

Housing Trust Fund
Project Grant Application

APPLICANT ORGANIZATION Pathways Vermont Inc
CONTACT NAME Jenny Johnson
DAYTIME PHONE & E-MAIL (802) 777-4758 Jenny@pathwaysvermont.org
NAME OF PROJECT "A Home for Soteria"
AMOUNT REQUESTED \$100,000.
ESTIMATED CONSTRUCTION START DATE July 1 2024
ESTIMATED COMPLETION DATE January 1, 2025,
TOTAL ESTIMATED PROJECT COST \$2,788,537
TOTAL NUMBER OF AFFORDABLE HOUSING UNITS Preservation of 9 Affordable (low, Low income) units
TOTAL ESTIMATED PROJECT COST / TOTAL NUMBER OF AFFORDABLE HOUSING UNITS (PER UNIT COST)

Is the applicant a corporation, partnership or individual who is delinquent, at the time of application, in the payment of property taxes or impact fees to the City of Burlington, who have been convicted of arson, who have been convicted of discrimination in the sale or lease of housing under article IV of this chapter or under the fair housing laws of the State of Vermont, or who have pending violations of current city electrical, plumbing, building or housing codes or zoning ordinances?

- Yes
- No**

Will the proposed housing project be perpetually affordable?

- Yes**
- No

Will the proposed housing project be affordable for 10-40 years?

- Yes**
- No

Project Narrative

Funding priority goes to projects which respond to requirements of the Housing Trust Fund and the City of Burlington's affordable housing priorities. The Housing Trust Fund Administrative Committee (HTFAC) uses the attached criteria to score projects. Scores are tallied and ranked high to low. The HTFAC funds projects at its discretion.

Please provide the information below in the space provided. It is important to complete all fields. If you need additional space, attach separate pages to your application and title them as indicated below.

Project Description (Please briefly describe your project. Attach a project budget including all sources and uses:

Introduction - Soteria House Model Overview

Soteria is a small-scale program working with young adults experiencing an early episode of psychosis and may need hospitalization. Since 2014, Soteria House is licensed in the State of Vermont as a Therapeutic Community Residence (TCR) for the prevention of hospitalization. Key ingredients offering a warm, calming therapeutic environment, with normalizing days (e.g., three daily meals and a balance in activity and relaxation), spent within a group of patients and staff. A phenomenological approach toward psychosis is applied, aiming to give meaning to a person's subjective experience of psychosis and to come to a shared understanding of symptoms within the individual social context. In line with this, the staff is instructed that their main task is "to be with," meaning that they are first of all expected to be actively present and stand beside the resident, this is a process of actively staying present with people and learning about their experiences. The Soteria model holds the idea of mental psychosis as a temporary experience that one works through rather than a chronic mental illness that needs to be managed. Through the power of each person's individual wisdom and intuition we believe that strong relationships provide opportunities for powerful transformation.

The Home for Soteria Project

This project involves the transformation of an existing rooming house in Burlington, Vermont, at 141 Maple Street, into a Therapeutic Community Residence, (Soteria House) to provide a safe, homelike environment for individuals experiencing a distressing extreme state, commonly referred to as psychosis. This unique therapeutic residence will offer an alternative to hospitalization for up to nine individuals at a time for up to 6 months with 24/7 awake staff and volunteers. Alumni residents are welcomed back for informal visits and meals in an effort to maintain strong ongoing relationships with their peers, staff and community. The essential programmatic goals are to create a homelike environment with strong connections to the natural environment. Envision a spacious house with ample space for individual privacy or group connection with porches, private backyard with garden, terrace and landscaping. 141 Maple Street is a historic two story building originally constructed as a Livery in the 1800's. It has undergone a number of renovations and changes of use over the years and maintains little of architectural or cultural historic significance despite

being a designated Historic District. It is a two story, wood frame building with basement, rectangular footprint, with a sloping membrane roof. Each floor is approximately 1,875 SF although much of the basement space is not usable space. The building was most recently renovated in 1993 as a nine-bedroom boarding house with a common kitchen, laundry, living area and a staff apartment. Pathways Vermont will purchase 141 Maple by the end of 2023 from Champlain Housing Trust and once funding is in place will take on extensive renovations to the building. Exterior and interior improvements are required to create a therapeutic home-like environment so essential to the goals of the Soteria program necessary improvements to meet the over goals of the project are as follows: **Interior Improvements** The plan for interior renovations includes a total of 7 bedrooms moderately renovated on the 2nd floor with 2 bedrooms on the first floor fully renovated to be ADA accessible; all bathrooms (total of 3) will be accessible and meet current ADA standards and addition of a small “guest” ¾ bath will be added on the main floor. The common space includes an open kitchen, living room, and dining area. Two additional living spaces on the first floor will allow for more discreet gatherings. An accessible laundry room will be located off the living area. The basement level which is at grade with a door that enters onto the backyard will have some space for gardening and bike/equipment storage, and a small space for woodworking, crafts, and pottery. **Second means of Egress**- Currently, 141 Maple has only 1 entrance/exit for the entire building (on the North side directly onto Maple Street) and has no access on the south side to the yard. A new set of stairs with a large porch are planned for the south side of the building. **Site Improvements**- Providing private natural outdoor spaces with working gardens is an important part of the therapy we provide at Soteria House and to meet that goal the backyard will be improved with landscaping and new fencing for privacy, working gardens, and a stone terrace. The front entrance located on Maple Street will have improved accessibility and new lighting and an awning. Site work will take place to level the yard, tear up hard top and improve drainage across the lot. The driveway will be graded and improved as well. **Energy Efficiency Overview**- Pathways Vermont in conjunction with Burlington Electric and Vermont Gas commissioned an energy analysis from CX Associates recommendations from CX in the design and construction estimate. **Heating** -Given the integrity of the mechanical equipment, piping, and per CX recommendations that it would NOT be practical to replace the existing systems and infrastructure. The existing boiler (99 MBH capacity) appears to be oversized for the current heating load and has enough spare capacity to meet the heating loads and will be recommissioned to serve the space. **Cooling** - Given the space constraints involved with adding cooling to an existing building, we are pursuing a ductless multi-split or variable refrigerant flow (VRF) system option. Split systems are well-suited for existing and historical building retrofit applications due to the minimal space requirements of refrigerant piping, and ductwork needing to be sized to only meet ventilation needs. **Mechanical Ventilation** -141 Maple Street currently has very limited mechanical ventilation, we are adding provisions to provide fresh ventilation air for building occupants. **Envelope improvements** - Construction estimate includes provisions to remove spruce siding from exterior of building and wrap the building and also improve insulation in the interior outside walls to increase envelope performance **Windows**- Windows will be replaced throughout the building and additional windows added strategically to bring lighter and the outdoors into the space. **Required Structural Improvements**- An assessment by John Higgins PE/Artisan Engineering has determined structural deficiencies in the frame. The building will be reinforced with the installation of a two-steel beamed system to provide additional support and level sloping floors. This is a cost-effective method of providing needed reinforcement without total deconstruction of the building.

Soteria House Project DRAFT BUDGET for REDESIGN	
Allocation - by Sq Ft	\$744
Total Development Budget	
ACQUISITION	
Purchase of Building	250,000
Appraisal- Paid	1800
Legal - Closing-Title and Recording	4000
Subtotal - Acquisition	255,800
CONSTRUCTION HARD COSTS	
Construction	1,850,000
Contractor Profit (5%)	92,500
Contractor General Requirements (5%)	92,500
Construction Contingency (5%)	92,500
Construction Bond Fee (.7%)	12,950
Estimating Contingency (5%)	92,500
Furnishings, Fixtures, & Equipment	100,000
Subtotal - Hard Costs	2,332,950
SOFT COSTS	
Architectural & Engineering - Paid	66,000
Architectural & Engineering - Remaining (including cost estimating)	125,000
Legal	2,500
Environmental Assessment - Paid	4800
Energy Assessment- Paid	1750
Permits& City Fees	22,462
Construction Period Insurance	3,500
Capital Needs Assessment	1500
Soft Cost Contingency (1%)	2275
Subtotal - Soft Costs	229,787
Total Project Cost	\$2,788,537.
Cost per square foot (3750 square feet)	\$744

Please describe how many households at or below 80% of AMI will be served by the project:

Please see attached Vermont Housing Board Covenant for perpetual affordability that will transfer upon completion of the sale of the building with some modifications. "6. AFFORDABILITY. The following affordability restrictions shall apply to the Property: (a) At least eight (8) units on the Property shall be leased to persons whose Household Income, at their date of initial occupancy, is less than or equal to 50% of Median Income, hereinafter defined. The annualized rent charged for each such unit shall not exceed 30% of 50% of Median Income for a household consisting of one and one-half persons per bedroom. The remaining one (1) unit may be occupied by house managers or others needing housing.

Please describe how many households at or below 50% of AMI will be served by the project:

Please see attached Vermont Housing Board Covenant for perpetual affordability that will transfer upon completion of the sale of the building with some modifications. "6. AFFORDABILITY. The following affordability restrictions shall apply to the Property: (a) At least eight (8) units on the Property shall be leased to persons whose Household Income, at their date of initial occupancy, is less than or equal to 50% of Median Income, hereinafter defined. The annualized rent charged for each such unit shall not exceed 30% of 50% of Median Income for a household consisting of one and one-half persons per bedroom. The remaining one (1) unit may be occupied by house managers or others needing housing.

Please describe how the City has already demonstrated its interest and support through the investment of CDBG funds, the provision of technical assistance, and/or acquisition of site control for the proposed housing project:

Pathways Vermont has used a variety of foundation and grant resources for acquiring site control (purchase of 141 Maple from CHT), and for project due diligence prior to committing to the purchase/sale. Due diligence on the project organized and paid for by Pathways includes but is not limited to the following: site control, ESA Level I, structural and geotechnical engineering assessment, appraisal, property condition report, environmental testing (lead, asbestos, radon), site and boundary survey, energy assessment. Site control and due diligence was managed by Pathways Director of Property Development.

Please describe how the application supports one or more of the priorities listed in the City's Housing [Action Plan](#):

Preserve Affordable Housing- 141 Maple Street as a group home is perpetually affordable SRO's by VHCB covenant, due to investments in the building in the 1990's. Pathways acquiring the building for our program will preserve the affordable housing currently underutilized by Champlain Housing Trust.

Increase Capacity of Service Enriched Housing- Pathways will create opportunities for 9 residents to live at 141 Maple. The program currently serves 5 residents on Manhattan Drive. The move will increase services to 4 young adults in crisis who will not be on the streets, hospitalized or incarcerated.

Provide an Affordable Suitable Living Environment at- risk Population- The building has been in a non-profit's portfolio for some time and there is a general agreement that maintenance, love and care have been deferred. Pathways will take up the burden and improve the building with this planned renovation. The development of this project will positively impact the enclave of surrounding buildings that are organized around a common driveway with improved landscape, reduced parking, better property management. The hardscape of the property is intended to be removed and replaced with landscaping to

the greatest extent possible. The relationship of the building to the street will be significantly improved with a welcoming façade that uplifts the overall neighborhood vibe.

Please describe how the application supports one or more of the priorities listed in the City's [Consolidated Plan](#):

141 Maple was constructed around 1899 as a livery stable. After serving as the King Street Youth Center from 1977-1992, the property was used by Spectrum for homeless youth, then by CHT and the Burlington Housing Authority for individuals transitioning out of Corrections until the VT Dept of Corrections terminated that contract. Capital improvements made by Champlain Housing Trust over the past 10 years include a fire sprinkler and MEP upgrades. For the past 30 years, the property has been used consistently as a supportive housing residence, which is in keeping with **the 2020-2024 Amended Consolidated Plan (22-24 Con Plan)**, which includes a section that discusses the **non-homeless special needs population**. This section highlights the number of people who are not homeless but may require supportive housing, which includes people with mental disabilities that Soteria House program supports. While the majority of Agency of Human Services clients with special needs live in the community and depending on their needs, may receive specialized case management services to help them coordinate and access services in the community, Vermonters with severe special needs, such as serious mental health issues, have access to residential care with on-site services. Section MA-35 Special Needs Facilities and Services – 91.310(c) of the 22-24 Con Plan recognizes Housing First programming as one of several community-based options that the Department of Mental Health (DMH) supports for persons returning to the community after a mental health crisis.

Please describe how the proposed project supports an underserved and vulnerable population:

A 2019 study conducted by the Vermont Department of Mental Health found a serious lack of residential group homes specifically serving young adults in crisis and identified this as a need. Over an 18-month period Pathways received over 40 inquiries about admissions to the Soteria program. This clearly indicates the need for community-based services for young adults in crisis between the ages of 18-25 is much greater than Soteria's ability to serve. Pathway's goal at 141 Maple is to increase capacity to serve young Vermonters experiencing first time psychosis at our new location by approximately 80% (with an additional four (4) beds) over the next 24-36 months. Psychosis is one of the most expensive mental health conditions. Frequent hospitalizations combined with high rates of disability among individuals diagnosed with a psychotic disorder carries a high price tag. Soteria is remarkably cost effective compared to inpatient hospitalization, largely due to early intervention services. Soteria improves the long-term functional outcomes of residents. By increasing services from an average of 11 to an average of 20 young Vermonters served annually the expansion will additionally show a savings of service dollars for nine (9) Vermonters in crisis deferred from hospitalization. We look to enhance the overall quality of services by providing a key ingredient; a warm, calming therapeutic environment, with normalizing days (e.g., three daily meals and a balance in activity and relaxation), spent within a group of patients and staff. By enhancing the therapeutic environment of the therapeutic residence service quality will be greatly improved. We will track effectiveness of the new space by measuring quality of services, decreasing residence length of stay and tracking the number of hospitalizations that were avoided. Feedback from residents and community partners about the effectiveness of our program at its new location will be an important component. Soteria's DMH contract requires quarterly and annual reports on the following benchmarks: 1. Occupancy rate annual average of 90% 2. Residents surveyed on intake, mid-program and at exit about the perceived increase in support, decrease in life stressors (quality of service) 3. 100% of residents will exit to a

community-based living arrangement. 4. 80% of residents will exit the program with some source of income or enrolled in school or a training program.

Recent studies reflect extremely low trust in the mental health system among young people, college students in particular, an alarming trend documented by numerous researchers who found that mistrust often originates from a negative experience with mental health services, whether personal or that of friends and classmates. Evidence is mounting that among younger generations, the mental health system is increasingly perceived as oppressive, secretive and untrustworthy. There is an urgent task of rebuilding trust in the mental health system through more positive experiences for young consumers, Soteria House has an important role to play in this story. By securing a permanent home for the program and increasing capacity to serve we will continue to open our doors to a much-underserved population of young adults who currently struggle to find support in our system of care.

Please describe the experience of the development team:

Pathways Vermont Project Manager - Jenny Johnson, Director of Property Development. Jenny joined Pathways Vermont in 2015 as Director of Housing, responsible for managing housing needs across multiple programs and all things housing related at Pathways. Before her time at Pathways, she was the Principal/CEO of Operations and Development at the Greatwood Management Company for 18 years, where she worked on in-fill real estate projects through-out New England along with permitting several industrial-size wind farms for First Wind Inc in western New York, Martha's Vineyard and Iowa. Jenny has led several USAID projects in Columbia, Venezuela and Argentina with a year in South America managing an impact study of livestock production on water resources in the Chaco Emericano Biome. Jenny is a graduate of St John's University with a degree in management and finance along with an MBA from Columbia University, she has published several articles on the importance of due diligence in project management for real estate and the environment.

Consultants/Contractors

Architect/Design- Duncan&Wisniewski Associates- Sam Beall D&W are working with Pathways on site redesign to reduce cost per square foot. New plan expected by December 31 2023. General Contractor/ Project Manager - JA Morrissey. Engineer/Structural - Artisans Engineering - John Higgins . Engineer/Environmental - LE Environmental- Alan Liptak - Engineer/Energy Consultant -CX Associates - Energy Consultants Engineer/Environmental Testing Radon/Asbestos/Lead- Claypoint Associates Development Consultant- Amy Wright Development Consultant Attorney- Daly& Daly -Daly& Daly Attorney at Law - Celia Daly

Please describe other ancillary uses (community space, mixed use, etc.), if any, in the proposed project:

Not directly applicable however Soteria provides space for a "friends of Soteria" programming where current and former residents are invited to dine together on designated evenings at the house. It is our longer term plan to expand this program and create more opportunities for community engagement at the house with former residents.

Please describe how the project addresses community need:

The renovation of 141 Maple Street will provide a substantial community-wide benefit and allow the Soteria program not only to remain in Burlington but to expand. As stewards of the property, Pathways will serve an increasing local population of young people in need of support with this proposed therapeutic residence housed at 141. There is a serendipitous relationship for those youth to be part of a college neighborhood, where Champlain College and UVM are within walking distance and St Mikes and CCV a short bus ride away. Many of our residents participate in the community by working at local jobs, engaging in furthering their education by enrolling in classes at local colleges and training programs. The development of this project will positively impact the enclave of surrounding buildings that are organized around a common driveway with improved landscape, reduced parking, better property management. The landscape of the property is intended to be removed and replaced with landscaping to the greatest extent possible. The relationship of the building to the street will be significantly improved with a welcoming façade that uplifts the overall neighborhood vibe. As a property listed on the State’s historic register any improvements to the property will add greatly to its historic value as part of the King Street Historic District.

Please describe how the project would impact the community:

Since the early 1980’s 141 Maple Street has a long standing history of providing service-enriched housing to the community and Pathways ownership preserve this community tradition. 141 Maple is well integrated into the neighborhood as a group home for many years and preliminary discussions with neighbors indicate strong support for the rehabilitation of 141 Maple for Soteria. This project will improve the overall quality of the community with planned renovations of the interior and exterior of the house along with multiple property improvements. Based on our prior experience at Manhattan Drive (home to the program since 2014) it is expected that the impact of improvements and the addition of Soteria residence to the neighborhood will have a positive overall impact.

Signature

Please check each box that applies:

- Good Standing:** I certify that I am in “good standing” with respect to, or in full compliance with a plan to pay any and all taxes due to the City of Burlington.
- Certification:** Under penalties of perjury, I declare that the information I have provided, to the best of my knowledge and belief, is true, correct, and complete.

Jennifer T. Johnson- Director of Property Development/Pathways Vermont Inc

Print Name

JT. Johnson

11.15.23

Applicant Signature

Date