

## Legacy

The Haven is a non-profit organization located at 1812 Western Ave Mattoon, Illinois. The Haven achieves its goal of promoting community empowerment by advocating and providing education, shelter, food, and hope. The Haven's two significant resources that have been nothing but successful in empowering their community is The Community Kitchen and The Emergency shelter.

The Community Kitchen provides lunch and dinner every day of the week, Monday-Sunday. The kitchen doors open to community members from 12:00 to 1:00 pm for lunch and 6:00 pm-7:00 pm for dinner. The Emergency Shelter offers a place to sleep, laundry services, breakfast, lunch, and dinner. The Emergency Shelter is opened twenty-four hours, seven days a week, to any individual or family in need. The shelter has many rooms available, including two family rooms, designed for families with children and numerous separate rooms for men and women. A mandatory background check, conducted by the Mattoon Police Department, is done to ensure the safety of all who use this resource. The background check must be done before entering the facility by the Mattoon Police Department. Registered sex-offenders, parolees, or individuals with a warrant out for their arrest cannot stay at the facility.

Community health is a course that teaches students how community resources benefit members of the community and the role that the community nurse plays to promote individuals' overall health through education on the health resources within their community. The Haven relates to our course as it is a vast resource for providing the city of Mattoon's health needs. We chose The Haven to volunteer for as we have heard nothing but good things about their facility. On Sunday, October 11, our group volunteered at the Haven. During our

volunteer hours at the shelter, we were given a handbook, toured the kitchen, and trained. Next, we cooked, served food and prepped for the week.

We helped prep and cook food for the day/night, served food, and prepped food for the week. We were able to witness individuals using this resource and see the fantastic and rewarding job that The Haven does for their community's health.

### **Alexis Wormsley**

#### Article 1: Supportive housing helps vulnerable people live and thrive in the community

Supportive housing helps vulnerable people thrive in communities and is an important part of helping people receive adequate housing and health care. Essential characteristics of supportive housing is to combine affordable housing with coordinated services to help people struggling with physical and mental health issues (Dohler et al., 2016). Living without stable housing can drastically affect health by exacerbating mental illnesses, substance abuse, and chronic physical health conditions (Dohler et al., 2016). Evidence based research has shown that supportive housing helps individuals with disabilities and illnesses live stably in the community and receive more adequate health care (Dohler et al., 2016). Homeless shelters such as the Haven provide community empowerment and play a role in improving community health. Community health nurses can work with homeless shelters and set up referrals for homeless clients to receive help from a shelter.

#### Article 2: Nutrition for homeless populations: Shelters and soup kitchens as opportunities for intervention

Meeting adequate nutritional needs in homeless individuals is a challenge that negatively impacts community members' health. Homeless individuals suffer from diseases

related to poor diet and yet there is little public health involvement that helps the nutritional needs in this population (Kohn et al., 2016). Shelters and soup kitchens can impact the homeless populations nutritional needs by providing adequate food choices. Food shelters can improve food quality, offer a convenient nutritional education location, and improve homeless populations (Kohn et al., 2016). Food shelters can improve the nutritional status of homeless populations at little cost (Kohn et al., 2016). Food shelters often use volunteers to cook meals eliminating the need to pay employees to cook meals. Community health nurses can provide referrals for homeless individuals struggling to meet nutritional needs to a shelter that provides food.

### **Darby McNeil**

Article 1: Food pantries as partners in population health: Assessing organizational and personnel readiness for delivering nutrition-focused charitable food assistance.

Food pantries and homeless shelters provide an incredible service to the community. Still, some aspects of this service could be improved by providing healthier options to those who use it. According to Wetherill et al. (2018), many individuals who utilize food services, such as the Haven, experience higher chronic disease rates. The food provided for the community is often donated to the facility, which means that certain food groups may not be offered due to them costing higher amounts. Also, most facilities are run by volunteers or paid workers who do not have a background in preparing food and may not have the education needed to provide healthier meals. This study focuses on delivering education to workers to aid in health-promotion for the community being served and measures the outcomes of this education (Wetherill et al., 2018). Overall, the study showed that most food pantry workers

were willing to expand their knowledge of nutritional meals to provide better care for their community.

Article 2: What leads to homeless shelter re-entry? An exploration of the psychosocial, health, contextual and demographic factors.

In the article by Duchesne and Rothwell (2016), social determinants are analyzed to identify factors that increase readmission chances into homeless shelters after previous stays. Research has shown that individuals at homeless shelters longer have a lower health status and develop more health issues than those who have shorter stays (Duchesne and Rothwell, 2016). The study used a longitudinal design to follow participants over time to identify what factors influenced their return to homeless shelters after their first stay ended. After one year, the results showed that over 37% of participants returned to the shelter for at least one night (Duchesne and Rothwell, 2016). The most significant factor this study found affecting return to shelters was the lack of support participants have from family and friends. Although this is a challenging factor for shelters to diminish, they must try to help members of the shelter rectify their relationships to improve their chances of success. The Haven has many guests who return for multiple stays, and this study could help them find ways to improve their outcomes.

### **Jazmin Leal**

Article 1: Experiences of homeless families in parenthood: A systematic review and synthesis of qualitative evidence.

Homeless families experience insecurity due to the lack of security, hygiene, and intimation (Andrade et al., 2020). Lack of privacy is due to the limited spaces and restrictive environment, and the privacy to play children seek (Andrade et al., 2020). The homeless

families experienced disempowerment due to the routine change because of the shelter's specific routines, which may be difficult for some to maintain (Andrade et al., 2020). The child may also experience rule enforcement in the shelter that may not be given previously by their parents, which can cause a struggle (Andrade et al., 2020). A homeless child experienced behavior changes, such as mental health problems, disobedience, disrespect, aggression, and confusion (Andrade et al., 2020). The parents experience a change in their behavior due to being unable to meet their child's needs and depend on the shelter (Andrade et al., 2020). While the child and parent may experience temporary difficulties and stressors, parents have found that the situation motivates them to deal with and solve the current issues (Andrade et al., 2020). Parents see a homeless shelter as a safe space for their family, where they are provided with resources and services to strengthen their family cohesion (Andrade et al., 2020). The Haven is a safe place for homeless individuals in the Coles County area. The Haven provides a warm bed for individuals of all ages and provides food and resources to help individuals who want to get back on their feet to live a better life and make good choices. The Haven provides a place where individuals in need can seek assistance to help when they are the most vulnerable, which is crucial, significantly to help in any way to lessen stressors to prevent children that are not only confused but also scared. Children need some stability to enhance their growth and prevent any delays, behavioral problems, anxiety, and PTSD, which can cause a lasting effect that could be detrimental to the child – which is provided by The Haven.

Article 2: Descriptive study of homeless patients' perceptions that affect medication adherence.

Individuals that are homeless are in the emergency department, have a more extended hospital stay, and have an overall higher expense related to healthcare than the general public (Richler et al., 2019). One factor directly related to these findings with homeless individuals is that the healthcare system pays \$2559 more than the general population with homes for each admission due to medication noncompliance (Richler et al., 2019). A factor in medication noncompliance was due to not fully understanding the reasoning behind the medication and the benefits it gives the client (Richler et al., 2019). Many clients did not clearly understand the disease, which caused even less understanding of the medication (Richler et al., 2019). After the clients expressed concern about not understanding the need for the medication and receiving proper education on the disease and medication, they could see the benefits and saw medication compliance (Richler et al., 2019). Nurses need to reach out to centers such as The Haven to ensure the residents receive primary prevention measures or health screenings to ensure their health and safety. Residents of homeless shelters such as The Haven are unable to receive the medical care they need. With nurses giving proper education, the opportunity will ensure the client understands the disease and why it is essential to take their medication. When clients can verbalize understanding, know they have healthcare providers they can trust, they will adhere to medication compliance and lower their risk of developing a dangerous disease, thus improving the community's overall health.

## **Harold Henson**

Article one: Caring for patients who are homeless.

This article focuses on the needs of homeless adults and children. According to Mckenroe-Petitte (2020), in 2018, 552,830 people experienced homelessness, and 64.8% stayed in homeless shelters, safe havens, and housing or transitional housing programs that offer supportive services. From a nursing standpoint, barriers that affect patient care include an unstable home environment, sleep deprivation, low literacy rates, and cultural/language barriers (Mckenroe-Petitte, 2020). Nurses need to advocate for this population to address specialized care and provide significant resources. The Haven is such a resource that offers the community shelter, food, and services that educate and advocate for the homeless.

Article two: Leadership advocacy: Bringing nursing to the homeless and underserved.

Volunteer clinics for the homeless have allowed nurses the opportunity to provide basic hygienic, respiratory, and wound services to anyone in need (Porter-O'Grady, 2018). These activities led to providing primary health supplies to homeless shelters that would grow in demand and result in organizational response to the homeless and underserved (Port-O'Grady, 2018). Ultimately, the persistence and constant advocacy level from a small group of nurses led to federal funding and helped establish a fully integrated community health center with clinics that provide acute and chronic care (Porter-O'Grady, 2018). The Haven could extend its resources to the homeless and underserved in a similar manner by allowing nurses to provide services to improve and impact the community's overall health.

**Mary Jensen**

Article One: Food insecurity among formerly homeless Individuals living in permanent supportive housing

Individuals living in low-income situations have difficulty maintaining adequate food security, leading to other health conditions. According to Bowen et al. (2019), food security is having access to sufficient nutrition and safe foods; when individuals are homeless or living in supportive housing, this is often affected. Many individuals participating in the study stated they often had to choose between paying bills on time or purchasing food (Bowen et al., 2019). Individuals that are homeless or previously homeless still struggle with food security related to socioeconomic disadvantages (Bowen et al., 2019). Even when individuals are no longer homeless, they still face the problem of having adequate resources for food security. The Haven provides meals to individuals that are homeless, hungry, and anything in between. The Haven offers meals for the people staying in the shelter and to-go meals for those who have a resident but do not have the resources to purchase and make their own meals.

Article Two: A student-led curriculum framework for homeless and vulnerably housed populations.

Homelessness is a severe issue in the global population today and can be attributed to social determinants of health and can lead to preventable health conditions and mortality. According to Hashmi et al. (2020), those in vulnerable housing and homeless populations are at a greater risk for cardiovascular disease, accidental or traumatic injuries, diabetes, soft tissue infections, mental illness, and frostbite. To care for these populations, the researchers identified and utilized seven core competencies of homeless health to improve individuals' care

(Hashmi et al., 2020). The study used many human resources, including a homeless health expert, to guarantee the individuals were receiving high-quality and patient-centered care and encouraging a more positive attitude concerning healthcare for the homeless population (Hashmi et al., 2020). As nurses, this information is vitally important to ensure the care for individuals living in vulnerable housing or that the homeless receive care unaffected by their housing status. The Haven provides care to all individuals who require food or accommodation and work to improve homeless individuals' image. People living at The Haven come from all different backgrounds. They have many different stories about how they end up in their situation and receive resources to help nourish and foster themselves to recover from their current situation.

### **Whitney Langyher**

Article One: Establishing need and population priorities to improve the health of homeless and vulnerably housed women, youth, and men: A Delphi consensus study.

Homelessness affects many people in all communities. Shoemaker and colleagues (2020) developed a research study to determine the homeless population's priority needs, and they questioned healthcare professionals about their priorities in caring for the homeless. The research group distributed surveys to homeless shelters and food banks, and the staff or volunteers helped fill out the questionnaires with participants (Shoemaker et al., 2020). Researchers found that access to housing was the number one priority for homeless populations and healthcare providers (Shoemaker et al., 2020). Housing is a fundamental human right. Without adequate shelter, providers cannot meet other necessities. The homeless

are at an increased risk for mental health complications or addiction disorders, so the next highest priority is mental health and addiction care (Shoemaker et al., 2020). Homeless populations prioritize care for women, families, and children, while health professionals prioritize indigenous people (Shoemaker et al., 2020). Understanding the priority needs of populations ensures a plan of care is specific and client-centered. This study is essential in determining the differences in viewpoints between individuals experiencing homelessness versus healthcare providers that treat health disorders in that population.

#### Article Two: The school-age child: Does homeless mean healthless?

Although homelessness affects more single adults, the number of children and adolescents affected by homelessness increases (Paris & Campbell, 2019). Homelessness is directly related to low health status (Paris & Campbell, 2019). Paris and Campbell (2019) developed a community assessment in Abilene, TX, to determine homeless children's and adolescents' health implications. As a result, stakeholders and the research team identified improvement areas to increase healthcare access and decrease health risks for this population (Paris & Campbell, 2019). The community assessment goals involved increasing healthcare access for preventative care, reducing emergency department use, and lowering school sick days (Paris & Campbell, 2019). Homeless youth have difficulties obtaining transportation to and from appointments, and they have limited income to pay for healthcare services (Paris & Campbell, 2019). Researchers examined local healthcare facilities for financial aid to these vulnerable populations. Stakeholders invested in this community assessment to increase

homeless children's and adolescents' health status in the Abilene community (Paris & Campbell, 2019).

Therefore, nurses must be well educated on the following information provided within our research paper. It is also crucial to be educated on issues that could affect their community, which is why a community health class is essential in a nursing program (DeMarco & Healey-Walsh, 2020).

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