

Sacred Heart Mission

Journey to Social Inclusion Mark II (J2SI)

Ending Chronic Homelessness in Melbourne

*Launch of the Findings From the
Baseline Survey of the Journey to
Social Inclusion Mark II Research Study*

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Mixed Methods Randomised Control Trial

*Longitudinal survey data
(intervention and comparison
groups)*

*Qualitative interviews with a random
sample of study participants, and
semi-structured interviews with
service providers.*

*Linked administrative data - health,
justice, housing, income support*

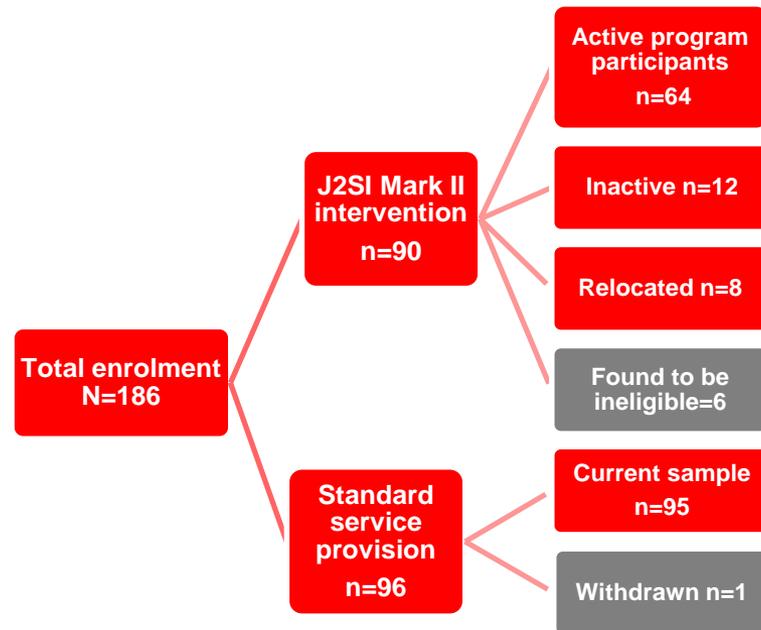
*Economic evaluation of the J2SI
Mark II model.*

Objectives

- **To understand the histories and needs of those experiencing chronic homelessness in Melbourne**
- To assess the impact of the J2SI Mark II program on housing, mental health, well-being, employment, income, social connections outcomes and on health and justice service usage.
- To evaluate the overall cost-effectiveness of the J2SI Mark II program

- ❑ Participants are aged 25-50 years
- ❑ Have experienced chronic homelessness
 - Rough sleeping for 12 months continuously at some point and/or
 - At least three episodes of any form of homelessness
- ❑ Currently experiencing homelessness

Baseline Survey

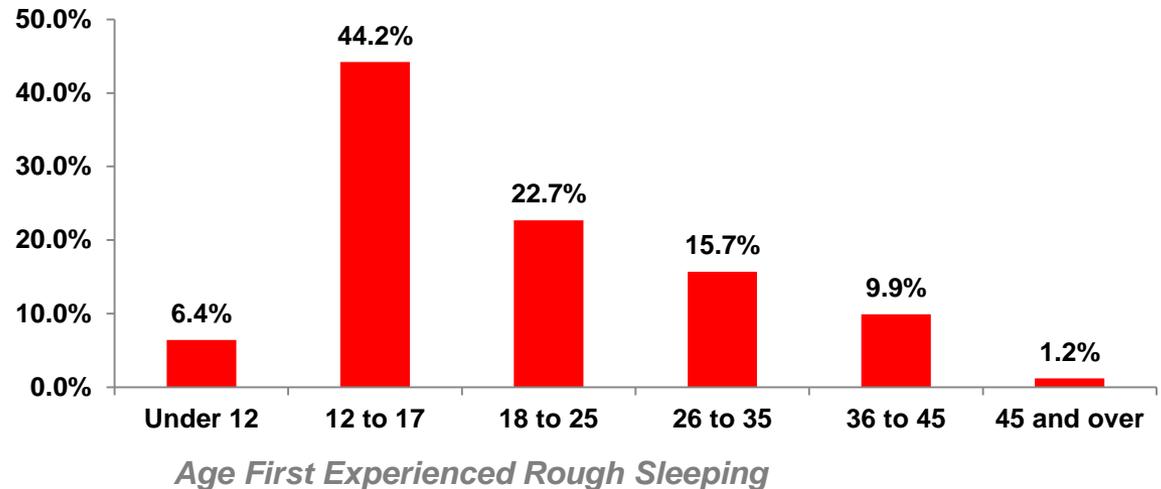


Men 69% Women 31%; Average age 40; 13% Aboriginal or Torres Strait Islander; 60% did not complete Year 12; 82% Single

Chronic Homelessness

Long histories of Homelessness

Lifetime Experiences of Homelessness



Characteristics

- 50% experienced rough sleeping before 18 and 44% indicated they had left home/run away because of verbal and/or physical violence in the home as children
- 70% experienced one form of homelessness or another before 18
- 90% have experienced rough sleeping 4 times or more
- Average time spent rough sleeping – 5 years
- Also significant histories of time spent in supported accommodation, couch surfing and boarding houses

In the week prior to the interview

- 30% rough sleeping, 16% couch surfing, 31% supported accommodation, 13% in boarding houses and similar housing, 10% in medical facilities and public/community housing

Physical & Mental Health

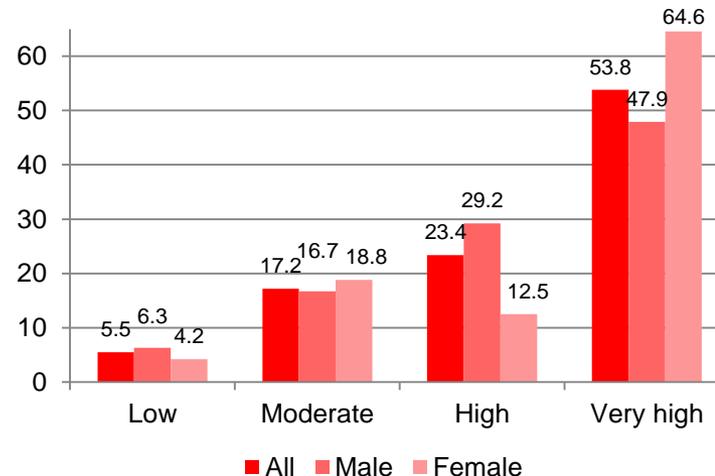
70% screened positive for experiencing post-traumatic stress

Three quarters (77%) of J2SI Mark II respondents were found to be experiencing high (23%) or very high (54%) levels of psychological distress, which is dramatically higher than the 12% of the general adult Australian public that reported such outcomes (Australian Bureau of Statistics, 2015)

Long-term physical and mental health conditions

- 91% reported having at least one diagnosed mental health condition with 74% reporting three or more chronic physical or mental health conditions
- The most prevalent diagnosed mental health conditions were depressive disorders (60%), substance-related abuse (56%), anxiety disorders (44%), and post-traumatic stress (35%). Among physical health conditions the most prevalent were hepatitis C (37%), and chronic back or neck problems (38%)

Level of psychological distress by gender



- **High scores on an international loneliness scale**
- **WHO QoI scores on health, psychological, social relationships and environment domains lower than for general homeless population**

Drug and alcohol use

More than a half of all respondents (58%) had a high-risk level of use of at least one substance (including alcohol, drugs and tobacco) with half having high risk use of alcohol and drugs (Amphetamines and Opioids generally)

Health Services

High health costs to the Victorian public health system

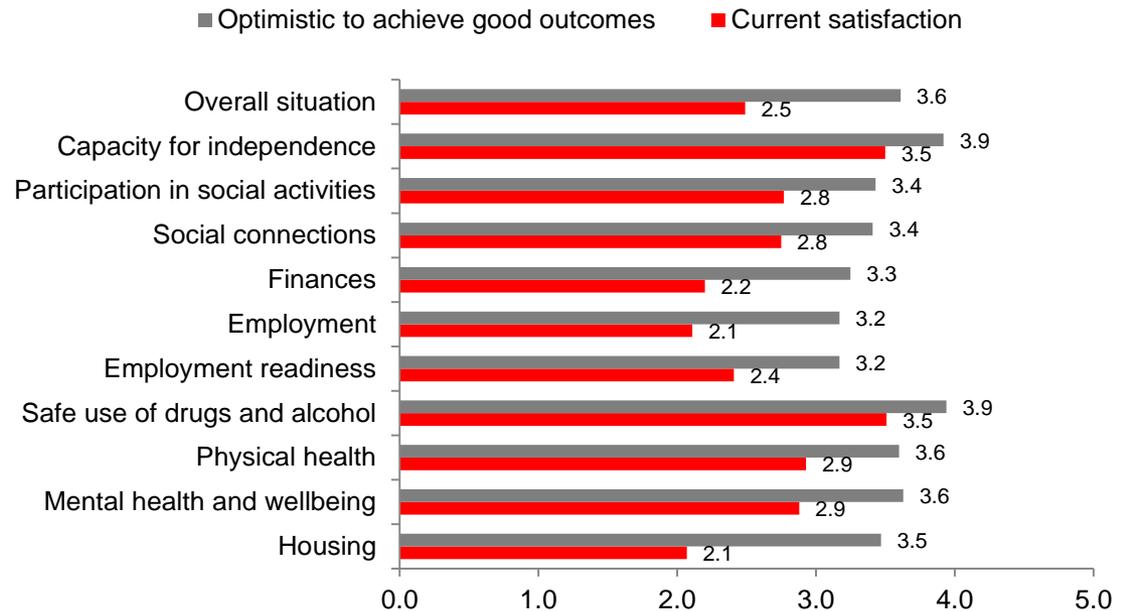
Hospital admission (overnight)	40%
Mental health facility (overnight)	13%
AOD detoxification or rehab (overnight)	10%
Emergency department	50%
Ambulance	41%

Labour market

Employed	5%
Unemployed	23%
Not in the labour force	73%
• Home duties	3%
• Student	0%
• Not actively looking for work	11%
• Unable to work due to health condition	57%

12% have never had a full-time job but remainder have

Current situation and expectations for the future



Current life is perceived as poor but there is optimism for the future



These baseline survey findings depict a group of people deeply impacted by complex life circumstances, poor health and homelessness.

High rates of physical and mental health problems and concerning levels of social isolation and conflict in relationships were reported.

The magnitude of problems, and the confluence of multiple and compounding adverse life experiences among many of the participants in the J2SI Mark II study, pose additional challenges for breaking the cycle of homelessness.

But there is optimism for the future and hope that the J2SI program will lead to positive lasting change



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The J2SI Mark II Research Study is led by Professor Paul Flatau, Director of the Centre for Social Impact, University of Western Australia (UWA).

Members of the research team are: Paul Flatau, Monica Thielking, Lisa Wood, Karen Martin, Darja Miscenko, Shannen Vallesi, Elizabeth Whittaker, Kaylene Zaretsky, Jessica Mackelprang, Leanne Lester, Louise La Sala, Kathryn Taylor, Ryan Courtney and Steve Quinn. Team is supported by a great group of research study interviewers.

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