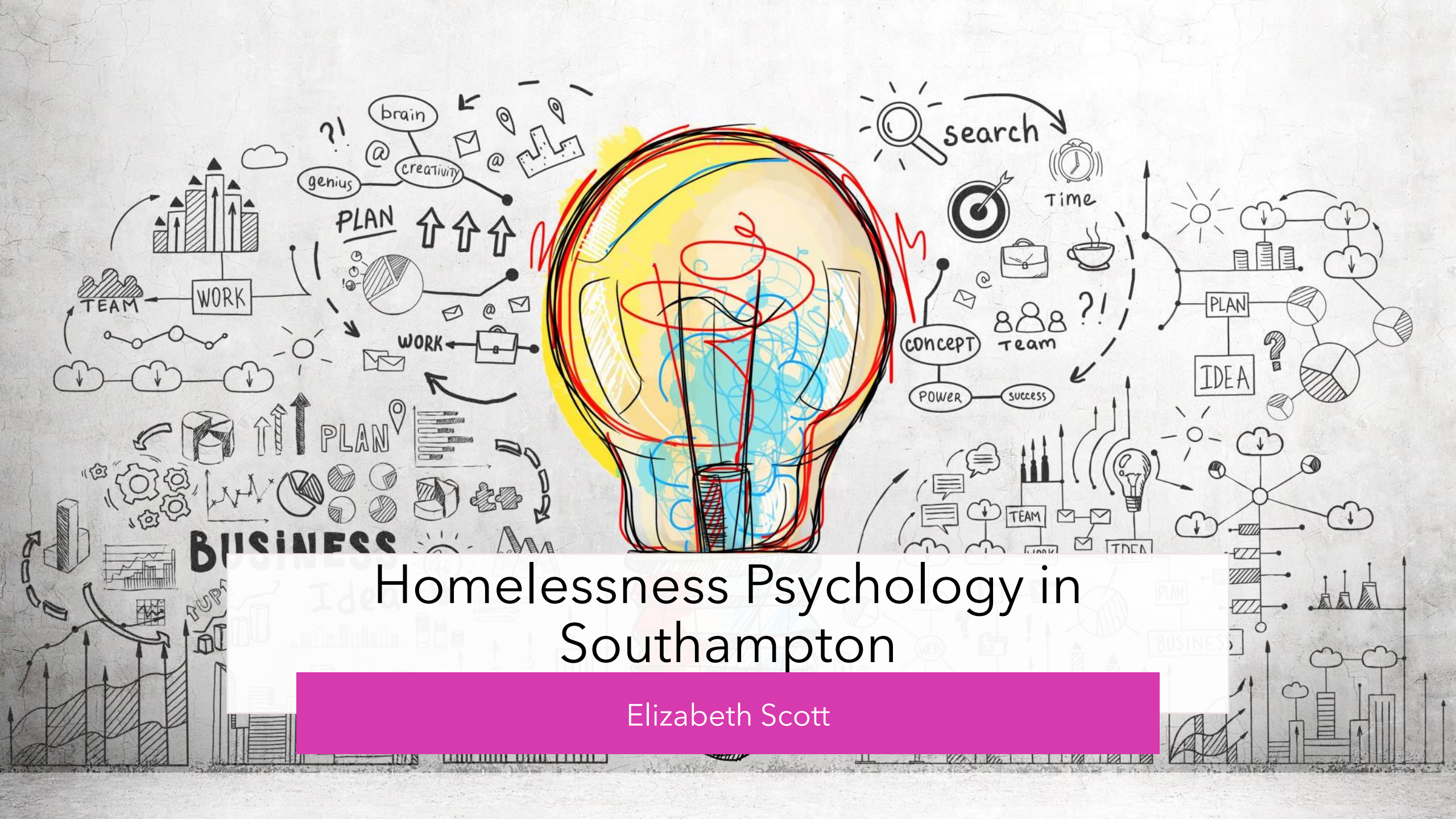
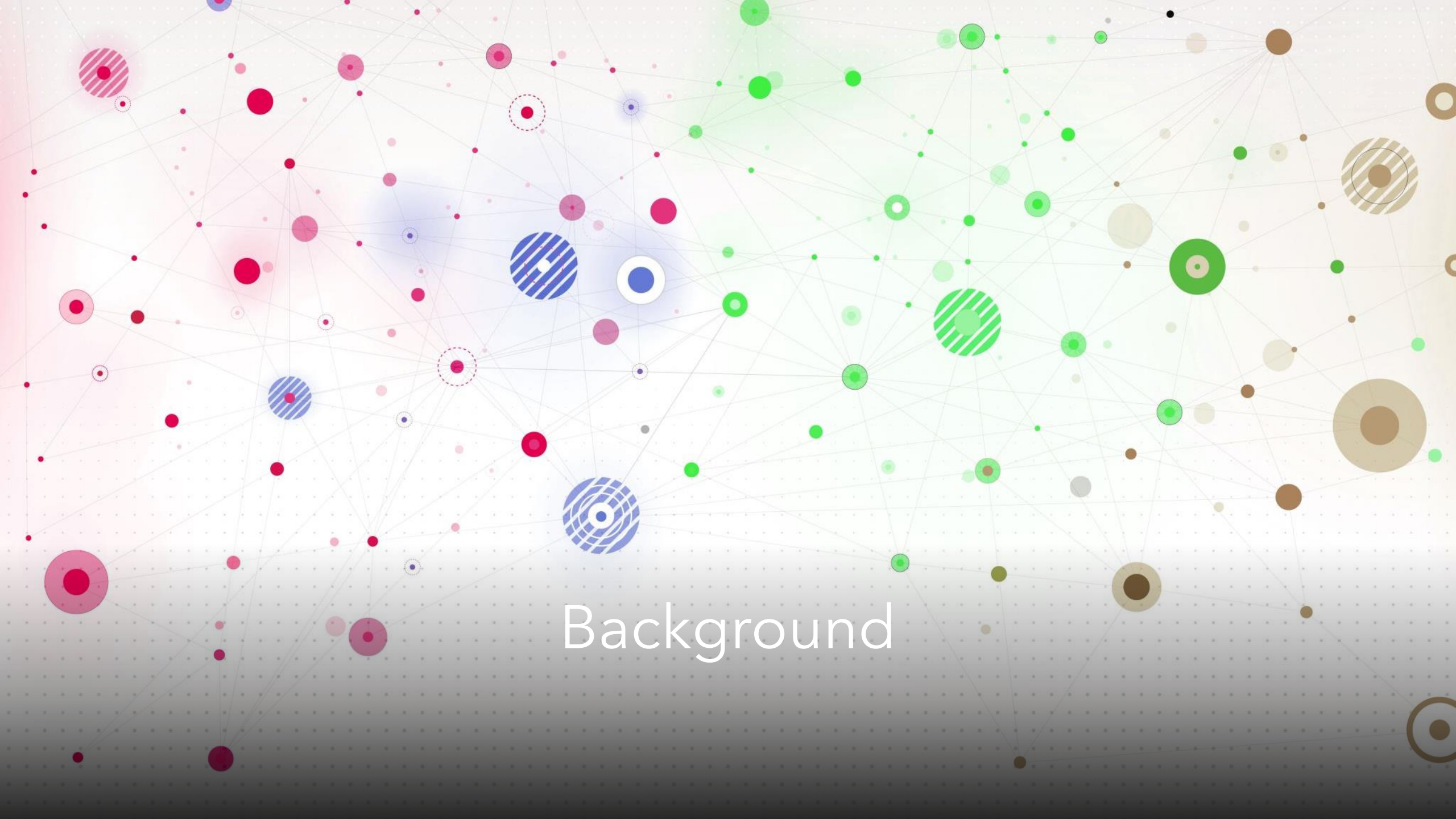


Homelessness Psychology in Southampton

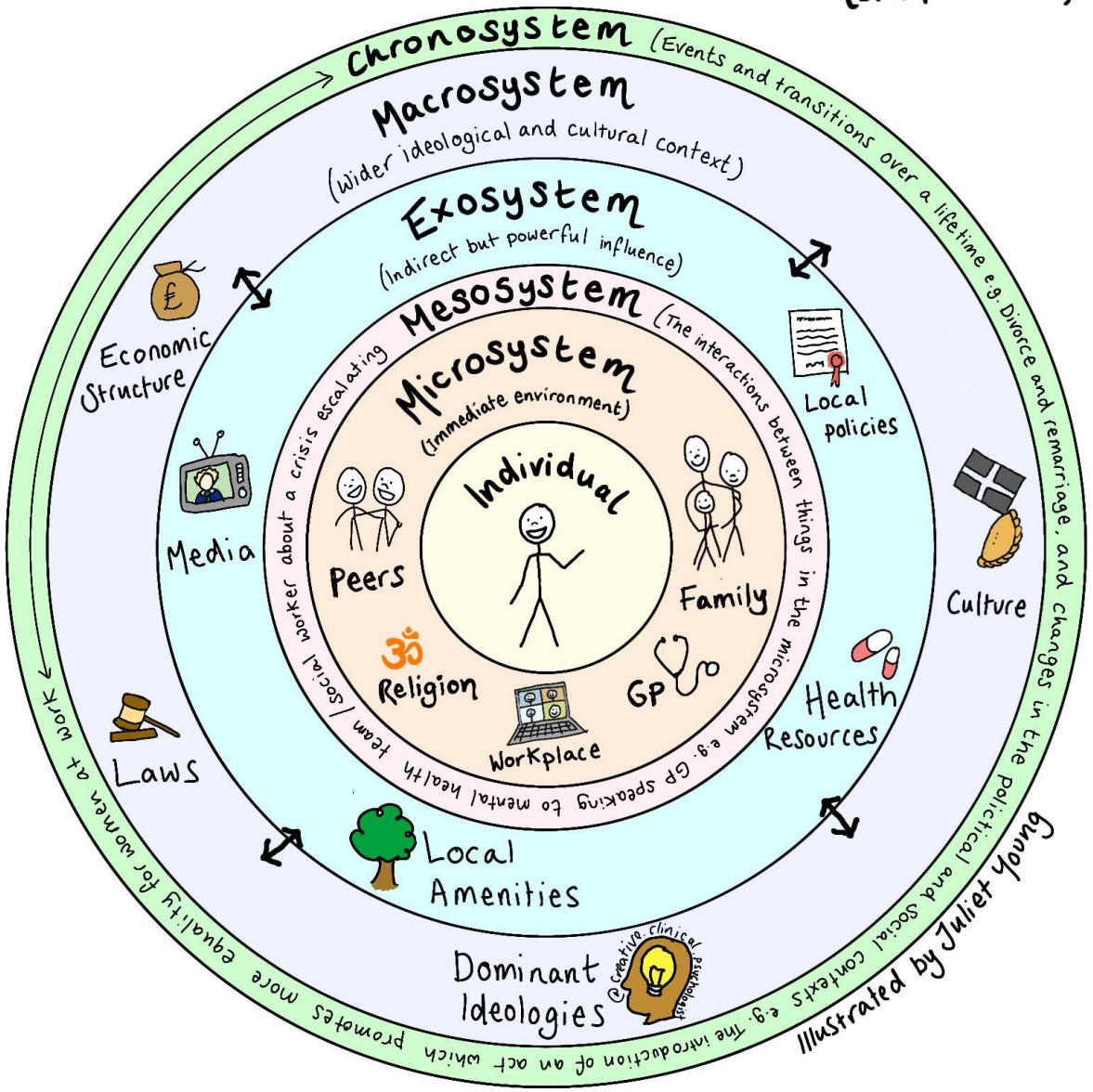
Elizabeth Scott



Background

Ecological Systems Theory

(Bronfenbrenner, 1979)



High levels of trauma, ACEs
Mental health
Physical health
Substance use

Government policy
Poverty
Inequality
Housing

Multiple exclusion
Barriers to services

Adverse childhood experiences

(Bohane & Maguire, 2011)

Category	N	Prevalence %
Abuse - Emotional	58	69.9
Abuse – Physical	55	66.3
Abuse – Sexual	23	27.7
Neglect - Emotional	46	55.4
Neglect - Physical	29	34.9
Household Dysfunction- Parental separation/Divorce	54	65.1
Household Dysfunction -Domestic violence towards Mother	30	36.1
Household Dysfunction -Household Member with Substance Abuse Problems	47	56.6
Household Dysfunction - Household Member with Mental Health Problems	44	53.0
Household Dysfunction -Household Member Imprisoned	29	34.9

ACEs and homelessness

Those who had experienced 4 or more ACEs were more likely to experience health problems or engage in health risk behaviours:

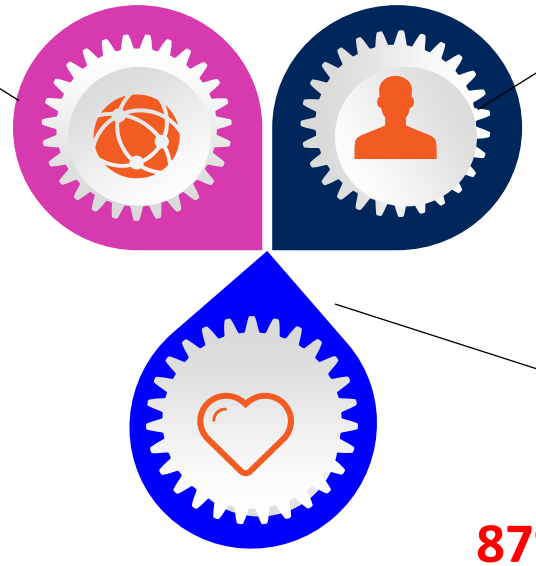
Heart Disease	2.9 times more likely
Cancer	1.6 times more likely
COPD (lung disease)	Almost 4 times more likely
Depression	4.6 times more likely
Suicide	12.2 times more likely
Smoking	2 times more likely
Alcoholism	7 times more likely
Heroin / crack use	9.7 times more likely

They were more likely to have experienced or perpetrated violence and to have been in prison:

Been hit in the past 12 months	5.2 times more likely
Have hit someone in the past 12 months	7.9 times more likely
Been in prison or cells in past 12 months	8.8 times more likely

Homelessness problems often around ‘tri-morbidity’

42% report an alcohol problem, 41% a drug problem (1)



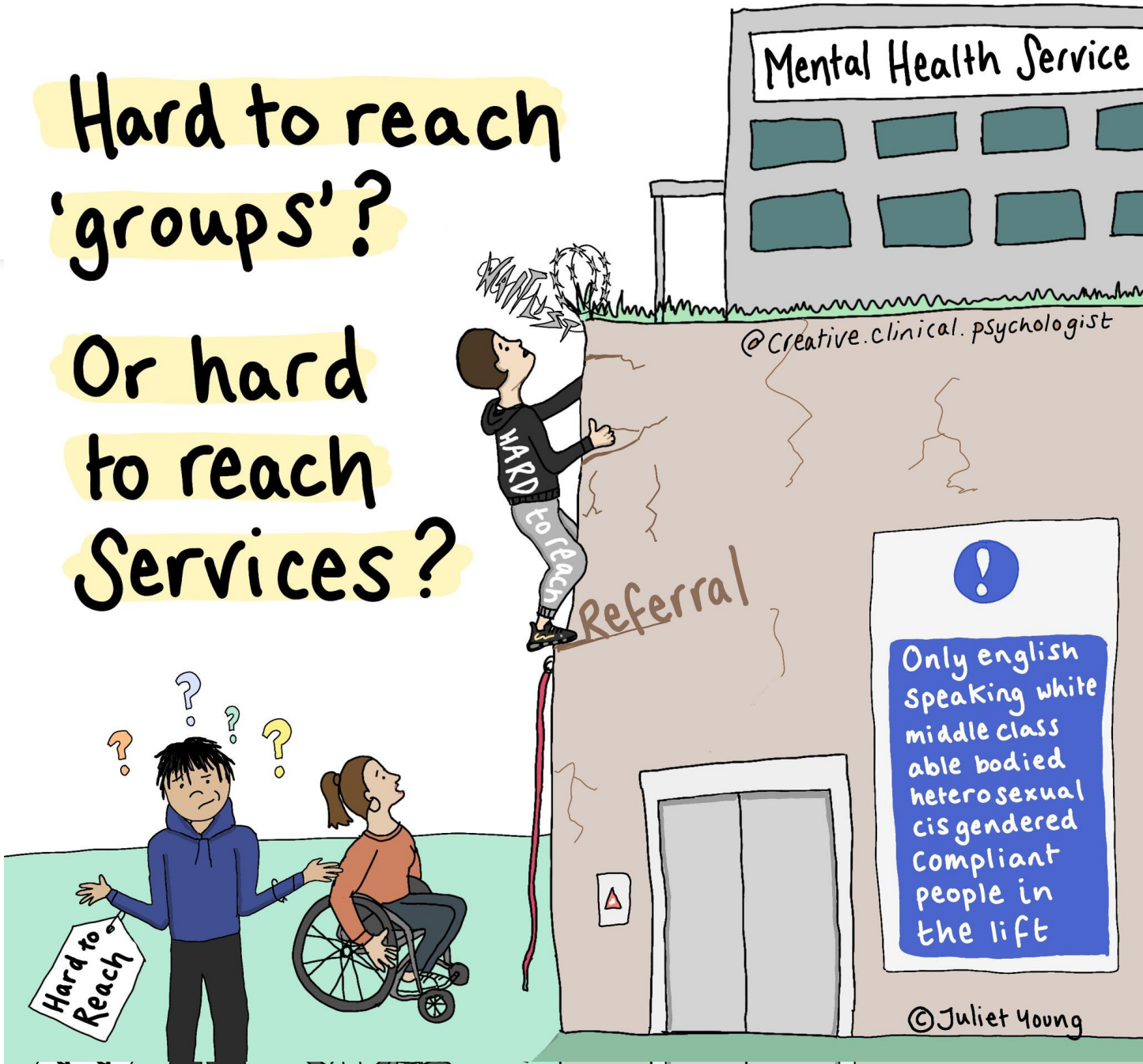
80% report a mental health problem, 45% have a diagnosis (2)

87% report at least one physical health problem (3)

1. CHAIN ANNUAL REPORT GREATER LONDON APRIL 2018 - MARCH 2019 n=5352
2. Homeless Link - The unhealthy state of homelessness: Health audit results 2014 n=2500
3. Elwell-Sutton et al (2016) Factors associated with access to care and healthcare utilization in the homeless population of England n=2505

Systems

- Health / social inequalities
- Barriers to accessing mental health services
- Complex systems / fragmented services / siloed working



Psychology placement

Resources



Three trainees



Access to supervision



Access to expertise



Services open to psychology

Models

- PIE
- Attachment theory / trauma informed
- Community psychology
- Systemic thinking



Aims

- Provide accessible/inclusive mental health support
- Engage people in the process of change
- Collaboration
- Working with complexity
- Empowering and bringing psychological influence to teams
- Support staff
- Meet educational needs, develop skills

Ecological Systems Theory

(Bronfenbrenner, 1979)

Intervention for the individual

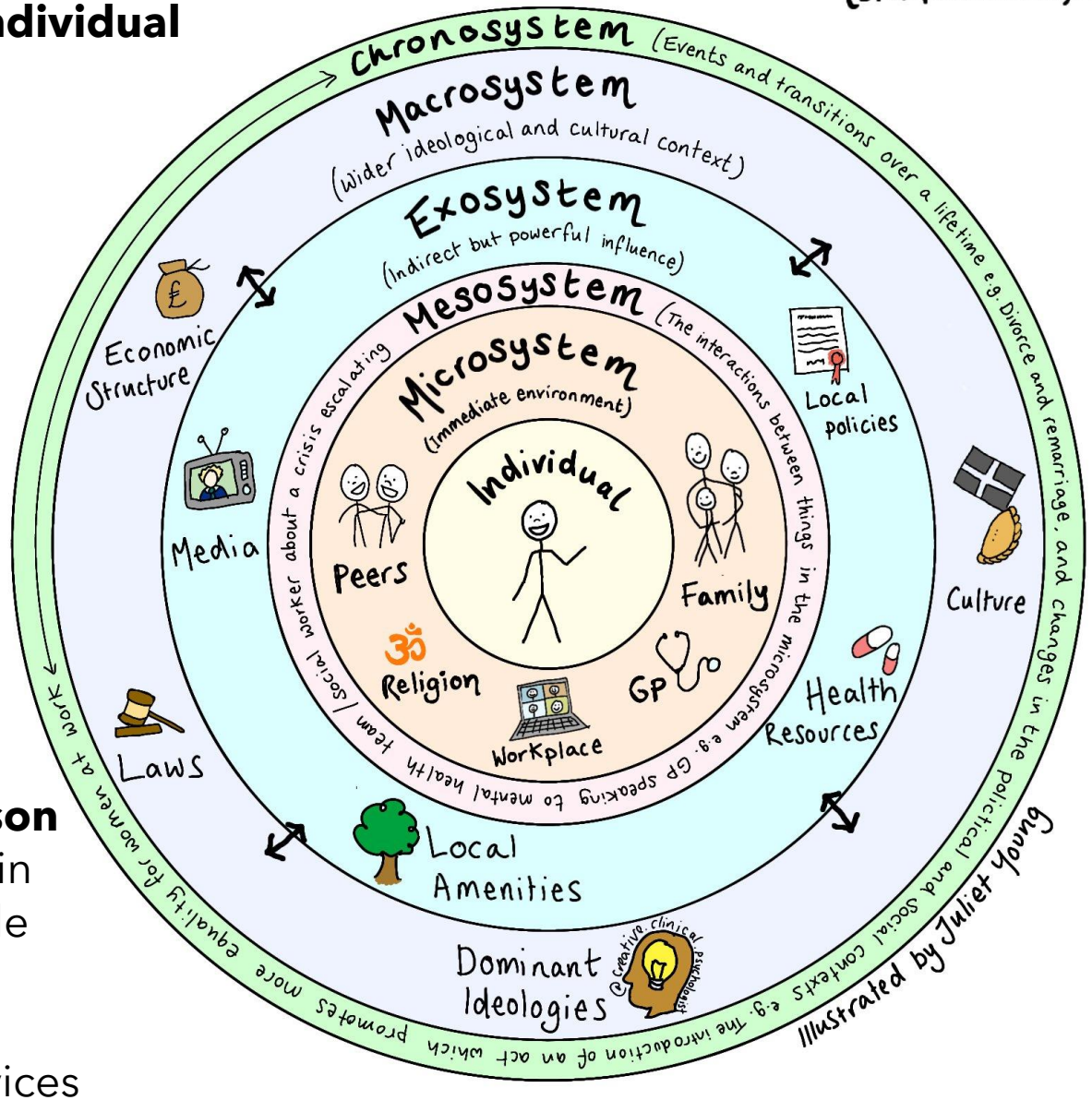
- Therapy
- Medication

Intervention in the immediate environment around a person

- Appropriate expectations
- Anti-discriminatory practice
- Sensory safety
- Emotionally safe attachment figures

Intervention in the relationships around a person

- Proactive communication in the network around people
- Reflective spaces
- Systemic thinking
- Enough resources for services



Changes in the social structures around people

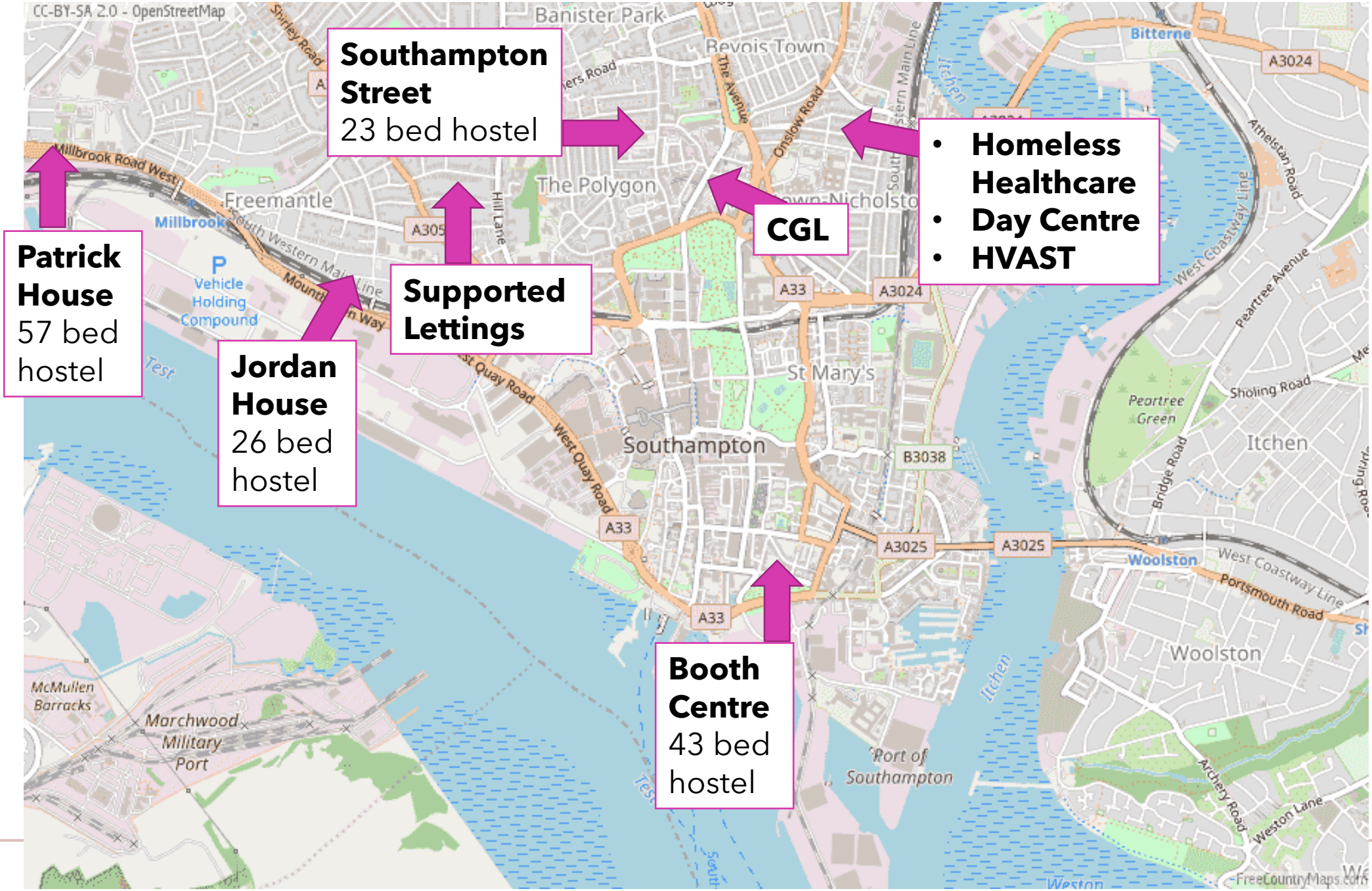
- Secure, adequate housing
- Accessible healthcare
- Local services/resources

Intervention in wider societal narratives, culture, law, and society

- Equitable access to food, safety, security,
- Increasing housing
- Culture shifts in narratives,
- Policy to tackle discrimination and inequality
- Community investment

Activities

- Engagement work
- Individual therapy
- Observations
- Consultation to staff
- Team formulation
- Reflective practice
- Staff training
- Multi-agency work


CC-BY-SA 2.0 - OpenStreetMap
Southampton Street
23 bed hostel
Patrick House
57 bed hostel
Supported Lettings
Jordan House
26 bed hostel
CGL
Homeless Healthcare
Day Centre
HVAST
Booth Centre
43 bed hostel
Banister Park
Bevois Town
The Polygon
Freemantle
Millbrook
Millbrook Road West
Vehicle Holding Compound
St Mary's
Southampton
Itchen
Woolston
Bitterne
Peartree Green
McMullen Barracks
Marchwood Military Port
Port of Southampton
A33
A3024
A3025
B3038
A305
West Quay Road
Hill Lane
Onslow Road
The Avenue
Peartree Avenue
Sholing Road
Bridge Road
Portsmouth Road
West Coastway Line
Archery Road
Weston Lane
Test
Itchen
FreeCountryMaps.com

Reflections / learning

- Necessary conditions – services open to psychology
- Previous experience
- Working with services
- Being responsive to need
- Being able to add value to their service to their commissioners
- Sustainability



Challenges

- Only psychologist located within the service
- More creativity with meeting course demands e.g. shadowing/observations/case reports
- Less formal 1:1 therapy opportunity
- Tensioning flexibility and inclusion with boundaries, structure and governance



Strengths of the placement



Experience of leadership and service development work



Diverse ways of working



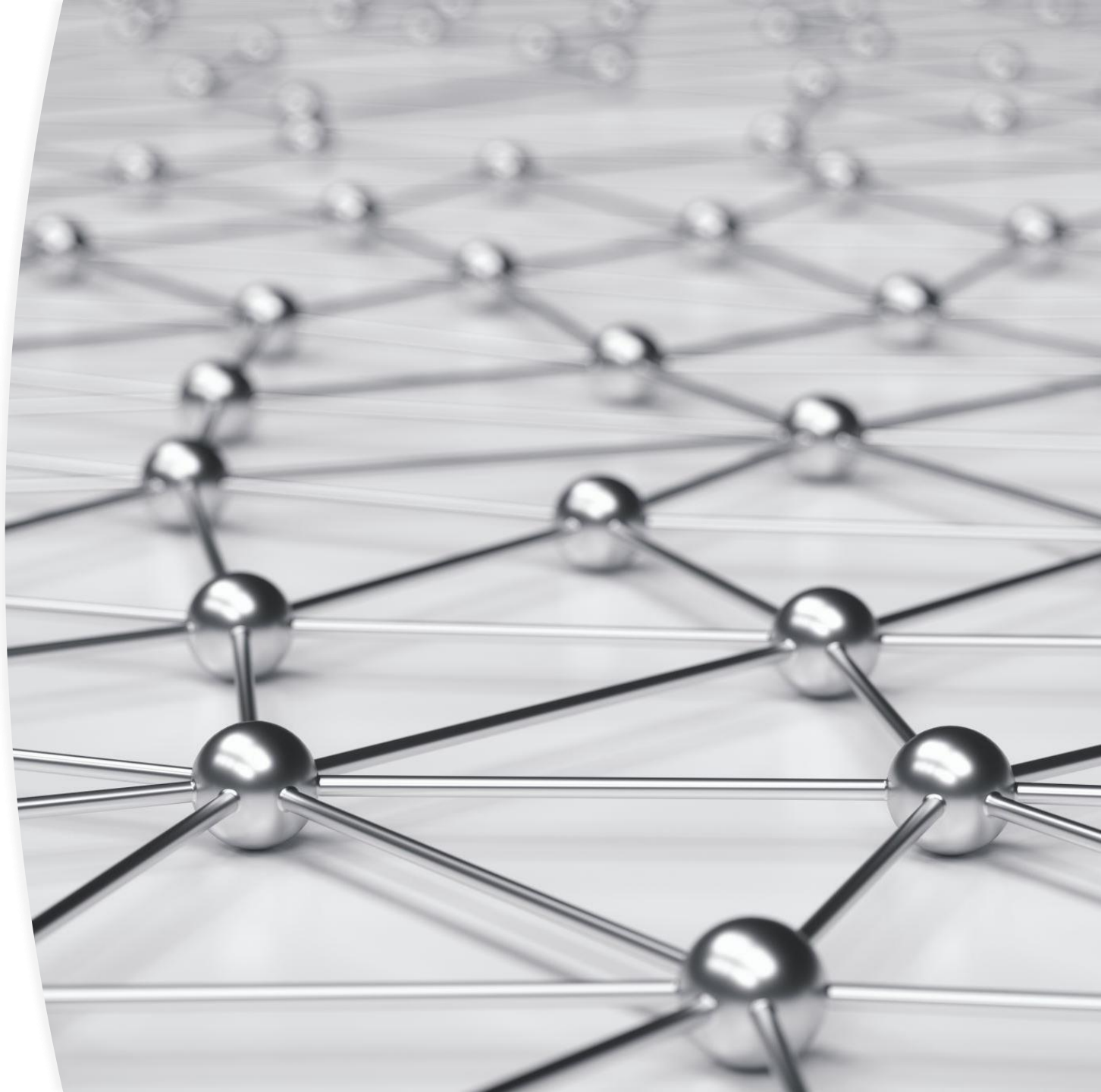
Ability to create and innovate



Workforce development – confidence

Future directions

- Work with peers
- Multi-agency training / workshops
- Multi-agency meetings
- Gather data
- More service user involvement
- Influence at council level



Thank you for listening

Any thoughts / questions?

