

Welcome

Engaging Homeless Youth: Recommendations and Resources

July 29, 2015

We will begin promptly at 1 pm EST

Event Host

Juli Hishida

Project Manager

National Health Care for the
Homeless Council



Tech Support: Patrina Twilley

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U30CS09746, a National Training and Technical Assistance Cooperative Agreement for \$1,625,741, with 0% match from nongovernmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Presenters



Charlotte Sanders, MSW

Field Lead - NW Leaders
in Behavioral Health
Program

Seattle, Washington



Jessica Thibodeaux

Crisis Intervention
Specialist – Family &
Children Services

Nashville, TN

Agenda

- Overview forthcoming EHY publication
 - Foundational elements
- A Clinical Perspective
- A Youth Perspective
- Additional topics addressed in the publication
- Q&A

Who would benefit?

- Those who work directly with youth
- Administrators
- Existing and new programs
- Youth-only programs
- Programs that serve all ages
- Programs with single or multiple services

Foundational Elements

- Defining *youth*
- Defining and measuring *engagement*
- ACES
- Core principles
- TIC principles

Defining Youth

- No standard definition of *homeless youth*
- For the project we used ages 12-24.
- Pathways (ex. Familial rejection, intergenerational homelessness, aging out of foster care, MH/BH issues, etc.)
- Sub-groups/sub-populations (ex. LGBTQ, accompanied or unaccompanied, youth who are pregnant or parenting, youth involved in the juvenile justice or foster care systems, victims of sexual trafficking and exploitation.)
- Newly vs chronically homeless
- Youth's perception of homelessness

Defining and Measuring Engagement

- *successful engagement*
- no standard measure
- Levels of engagement
 - *high-level* meaning “into systems or programs”
 - *individual level* such as engagement with an individual service provider, with treatment goals, or with activity at hand.

Defining and Measuring Engagement

- Who is the target population?
- What will the consumer be engaged in?
- How can this be measured?
- What skills and information need to be possessed by the one attempting to engage the youth?
- How is core-level engagement being addressed?

Adverse Childhood Experiences Study (ACES)

POLL

- I'm not familiar with the ACES.
- I've come across it before in my line of work, but not very familiar with it.
- I am somewhat familiar with the ACES and would like to learn more as it relates to my work.
- I am very familiar with the ACE Study and its implications on my work.

Adverse Childhood Experiences Study

- The study examined the relationship between trauma experienced between ages 0-18 and health outcomes in adulthood.
- Relationship between the number of trauma experienced in childhood and the increased number of risk factors for several leading causes of death in adulthood.
- Prevention strategies for decreasing adult risk factors and diseases that were identified in the ACES include
 - 1) prevention of adverse experiences in childhood
 - 2) prevention of the adoption of unhealthy coping strategies
 - 3) changing these risk behaviors and decreasing the disease burden among adults.

Vincent J. Felitti, et al. American Journal of Preventive Medicine (1998) Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study. 14(4), pg 245-258.

Trauma-Informed Care

- Addresses many of the serious negative consequences highlighted in ACES.
- Education and practice
 - Increasing awareness
 - Understanding behavioral coping strategies
 - Psychosocial assessments
 - Anticipatory guidance
 - Increase in physician training to best address trauma and its long-term health impact

ACES and Engagement

- Other studies and research
- Homeless youth ACE scores
 - Physician Trust Scale scores
 - Adult Attachment Scale scores
- Common themes identified were
 - reported experiences of adult perpetrated trauma
 - suspicion of health care providers
 - avoidance of health professionals

Principles of Trauma-Informed Care*

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Culture, Historical, and Gender Issues

*adaptation developed by the Georgetown University National Technical Assistance Center for Children's Mental Health and Youth MOVE National

Core Principles

- Cultural competency
 - non-judgmental
 - Accepting
 - various backgrounds
 - knowledge of adolescent and emerging adult development
- Immediate relief & long-term outcomes
- Multiple points of entry
- Housing in itself is not the only end goal
 - Self-efficacy
 - emotional wellness
 - understanding of healthy lifestyles and nutrition
 - life skills
- Consumer involvement

Engagement: A Hands On, Direct Practice, Clinical Perspective

Charlotte Sanders, MSW

Where do we begin?

❖ **Know Your “Self”**

- ❖ Self-Awareness
- ❖ Perspective
- ❖ Bias
- ❖ Motivation
- ❖ Attitude

❖ **Know The Goals & Mission**

- ❖ Achieve Housing
- ❖ Greater Self Efficacy
- ❖ Improved Health & Wellness
- ❖ Life Skills, Employment, Education
- ❖ Permanent Connections

“I am multidimensional”

Building the Relationship

Its about...

- ❖ **Trust**
- ❖ **Safety**
- ❖ **Respect**

And...

- ❖ **The Human Connection**
- ❖ **Meet me where I'm at**

“Not on Tuesdays”

Assessment & Approach

- ❖ *Trauma Informed Care*
- ❖ *Cultural Competence & Responsiveness*
- ❖ *Harm Reduction*
- ❖ *Stages of Change*
- ❖ *Motivational Interviewing*
- ❖ *Strength-Based*
- ❖ *Non-Judgmental*
- ❖ *Boundaries*
- ❖ *Child, Youth & Young Adult Development*
- ❖ *Attachment*
- ❖ *Knowledge of Transference & Countertransference*

“Just folding clothes”

How can you make the setting more engaging?

- ❖ Street Outreach
- ❖ *Drop In*
- ❖ *Clinic*
- ❖ *Mobile Medical*
- ❖ *School*
- ❖ *Shelter*
- ❖ *Housing*
- ❖ *Community*

“Coffee, tea, noodles, socks”

“Were you expecting me?”

Staff: Professional, Peer & Volunteer

- ❖ *Screening*
- ❖ *Training & Orientation*
- ❖ *Continued Education & Training*
- ❖ *Supervision*
- ❖ *Attention to Secondary Trauma*
- ❖ *Critically Reflective Practice*
- ❖ *Health & Self Care*

“Back to the Streets”

Conclusion:

What I've learned...

My Experience of Being Homeless

- 22 years old until 24 years old
- Stigma of “You did something to cause this.”
- Alcohol abuse, increased sexual activity and mental health issues
- Resources unknown
- Survival mode

Experience cont.

- Providers-patient, forgiving and flexible
- Security, Confidence and Safety

Here's to no longer
being homeless.



Additional Topics

- Services
- Collaborations
- Barriers to Engagement
- Youth Involvement

Services

- Sexual health
- Medical
- Mental and Behavioral Health
- Social and Support Services
- The Healing Arts and Other Creative Interests
- Interdisciplinary Models of Care



Collaborations

- School, Educational, and Vocational Programs
- Community Partners
- State and Federal Programs



Barriers to Engagement

- The Law and Other Local and Federal Policies
- Substance Use
- Perception and Knowledge of Available Services
- Rural Communities
- Lack of Funding



Youth Involvement

- Surveys
- Focus groups
- Advisory committees
- Board participation
- Volunteer, or paid employment, and other professional development opportunities
- Peer outreach or mentoring programs



a short online survey

Please take a minute to complete the survey to evaluate this webinar production.



Questions & Answers



Charlotte Sanders, MSW

Field Lead - NW Leaders
in Behavioral Health
Program

Seattle, Washington



Jessica Thibodeaux

Crisis Intervention
Specialist – Family &
Children Services

Nashville, TN

Resources

- Clinicians' Network
- Individual Membership & Council News
- Alerts for upcoming resources
 - EHY publication
 - Anticipatory Guidance
 - In Focus