

Title of Recommendation: Comprehensive Rental Housing Policy for City of Pittsburgh

Description of Recommendation: Because homeownership is so affordable in Pittsburgh, rental housing is often ignored. The City should implement a multi-faceted policy to positively harness rental housing in our neighborhoods as a revitalization tool rather than a negative influence. Such a policy would include the following elements:

1. **Landlord Registry:** Already being discussed and tested in neighborhoods like Lawrenceville, all landlords should not only be registered with public access to their track record so that tenants can make educated decisions and so that good landlords will be encouraged and bad ones discouraged. Anominal fee (\$10/unit/year?) could be charged to landlords and the registry would be maintained on-line. Funds might be used to hire additional BBI staff to enforce code violations.
2. **Targeted Enforcement:** Working with Neighborhood-based organizations, BBI could conduct periodic targeted enforcement of poor quality rental housing, not unlike a “Redd-up” campaign or a “Green Up Campaign.” BBI is already doing this in many areas, including the Oakland Code Enforcement committee.
3. **Landlord Partnerships:** Local enlightened landlords who understand that the best revenue streams come from good management, long-term maintenance, and strong tenant screening could partner with neighborhood organizations and/or each other to form localized “trade associations” to encourage more positive landlords to positively invest in their neighborhoods.
4. **Small-scale Local Landlord Incentives:** The Housing Department at URA has been considering trying to develop a financial tool available to local landlords who want to invest in properties near their private residences. This would be kind of like a “Housing Recovery Program” for rentals rather than homeownership. URA's current ability to fund would require that this lean more toward market-rate rentals, but it could be more responsive than banks to smaller neighborhood-based landlords who might need slightly more flexible underwriting criteria.

Immediate or Long-term: Long-term

How will this help us meet our goals: A mixed-income community is a healthy community. Every community should have a mix of homeownership and rental housing so that no one neighborhood should be over-burdened with too much rental housing. Promotion of quality (local) landlords can drive out lesser quality landlords, as the East Liberty experience is showing. When quality rentals are integrated into a neighborhood, housing stock improves and revenue streams accrue to the owners, increasing the tax base for all.

Obstacles to Implementation: Code enforcement is a time-consuming process with many steps that often delay consequences for unscrupulous landlords. URA funding for landlord incentives may be hard to come by, as URA's funds have been radically cut over the past several years.

Who Needs to Be Involved: Neighborhood Organizations, Landlords, BBI, URA.

What City Resources Need to be Invested: Could the beefed-up City Planning Staff assist

neighborhood groups who want to do targeted enforcement and/or landlord registry? What City department should/could house the Landlord Registry? Can URA identify bond funding or governmental sources of funding for a pilot landlord HRP program?

What will be Different if Implemented? Incentives will be created to encourage neighborhood investment by higher quality landlords and neighborhood groups will be empowered to work with the City to levy fines on those who do not maintain their properties.

Background Materials Consulted: Lawrenceville United has implemented a landlord handbook and tried to work with landlords to improve their services. ELDI has done some work with landlords and Sheridan and Hazelwood are also making an effort.

Have Other Cities Done This:

One version of the kind of landlord "certification for excellence" program is in Cleveland. Particularly the Shaker Heights neighborhood. <http://www.shakeronline.com/for-businesses/landlord-connection>.

(Do not confuse the idea of a general "certification for excellence" with Section 8 landlord certification.)

Landlord licensing: Takoma Park--<http://www.takomaparkmd.gov/hcd/rental-housing-licensing> (not certification, more like a registry.)

Other Considerations?



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SUBCOMMITTEE REPORT

(Please use one report for each subcommittee recommendation)

Subcommittee Name	Mixed-Income Housing and Neighborhood Health
Subcommittee Chairperson(s)	Maureen Hogan
Title of recommendation	Protecting Our City's Existing Building Stock with a Comprehensive, Preservation-Based Strategy
Describe the recommendation	<p>A comprehensive preservation strategy should have these goals and characteristics:</p> <ol style="list-style-type: none">(1) To require review and approval of proposed demolitions with a process for input from neighborhood residents and community organizations(2) To allow a portion of the City's demolition funding to be used to stabilize condemned properties for later reuse(3) To create policy and legislation that generally favors preservation and adaptive reuse over demolition, which should be a last resort(4) To support the capacity of neighborhoods to develop flexible, individualized preservation strategies, taking into account the unique characteristics, historical context, and overall goals of a neighborhood, preferably in conjunction with a neighborhood-based master plan for development.(5) To educate residents, local community organizations, and neighborhood influencers with examples from other neighborhoods/cities where preservation strategies have been successful(6) To value and promote communication within and between neighborhoods on strategy effectiveness(7) To provide tools to address some of the root causes and justifications for demolition, for example:<ul style="list-style-type: none">• Rehab grants for low-income homeowners• "Tangled Title" legal assistance for low-income homeowners• Better tools to deal with absentee owners• Utilizing demonstrated methods for crime hot spot reduction• Methods of clearing titles and expediting the title-clearing process to get tax-delinquent, vacant properties

	on the market sooner than later. (See <u>ELDI paper</u> under Resources)
Is this an immediate or long term recommendation?	Immediate and long-term
How will this address our challenges or reach our goals?	<p>Long-term neighborhood stability and community health will result from having a comprehensive plan with regard to preservation and blight-fighting tactics.</p> <p>Favoring preservation and adaptive reuse of our building stock will invite reinvestment in blighted neighborhoods by both current residents and outside investors, contributing toward healthy and diverse neighborhoods, where old-timers and newcomers alike can delight in the quality and aesthetic appeal of 100+-year-old construction methods, intact streetscapes, and pedestrian-scaled neighborhoods with no dark vacant lots.</p> <p>Neighborhoods that preserve are psychologically healthier, because preservation efforts bring about greater levels of social cooperation, neighborly concern, and crime reduction. These communities become healthier places to live in multiple ways.</p>
What are the obstacles to implementation?	<ol style="list-style-type: none"> 1. Current city legislation that undermines preservation efforts, favoring demolition as a solution to blight, rather than addressing the bigger issues causing blight. 2. A culture within the city government and related entities that favors demolitions, for really no reason other than for some, new is better, or due to shortsightedness and lack of creativity. 3. Lack of tools to expeditiously get blighted properties into the hands of those who would reinvest when current owners are unwilling or unable to. 4. Powerlessness and lack of information on the part of residents who want to have more say in their neighborhood's overall redevelopment. 5. Inability of many low-income homeowners to make basic system repairs and pass legal title to their heirs. 6. Lack of funding.
Who needs to be involved?	<ol style="list-style-type: none"> 1. Our City Council Members, who need to be the first line of defense in these historic neighborhoods, and who can create and advocate for city legislation. 2. Our Mayor, who can change the culture of the city. 3. The URA and similar entities involved in large- and small-scale redevelopment. 4. Residents and community-based organizations who can act as advocates and pressure the above (1,2,3) to leverage

	<p>resources favoring the long-term planning approach for preservation rather than the band-aid demolition approach.</p> <p>5. Allegheny County Bar Foundation, Equity Protection Legal Clinic, organizations that work with low-income homeowners.</p> <p>6. Everyone who enjoys walking through our historic neighborhoods, whether they have that designation or not.</p>
What city resources need to be invested?	<p>1. Grants for building improvements for long-time residents and new purchasers who want to make basic system repairs to their homes (Philadelphia has four city-wide rehab grant programs, Pittsburgh has none).</p> <p>2. Funding support for a pro bono coordinator at the Allegheny County Bar Association to provide “tangled title” legal assistance to low-income homeowners.</p> <p>3. Funding for experts in building preservation to consult with home/building owners (<u>The Design Center Pittsburgh</u>).</p> <p>4. Bureau of Building Inspection -- addressing concerns before a building is severely structurally compromised. Allow residents to consult with BBI without fear of recrimination.</p> <p>5. The pro-preservation support of City Council and the Mayor during legislative activities and court proceedings (such as zoning or building hearings).</p>
What will be different if the recommendation is adopted?	<p>1. We will have more intact and beautiful neighborhoods that people and business will want to stay in or move to, and invest in.</p> <p>2. We will increase population density within the city, making things like mass transit and additional dedicated bike lanes more cost effective due to economy of scale, which will also reduce pollution if fewer cars are driven in the city.</p> <p>3. We will increase the tax base for the city if more houses are placed back on the tax rolls.</p> <p>4. We will be investing in buildings that will last another 120 years due to superior construction methods.</p>
Describe any background materials that you consulted	<ul style="list-style-type: none"> • East Liberty Development Inc.’s <u>Crime Report Study</u>, October 2013. Details a whopping crime reduction in areas targeted by ELDI for hot spot intervention methods, mainly by taking over properties. • James Howard Kunstler’s books: <u>The Geography of Nowhere</u>, <u>Home from Nowhere</u>, and <u>The City in Mind</u>. • Uptown Partners of Pittsburgh -- emails with Jeanne McNutt and Siena Kane • Communications with historic preservationists and activists who have fought this fight. • The Design Center Pittsburgh and its <u>Design Consults</u>

	<ul style="list-style-type: none"> • What is a <u>Conservation District</u>? • What is a <u>Historic District</u>?
<p>Have other cities implemented this recommendation?</p>	<p><u>East Liberty</u> - the crime report may as well be a preservation strategy success report.</p> <p><u>Decatur, GA</u></p> <p><u>Houston, TX</u></p> <p><u>Tulsa, OK</u> -- Parking craters.</p> <p><u>Denver, CO</u> -- Eliminated its parking crater.</p> <p><u>Portland, OR</u></p> <p>Homewood -- Tangled title legal assistance as a community development strategy</p> <p><u>Philadelphia, PA</u> – City-wide tangled title legal assistance http://lawworks.blogspot.com/2006/10/untangling-tangled-titles.html</p> <p><u>Philadelphia, PA</u> -- Basic system home repair grants http://www.phdchousing.org/thpp.htm; http://www.phdchousing.org/bsrp.htm</p>
<p>Are there any other considerations?</p>	<ul style="list-style-type: none"> • Suggestions from other team members: • The use of <u>Historic Districts</u> and <u>Conservation Districts</u> are promoted as the primary means to preserve building stock. The strict requirements to obtain Historic District status deter individuals from applying. Conservation Districts are viewed by some as watered-down Historic Districts that could be an enemy of Historic Districts (team member Mark Fatla). There should be more tools available than these to preserve buildings of character. • Any redevelopment and preservation efforts should occur in tandem with environmental protocols that reduce our footprint. The storm water management plan proposed by team member Michael Hiller (Maximize Green Infrastructure Implementation) would include a plan for what to do with vacant lots that exist (bioswales, urban gardens) and for how new development should provide incentives if not require storm water mitigation methods and on-site rainfall retention. Parking lots (which were demolished buildings) are a major source of sewer overburden when it rains. • The rights of private property owners. Team member Mark Fatla points out that Pennsylvania has “strong strictures on terminating personal property rights” in cases of tax delinquency and the like. He suggested that the city should “allocate greater resources to the structured land assembly process to acquire or extinguish the rights to properties.”

	<ul style="list-style-type: none">• Team member Barb Vlaw (not sure if I'm getting that name right) suggested expanding a North Side program that provides succession planning for the elderly whose children have moved out. Succession planning would provide a clear directive on the disposition of real estate upon parental death, so that properties aren't lying vacant and decaying while heirs squabble over what to do with them.• Team member Demi Kolke described Billy Kozich's work as the legal consultant to Operation Better Block in Homewood. Billy does "tangled title work. This service includes public records research and meetings with residents to determine where title is vested and the current interests in the property (typically due to the death of the record owner) in order to determine a strategy for conveying title to the resident, as well as drafting PA inheritance tax returns, and notice to the Estate Recovery Program and Applications for Probate, when the record owner has left a will."
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We request that each recommendation be submitted by the subcommittee Chairperson to Kevin Acklin and your Committee Chair by **5:00 pm on Friday, December 27.**

SUBCOMMITTEE REPORT

(Please use one report for each subcommittee recommendation)

Subcommittee Name	Mixed-Income Housing and Neighborhood Health
Subcommittee Chairperson(s)	Maureen Hogan
Title of recommendation	Building Diverse Neighborhoods through Inclusionary Zoning
Describe the recommendation	<p>The Mayor should engage stakeholders to develop an inclusionary zoning (IZ) ordinance while taking steps now to support inclusionary housing development.</p> <p>IZ leverages the private market to expand the supply of affordable housing in high-opportunity areas. This helps to deconcentrate poverty, broaden opportunity, and create diverse, inclusive neighborhoods. In developing an IZ policy for the City of Pittsburgh, the following principles should be kept in mind:</p> <ul style="list-style-type: none"> • Compliance should not be contingent on the availability of an affordable housing subsidy. Affordable housing resources are scarce, and an essential element of IZ is leveraging the private market. • Research shows that mandatory programs with zoning incentives and other development cost offsets are more effective than voluntary programs at producing affordable units. • Research shows that IZ programs that allow developers to build affordable units off-site or make “fee-in-lieu” payments are less effective at achieving inclusionary objectives than programs that require affordable units to be built on-site. • Research shows that there is a particular need in this area for units that are affordable to households earning at or below 50% of the area median income (AMI). • Pittsburgh has both weak-market and strong-market areas. Research shows that there are two prerequisites to an effective IZ policy – sufficient demand for market rate housing, and requirements that are not so onerous as to render the production of affordable units infeasible. An effective IZ policy should take the

	<p>City's diverse market conditions into account while being broadly applicable, and must be successful at producing affordable units in areas with low poverty and high opportunity.</p> <p>With these principles in mind, the Mayor should convene stakeholders to design an IZ policy that is informed by the City's Market Value Analysis and tailored to the specific needs of the City of Pittsburgh.</p>
<p>Is this an immediate or long term recommendation?</p>	<p>This is a long term recommendation requiring the following immediate, short term and long term actions:</p> <p><u>First 100 days</u></p> <ul style="list-style-type: none"> • A policy statement will be issued that building diverse neighborhoods is a priority of the new administration and that housing, mixed-use and transit-oriented development projects receiving City support should include homes that are affordable to people with low incomes, particularly if the project is located outside of areas of low-income concentration. • Engage owners, developers, IZ advocates, the URA and the Department of City Planning to develop standards for implementing the IZ provisions that are contained in the ALMONO preliminary land development plan. (The ALMONO PLDP grants a height bonus in return for a commitment to include affordable housing, but the City has not adopted any standards for determining whether such a commitment exists and is being honored.) • Encourage the URA and SEA to take the affordability restrictions contained in the Hill District Master Plan into account when setting the acquisition price for real estate in the Lower Hill. (The Penguins have expressed a willingness to follow the HDMP affordability requirements if feasible, and the URA and SEA can facilitate that by taking the restrictions into account when setting their acquisition price for the land.) <p><u>Year 1</u></p> <ul style="list-style-type: none"> • Engage stakeholders in an open process, develop a policy informed by the City's Market Value Analysis and the IZ principles outlined above, and introduce a City-wide ordinance. <p><u>First Term</u></p> <ul style="list-style-type: none"> • Enact and implement the City's first IZ ordinance.

<p>How will this address our challenges or reach our goals?</p>	<p>One of the keys to a stronger Pittsburgh is diverse, mixed-income neighborhoods where new development benefits everyone. Pittsburgh's 2013 Analysis of Impediments to Fair Housing Choice and 2013 Annual Action Plan state that affordable housing should be developed outside of areas of low-income concentration, especially for households earning less than 50% of the area median income. This has been a City goal for years, but our development policies have not been effective at achieving it. Inclusionary zoning is a proven strategy that will leverage the private market to accomplish this goal.</p>
<p>What are the obstacles to implementation?</p>	<p>A major obstacle is the urgent need for action. Several areas in Pittsburgh are experiencing renewed market interest, and hundreds of market rate units are developed each year. The longer we wait, the more opportunities we lose. In addition, there are inclusionary housing issues affecting the ALMONO and Lower Hill development projects that require immediate attention.</p> <p>Another obstacle is the need to educate the public regarding the social and economic benefits of a well-designed and implemented IZ policy.</p>
<p>Who needs to be involved?</p>	<p>Developers (for-profit and non-profit), affordable housing advocates, environmentalists, smart growth advocates, real estate professionals and analysts, planners, the URA, HACP and the Department of City Planning</p>
<p>What city resources need to be invested?</p>	<p>IZ typically involves changes in zoning and development plan approval processes to help offset the cost of producing affordable units, but it does not require an outlay of public funds like traditional affordable housing programs.</p> <p>Some funding will be required for compliance monitoring and evaluation.</p>
<p>What will be different if the recommendation is adopted?</p>	<p>Pittsburgh's neighborhoods will become more inclusive and diverse, with significant additions to the available affordable housing stock.</p>
<p>Describe any background materials that you consulted</p>	<p>PolicyLink, <i>Inclusionary Zoning toolkit</i> (2003)</p> <p>Schwartz et al., <i>Is Inclusionary Zoning Inclusionary? A Guide for Practitioners</i> (RAND, 2010)</p> <p>Deitrick et al., <i>Estimating the Supply and Demand of Affordable Housing in Allegheny County</i> (UCSUR, 2011)</p> <p>Pittsburgh Analysis of Impediments to Fair Housing Choice, 2012</p>

	Pittsburgh Annual Action Plan, 2013 Pittsburgh Market Value Analysis map Peduto for Mayor Policy #4: Helping to Build More Diverse Neighborhoods
Have other cities implemented this recommendation?	Hundreds of cities throughout the country have IZ policies
Are there any other considerations?	This recommendation was prepared by the Inclusionary Zoning Working Group of the Southwestern PA Housing Alliance. The IZ Working Group is a coalition of housing professionals and advocates dedicated to expanding housing choice and creating diverse communities throughout the region. If this recommendation is adopted by the Transition Committee, the members of the Southwestern PA Housing Alliance will provide technical assistance and help the Mayor to engage stakeholders and, mobilize support for an effective Inclusionary Zoning policy for the City of Pittsburgh.

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Links to background materials:

PolicyLink IZ Toolkit:

http://www.policylink.org/site/c.lkIXLbMNJrE/b.5137027/k.FF49/Inclusionary_Zoning.htm

RAND IZ Study:

http://www.rand.org/content/dam/rand/pubs/technical_reports/2012/RAND_TR1231.pdf

UCSUR, Affordable Housing Supply and Demand:

http://www.ucsur.pitt.edu/files/frp/Est_SD_Aff_Hous_All_Cnty_2011.pdf

Pittsburgh Analysis of Impediments:

http://apps.pittsburghpa.gov/dcp/2012_AI_for_the_City_of_Pittsburgh.pdf

Pittsburgh 2013 Annual Action Plan:

http://apps.pittsburghpa.gov/dcp/City_of_Pittsburgh_FY_2013_Annual_Action_Plan.pdf

Pittsburgh Market Value Analysis map:

<http://www.city.pittsburgh.pa.us/communitydevelopment/assets/MVAMap.pdf>

Peduto for Mayor Policy #4:

<http://www.billpeduto.com/2013/05/18/4-helping-to-build-more-diverse-neighborhoods/>



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SUBCOMMITTEE REPORT

(Please use one report for each subcommittee recommendation)

Subcommittee Name	Mixed Income Housing and Neighborhood Health
Subcommittee Chairperson(s)	Maureen Hogan
Title of recommendation	Reducing the Risk of Impaired Mental and Physical Health in Neighborhood Residents
Describe the recommendation	<p>Many children and adults in lower income neighborhoods suffer more depression and stress than residents of higher income neighborhoods. The health differentials are often the result of physical, mental, and/or sexual abuse occurring when an individual is a child. Children who are abused are at an increased risk for difficulties in school due to altered cognitive and language development, memory ability, depression, and social interaction. In addition they are at increased risk of developing diabetes, heart disease and shortened longevity. A healthy neighborhood requires residents who are mentally and physically healthy.</p> <p>Methodologies to recognize and intervene at an early stage are available. They involve educating adults about how abuse alters the mind and health of children and teaching them how to control their anger. There are methodologies that provide non-pharmacological intervention for individuals with mild and moderate depression by increasing opportunities for social interaction (reducing loneliness) and increased physical activity.</p> <p>This pilot proposal would locate programs and facilitators in easily accessible locations in lower income neighborhoods, in a collaborative manner with the institutions in the community where change can be effected. The program facilitators who would teach and interact with the participants would be residents of the neighborhoods where the programs are offered.</p> <p>This proposal advocates the establishment of community based programs that teach adults and children how to (1) cope with stress, resulting in an enhanced quality of mental and physical health for them and enhancing their ability to</p>

control anger, resulting in less abuse of children, and (2) support behavioral interventions (increased social interaction to reduce loneliness and increased physical activity) for those with mild and moderate depression.

Implementation:

1. Collaboration will be sought with existing programs in the City (and County) that are developing and implementing programs to reduce childhood abuse. Efforts will be made to heighten awareness of the effect of abuse of children on their mental and physical health (including difficulties in school due to altered cognitive and language development, memory ability, social competency, and the increased risk of developing depression, diabetes, and heart disease). The coalition would engage professional organizations, families, and other supportive community members.
2. The program will identify and implement already available and effective stress coping programs and new programs that are under development. Each would serve as a pilot program in different neighborhoods. This would allow comparison of the programs as to ease of administration, acceptance by the participants, commitment of the participants, compliance of the participants, effectiveness as reported by the participants.
3. Young adults and teenagers who have been abused will be recruited to review the proposed intervention programs and contribute to their content.
4. Facilitators, will be recruited as volunteers from the community, and trained in their own community, and will work in their own community. Some facilitators may themselves be young people who were abused as children. They will be taught how to increase their ability to cope with stress. Such trained young people may have an easier time and be more effective as positive role models when interacting with other abused children than would an adult facilitator.
5. Facilitators will interact with pregnant women, families with children, and adults with mild and moderate depression to provide:
 - a. Education regarding the effect of early life stress on long-term health
 - b. Instruction on how to use established and

	<p>effective countermeasures to reduce the effect of stress on mental and physical health and reduce mild and moderate depression.</p> <ol style="list-style-type: none"> 6. Programs will be provided in neighborhood facilities (public libraries, schools, places of worship) which people can easily access to learn to increase their ability to cope with stress, develop social interactions (a depression counter-measure), and engage in mild physical activities (a depression counter-measure). Programs would be offered at different times of day to accommodate work schedules. Sustained interaction with the community volunteers will be maintained for all who participate. 7. The facilitators will be trained by professionals experienced in these methodologies. 8. The effectiveness of the programs will be measured (possibly by monitoring hospital admissions for abuse, the number of self-reports, and reports by teachers and clergy). 7. Funding for the program would be sought from health insurance companies and foundations who have concerns about the quality of health and health care costs.
<p>Is this an immediate or long term recommendation?</p>	<p>Both long and short term. The beneficial effects of implementing this program to reduce the amount of childhood abuse and depression will not be realized for several months (possibly longer) after its full implementation. However, due to the serious and long-term harmful effects of childhood abuse on both mental and physical health, immediate attention is needed.</p>
<p>How will this address our challenges or reach our goals?</p>	<p>Children who are abused have long term impaired mental and physical health. This is due to an alteration of the structure of the brain and altered function of hormonal systems in the brain that regulate behavior and health. Often these alterations are permanent, and the individual and their family will have to cope with both mental and physical illness. If we are going to improve the quality of life and health in Pittsburgh, we must address the effects of childhood abuse on the quality of life and provide effective interventions that will reduce the number of individuals with mild and moderate depression.</p>
<p>What are the obstacles to implementation?</p>	<p>Some people are embarrassed or reluctant to recognize that they or a family member, neighbor, or co-workers have a</p>

	<p>mentally related illness. And once recognized, many people are not aware of resources that can help. Hence, there is a need for continual efforts to increase awareness and make help readily available.</p> <p>Other obstacles are manageable. These would include recruiting volunteers to offer programs in communities, identifying facilities in which to hold the programs, and hiring a coordinator to manage the program. Training of volunteers would be done by Bruce Rabin, MD, PhD, (volunteer) or a hired facilitator trained by Dr. Rabin.</p> <p>To be sure, there are many other health issues that need to be addressed: obesity, smoking, substance abuse, immunizations. But for children, failure to address the effects of abuse on the structure and function of the brain can have a permanent negative life-time impact.</p>
<p>Who needs to be involved?</p>	<ol style="list-style-type: none"> 1. Caring individuals, both youth and adults, in communities who will volunteer time to learn how to be trained in and offer the stress coping program. 2. Families, clergy, teachers who will understand the purpose and benefits of the program and support it by encouraging participation 3. Dr. Bruce Rabin, who will train the facilitators and assist the program coordinator 4. Other organizations in the City and County and governmental agencies that are engaged in programs to improve the quality of life and health of children and advocates for healthier communities. 5. The Mayor and his staff. Just as we champion green initiatives which are largely about inanimate things, we need to be equally proactive about neighborhood health, which is about people.
<p>What city resources need to be invested?</p>	<p>Salary for the program coordinator and funding for printed material and audio CDs to be provided to participants.</p>
<p>What will be different if the recommendation is adopted?</p>	<p>Some of the evidence-based benefits to participants resulting in greater resiliency (an enhanced ability to cope with problems and setbacks) include:</p> <ul style="list-style-type: none"> • Better ability to think clearly and remember things • Better performance in school • Less anger; fewer temper outbursts • A reduced risk of developing depression • Better ability to manage difficulties

	<ul style="list-style-type: none"> • Lower blood pressure • Less risk of heart disease and stroke • Better management of diabetes with reduced risk of diabetic complications
Describe any background materials that you consulted	Substantial scientific research supports the interventions described in this proposal. Abstracts of relevant publications have been compiled and will be provided upon request.
Have other cities implemented this recommendation?	None that we are aware of
Are there any other considerations?	To have healthy neighborhoods we need healthy residents of all ages. We plan many things in life; our children's education, where we want to live, what car we want to drive, our finances after retirement, what we will do when we retire, etc. Unfortunately we do not spend enough time planning for the quality of our health as we age. Moreover, when it comes to young children, it is the responsibility of loving adults to begin planning for the child's long term health. Indeed, healthy aging begins very early in life. This recommendation is to (1) recognize the effect of high levels of stress on the function of the brain of young children, (2) offer effective programs to help reduce the amount of stress that young children are exposed to, and (3) enhance the quality of mental and physical health for the residents of the City of Pittsburgh (and the County).

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control anger, resulting in less abuse of children, and (2) support behavioral interventions (increased social interaction to reduce loneliness and increased physical activity) for those with mild and moderate depression.

Implementation:

1. Collaboration will be sought with existing programs in the City (and County) that are developing and implementing programs to reduce childhood abuse. Efforts will be made to heighten awareness of the effect of abuse of children on their mental and physical health (including difficulties in school due to altered cognitive and language development, memory ability, social competency, and the increased risk of developing depression, diabetes, and heart disease). The coalition would engage professional organizations, families, and other supportive community members.
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 - a. Education regarding the effect of early life stress on long-term health
 - b. Instruction on how to use established and

	<p>effective countermeasures to reduce the effect of stress on mental and physical health and reduce mild and moderate depression.</p> <ol style="list-style-type: none"> 6. Programs will be provided in neighborhood facilities (public libraries, schools, places of worship) which people can easily access to learn to increase their ability to cope with stress, develop social interactions (a depression counter-measure), and engage in mild physical activities (a depression counter-measure). Programs would be offered at different times of day to accommodate work schedules. Sustained interaction with the community volunteers will be maintained for all who participate. 7. The facilitators will be trained by professionals experienced in these methodologies. 8. The effectiveness of the programs will be measured (possibly by monitoring hospital admissions for abuse, the number of self-reports, and reports by teachers and clergy). 7. Funding for the program would be sought from health insurance companies and foundations who have concerns about the quality of health and health care costs.
<p>Is this an immediate or long term recommendation?</p>	<p>Both long and short term. The beneficial effects of implementing this program to reduce the amount of childhood abuse and depression will not be realized for several months (possibly longer) after its full implementation. However, due to the serious and long-term harmful effects of childhood abuse on both mental and physical health, immediate attention is needed.</p>
<p>How will this address our challenges or reach our goals?</p>	<p>Children who are abused have long term impaired mental and physical health. This is due to an alteration of the structure of the brain and altered function of hormonal systems in the brain that regulate behavior and health. Often these alterations are permanent, and the individual and their family will have to cope with both mental and physical illness. If we are going to improve the quality of life and health in Pittsburgh, we must address the effects of childhood abuse on the quality of life and provide effective interventions that will reduce the number of individuals with mild and moderate depression.</p>
<p>What are the obstacles to implementation?</p>	<p>Some people are embarrassed or reluctant to recognize that they or a family member, neighbor, or co-workers have a</p>

	<p>mentally related illness. And once recognized, many people are not aware of resources that can help. Hence, there is a need for continual efforts to increase awareness and make help readily available.</p> <p>Other obstacles are manageable. These would include recruiting volunteers to offer programs in communities, identifying facilities in which to hold the programs, and hiring a coordinator to manage the program. Training of volunteers would be done by Bruce Rabin, MD, PhD, (volunteer) or a hired facilitator trained by Dr. Rabin.</p> <p>To be sure, there are many other health issues that need to be addressed: obesity, smoking, substance abuse, immunizations. But for children, failure to address the effects of abuse on the structure and function of the brain can have a permanent negative life-time impact.</p>
<p>Who needs to be involved?</p>	<ol style="list-style-type: none"> 1. Caring individuals, both youth and adults, in communities who will volunteer time to learn how to be trained in and offer the stress coping program. 2. Families, clergy, teachers who will understand the purpose and benefits of the program and support it by encouraging participation 3. Dr. Bruce Rabin, who will train the facilitators and assist the program coordinator 4. Other organizations in the City and County and governmental agencies that are engaged in programs to improve the quality of life and health of children and advocates for healthier communities. 5. The Mayor and his staff. Just as we champion green initiatives which are largely about inanimate things, we need to be equally proactive about neighborhood health, which is about people.
<p>What city resources need to be invested?</p>	<p>Salary for the program coordinator and funding for printed material and audio CDs to be provided to participants.</p>
<p>What will be different if the recommendation is adopted?</p>	<p>Some of the evidence-based benefits to participants resulting in greater resiliency (an enhanced ability to cope with problems and setbacks) include:</p> <ul style="list-style-type: none"> • Better ability to think clearly and remember things • Better performance in school • Less anger; fewer temper outbursts • A reduced risk of developing depression • Better ability to manage difficulties

SUBCOMMITTEE REPORT

(Please use one report for each subcommittee recommendation)

Subcommittee Name	Mixed Income Housing and Neighborhood Health
Subcommittee Chairperson(s)	Maureen Hogan
Title of recommendation	Neighborhood Based Planning and Development
Describe the recommendation	<p>We propose that residents of all City of Pittsburgh neighborhoods be offered the tools and resources necessary to play an active role in planning and influencing development in the neighborhoods in which they live.</p> <p>With regard to planning, we propose that planning be data-driven meaning that on-the-ground, reliable and valid, data is being utilized to inform the planning process. Additionally, we believe that residents should be leading the planning in neighborhoods. This can be done through engaging community organizations, block captains, and elected officials to ensure the residents are the voice of the neighborhood. A standard should be set that a certain percentage of residents (8-10%) have formally vetted and endorse the neighborhood planning and development decision, in some measurable manner. Neighborhood plans should detail development priorities, goals, and assignments. All neighborhood plans should be in line with the City's comprehensive plan and formally adopted by the City Planning Department.</p> <p>Development in neighborhoods needs to be done with good governance. Neighborhood Based Planning and Development Review Forums (NBPDRFs) are one way to achieve this. They are a mechanism to spur healthy mixed-income communities via what the UN and World Bank call "pro-poor planning and development". Two key features of pro-planning and development are empowerment and good governance. Empowerment entails ensuring that people from disadvantaged communities participate in development decision making, and thus are able to help craft efforts to address their needs. Good governance means that decision making is conducted in a manner that is open, transparent and which requires accountability.</p> <p>The proposed forums would:</p> <ul style="list-style-type: none"> • Act as advisory panels for development activities in Pittsburgh neighborhoods and will provide a unified voice for the community support or opposition to development proposals.

	<ul style="list-style-type: none"> • Serve as the first point of contact for developers in seeking community input and support for projects in that particular neighborhood. • Play a critical role in informing, shaping, evaluating, and updating community master plans and master plan implementation efforts. • Serve as a neighborhood councils as described in the Mayor elect’s “community councils”. • To prevent clandestine development decision-making. • In some cases, it may be appropriate for a multi-neighborhood planning forum instead of all individualized neighborhoods. <p>NBPDRF members should be residents of the target neighborhood and/or representatives of various organizations that are open transparent and accountable to community. Suggest 10-15 members appointed by community (6-8) and Mayor votes (4-7) or opinions taken by Forum members should be arrived via consensus and should-based on extensive feedback from community residents and stakeholders garnered from public meetings.</p>
Is this an immediate or long term recommendation?	Immediate, if there is alignment with existing opportunities, and long term
How will this address our challenges or reach our goals?	Allows people directly affected to participate in developing plans and interventions to improve the health of their community. At the global level, numerous studies conducted on behalf of the United Nations and World Bank have found such measures to be essential (UN-Habitat[1]; OECD[2]).
What are the obstacles to implementation?	Resistance to and fear of public participation and transparency. Lack of preparation/expertise to coordinate forums and to otherwise do this work well.
Who needs to be involved?	Mayor’s staff, community groups, various City departments
What city resources need to be invested?	Advisory Commission on Community Based Organizations (ACCBO) funds to resource forums, City Planning and or URA staff to communicate w/ Forums.
What will be different if the recommendation is adopted?	Open and transparent community development, more effective policy and process to revitalize distressed and maintain non-distressed communities, less tension between City government (Planning, URA, etc.) and community members, less of a burden of City Planning.
Describe any background materials that you consulted	https://www.cityoftacoma.org/government/city_departments/community_and_economic_development/neighborhood_council_program/ , http://www.anaheim.net/articlenew23.asp?id=4574 .

	<p>UN Habitat (2003). The challenge of the slums: global report on human settlements. Earthscan Productions: Sterling, VA.</p> <p>www.oecd.org/dac/povertyreduction/37852580.pdf</p> <p>Organisation For Economic Co-Operation And Development (2006). Promoting pro-poor growth key policy messages. OECD Publishing Paris, France.</p> <p>http://www.transparency.org/news/feature/ending_corruption_to_end_poverty</p> <p>http://phila2035.org/home-page/involve/</p>
<p>Have other cities implemented this recommendation?</p>	<p>Similar councils operate in:</p> <p>New York City as Borough Councils. See http://mbpo.org/free_details.asp?id=63.</p> <p>San Antonio, Texas has a comparable mechanism that integrates community groups into city level planning and development office activities. http://www.sanantonio.gov/planning/npud/registration.aspx.</p> <p>The City of Tacoma in Washington State coordinates development with neighborhood councils as does Anaheim, CA.</p> <p>https://www.cityoftacoma.org/government/city_departments/community_and_economic_development/neighborhood_council_program/</p> <p>http://www.anaheim.net/articlenew23.asp?id=4574.</p> <p>Additionally, South Side Planning Forum.</p>
<p>Are there any other considerations?</p>	

We request that each recommendation be submitted by the subcommittee Chairperson to Kevin Acklin and your Committee Chair by **5:00 pm on Friday, December 27**.