

Food & Housing as Healthcare



A Whole Person Model

The Lighthouse Foundation

Victoria Spreng, Executive Director

Erin Cioffi, Development Director

Devin Cunningham, Housing Director

Who Are We?

Why Does This Matter?

Focus areas today:

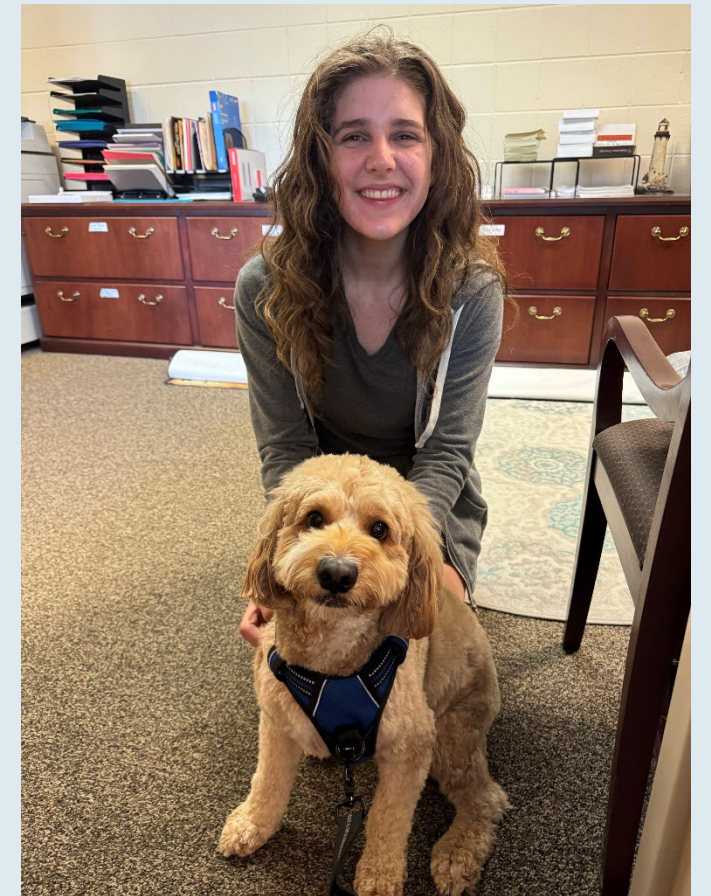
- Food insecurity
- Housing instability



The Reality in Rural Communities

Who We Serve Have...

- Higher poverty rates
- Transportation barriers
- Limited healthcare access
- Substance use and chronic illness



The Gap

What We See...

- Traditional care sometimes addresses only the symptoms
- We see people -
 - Discharged to no food
 - Discharged to unstable housing
 - Discharged to crisis



Our Response

- A Whole Person Model of Care
- Transitional Housing
- Food Pantry
- Financial Education
- Faith based mentorship



Transitional Housing

- Traditional Case Management
- Lighthouse Case Management Model
 - Key Differences
 - Measurable Success Indicators



Food Pantry

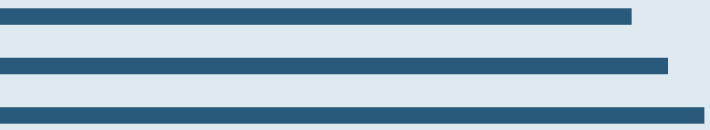
- Our shop through model
- More than just food
 - Resource center
 - Prayer and Encouragement



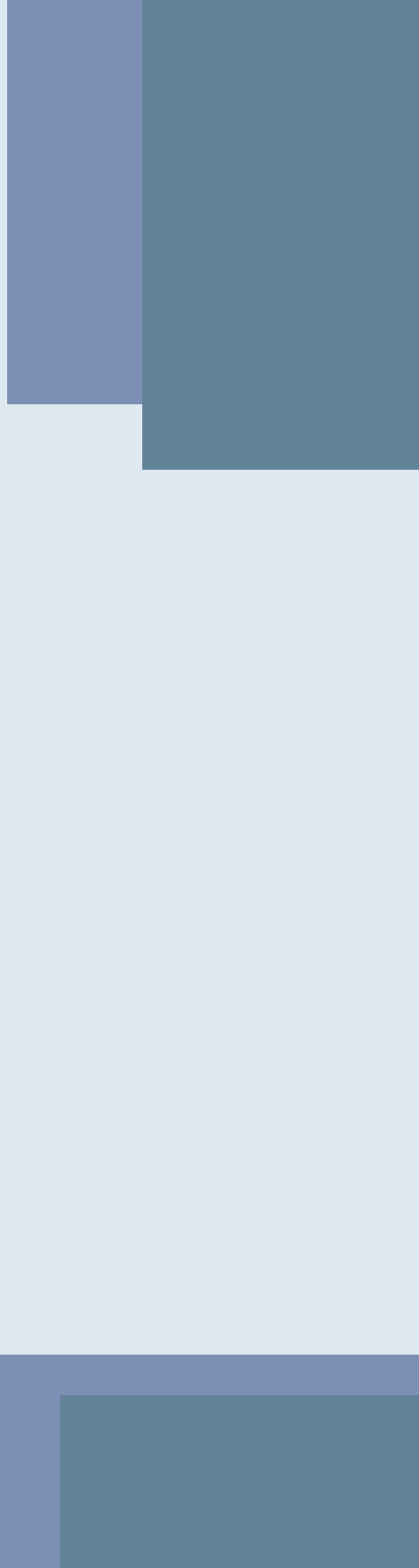
What Integration Looks Like

- Food + Stability
- Housing + Recovery
- Mentorship + Behavior Change
- Community + Accountability





2025 Real Impact



- 1.1 million lbs food distributed
- 260+ families weekly and over 12,000 orders
- Served a total of 48 individuals, including 30 adults and 18 children, helping families move toward long term stability and self sufficiency
- 18 households gained new employment while participating in the program, strengthening financial stability and creating pathways forward.

Why This Improves Health

- When basic needs are met:
 - Stress decreases
 - Stability increases
 - Recovery improves
 - Crisis decreases



What Makes It Work And Why...

- Relationships/Collaborations
 - Healthcare Partnerships
 - Social Services
 - "It take a village" idea
- Consistency
- Trust





How You Can Apply This

- Start with one need
 - Demand continues to grow
- Build partnerships
 - Leverage community
- Track outcomes
 - Data matters
- Leverage community

The Bigger Vision

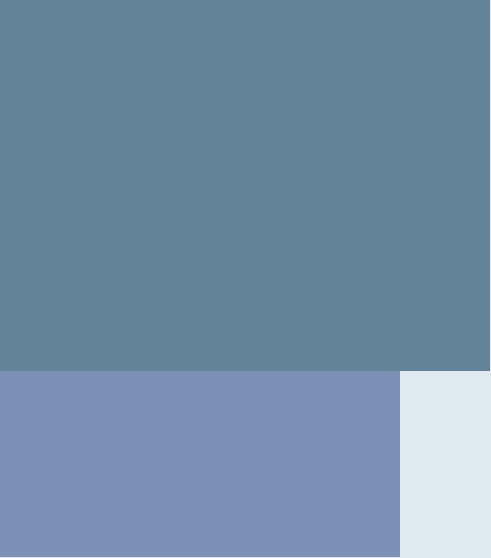
- Community organizations
IMPACT healthcare outcomes:
 - Prevention
 - Support and Stability
 - Recovery
 - Resources



Key Takeaways

- Food and housing impact healthcare
- Stability drives outcomes
- Integration happens locally

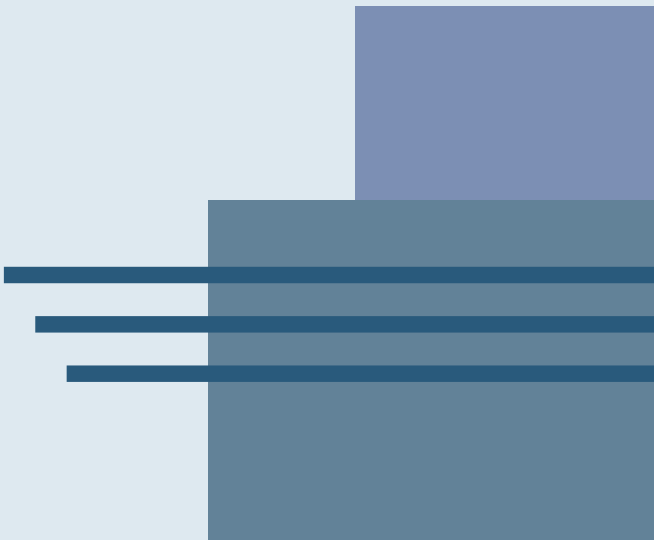


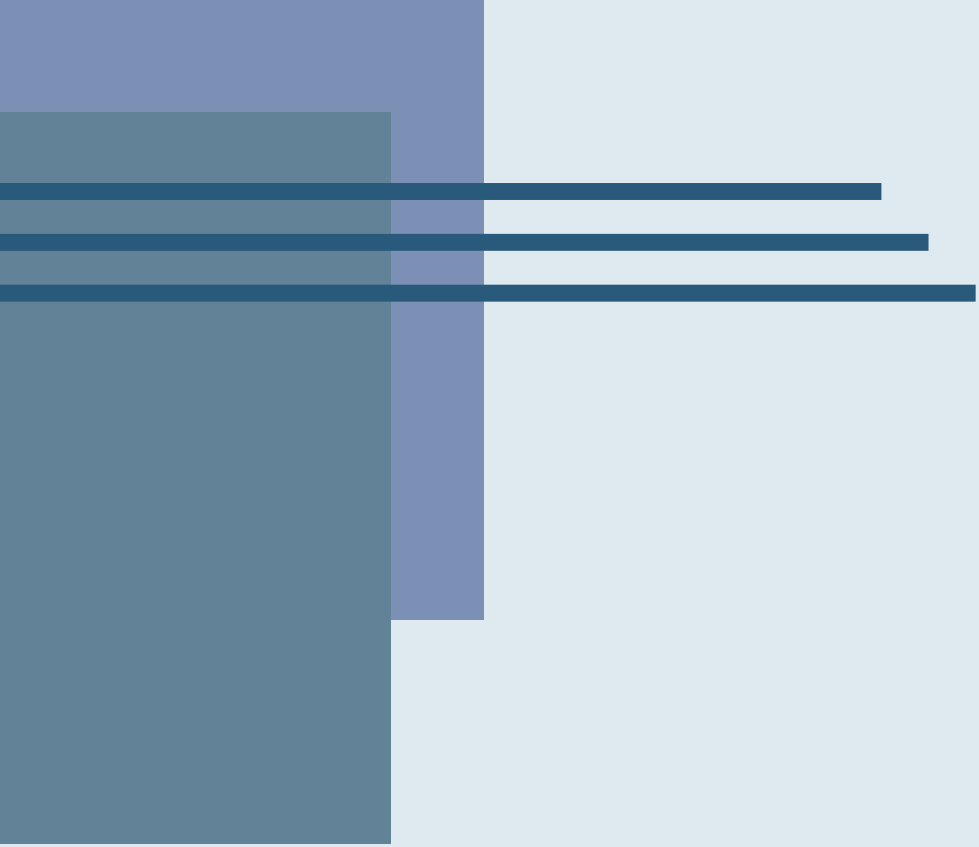


Food for Thought...

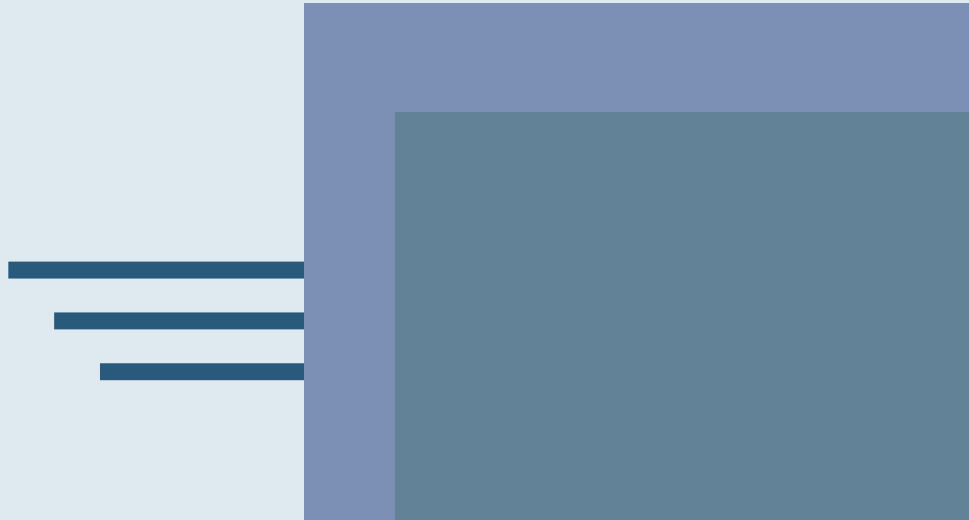
- What partnerships exist in your community?
- Where are the gaps?
- What's one thing you can do today to better support someone around you?

Q&A





References

- CDC
 - Feeding America
 - NRHA
 - SAMHSA
- 

Thank You!

www.thelighthousepa.org

P.O. Box 366, Bakerstown, PA 15007

Victoria Spreng - vspreng@thelighthousepa.org

Erin Cioffi - ecioffi@thelighthousepa.org

Devin Cunningham - dcunningham@thelighthousepa.org



@thelighthousefoundation



@thelighthouse_foundation_



The Lighthouse Foundation PA



Continuing Education Information

Accreditation Statement:

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh School designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits . Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 6.75 contact hours.

Social Work (ASWB)

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 6.75 continuing education credits.

Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologist (APA)

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Other health care professionals: Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Conflict of Interest Disclosure:

No planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

Disclaimer Statement

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.