

# A Place to Recover From the Trauma of Living Outside

## Permanent Supportive Housing for People Exiting Homelessness

The Joyce celebrated its grand opening in Downtown Portland, offering people exiting homelessness a chance to heal, rebuild their lives, and recover from the trauma of living outside. The project, which received funding from Portland's Housing Bond, is the eleventh Portland Bond project to open its doors since voters passed the city's first bond measure for affordable housing in 2016. Community Partners for Affordable Housing (CPAH) was selected as the project developer in 2019, with a vision of combining services and housing affordable to very low-income individuals exiting homelessness.

For decades, the Joyce, located at the corner of SW 11th Ave and Harvey Milk Street, served as a short-stay hotel, providing low-cost, low-barrier housing to some of the city's most vulnerable



Photo credit to Alison Bates

residents. The newly renovated Joyce now provides 66 efficiently designed, affordable single room occupancy units to house individuals and couples exiting homelessness. In partnership with Cascadia Health, Native American Rehabilitation Association (NARA NW), and Cascade AIDS Project, on-site supportive

services offered to residents will include care coordination, crisis intervention, housing stabilization support, and wellness activities. All 66 units have Project Based Section 8 vouchers so that the project can continue to serve extremely low-income residents.

"We know that housing is essential for services to be suc-

cessful, and it provides the foundation people need, not just to survive, but to heal, thrive, and move forward. It is hard work, rebuilding lives, so we want to give our residents all the tools they need to do that work," said Rachael Duke, CPAH's Executive Director. "CPAH is grateful for the partnerships we have that

will provide the breadth of services necessary for residents."

CPAH also worked with Carleton Hart Architecture to create a trauma-informed design that includes elements of biophilia. This combination provides a sense of healing and calmness in residents to help bring them out of a fight or flight response. Examples of biophilia in the project come from the use of natural materials, calming earth-toned paint colors, use of natural light, and connections to the outdoors.

"The City of Portland is proud to support the redevelopment of the Joyce, which has long served this city as a haven for people who otherwise would land on the street. Preserving this community asset so that it can continue to serve the same vulnerable population that has always resided here—close to services, transportation, and opportunities—is a critical piece of our commitment to ending homelessness in our city," said Portland City Commissioner Carmen Rubio. "Thanks to Portland's Housing Bond, the Joyce will provide safe, stable, permanent homes and critical mental health supports so that our formerly houseless neighbors can live with the peace and dignity everyone deserves."

# Sunshine and Trees; Sunburns and Skinned Knees

## Minor injuries are as much a part of summer camp as S'mores

Alexis Smithers, Advanced Practice Provider Lead and Nurse Practitioner at Legacy-GoHealth Urgent Care said "You can't prevent every bump and bruise, but you can send your kids out the door with an understanding of safety and basic supplies to keep them comfortable in hot, buggy conditions." Here are some ways to prepare your kids for a day or sleep away camp.

Managing medications are important. Reviewing the camp's medication protocols and complete all authorizations or forms prior to drop off. To be accredited by the American Camp Association, a summer camp must gather health history information for each camper and have a healthcare center. Some camps also require a physical health exam for campers. "I know it's a lot of paperwork, but it's important to be thorough when you fill out those forms," says Smithers. Kids should drink five to eight cups of water per day, according to the American Acad-



children at summer camp

emy of Pediatrics. Drop them off with a full tank by giving them a big glass of water or milk with breakfast. Send them to camp with a full water bottle.

Sunscreen is another important factor. Pack your child's backpack with UVA/UVB sunscreen SPF 30 or higher. Apply a base layer before dropping off and ask camp leaders to remind your child to re-apply it every two hours and after swimming, sweating or showering. If your child comes home with a sunburn, soothe it with methods

recommended by the American Academy of Dermatology Association (AADA). Insect repellent can prevent itchy, uncomfortable insect bites. It also helps prevent insect-borne infections like Lyme disease and the West Nile and Zika viruses," says Smithers. Children under 10 years old should not apply insect repellent on their own. DEET is not approved for infants under two months. Campers should wear light-colored, lightweight long sleeves and pants to avoid bites. Ensure they conduct

tick checks after hiking or playing in long grass.

Teach plant safety. Engage kids by showing them images of poison ivy, stinging nettle, giant hogweed and other plants that should not be touched. Gamify it by creating flash cards and seeing how many they can get right. Tell them to inform a counselor immediately if they think they touched or ingested a poisonous plant. Practice water safety. Sign your child up for swimming lessons before they leave for camp.

Make sure they know to never enter the water unless there is a counselor or lifeguard present. Children who are not proficient swimmers should always wear life jackets. So should anyone who is boating, water skiing, or jet skiing. Floatation devices, like water wings, should not be used as a safety device. Teach children to never drink from natural water sources like ponds, lakes, or streams since these water sources often have germs that can cause serious infections.