm. Our email date and timestamp so if you're still working on one, please get it in. And announcements were made in about six weeks of Google will be receiving that funding. Thank you, Jeff.

Rob Huff

Let's shift over to Valerie with updates on rental assistance.

Valeri Knight

Hello, hello. So yeah, second that Jeff Rogers someone always submits Lake rental assistance. We have spent \$92 million since January of 2021. Right now we're averaging about 7.7 million per month. So big shout out to our nine amazing providers that does not include the City of Tacoma funding, which they are doing a fantastic as well. The portal is currently closed we are shifting to a new portal which is going to be more user friendly for both tenant and landlord as well as offer updates. And so people will be able to do a reset their login and apply as soon as that's up and running. There's a contract issue so out of my hands, the new portal will require documentation to be uploaded. So if you're helping people



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apply there is a list on our website of documents that landlords and tenants must have to be completed as if it could be considered a fully submitted application. One thing I will say is there's some confusion in the community about what we do. We receive a lot of folks that are helping housing help events from shelters. We receive a lot of folks who are living in their cars referred by homeless service providers and unfortunately, that's not what we do. We are a prevention program for emergency response meaning COVID impact already in a unit has a lease in their name, we can help maintain that unit. We are not in the business of housing searches. And we are separate from the housing authorities who are amazing partners of ours. So just clear that up. I love visiting with all of you and you stop by our events. But unfortunately your folks do get really frustrated because I have to send them back to you and I do refer them to coordinated entry. So just share that in the community. There is no current update for the timeline. Jennifer it was supposed to be two weeks ago supposed to be the first now it was last week than it was yesterday. It is completely out of all of our hands. We are waiting on folks. Much higher than us to do their portion. So unfortunately our hands are tied. If someone has a 14 day notice or an eviction notice, send them to the Center for dialogue and resolution send them to become a pro bono. They will work with them and start the process and then they will ask us to expedite once we are opened. So we are also prioritizing households. No one's higher than you. There are a lot of people higher than me. And it's almost my birthday. So there you go. So they are we are prioritizing households that are unserved at this time. So if you have folks who applied previously, they will contact their provider get on a waitlist. Thank you and then we will get them into our list to get them served as fast as possible. Oh, and we did ask for 32 million more dollars. So we're just waiting for the Treasury to decide if we will get that pay raise. Thanks. Yeah, 41 should have a pay raise. Right. I mean, I realized today I've been with the community of Pierce County for 10 years this month. MDC hired me 10 years ago, so that was cool. That was cool to realize. So yeah, that was great. But that's it. So if you have any questions, feel free to let us know I am a team of one today. That's true. Jeff Rogers. I did didn't I didn't even look. I will. Yes. Thank you. County Executive Council for my periods in January.

Rob Huff

All right. Thanks, Valerie.

Valeri Knight

Yes, thank you. Oh, and I support 100% Everything that was announced from the Housing Alliance, we're seeing ridiculous rent increases. I mean, \$1,400 a month of rent increases, so 100% support that.

Rob Huff

Yeah. Amen. Um, so let's shift over to our weekly update from the Tacoma Pierce County. Health Department. Jenny.

Jeannie Schoeppe



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Hello, good morning, everyone. Um, I'm gonna keep my updates short and people can feel free to ask questions or send me questions. Um, get vaccinated. I'll share a link testing. We're doing great. I think a great job with increasing more convenient testing options. So seven days a week, cine stadium, that kind of thing. Walk up versus appointment. Testing, you've probably heard has went went from like last month where it was very crucial. People couldn't get tests. to Now the demand and supply and demand and access has kind of leveled out a bit. So I understand that you're working with folks who don't always have, you know, who face a lot of barriers to that but please reach out. Our testing team is great about working with individual community based organization shelters and others to get you where what you need and get folks where they need to go. So I'll drop things in the chat around vaccines and testing. Um, but I wanted to share Rob and I were talking about I've been talking to other groups about how I'm putting in some data requests internally to look more at our data related to people experiencing homelessness in terms of vaccination rates. And I'm working with our data team on that. And I was looking for another request internally about how many vaccine doses have been given in this community through our some of our events. And so that got me thinking and I'd asked Rob, if I could share just a little little bit about that. So this is I'm going to share my screen and this is just like estimated data that I thought it might be nice for folks to see. numbers here. Um, okay, so Rob, I just press the screen. You've given me permission, right? All right. How cool. Oh, shoot. I'm not familiar with doing this on Zoom to folks see the slide or

Rob Huff

not? Yeah. Okay.

Jeannie Schoeppe

Do you see the rest of my screen? Hopefully? No. Okay, good. Not seeing my emails or anything. Okay.

Rob Huff

All your emails are seeing them. And actually, I'll respond to them right now.

Jeannie Schoeppe

Oh, good. Good. Would you that would be that would be really great. Let me just make sure I've got nothing else up. I'm

Rob Huff

sorry, you change the slide from yesterday. I could always find

Jeannie Schoeppe

it. I did. I made a couple tweaks. Okay, let me try this again. Everything shut down here. Sorry, folks. Okay, I think we're



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Rob Huff

there we go.

Jeannie Schoeppe

How's that? Okay, I realize that's gonna look funky. Okay, view um Well, we'll go with it. We'll go with it, guys. Thanks for your patience. This is good as good as it's gonna get for me. On a Friday morning. So these again are just estimates. This isn't official data. This is sort of me crunching the numbers I have that I've been tracking of COVID-19 vaccines and others. Other dosage dosages, doses administered and shelter day center sites from April of last year to date. So most of you know we've been working since last year to establish you know, close relationships with shelters and day centers, sites and other community orgs to do vaccine clinics that prioritize that community of folks living homeless. So, to date, we've got 870 doses administered at our shelter, and Jason are vaccine events. So that's kind of cool to see that number I was I was a little bit surprised and happily surprised to see that we did an additional 200 doses that were administered in the encampment. So that is through some of the work that our own mobile teams from TPC HD Tacoma Pierce County Health Department did and then some of it was with medical team so sorry, I want to give a shout proper shout out so our work was with in conjunction with Tacoma rescue mission and the team at comprehensive life resources and then another bunch of those vaccines administered encampments were through a partnership with medical teams international MTI and greater lakes. So shout out to TRM and comprehensive life and greater lakes for their partnership and their amazing work. The MRC, the Medical Reserve Corps has also served 60 clients in some recent vaccine clinics that they did and those are flu as well as T DHAP and pneumonia and hepatitis A and B. So other vaccines and I'm waiting on some final data around that to look at how many doses were administered. So that's kind of a big picture. This is an underestimation of the work that's been done in the vaccines that have been administered because these numbers that I have don't include several of the one off community events that have been done both by TPC HD and others, and then recurring events we've done I don't know if I could say hundreds but we've done a lot of events at food banks, and churches and other sites where, though those events might not be specifically prioritizing or targeting for lack of a better word, people experiencing homelessness, we know that they have served those folks. So yeah, I'm again I'm I'm looking at data to try and get better. I'm more firm, you know, less sort of estimated preliminary data on these but wanted to just share that with folks. And I will stop my screen sharing but does anybody have questions about this? or about anything else that I typically share on these meetings regarding to, you know, vaccines testing anything?

Rob Huff

I'm not seeing any questions right now. But if you can hang and check the chat. Absolutely. That might be helpful.



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Jeannie Schoeppe

Absolutely. Thanks as always for having me and thanks, everyone, for the work you're doing. I'll be here till 11 if you have questions Thank you.

Rob Huff

All right. So let's shift to a topic that I think we all need to deal with a bit and that is, Vera or Verna has actually offered to do a short training with us today around compassion fatigue. So I think I've given you Yeah, you have co host stability so you can share slides and I will step aside and thank you.

Verna Lilly

Well, why sure I need to say a big thank you to all of you. I'm I'm looking around at this this group and and even somewhere it's just their name that showing that their picture. I don't think I could be in better company. And I just want to take a second and appreciate that. And also I want to share my condolences with Poe having lost a loved ones in the last year. And Chiquita out of breath. Wasn't just from the run to the kitchen. It's because you're multitasking big time. So that's what I kind of want to talk about a little bit here. Let me get myself situated. Alright. So we're dealing with this. Can everybody see the whole screen cuz I'm seeing some of your faces. You can see the whole screen okay, great. I'm going to cheat in scooch some of this out of the way because I know what my slides are. Okay. So, in the last couple of years, some of us have been in hospitals either as workers or with loved ones, or kept outside because we couldn't be with our loved ones. Because of COVID. The lady in the middle with a white mask is I'm imagining she's in a Zoom meeting for the 100th time and at her office, but still on Zoom and we've all learned how to talk with masks on and I use my hands way more than I used to when I talk to people now because of that mask. So people have lost their jobs. Down below her as a couple of people standing outside visiting a few feet apart, wearing masks, and then bottom, left and middle. Those are the people that were here in this meeting serving and they're hit by COVID too. And the masks that they're wearing might be four weeks old, who knows? Maybe they don't have a fresh mask. And what all this does to people when they're feeling all of this come in is because it makes it makes us feel so put myself in their shoes makes us feel like that when I'm on the bottom right. Isolated, alone. Overwhelmed. That's what happens when we're feeling stressed like this. So let's talk about that. Just for a second managing our expectations. We can't realistically say okay, no stress, I'm just gonna ignore it as I hear, flip off that switch. Doesn't happen busy. And not all stress is bad. We need a certain amount of stress. Over here on this site is healthy stress. This is get up off your keister off the couch and go do something stress. Okay, I've got a job to do. I'm going to go do it. I'm motivated and focus, peak performance up here at the top. But then the stress doesn't stop because it keeps coming and it compounds we have our work stress we have our family stress, we have COVID stress. We have I don't feel good stress we have do I have COVID stress, and now we're getting into the way too much stress. And we're overwhelmed and that's counterproductive. It hurts us It hurts our bodies. So that's the kind of stress we don't want it's kind of like a guitar or any other stringed instrument. You need a certain amount of tension to function properly. But if you stretch too much, any of us all of us have a point where it's too much and we break and you don't want to be close by when that first string



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breaks right going to be very bad debt. So this might be a little bit risky, but I want to ask you guys a couple questions that help a couple people will speak up. When you feeling stress, what does it feel like in your body? Like for me, I feel stressed in my chest. I feel it in my face, my hands will kind of get stiff and tight. And then what kind of impact does it have on on our lives? Again, for me, what happens is I have trouble sleeping. I'm laying there at three o'clock in the morning thinking the 15 things that I have to do, or something that didn't go right. For someone who really ticked me off all of those things. Can someone else share a little bit about what happens to you and your stress? Anybody any takers? Right?

Rob Huff

Yeah, for me, I just find myself responding to things in ways that I wouldn't normally so I find myself saying something even though I'm sitting at home. I'm angry at a co worker and I'll use a name that I'd never would use you know, it's just you can tell you have a short fuse

Verna Lilly

No, no. I can only see by the view at a time. Anybody else have anything to share? There are

Theresa Power-Drutis

some things in the chat. Okay.

Verna Lilly

Anxiety, shortness of breath, not my best so chronic hyperventilation breathing from the top of my chest, my blood pressure present cry always tired. Ah huh, uh huh. And what Monique said about pressure going in on the head. Actually in my head. It feels like an explosion. Patricia your hands up. I see.

Patricia

I just started forgetting things. Like it's like a brain fog and I start forgetting things. You

Verna Lilly

and because this is a group of people that cares deeply. That stress you feel it deeply. You know if you don't care if you're oblivious, yeah. Right. But because you folks care. This is a big deal. And the stress hits us hard, because we care. So let me move down here. What do we do when we have stress? Okay, typically, in our culture, what we get is the red dots at the top. We take stress, and we renumerated on it. So that's like a cow tunas cut. So mad at that guy. I just can't handle this anymore. What am I gonna do about this and all night long you're doing this over and over. Again. That's renumerated criticism is at angst that frustration you feel when it's not the way it's supposed to be. And maybe maybe your fingers pointing at me I can't get enough done. And then stoicism or culture says just buck up take it ignore. Put your stress put your feelings in a box over there. You don't have time to



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deal with that. Well, all of those responses lead to chronic stress. They lead to very negative health outcomes in our body. Our body says no, you're going to listen to me now we're going to crash, right? Anybody here ever crashed because you just couldn't do anything more. That's what happens. So now let's look at the blue lines down at the bottom, the blue dots. There's another way to handle stress. This is what I want to talk about briefly. Stress plus compassion equals resilience. We'll show you what I mean by compassion. How can I have compassion here? Um, when we talk about self compassion, it gets kind of achy feeling, you know, it's like you know, I'm not sure what that means or how to do it. Think about this. Think about someone that you someone else that you feel warm and tender in your heart when you think of them. Maybe it's your kids, maybe it's your dog or your cat. Maybe it's someone that you're mentoring and that you really become attached to them and you really want to see that succeed but you have compassion for this person. Okay? If you got that person in mind, take that feeling. Adjust to the angle and hold it for you. The same compassion that you give to those people you care about. You need it for yourself in order for you to be resilient. That's the important thing to remember there. Okay. Your life is just as important as any life you're serving. We sacrifice yourself every day all the time. But we don't sacrifice our value, the importance of who we are as individuals. So we want to remember to stay compassionate for us ourselves. I'm looking at a couple people in particular right now that probably push that too far. And ignore it too much. I won't name names, but remember to hold compassion for yourself. Everybody has seen the message of what we're supposed to do and I hope you'll forgive me if I if I'm not seeing chat while I'm talking. If someone needs to interrupt me, that's okay. Just let me know. So everybody knows about types of self care. We're supposed to exercise we're supposed to practice meditation and being calm. We're supposed to get out and do things with our friends and be social and supposed to do things theater spirit. Yeah, those are tried and true and overdone because they they have value for us. You'll notice that some things kind of end up on the list several times. The key thing is to see the thing that works for you. Actually, there's two keys, what works for you. The second key is if I can't do everything on my list of things to do for self care, I know I should exercise I know I should do this I know should do that. Don't abandon the whole list. What can you do for self care? Okay, and before we're done here, we're going to do something that's going to take less than 60 seconds for self care. So don't go well. I can't do all the things I'm supposed to do to take care of myself. So I'm just going to push on through or I'll do it down the road or later, or next week when we're done with this pilot program or whatever like that. No, today something for self care today. I see Teresa smile when I said that something for self care today. And don't forget your buddy. Okay, we are not alone in this. Think about someone in your life. And the cool thing about Finding Nemo and Dory there is neither one of them is perfect. None of us are perfect Nemo Scott, his his special fin that he talked about and pour Dory and her short term memory. Right. We don't have to be perfect buddies to each other but we all need a buddy. Okay, so remember that. Alright, here we go. This is going to be pretty quick. A couple minutes we'll do an exercise but I want to run through the basics of self care that you can do every day real quick first Okay, so think your happy place I don't have a place that looks like that but I've got places that are pretty that I can imagine. Thank you happy place we know we need to drink plenty of water right water hydrate your body you're speaking similar important point you want to speak your body's language your body does not talk English body talks,



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chemicals, hormones, neural pathways synapses, okay, that's the language your body talks. Talk to your body and it's fine. One of the ways to do that is drink plenty of water. Okay? When you drink even even if it's just one glass, okay? I can't six classes. Okay, okay. Don't drink one. Do what you can. Okay. So just to demonstrate I want to show you the proper technique. I have an assistant she didn't get this. This guy's telling us this is how you drink your water. So and he knows how to enjoy it too while he sat upright. Okay, straight water. Another thing that's important to do when you can even if it's just around the block, take a walk. Just take a walk. This is a picture I took of the pathway through the park near where I live. It doesn't have to be a big hike. It doesn't have to be you know there's all these places here around us that are nice walks could take a walk. It will it will clear your mind and feed your soul I promise. And your work will be there when you get back to it right. It's one of your most faithful friends your work is always there so you can take a walk and come back and there will be no waiting. And then remember to breathe. Right now when you breathe when you're stressed. A lot of times the reason we call tight in our chest is because we're not taking a deep breath. We're not going and a trick I used to tell my patients even little kids when I was giving them a shot was breathing down to the place in your tummy where it feels tight. Take your breath all that all that we do. So it touches that spot and then slowly breathe out and what it does is it helps release that tension in your body. When you breathe in. Your your oxygenating when you breathe out, you're speaking to the part of your nervous system that says okay, I'm okay. We could shut off the fight or flight response. Okay, so that exhale is important too. And that's why you're telling your body you're okay, talking to your body's language. Okay, so here's our 62nd exercise. Everybody who's willing to enable just sit up with your feet on the floor relax your hands in your lap. You don't have to have any special position. If you feel comfortable doing it, close your eyes and take that slow breath and hold it for a second and slowly out. Feel your feet on the floor. Feel that physical sensation. Your hands in your lap. Take a slow breath Listen, what do you hear around you? What's going on in the room where you're at? Take a smell taste anything in your mouth. I've been drinking coffee all morning. I'm still tasting coffee in my mouth. Take a breath my eyes are closed so I see the inside of my eyelids. Just noticing take a breath feel your body again. Notice where there's tension. Just notice it. And when you take your breath imagine it go into that spot. And when you exhale imagine it being released and now slowly open your eyes. You have just done a self care exercise. You can do that in 60 seconds or less. And it feels like that's all the time we have a lot of times right. In case anybody needs any resources, I'm going to copy and paste this and put it in the chat. You might not need it for yourself but you might need it for someone else. And this is a picture that I have right beside my desk that I look at every day. This surfer is on a wave that wants to kill him. It does not want him to succeed. That water is rough the surface hard and pounding and he needs to get it just exactly right or he's going to crash right. But look at him. He's making it look easy. He's having the time of his life. This is his response to the situation he's in. And so as I go through my day, I picture myself on that surfboard. And I'm like, okay, yeah, to stay balanced. Make it look easy. Have fun with it. Go with it. And crash we crash that's okay. We'll get back up and catch the next wave. Right. All right, folks, that was my presentation. Thank you for your time so much.

Rob Huff



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Thank you Verna, I think especially given the frustration we're all sharing with each other early in today's meeting. It's helpful to think about these tools and taking care of ourselves. So I really appreciate you so what we wanted to do as a follow up to this was break into small groups and spend a few minutes about 10 minutes. Just kind of sharing what things we do to manage compassion fatigue, share some tips with each other and just have an opportunity to have a conversation and and network with each other. So I'm going to do set up breakout rooms with five or six of us in every room. And we will come back here at 1045 to resume with what we have left of time for today's meeting.

<Breakout Rooms>

Rob Huff

Welcome back everybody. Hopefully that was a good conversation to come out of the compassion fatigue session. And I want to thank Verna, again for that training session today. I think it's very apropos for where we're all out right now. So I'm looking at the clock and we have a lot of stuff that we have on the agenda, not a whole lot of time left. So real quickly, I thought I would offer a little bit of an update from the city of Tacoma has City Council community vitality and safety committee meeting yesterday. And I know Sally and others attended that meeting. as well. I'm going to be very brief. One of the reason that we were all attending the meeting there was a couple of reasons. One they were talking about the alternative response study that was done last year and the status of moving forward with creating new avenues to do to interact with people who are in crisis other than sending police officers I'm not gonna spend time on that update but I but I will say it was a little bit of a frustrating update because they are trying to move forward. But they just laid out a bunch of barriers, and said that, essentially that implementation of any recommendations from that study beyond the switch that they've made with the heel team, will be part of the budget discussions at the end of this year. So that's the quick update on that. The other reason that we were in the meeting was to hear the update about the camping coordinates. And, and what we heard was that they are still on track to keep talking about the potential for a camping ban. To bring something to the full council, the end of this first quarter so the end of March, and much of the discussion was about a stakeholder engagement plan. That is really going to boil down to the March 10 meeting being a stakeholder conversation and committee discussion that a lot of us will probably want to pay attention to. So that would be March 10 at 430. Again on Zoom. They talked about the structure and format for that meeting, including what questions that would be included. And I did I know that a couple of folks who attended that meeting yesterday mentioned the fact that there was frustration, a lot of good discussion among council members who are on the committee and frustration about expressed about the fact that like the 705 cleanup didn't really result in any improvement in the situation either for people who are homeless, or for the community down around the 705 site, so that it simply dis dis displaced people. And yeah, thank you, Sally. I think camping is a term that trivializes how people are living. Camping to me is people going out and recreating in the woods. So definitely understand that. But um, Sally, was there anything else that you think would be critical for the group to hear from yesterday's meeting?



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Sally Perkins

I think the the plan to get feedback from the community seems pretty narrow in scope. They're going to put together to five person panels, which means they're going to hear 10 Voices, which seems like a pretty small number of voices and it isn't really clear how those folks might be selected. And while there was some encouragement to work more fully with people with lived experience they seem to default to having the city outreach staff people bring their information about what the experiences of unhoused people are, which caused me concern in two ways. One, I'm not sure the city staff people will feel comfortable being completely direct about what they're hearing and seeing. And two, it's still filtering people's experiences through somebody who's getting paid to do something with those folks, and that just makes me uncomfortable in a general sense. So I am I think there's needs to be some push to have a more robust process around people with lived experience because the further away you get from the people who are unsheltered, the less the policymakers know about what's really going on from my observation.

Rob Huff

Thank you, Sally. So I see a couple of hands up. So let's get to those and then we'll move on to the next item on the agenda. Rosemary.

Rosemary Powers

I just wanted to add that there was some discussion about alternatives to having either no use of public property for living or or leaving things as they are and some discussion about are there some behaviors that could be regulated by the city, outside something that had a ban on actually using public space? So I think there's some creative thinking being attempted, and I welcome the opportunity for us to add whatever we can as alternative ideas to protect people in all kinds of ways rather than just think we're getting rid of a public problem by saying it shouldn't exist in don't get rid of the need for housing by saying you can't be in the public space.

Rob Huff

Thank you, rosemary and Patricia.

Yeah, I just want to say like there is a very poor to lift up the point of view of lived experience. I'm a lived experience ambassador, and right now I'm waiting for they took away my EBT and whatnot. And it's been the last one was three hours and 48 minutes to be on hold. I'm here with a case manager waiting for hours to get through. So you know what kind of solutions there is a house bill 2075 about having in person sites, but I'm just pointing out like, I'm trying to create my own solutions, but these are the barriers that I'm coming into. So thank you for letting me share. Thank you.

Rob Huff



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And Jonathan, I see your comments in the chat as well. When you have capacity, I think we would love to hear an update from the lived experience coalition at a future meeting of the of the coalition so just to put that on your radar, it'd be great to hear from from you about how things are going and how we can partner. So let's move on to the rest of our agenda. In the eight minutes we have left. Real quick, Jan, do you have any updates with from the safe sites for all committee?

Janet Runbeck

Just a big invitation for everybody to join us who's interested on Monday at noon. Go to the website to register.

Rob Huff

Thank you. Great. And do we have any other coalition committee updates we needed to share this morning all right. No. Yeah, go ahead.

Gerrit Nyland

I'm at this steering committee. This meeting discussed representation on a new county advisory board that's going to oversee the implementation of the comprehensive plan. So this is really just a renaming of the steering committee, the group that put the comprehensive plan together the coalition had a representative of marine Howard. Marina would like to continue with that work although recognize that she will not be able to somewhere in my coalition here right now. No county hat. She will not be able to probably be at every meeting but she would like to still be involved and so she was recommending Rob as a backup. So basically, it would be marine unless marine can be there. And then Rob Rob attended all the meetings prior anyway. So our coalition policy and procedure is that if we're assigning folks to represent the coalition in this case, being a conduit between this work and the coalition making sure our concerns are brought to that advisory board. The Advisory Board is letting the coalition know what's going on and getting advice. Um, so the recommendation from the steering committee was that we retain marine Howard in that role with this new advisory board, and or whatever it's called. I shouldn't have that with Rob as the backup. And so what we want to do is as a coalition is to have a vote on that next Friday. So our policy is we let you know what we're planning now. We'll go ahead and send an email with the same information but wanted to let you know that we would like to vote on the representative there and obviously, it doesn't have to be Marine. So if somebody is interested in doing it, I would recommend that you you let us know. And we'll maybe have a chat at the steering committee about that and we'll definitely have a vote next Friday.

Rob Huff

Yeah, thank you for that hearing. And now we do have a couple of minutes. If people have items for the good order that they want to share with the larger group. We still got 38 of us here to hear what you have to say. So if anybody has anything for this week feel free to raise your hand Alfred and you're muted right now so



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Alfred Kirk

yeah, so sorry about that. I didn't actually really intend to put it up but okay. Um, but since I'm here, I might as well say something the now as far as the committee meetings or whatever, that are going on, like the, like the city council, committee meeting or whatever. Um, you know, what I what I've seen quite often is saying you know, you know, they they get packed, packed in with a group of people that believe once a day Yeah, the news and usually it's the people with the money, you know?

Rob Huff

Yeah. Yeah. Thank you for that, Alfred. Sorry about things but no, no problem. No problem. No. Garrett, you have your hand up.

Gerrit Nyland

Just one more thing. I hopefully all saw the email about the behavioral health Notice of Funding Availability from the county I just want to highlight that. That is a chance to Pat Toomey nice point fill out another awful NOFA but RFP but but also to add mental health services into one of your programs. So I won't go into details about that. But I put a link to the the NOFA and an email of someone that can give you information but basically it's substance use and mental health and the opportunities are substantial. Especially if you have an existing program to add mental health or behavioral health in some way. Thanks, Rob.

Rob Huff

Yeah, thanks, Cara. Tim.

Tim Harris

Yeah, so I know that I've been on these calls for a while talking about this mythical project called dignity city. But if anyone is interested in hearing about that, and street papers and empowerment in general, next Friday night, I'm going to be doing a slideshow presentation at Linda Nino's tripod slideshow series at the Center for Spiritual Living. And I invite you all to be there because it's going to be cool, and I'll put something in the chat.

Rob Huff

Perfect All right. And Patricia, you have your hand up as well.

Yeah, I just wanted Garret kind of touched on it. The need for mental and behavioral health also talk. We just did a compassion fatigue but think about those that are on the streets or dealing with homelessness, what traumas they go through and where can they outlet to talk to somebody. So I want to lift that up. I also want to lift up. Some of the legislative sessions are just about four weeks. So some



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of these can also be advocated for and just to think about treatment and how to just listen. When you speak to somebody because you know, there's a lot of traumas that exist with lived experience in NY you're homeless. Thank you very much for let me share.

Thank you, Patricia.

Rob Huff

And we've now got two minutes left in today's meeting and I always like to leave two and a little bit early if we possibly can. So what I would urge folks is if you have any feedback on today's meeting, regarding things that have gone well, things that didn't go well, things we should do differently moving forward, please use the chat to share that and or you can feel free to to email me and I will put my email in the chat as well if you have feedback. And I do encourage encourage folks if you have the capacity to hang on the call we will be planning for next week's meeting immediately after this call ends. So I wish everybody a happy, safe and good weekend and we will see everybody again next week. And if you want to help plan next week's meeting, stay on the call. We'll take a five minute break and get right to it. Thanks everybody.