

Mental Illness and Homelessness:

Resources for learning and responding to mental health crises and for de-escalating conflict
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Local Resources:

Comprehensive Life Resources <https://www.comprehensiveliferesources.org>

A major resource providing behavioral health services to the Tacoma and Pierce County community for over 50 years. Provides mental health treatment, substance use services, homeless outreach services and free counseling.

South Sound 2-1-1 (with support from Elevate Health)

<https://elevatehealth.org/index.php/story/south-sound-2-1-1-is-now-a-single-entry-point-for-behavioral-health-needs-with-support-from-elevate-health/>

“With the goal of reducing duplication and frustration for those seeking help, the Behavioral Health Pod (BHP) aligns resources directly with South Sound 2-1-1 Behavioral Health Navigators. Instead of individuals and families who are seeking services being given an extensive list of resources to navigate, they’ll have navigation support on hand.”

Metropolitan Development Council (MDC)

<https://mdc-hope.org/health/>

MDC is Tacoma-Pierce county non-profit community resource founded in 1964 to provide services in healthcare, employment, housing and education addressing challenges faced by low income individuals and families.

National Resource:

Substance Abuse and Mental Health Services Administration (SAMHSA) Homelessness programs and resources <https://www.samhsa.gov/homelessness-programs-resources> This is a federal program that provides funding and resources for communities and agencies addressing mental health and substance use issues. While you might find the website a bit overwhelming, the site offers many useful links for specific issues. For an overview of behavioral health treatment and lists various kinds of treatments available and recommended, check out this link on the SAMHSA site: <https://www.samhsa.gov/find-help/disorders>

National Health Care for the Homeless Council: Healing Hands Articles

- [Caring for Clients with Comorbid Psychiatric & Medical Illnesses](#) (2009)
- [Meeting the Challenges of Comorbid Mental Illness & Substance-Related Disorders](#) (2009)
- [The Presence of Spirituality in Healing](#) (2008)
- [Integrating Primary & Behavioral Health Care for Homeless People](#) (2006)
- [Patients with Borderline Personality Disorders Challenge HCH Clinicians](#) (2003)
- [Mental Illness, Chronic Homelessness: An American Disgrace](#) (2000)
- [Protecting the Mental Health of Homeless Children & Youth](#) (2000)
- [Eliciting Behavior Change: Tools for HCH Clinicians](#) (2000)
- [Spirituality as a Clinical Tool: Care for the Homeless Mentally Ill](#)(1998)
- [Non-Opioid Substance Use, Mental Health, & Homelessness](#) (April 2019)

Categories of mental disorders | Behavior | MCAT | Khan Academy

Oct 24, 2014 <https://www.youtube.com/watch?v=yar47jvr7M8>

(A useful short overview, with helpful reminder that to be considered an illness, persons must experience distress or disability in relation to the category described. Persons who exhibit odd or weird behavior (as we might interpret it) would not be mentally ill unless they also experience distress or disability because of those behaviors.

Webinars

- [Supporting Clients' Mental Health During Isolation and Quarantine](#) (April 2020)
- [Integrating Behavioral Health & Primary Care for People Experiencing Homelessness](#) (Feb 2013)

Fact Sheet

- [Suicide and Homelessness: Data Trends in Suicide and Mental Health Among Homeless Populations](#) (2018)

Other Resources

Supportive Housing Helps Vulnerable People Live and Thrive in the Community

<https://www.cbpp.org/research/housing/supportive-housing-helps-vulnerable-people-live-and-thrive-in-the-community>

Homelessness hurts: How being homeless can affect mental health

<https://bissellcentre.org/blog/2016/10/27/homelessness-hurts-how-being-homeless-can-affect-mental-health/>

Homelessness as Trauma: Trauma can lead to homelessness and vice versa.

<https://www.psychologytoday.com/us/blog/talking-about-trauma/201308/homelessness-trauma-0>

Serious mental illness and homelessness

<https://www.treatmentadvocacycenter.org/evidence-and-research/learn-more-about/3629-serious-mental-illness-and-homelessness>

Resources for learning about de-escalation techniques:

Wherever conflicts arise in our interactions, knowing how to address the conflict with empathy and a calm presence can help reduce negative and harmful outcomes. We recommend the following as good places to start:

Principles of Verbal De-escalation

https://www.dbsalliance.org/wp-content/uploads/2019/02/Understanding_Agitation_Poster.pdf

The following videos discuss and demonstrate de-escalation skills in general settings, in a public service context (public library), and in medical service settings.

General tips for de-escalation of conflict

<https://www.youtube.com/watch?v=eR8Zzp6E8sI>

De-escalation of conflict in public service setting (library)

<https://www.youtube.com/watch?v=MOeuoNP-fyQ>

De-escalation in psychiatric or other medical setting—a series of lessons beginning with this:

<https://www.youtube.com/watch?v=musgq94q8GQ>