



# Ready and Relevant Toolkits

## Housing

2021

*Ready and Relevant aims to provide young women with tools that will enhance their lives. These toolkits provide templates that are uniquely designed for each woman. Our goal is that by fostering relationships and connections, providing space for amplifying voices and understanding current events, women working with R+R will not only survive, but thrive. We believe that every young woman is relevant. Her future matters now.*

These innovative toolkits are a resource for **Ready and Relevant** mentees. Each one will begin with a focus on the individual herself with a current needs assessment. From there we will introduce a specific topic of focus.

For each topic area, there are sections for:

- New learning and growth
- Taking action in the community
- Connecting with local community experts
- Resources and facts sheets

This toolkit focuses on **Housing**. The **right to housing** is the **economic, social and cultural right** to adequate **housing** and **shelter**. It is your basic human right, and we will work with you throughout the process of getting your housing needs met. Using a holistic approach to mentoring, we will help you map out your short and long term housing goals to secure adequate and sustainable housing now and plan for the future. You are relevant and your future matters now.



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## **Topic for Learning and Growth:**

Housing as a Human Right:

- Where am I living?
- What options are out there for me?
- What housing needs will I have in the future?
- What are my housing rights?

## **Materials needed:**

- [Ready and Relevant Journal](#)
- Pencil
- Access to internet

## **Table of Contents:**

[Self Needs Assessment: Check In](#)

1. [Learn and Grow](#)
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# 1

## Learn Broadly for Personal Growth

### Housing: It's Your Human Right

*What is housing? What are your human rights? What is the right to housing?*

#### **Part One: What is the Right to Housing?**

*The following readings contain legal definitions of the human right to adequate housing.*

The right to housing is the economic, social and cultural right to adequate housing and shelter. It is recognized in some national constitutions and in the Universal Declaration of Human Rights and International Covenant on Economic, Social and Cultural Rights. The United Nations Committee on Economic, Social and Cultural Rights has underlined that the right to adequate housing should not be interpreted narrowly. Rather, it should be seen as the right to live somewhere in security, peace and dignity. The right to adequate housing contains freedoms. These freedoms include: Protection against forced evictions and the arbitrary destruction and demolition of one's home; The right to be free from arbitrary interference with one's home, privacy and family; and The right to choose one's residence, to determine where to live and to freedom of movement. (Office of the High Commission on Human Rights, OHCHR)

Home is more than just a place of shelter—where we live influences every aspect of our lives. Housing quality can impact physical health. Substandard housing can lead to lead poisoning, lack of access to clean water, asthma, and bodily injury, such as falls (the leading cause for hospitalization among older adults). Cost burdens reduce the income available for necessities like food and health care. Physical neighborhood attributes like walkability, proximity to traffic and public transportation, access to green space, and potential food desserts impact mental health, physical fitness, and nutrition. Concentrated poverty, safety, and segregation, as well as other social and community attributes, further contribute to stress and deterioration of health.

Location also influences individual and community identity, the quality and quantity of public services received, social networks, exposure to crime and violence, physical distance and isolation, and other stressors and contextual factors that are supportive of physical and emotional well-being. Those who are most vulnerable, children and the elderly, are most adversely affected by unstable housing conditions. For these reasons, conventions on human rights have long recognized the importance of housing, paying particular attention to issues of security of tenure, affordability, habitability, availability of services and infrastructure, accessibility, location, and cultural adequacy. (American Bar Association)



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Housing availability, conditions, and affordability are impacted by a variety of factors, including federal, state, and local laws. Partners for Dignity and Rights states, “Racially motivated zoning, block busing, restrictive covenants, redlining, and discriminatory mortgage insurance practices were key pieces of government policy as cities grew in the 20th century. In cities today, many formerly redlined neighborhoods are still marked with disinvestment. In others, the cumulative impact of neglect makes them ripe for speculation and gentrification. In almost all localities, policy makers allow for-profit forces to drive development, and take little responsibility when poor communities of color are displaced by speculators.”

- 1) In your R+R journal, reflect on what you read.
  - a) What questions do you have?
  - b) Have you thought of your housing situation as a basic human right before?
  - c) Do you feel like your right to adequate housing is being met?
  - d) Think about what you need. The next steps are setting goals and taking action.



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## Part Two: Create Your Housing Goals

At R+R our team will help you navigate obstacles within systems that impact your access to housing. By understanding your rights, you will be equipped to exercise these rights when seeking a home.

- 1) Revisit your R+R journal. Reflect on what you know about the right to housing.
  - a) What are your thoughts?
  - b) How are your community, city, state and country working to see that your rights are being met?
  - c) What questions do you have?
  
- 2) Next, with your RR mentor, complete this table and start to plan to take action for your housing needs. This will be an ongoing process so be patient with yourself as you take these new steps.

<p><b>Housing Goal Now:(weekly)</b></p>	<p><b>Housing Goal: (3 months)</b></p>
<p><b>Housing Goal: (6 months)</b></p>	<p><b>Long term Housing goal co-created with RR staff:</b></p>



## 2 Take Action

### Part One: Holistic Approach: Personal



**Mouth:** Practice asking questions about homes, apartments. What should you ask before you choose a place?



**Eyes and Ears:** Look and listen for housing opportunities that may arise when you are out in the world. Look for signs for rentals



**Hands:** Take notes and create an organized list of your housing goals.



**Feet:** Walk around the perimeter of the home and blocks surrounding it.



**Heart:** Love your home. Even if you know it's temporary. Put your love in it now.



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## Part Two: Holistic Approach: Community

*What are you ready to do to secure housing that meets your needs?*

How you decide to take action, will depend upon where you are in our journey. As you work toward realizing and expressing your authentic self, know that it's okay to be right where you are at this moment in time. Taking action doesn't have to mean changing the world overnight. It means taking one step towards the bigger goal. In the words of Lao Tzu, *"The journey of a thousand miles begins with one step."* Start at the bottom and work your way up.

- ❑ **You are living and expressing yourself authentically.** You buy or rent a home of your choice. You research and have options when looking for permanent housing.
- ❑ **You have a solid self esteem and are confident.** You are able to rent a place on your own and begin to look at long term housing.
- ❑ **You have people with whom you feel you belong.** You are living in a place and have developed relationships with others who live near you, in your building or neighborhood.
- ❑ **You feel safe and secure.** You have found a place to live for the year ahead. You have a safe, clean living environment.
- ❑ **Your physiological needs are being met.** You have a safe place to sleep for at least six months.



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# 3

## Resources and Fact Sheets

- **The Right to Housing**
  - [What is the Human Right to Housing?](#)
  - [OHCHR The Right to Adequate Housing](#)
  - [American Bar Association Housing as a Human Right](#)
  
- **Housing Laws and Rights in Minnesota**
  - [State of MN landlord and tenant laws](#)
  - [State of MN Your Rights in Housing](#)
  - [HUD Minnesota tenant rights](#)
  - [Fair Housing MN](#)
  - [Homeline Free Legal Help for Renters](#)
  - [Housing Link Housing Resources/Housing Tips/Legal](#)
  
- **Housing**
  - [Apartments for Rent Mpls](#)
  - [Mpls Public Housing Authority](#)
  
- **Shelters/Other Resources**
  - [Haven Housing for Women in Crisis](#)
  - [Simpson Housing](#)
  - [Women Shelters Mpls](#)
  - [Youth Housing](#)
  - [Bridge to Benefits Housing/Transportation](#)
  - [Tubman](#)
  - [Jeremiah Program](#)
  
- **AVIVO (helping people achieve recovery, find housing stability, and achieve employment and economic advancement.)**
  - [AVIVO](#)
  
- **Emerge Minneapolis (jobs, training, stability)**
  - [Emerge](#)



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### Voices From The Community

**Learn from local people who are established in the field.**

- Ami Lazo, Avivo
- Emerge
- Cherie Shoquist(RISE, Henn. Co)



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