Exploring the Faces of Homelessness, Pathways and Humanism
By: Carol F. Burton and Dr. Byron Young

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From good to gotta get better, how are you feeling today?
If you could be anywhere else in the world at this very moment, where would it be?
(Free Association) What words come to mind when you think about unhoused persons?
What assumptions do you have about how folks got to be in an unhoused situation?
Who are they?

- Moms
- Dads
- Lovers
- Friends
- Sons
- Daughters
- Non Binary Loved Ones
- College Grads
- Creatives
How did they get here?

- Poverty
- Disaffiliation
- Personal Vulnerability
Mental Health Struggles They Experience

- Trauma and PTSD
- Psychotic Disorders (Schizophrenia)
- Substance Use Disorder
- Other (Depression, Bipolar Disorder, Anxiety Disorders)
Trauma Defined

Trauma results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, and/or spiritual well-being.
Post Traumatic Stress Disorder

SYMPTOMS OF PTSD

- **Reliving**
  - Flashbacks
  - Nightmares
  - Haunting memories

- **Hyperarousal**
  - Sleeping difficulties
  - Easily scared
  - Concentration difficulties
  - Sweating, pain, trembling

- **Mood and function**
  - Memory problems
  - Feeling detached
  - Emotionally numb
  - Guilty
  - Suspicious
  - Sad
  - Irritable
  - Anxious

- **Avoidance**
  - Avoiding reminders of trauma
  - Avoiding emotions
  - Avoiding thoughts
Psychotic Disorders (Schizophrenia)
Criteria for Substance Abuse Disorders

- Cravings to use the substance
- Wanting to cut down or stop but not managing to
- Taking the substance in larger amounts or for longer than you're meant to
- Neglecting other parts of your life because of substance use
- Continuing to use, even when it causes problems in relationships
- Using substances even when it puts you in danger

Substance Use Disorders
Other Possibly Debilitating Mental Health Conditions

→ Depression
→ Anxiety Disorders
→ Bipolar Disorder
Defending The Humanity of Self
What kinds of self work do you imagine would help enhance your work with unhoused persons?
I have a solid sense of self love and self compassion?
Ideas for Impact

→ Check Our Biases
→ Therapy
→ Consistent Self Care Practices
→ Work WITH Unhoused Community as Partner in Their Care
→ Get Creative
Feedback
MENTAL HEALTH RESOURCES

• Doing It Well:
  http://doingitwell.org

• Nami Urban:
  www.nami.org/Find-Support/Diverse-Communities

• National Suicide Prevention Lifeline:
  1-800-273-TALK (1-800-273-8255)

• Therapy for Black Girls
  https://providers.therapyforblackgirls.com

• Psychology Today
  https://www.psychologytoday.com/us

• Insight Timer: Meditation Application
  https://insighttimer.com
Thank you for...

Your ideas and perspectives

Your respect and honesty

Thinking deeply about the world around you and your place in it