

Legacy Project- Homeless Population: Literature Review

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The focus of the legacy project was helping the homeless population, or what C-U at home refers to as "people without addresses." The group chose C-U at home because, after much research, we appreciated what they did for the community and wanted to take part in it. C-U at home is in Champaign Urbana in Illinois, and they offer a variety of services. The services include transitional Housing, street outreach, transportation ministry, education, and advocacy. Our group went there on October 6 and 8 as volunteers. We were oriented on the organization and shown around the building during our time there. We were able to witness the rooms for women, the laundry room, the showers, the area for men to sleep, the kitchen, the computer room, and the creative area. The group was able to spread throughout the creative area so that way when people came in, they felt welcome to join us in a puzzle or game. We were able to achieve meaningful conversations with many people. It was explained to us by the phoenix daytime drop-in center coordinator that the most beneficial thing for people who are homeless is human interaction. The phoenix daytime drop-in center is a place for people without an address to come together with friends from the community. It provides a living room, computers, board games, musical instruments, and companionship.

The provided articles are related to service and nursing for many reasons. It is essential to recognize the themes that have impacted people to contribute to their homelessness. Understanding the impact on the homeless's mental health is essential to provide coping mechanisms to ensure a healthier life. It is vital to understand that homelessness can happen to

anyone for various reasons such as drugs, alcohol, abuse, loss of a loved one, or even their environment. It can be challenging for people without homes to remain healthy. Their risk of exposure to viruses such as Covid-19 is much higher. Therefore, places like C-U at home require a mask, have hand sanitizer, and washing stations. They ensure that the population maintains proper hygiene and receives the proper care.

Overall, the experience at C-U at home was informative and educational. It is crucial as a nurse to see firsthand the people who do not have a home and what they experience. Understanding their day-to-day lives can make sure that nurses are sensitive and knowledgeable when providing care.

Student Name: Chloe Stalcup

Interpersonal relationships and drug use over time among homeless people: A qualitative study

Homelessness puts people at risk for social isolation. In this study, researchers broadened the topic of interpersonal relationships and homelessness. This study analyzed three themes that impacted homeless people throughout their life. Childhood was a topic discussed; more than half of participants related to an unstable upbringing, abuse and violence throughout their childhood, and an absent father figure (de Espíndola, 2020). Adolescent difficulties reported included high school dropouts, gender and sexual orientation, and the birth of their first child (de Espíndola, 2020). The adulthood difficulties discussed included a conflicting relationship with their family, health problems, and trafficking and prostitution (de Espíndola, 2020). These reported factors play a significant role in the homeless persons' situation and stability. The factors show that problems often impact people's lives and may put them in an unstable position.

**Co-occurring substance abuse and mental health problems among homeless persons:
Suggestions for research and practice**

Homelessness and substance abuse have been prominent social health issues for decades. Frequently these two health issues go hand in hand; many homeless people also have substance abuse issues. This article displays two models used to assist homeless individuals, an abstinence method and a Housing First method (Polcin, 2016). Regarding the Housing First method, researchers believe that if homeless people have a place to stay, they will provide a drug-free environment. The abstinence method denotes that the patients must be actively engaged in a recovery plan and abstain from a substance (Polcin, 2016). The C-U at Home organization relates strongly to the abstinence method because the individuals living at the facility must live in line with sobriety and rehabilitation. This study clarifies that organizations need to have a middle ground between abstinence and Housing First methods.

Student name: Princess Hernandez

**Financial strain, mental illness, and homelessness: Results from a national longitudinal
study**

Mental health issues and financial strain put people at risk for homelessness. Elbogen et al. (2021) conducted a study to examine the interrelationship between financial strain, mental illness, and homelessness. The researcher gathers data from interviews of 34,653 adults between 2001-2002 and 2004-2005 by the National Institute on Alcohol Abuse and Alcoholism. During the study, 11.98% of participants report having severe mental problems such as major depressive disorder, bipolar disorder, psychotic disorder, and alcohol or drug abuse (Elbogen et al., 2021).

Those participants who had severe mental illness reported being homeless for the past 12 months during the study. Also, 12.84% of participants report having financial strains due to being unemployed or low-income. The research analyzes that financial strain affects these participants' mental problems, which leads to homelessness (Elbogen et al., 2021). Financial strain and mental problems played an essential role in the risk of a person being homeless. The researchers' finding indicates that addressing severe mental illness and financial strain is vital to reduce the possibility of being homeless (Elbogen et al., 2021). Nurses need to look out for different factors such as their mental health and financial capabilities and help people overcome homelessness or reduce their risk of homelessness. This article relates to C-U at Home's phoenix daytime drop-in center because those individuals who come into the organization report financial and mental problems. Due to their financial and mental problems, they had a hard time coping with their lives, resulting in them being homeless.

Social conditions of becoming homeless: Qualitative analysis of life stories of homeless peoples

Homelessness can happen due to various social conditions of a person. Adults and those very young who experience social disadvantage can become vulnerable and less likely to adapt successfully. Mabhala et al. (2017) conducted a study to examine homeless people and their social condition under which homelessness occurs. The study shows that people who become homeless experience serious or undesirable events that lead to a progressive decline of resiliency (Mabhala et al., 2017). Among the frequent events are being in an abused environment, losing loved ones, breakdown of relationships, and changes with their employment (Mabhala et al., 2017). Participants who have been in an abused environment since childhood affects how the

participant carries on their life. Some participants stated that the trauma and damage of being in the abused environment significantly influenced their ability to make through education, employment, social interaction, and maintaining healthy relationships (Mabhala et al., 2017). In addition, participants state that they become engaged in maladaptive behavior such as drug and alcohol dependency due to changes in their employment and the breakdown of a relationship. They become dependent on using alcohol and drugs to get rid of the anxiety and pain they are experiencing, which also causes them to become homeless (Mabhala et al., 2017). The unpleasant experience and conditions they lived in led to becoming homeless. This article relates to C-U at Home's phoenix daytime drop-in center because most of the individuals who go in there have various reasons, they become homeless. Some individuals experience abuse in their life or live in a very undesirable place. Some people had an extreme change in their lives that resulted in them becoming very vulnerable.

Student name: Matthew Catlett

Homelessness during COVID-19: Challenges, responses, and lessons learned from homeless service providers in Tippecanoe County, Indiana

Homeless populations during the Covid-19 pandemic face many different challenges, including lack of resources for handwashing, showering, and other hygiene-related issues. The homeless population also lacks proper personal protective equipment, such as masks. These issues place the homeless population at a higher risk for developing Covid-19 (Rodriguez et al., 2021). The local governments and community health agencies face a problem with the homeless population concerning the Covid-19 pandemic. Statistics are difficult to track in this population,

such as infection rates, deaths, and other valuable information that can help assess the effect Covid-19 has on the homeless population.

In Tippecanoe County, Indiana, local organizations along with public health agencies identified this issue. These organizations created a method of gathering information regarding Covid-19 and the effects this population faces through interviews. The local government and other public health agencies can identify different issues, increase resources, better track and identify information, and expand partnerships and outreach across the county through this study.

Investing in public health infrastructure to address the complexities of homelessness

Every year, approximately 2.5-3.5 million Americans are homeless. The main reasons for homelessness across the United States include poverty, the inability of the homeless to obtain or find affordable Housing, and unemployment. Government funding has strayed away from public health budgets and infrastructure due to the country's failing infrastructure system and unforeseeable natural disasters. When these natural disasters occur, local governments and public health agencies become overwhelmed with these disasters, and public funding must go elsewhere.

Covid-19 has also hurt the homeless population. Public health agencies have been underfunded for years, explicitly funding the homeless population and outreach for them. For each 10% increase in public health spending, mortality rates fell between 1.1% and 6.9% in some communities (Allegrante & Sleet, 2021). Increasing spending and budgets for community health organizations helps the overall health of the homeless population and provides them with resources regarding Covid-19 such as education, PPE, food, and Housing. Suppose the

government does not acknowledge this population and identify the struggles they regularly face, much less during the Covid-19 pandemic. In that case, the homeless population will suffer from preventable disease and death without the proper funding and necessary preventative infrastructure changes.

Student Name: Levi Hahne

A systematic scoping review of environmental health conditions and hygiene behaviors in homeless shelters

Health conditions in homeless shelters have always been a concern for keeping the homeless population free of disease and maintaining proper hygiene. Multiple studies were done in the article to help discover what issues needed to be addressed for a more sanitary environment. Insufficient ventilation, overcrowding, and dirty bedding were among the top concerns for the shelters (Moffa et al., 2019). Other concerns that needed to be taken upon were behavioral issues within the homeless people and how the administration handles these issues. This article relates to our legacy project because we witnessed how the administration handled an argument the first day. The staff had deescalated a situation by asking two young men to leave or stop the fighting, and the two people involved left and settled their argument, then returned inside the shelter when tension was eased. Another issue discussed was the airborne precautions, tuberculosis being the highest at the time. Likewise, at The CU shelter, they consistently enforced strict mask mandates unless eating or drinking; this was for covid-19 precautions rather. By having guidelines and proper management of a shelter, the homeless community can find places to stay and feel safe when stopping through for the duration of the stay.

"Locked down outside": Perception of hazard and health resources in COVID-19 epidemic context among homeless people

Social inequality is still a significant issue with the virus Covid-19. A recent study from the homeless population in France surveyed that they still live-in dirty environments, or slums, making them more susceptible to the virus and the transmission methods. The study did prove that the emergency shelters host more contaminants despite the safety precautions in place. Over 70% of the homeless population had dealt with financial issues during quarantine. The studies supported a lack of external health care instead of internal healthcare (Allaria et al., 2021). Running the risk of exposure to Covid-19 is still a significant concern in some places. One thing noted at the shelter was the lack of wiping down tables and other items within the facility. By providing wipes, and more sanitation for hands, there would be fewer chances of spreading bacteria to one another. Unfortunately, the homeless population suffers from health disparities and puts them more at risk of contracting the disease and developing major health issues.

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