

How do we create & provide effective mental health resources for our homeless community?

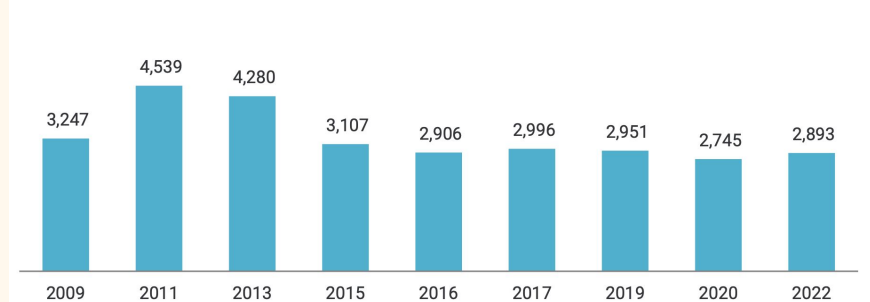
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Why is mental health in the homeless community an issue?

- There has been a dramatic spike in homelessness throughout the years
- Homelessness amplifies anxiety, stress, depression, sleeplessness, and substance abuse- resulting in poor mental health.
- The safety of our community is at risk due to substance abuse, community sanitation

Total Number of Homeless Persons



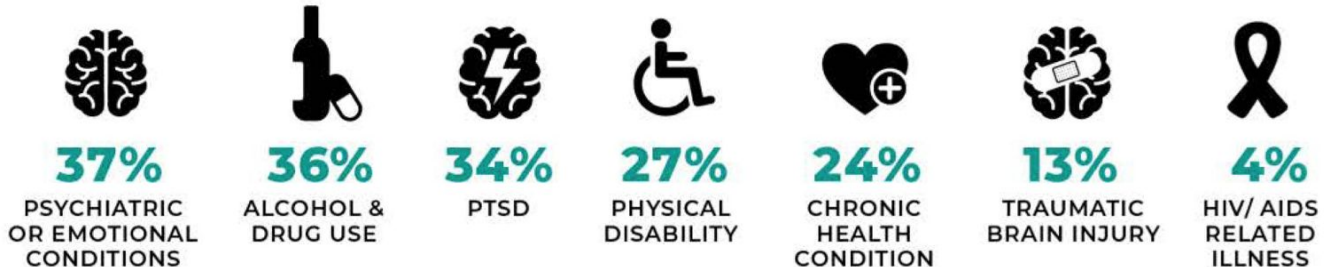
Who is it affecting?

- 37% of homeless people in Santa Rosa are suffering from mental health problems
- The safety of the community is at risk when individuals that suffer homelessness are also experiencing substance abuse. EX: Needles along trails, people becoming violent when they are on drugs



SELF REPORTED HEALTH+

Current health conditions that may affect the housing stability or employment of those experiencing homelessness.



What have other cities done?

- City of San Francisco has hired mental health response teams to accompany police officers during non-emergency calls.
- Governor Newsom passed a bill to organize civil courts to process petitions brought by family members and first responders in hopes of sending their loved ones to seek mental health help
- Nearly 5,000 people live in the half square mile of Los Angeles' Skid Row. And while the problem is most acute in California's urban centers, homelessness is now a common fixture in many of the state's suburbs and rural towns. State and local officials have pledged billions in recent years to help, but voters remain frustrated by a lack of visible progress.



How is this relevant?

- SF is only 55 miles away from Santa Rosa
- The City of Santa Rosa and a lot of other cities in the Bay look towards SF (Big Brother Effect since it is the largest city in the Bay)
- Fear of officers are eased when mental health professionals are sent out with officers (They are properly trained to handle these situations)
- Many homeless individuals that suffer from mental health and substance abuse believe that there is nothing wrong with them and deny help
- With the civil court orders, we would be able to prevent the amount of overdoses in the homeless community (2020 5 homeless people overdosed on fentanyl in the span of 3 hours)



Overview

Through our research, we have concluded that:

- Majority of the community doesn't necessarily care about the homeless individuals, they only care about the way the city or their neighborhood looks.
- There is a lack of compassion for our homeless community- mainly because we do not feel safe around them which ultimately results in us villainizing them.



Our Strategy

- More accessible and affordable mental health resources
- Implement more various mental health professionals into the community (schools, workplaces, info tents at community events)
- “Hands on” group activities and therapies in homeless shelters
- City funding put towards hiring and training more mental health/de- escalation response teams such as *inRESPONSE*
- Implement more safe-parking



The Future

- Continue to focus on implementing affordable and accessible mental health facilities/rehabilitation centers around the city
- Create more inpatient rehabilitation centers
- More funding towards creating well-put together homeless shelters- not just putting up tents in random parking lots or trying to “homeless proof” the city
- City should partner with non-profit organizations in order to understand more effective ways to help our homeless community.



Partnerships & Implementations

- IFSN- a non-profit organization that specializes in psychotherapy, housing, education, and case management for the homeless.
- Working with IFSN will allow city officials to better understand the needs of the homeless community; we can hear the voices of those going through IFSN's programs
- The community needs to be more compassionate- regularly talk about homelessness to normalize it; homeless people aren't monsters



Works Cited

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