



## **RISE Support at Outside In**

### ***Outpatient Treatment for Individuals Experiencing Homelessness***

**October 2018 – September 2023 (SAMHSA Grant # SM0807451)**

### ***Evaluation Description***

The Regional Research Institute for Human Services (RRI) at Portland State University (PSU) has been asked to conduct a process and outcome evaluation of the RISE Support Outpatient Treatment at Outside In. The program is designed to help young adults, age 18-25, in Portland and Multnomah County, Oregon who are experiencing homelessness and serious mental illness or co-occurring disorders. Youth will be engaged through the Multnomah County Homeless Youth Continuum and local health care providers. The program leverage resources within the Continuum to support transition age youth to successfully engage in and complete treatment while also stabilizing in housing and other community resources. The overall project goal is to address the underlying causes of homelessness among participants, strengthening their capacity to reach their potential at this crucial developmental stage.

Over the five-year project period, RISE Support will serve a total of 225 unduplicated homeless youth in **outpatient treatment** and an additional 125 unduplicated youth in **treatment engagement** services. Services will be time unlimited, however generally last from six to eighteen months. Approximately 120 youth will be receiving services each year.

**Services** will include outreach, treatment engagement and retention supports, benefits enrollment assistance, evidence-based individual and group treatment services, psychiatric medication management, and medication assisted treatment in coordination with Outside In's clinic. Tailored to meet the developmental needs of young adults, participants will be enrolled in one or more of three evidence-based practices: Acceptance and Commitment Therapy (ACT); Integrated Dual Diagnosis Treatment (IDDT); and Dialectical Behavior Therapy (DBT), based on their diagnosis, acuity, and capacity to engage.

**Measurable objectives** include reducing barriers to treatment; reducing the severity of mental health, trauma and substance use disorder symptoms; reducing substance use and suicide risk among LGBTQ youth by providing care that addresses the challenges related to stigma; and reducing the risk of opiate overdose.

**Outside In** is a Federally Qualified Health Center, State certified to provide outpatient mental health and substance use disorders treatment, contracted to provide Medicaid-funded treatment, and a social service agency with 50 years of experience providing housing, counseling, and transition services to homeless youth. The **Regional Research Institute for Human Services at Portland State University** is the research partner, with 47 years of experience with social service programs.

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