



# Mental Illness and Homelessness

# Objectives

- Develop an understanding of the factors that contribute to homelessness
- Understand the prevalence of Mental Illness within the homeless population
- Review a list of core elements that will promote skillful crisis interventions

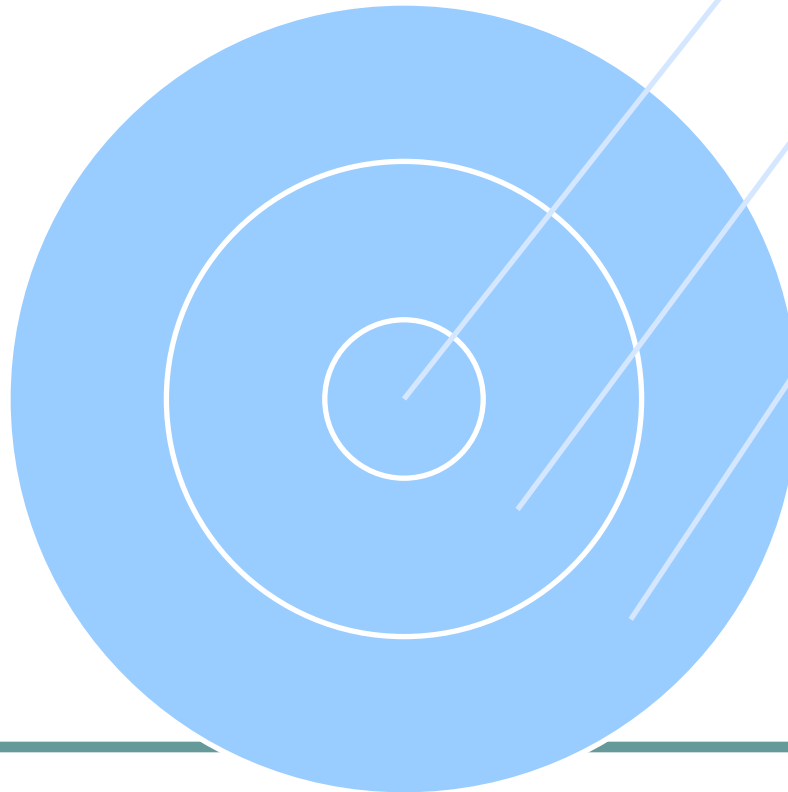
# Disclosure

- Much of the material presented today is gathered from the publication
- **“PRACTICE GUIDELINES: Core Elements in Responding to Mental Health Crisis”**
- U.S. Department of Health and Human Services: Substance Abuse and Mental Health Services Administration; Center for Mental Health Services
- <http://download.ncadi.samhsa.gov/ken/pdf/SMA09-4427.pdf>

# Understanding Homelessness

- Homelessness is experienced when the requirements of obtaining/maintaining housing exceed an individual's access to resources and opportunities.

# Resources



**INTER-PERSONAL  
STRENGTHS:**  
Emotional Regulation;  
Intelligence  
Physical Health

**SOCIAL GROUPS:**  
Friends; Family  
Social Clubs; Church

**COMMUNITY  
SUPPORTS:**  
Community Resources  
Job Market  
Transportation  
Infrastructure

# Impact of Mental Illness and Homelessness

- Untreated Mental Health symptoms negatively impacts an individual's capacity to meet the expectations of daily life.
- This often leads to an interruption or elimination of support from traditionally supportive social groups.

# Prevalence of Mental Illness and Homelessness

- It is estimated that one quarter to one half of homeless people have a severe psychiatric disorder.
- Approximately 7 percent of all police contacts in urban settings involve a person believed to have a mental illness.
- People with serious mental illness die, on average, 25 years earlier than the general population.

# What It Means To Be In A Crisis

- Intense feelings of personal distress
- Obvious changes in functioning or catastrophic life event
- Begins before language of “danger to self or others” is used
  - Crisis professionals frequently deal with the emerging crisis, not the contributing factors
  - A willingness to understand the contributing factors will help crisis professionals deal with the emerging crisis.



# Ten Essential Values in Responding to a Mental Health Crisis

1. Avoid Harm
2. Intervene In Person Centered Ways
3. Share Responsibility
4. Addressing Trauma
5. Establishing Feelings of Personal Safety

- Focus on Strengths
- Understand the Whole Person
- See the Person as a Credible Source
- Recovery, Resilience and Natural Supports
- Prevention

# Essential Values

## ● Avoid Harm

- An appropriate response establishes physical safety, but it also established the individual's psychological safety
- Use "Watchful Waiting" whenever possible
- If force is needed, use measures to minimize the duration and negative impact of the intervention.

## ● Intervene in Person-Centered Ways

- Seek to understand the individual and his or her unique circumstances.
- Seek to understand how the individual's personal goals can be maximally incorporated in the crisis response.

# Essential Values Continued:

- **Share Responsibility**

- Seek to assist the individual in regaining control by considering the individual an active partner in-rather than a passive recipient.

- **Addressing Trauma**

- Once physical safety has been established, harm resulting from the crisis or crisis response is evaluated and addressed without delay by individuals qualified to diagnose and initiate needed treatment.

# Essential Values Continued:

## ● Establish Feelings of Personal Safety

- Assist in attaining the subjective goal of personal safety by understanding what is needed for the person to experience a sense of security.
- Inquire about what interventions may increase feelings of vulnerability.
- What is regarded as agitated behavior may reflect an individual's attempts at self-protection.

# Essential Values Continued:

- **Focus on Strengths**

- Identify and reinforce the resources on which an individual can draw

- **Understand the Whole Person**

- Understand that the person is not simply an expression of psychiatric symptoms.
- The origin of the crisis may be a collection of many different variables. (i.e., physical health, loss of family support)

# Essential Values Continued:

- **See the person as a credible source**
  - Even when an individual's assertions are not well grounded in reality and represent obviously delusional thoughts, the "telling of one's story" may represent an important step toward crisis resolution.
  - Seek to understand the person's strengths and needs instead of establishing whether a statement is based in fact.
- **Recovery, Resilience and Natural Supports**
  - Interventions should preserve dignity, foster a sense of hope, and promote engagement with formal systems and informal resources

# Essential Values Continued:

## ● Prevention

- Ensuring that adequate linkages are made to promote prevention efforts
- Effective communication with emergency care professionals that will promote systemic improvements.



# Resources

# Single Adult Shelter Resources

- Central Point of Access 315. E Long St.
  - Intake for all single adults in need of shelter
  - **1-888-4-SHELTR (1-888-474-3587) / 24 Hours**
  
- MEN'S SHELTER
  - Faith Mission 151 N. 6th St. 599 E. 8th Ave.
    - 224-6617 Ext. 2151
  - Friends of the Homeless 924 E. Main St.
    - 360-0251
  
- WOMEN'S SHELTERS
  - Nancy's Place 325 E. Long St.
    - 224-6617
  - Rebecca's Place
    - 360-0251
  - Choices (Victims of domestic violence)
    - 224-4663

# Youth and Family Shelters

- **YOUTH SHELTERS**

- Huckleberry House Youth ages 12-17
- 1421 Hamlet St. 294-5553

- **FAMILY SHELTERS**

- YWCA Family Center
- 900 Harvey Ct. 253-3910

# Outreach Services

- The Open Shelter
  - 222-2885 Mon-Fri 9am-2pm
- Capital Crossroads & Discovery SID
  - M-F 6:30am-11:30pm 228-5718
  - Sat 8am-11:30pm Sun 10am-7pm
- Maryhaven
  - 560-4294 On-Call

# Homeless Healthcare & Outreach Services

- **Mt. Carmel Outreach**
  - 546-4200 Rotating Locations
- **CNHC Healthcare for the Homeless**
  - 645-0521 (Call for locations) M-Thurs 9:30am-4:30pm Friday 9:30am-3pm
- **Southeast Inc. Psychiatric Outreach**
  - Mon-Fri 8:00am-4:00pm 225-0980 ext 1140

# Veteran Services

- **Veteran Outreach Center** 30 Spruce St
  - Mental Health Services & Readjustment Counseling
  - Mon-Fri 8am-4:30pm 1-800-273-8255
- **VA Outpatient Clinic** 420 N James Rd
  - Medical, Mental Health & Social Services
  - Mon-Fri 8am-4:30pm 257-5200
- **Volunteers of America** 567 W. Broad St.
  - Employment Services & Computer Resource Center
  - Mon-Fri 8am-5pm 351-1881
- **Volunteers of America** 624 Harmon Ave
  - Residential Alcohol & Drug Treatment
  - Mon-Fri 8am-5pm 849-0145 Ext. 3