The Fort Lyon Supportive Residential Community provides transitional housing and support services to people experiencing or at-risk of homelessness from across Colorado, with a priority on serving veterans. Situated on 552 acres in the Lower Arkansas Valley, the Fort Lyon program is a state-wide collaborative led by the Colorado Coalition for the Homeless, Bent County, and the Colorado Department of Local Affairs. At Fort Lyon, residents participate in peer-led recovery groups, vocational training programs and a variety of life skill-building activities, as well as pursue educational opportunities at the local community colleges and employment in the community.
“I didn’t want help. I didn’t care if I lived or died.” Amber was living on the streets of Boulder for five years before she came into the Fort Lyon program. “I had full-fledged cirrhosis. That didn’t matter to me, it was just another reason to drink.” Through outreach services in Boulder, Amber came to the Fort Lyon program and exited into permanent housing. But after a relapse left her without housing again, Amber returned to Fort Lyon a second time ready to face her addiction.

When reflecting on her first time in the program, Amber says she did everything that looked good on paper but was not working her recovery “from the inside.” “It's really hard to leave the life that you're so accustomed to... [it's] very scary.”

Since returning, Amber has taken full advantage of the recovery support and resources at Fort Lyon including Alcoholics Anonymous. “Working the steps has really shone such a light on me, on my life, and has also helped me to understand a lot of the ‘whys’ of my addiction.” Amber often mentions how grateful she is to Fort Lyon for “the opportunity to have a second chance.”

Throughout her time at Fort Lyon, Amber earned her GED and is currently enrolled at Otero Junior College. “I never believed in myself, and I didn’t believe I was worthy to be in a program like this or to achieve a GED.” She is working on her self-esteem and self-confidence, and is focused on continuing her education.

Amber recently moved into a home in La Junta and continues to pursue her college goals, surround herself with a supportive recovery community, and eventually plans to work to rebuild relationships with her children. “I'm getting a little emotional leaving. I've seen a lot, been a part of a lot, shared a lot of so many things here. It's a beautiful place if we make it that. It's up to you and the tools are set right at our feet.”
Before coming to Fort Lyon, James had been on and off the streets in Colorado for more than 20 years, struggling with a daily alcohol and prescription pill disorder. Now, after 15 months at Fort Lyon, James is at a very different place in his life. “This is a beginning...if people want to change, this is the place to do it.”

James regularly attends support groups and meetings now, sometimes two in one day and has become a General Service Representative at the Alcoholics Anonymous meetings on Tuesday nights. His current sponsor is a former resident of Fort Lyon.

James continues to work hard, including taking classes to reinstate his driver’s license. He plans to spend about 5-6 months longer at Fort Lyon. He enjoys that fact that he does not have to travel far to get to meetings and says the health center has been very helpful in resolving his medical issues. He enjoys “being part of the community” at Fort Lyon. When asked about how effective Fort Lyon can be, James says, “Depends on how much you want a new life.”

Looking forward, James wants to take courses to become a Certified Addiction Counselor in Denver to help people who have walked the same path as he.
**POPULATION OVERVIEW**

**TOTAL RESIDENTS (BY MONTH)**

Fort Lyon served 510 people over the course of fiscal year 2018, with an average of 232 people a month. Exits over the year averaged 26 people per month.

![Bar chart showing total residents by month]

**LENGTH OF RESIDENCY**

In fiscal year 2018, the majority of residents had been at Fort Lyon for 61 or more days, with the highest proportion falling into the 61 to 180-day time frame.

![Bar chart showing length of residency]

**Note:** The chart illustrates the number of residents who stayed beyond certain time frames, with the tallest bar representing the group that stayed between 61 and 180 days.
Residents who left during the fiscal year were enrolled in the program for seven to eight months on average, while those who remained in the program as of the end of the year had been enrolled in the program for eight to nine months on average.
32 COUNTIES REPRESENTED AMONG RESIDENTS

50% OF COLORADO COUNTIES (64) REPRESENTED AMONG RESIDENTS
Of the 510 residents who were served in the fiscal year, 56.3% came from a homeless situation, 25.7% came from an institutional setting and 18% came from some other type of location. Fort Lyon only serves individuals who are homeless or at imminent risk of homelessness.

Length of homelessness data is available for 238 residents out of 510 in the quarter. Among those 238 residents, 77% were homeless for more than 12 months.
Among residents who were in the program for 90 days or less, one third exited to a permanent destination. Subsequent pages describe the types of destinations that fall into these four categories.

42% of all residents exited to a permanent destination.

Among the residents who were in the program for more than 90 days, 50% exited to a permanent destination.
DESTINATION AT PROGRAM EXIT: PERMANENT

A rental with ongoing subsidy was the most common destination among all residents exiting to a permanent destination.

DESTINATION AT PROGRAM EXIT: INSTITUTIONAL

Among residents who exited to an institutional setting, the most common destination was a substance use or detox facility.
Temporary destinations varied among residents exiting to a temporary location, with the highest proportion going to stay at an emergency shelter.

Among residents exiting to other locations, the most common situation was an unknown location or resident refusal.
42% of residents who exited during the fiscal year completed the program. The other common reasons were disagreement with rules and non-compliance with the program.
Denver (36%) was the most common destination county for those who exited in the year, followed by Otero (10.5%).
The majority of residents at Fort Lyon in the fiscal year were 45 or older, while 18-24 year olds were the smallest represented group.

In fiscal year 2018, 84% of the population was male and 16% female, along with one gender non-conforming individual.
ETHNICITY

The majority of residents identified as non-Hispanic, with about 15% identifying as Hispanic.

RACE

Most residents identified as White, with Black or African American as the second most common race.
DOMESTIC VIOLENCE

About 28% of Fort Lyon residents in fiscal year 2018 have experienced domestic violence.

- Yes (27.84%)
- No (67.65%)
- Unknown (4.51%)

VETERAN STATUS

About 15% of Fort Lyon residents in 2018 were Veterans.

- Veterans (14.90%)
- Non-Veterans (83.92%)
- Unknown (1.18%)
Ninety-eight percent of residents report adverse health conditions at entry. Mental illness, followed by alcohol use, are the most common.

Among those who identified adverse health issues at entry, 58% reported to have three or more conditions.
Cash Income source data was collected on all 510 residents who participated in the program during the fiscal year. Among those 510 residents, 167, or 33%, reported at least one source of cash income at entry.

Cash Income Sources at Entry

- SSDI: 57 residents
- SSI: 47 residents
- Other: 45 residents
- Retirement from Social Security: 10 residents
- General Assistance: 10 residents
- Earned: 5 residents
- VA Disability: 8 residents
- Veteran’s Pension: 2 residents
- Pension or Retirement from former Job: 1 resident

Cash Income Sources at Exit

Among the 305 residents who exited in the fiscal year, 146, or 48% reported at least one source of income at exit, a 15-point increase over the percent at entry.

- SSDI: 42 residents
- SSI: 40 residents
- Other: 37 residents
- Earned: 19 residents
- Retirement from Social Security: 10 residents
- General Assistance: 8 residents
- VA Disability: 5 residents
- Veteran’s Pension: 1 resident
Non-cash benefit source data was collected on all 510 residents who participated in the program during the fiscal year. Among the 510 residents, 491, or 96% reported at least one non-cash benefit at entry.

Among the 305 residents who exited in the fiscal year, 302, or 99% reported at least one non-cash benefit at exit, a three-point increase over the percent at entry.
64.5% of residents participated in vocational training.

329 residents participated in vocational training.

110 residents participated in educational opportunities.

21.6% of residents participated in educational opportunities.

7.4% of residents participated in outside employment.

38 residents participated in outside employment.

458 residents participated in recovery-based support groups.

89.8% of residents participated in recovery-based support groups.

477 residents participated in vocational, educational, employment and/or recovery-based support groups.

93.5% of residents participated in vocational, educational, employment and/or recovery-based support groups.
The number of post-program interviews collected has increased overall, from 2015 to 2018, with the most interviews collected in 2018. This growing data set will help with future evaluation of the Fort Lyon program.
Housing Outcomes

Post-Program Housing Status
Among the 25 former residents who participated in a six-month post program interview, 20, or 80%, reported they were stably housed; 2, or 8% were literally homeless; 2, or 8%, were unstably housed and 1, or 4% did not know. Among those housed six months after exit, the average duration was 186 days.

80% of former residents were stably housed

Post-Program Homelessness Episodes
Among the 25 former residents who participated in a six-month post program interview: 20, or 80%, reported zero episodes of homelessness; 5, or 20%, reported one episode of homelessness; and 2, or 8%, reported more than one episode of homelessness.

80% of former residents reported zero episodes of homelessness

Post-Program Incarceration
Among the 25 former residents who participated in a six-month post program interview, none reported having been arrested, and one resident, or 4%, had spent 34 nights in jail.

0 former residents had been arrested
SUBSTANCE USE OUTCOMES

POST-PROGRAM ALCOHOL USE
Among the 126 residents who reported alcohol use within the last 30 days at intake, the average number of days used was 16. All nine former residents who reported alcohol use at entry also reported a decrease in alcohol use within the last 30 days when interviewed six months after exit.

FORMER RESIDENTS REPORTED USING ALCOHOL LESS THAN ONE DAY PER MONTH ON AVERAGE.

POST-PROGRAM ILLICIT DRUG USE
Among the 87 residents who reported drug use within the last 30 days at intake, the average number of days of use was 13. All three former residents who reported illicit drug use at entry also reported a decrease in use in the last 30 days when interviewed six months after exit. Among them, the average number of days of use dropped from 24 to zero.

FORMER RESIDENTS REPORTED USING ILLICIT DRUGS ZERO DAYS ON AVERAGE.

POST-PROGRAM MARIJUANA USE
Among the 126 residents who reported marijuana use within the last 30 day at intake, the average number of days of use was 14. All four former residents who reported marijuana use at intake reported a decrease in use in the last 30 days when interviewed six months after exit. Among them, the average number of days used dropped from 25 to zero.

FORMER RESIDENTS REPORTED USING MARIJUANA ZERO DAYS ON AVERAGE.
**BEHAVIORAL HEALTH OUTCOMES**

**POST-PROGRAM DEPRESSION**

*For the 138 residents who screened positive for depression at program entry, the mean depression score was 18.1, indicating moderately severe depression. The general population norm score is 3.3.*

Among the 64 residents who screened positive for depression at program entry, **85.9% reported a decrease in depression symptoms at exit.** The average depression score dropped from moderately severe to mild from entry to exit.

**88.8%**

**OF 11 FORMER RESIDENTS WHO SCREENED POSITIVE FOR DEPRESSION AT ENTRY REPORTED A DECREASE IN DEPRESSION SYMPTOMS (DROPPED FROM MODERATELY SEVERE TO MILD FROM ENTRY TO SIX MONTHS POST PROGRAM).**

**POST-PROGRAM ANXIETY**

*Among the 163 residents who screened positive for anxiety at program entry, the average anxiety score was 16.1, indicating severe anxiety. The general population norm score is 5.4.*

Among the 80 residents who screened positive for anxiety at program entry, **81.3% reported a decrease in anxiety symptoms at exit.** The average anxiety score dropped from severe to mild from entry to exit.

**AMONG THE 11 FORMER RESIDENTS WHO SCREENED POSITIVE FOR ANXIETY AT PROGRAM INTAKE AND PARTICIPATED IN A SIX MONTH POST-PROGRAM INTERVIEW, 100% REPORTED A DECREASE IN ANXIETY SYMPTOMS. THE AVERAGE ANXIETY SCORE DROPPED FROM SEVERE TO MILD FROM ENTRY TO SIX MONTHS POST PROGRAM.**
POST-PROGRAM QUALITY OF LIFE ENTRY TO EXIT

Of the 292 residents who completed an entry assessment on a 0 to 100 scale:
- average physical health score was 53.5 at program entry, compared to the population norm of 73.5.
- average psychological health score was 49.8 at program entry, compared to the population norm of 70.6.
- average social relationships score was 38.5 at program entry, compared to the population norm of 71.5.

OF THE 139 RESIDENTS WHO COMPLETED AN ASSESSMENT AT ENTRY AND EXIT:

64.7%  HAD AN INCREASE IN THEIR PHYSICAL HEALTH SCORE

71.9%  HAD AN INCREASE IN THEIR SOCIAL RELATIONSHIP HEALTH SCORE

76.3%  HAD AN INCREASE IN THEIR PSYCHOLOGICAL HEALTH SCORE

OF THE 136 RESIDENTS WHO COMPLETED AN ASSESSMENT AT ENTRY AND EXIT:

84.6%  HAD AN INCREASE IN THEIR ENVIRONMENTAL HEALTH SCORE
POST-PROGRAM OVERALL QUALITY OF LIFE

Of the 17 former residents who completed an entry assessment and six months post-program:

- 76.5% had an increase in their physical health score.
- 76.5% had an increase in their psychological health score.
- 76.5% had an increase in their social relationships health score.
- 94.1% had an increase in their environmental health score.

OF THE 139 RESIDENTS WHO COMPLETED AN ASSESSMENT AT ENTRY AND EXIT:

73.3% had an increase in their overall quality of life.

OF THE 17 RESIDENTS WHO COMPLETED AN ASSESSMENT AT ENTRY AND SIX MONTHS POST PROGRAM:

70.6% had an increase in their overall quality of life.