

What is Mental Health and Wellbeing?

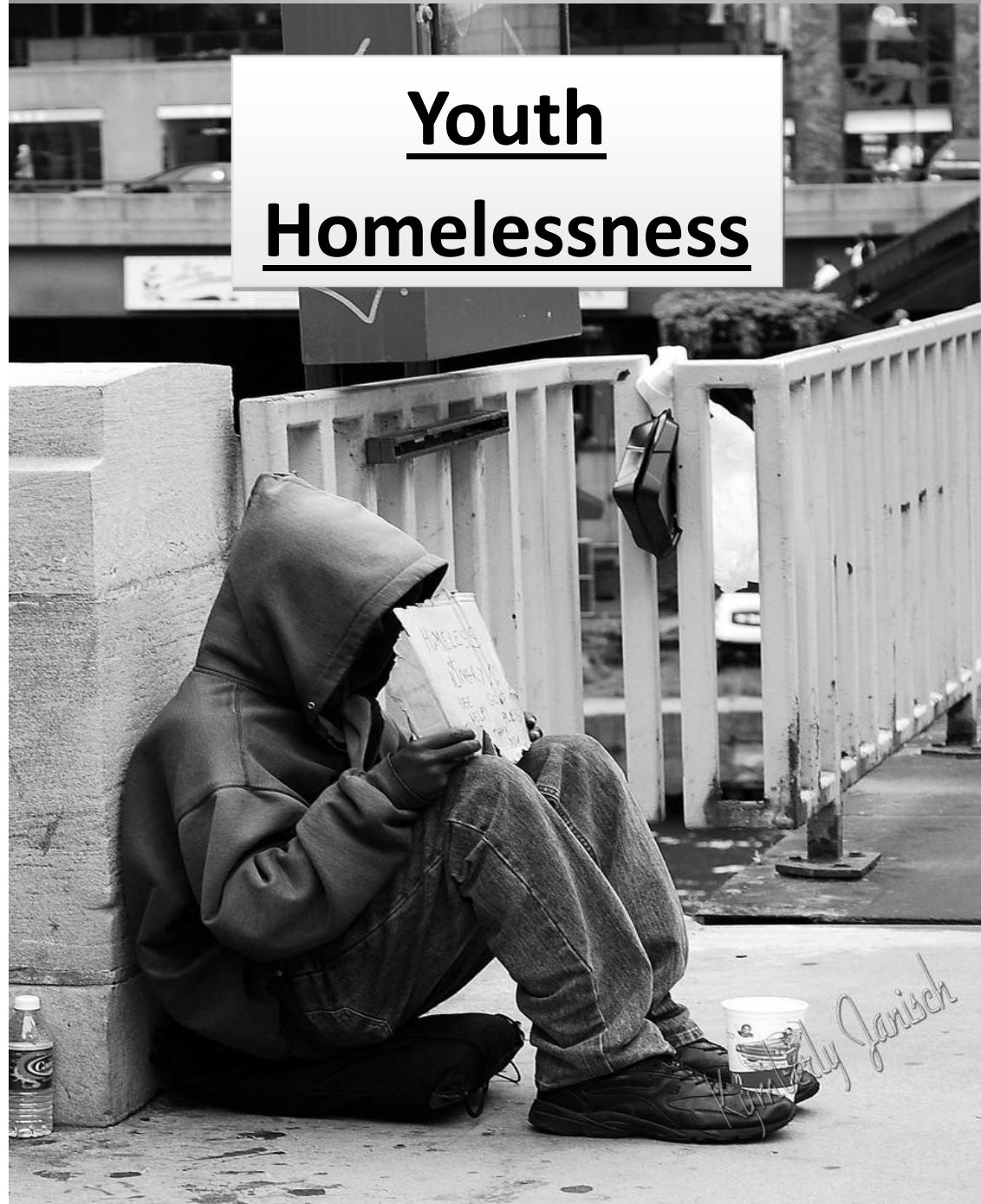
‘Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community’ (WHO, 2018). Additionally, Somerset County Council (no date) expand on WHO’s (2018) definition of Mental Health by defining ‘Wellbeing’ as; Wellbeing is about how we think, feel and behave. Nobody feels blissfully happy and thinks positive thoughts all the time. Having high well-being is about being able to enjoy life and cope with its challenges. Understanding wellbeing is closely linked to understanding your experiences (Somerset County Council, no date).

By the age of 14, 50% of mental health problems are in the process of being diagnosed. (Somerset County Council, no date)



Free Icon
Downloads,
2016)

Youth Homelessness



(Michigan Radio, 2018)

Sources of Support;

♦ **Centrepont**

They support homeless youths, helping them get into employment and accommodation. (Centrepont, 2018)

♦ **End Youth Homelessness**

They focus on young people, their aim is to eliminate homelessness by making people aware. (End Youth Homelessness, 2018)

♦ **Depaul Charity**

Support homeless people, they work in ‘UK, France, Ireland, Slovakia, Ukraine and USA.’ (Depaul Charity, 2018)

♦ **Accumulate**

Is a Youth Homeless Charity that is located in London. They provide workshops for people in temporary accommodation (Accumulate, 2018)

♦ **Emmaus**

Emmaus is located in the UK, they support everyone that experiences homelessness. (Emmaus, no date)

♦ **St. Mungo's**

*This organisation offers support to rebuild the lives of the Homeless population. (St Mungo’s, 2017)
(Charity Choice (2018)*

What is Homelessness?

Canadian Observatory on Homelessness (no date) state that; ‘Homelessness describes the situation of an individual, family or community without stable, safe, permanent, appropriate housing, or the immediate prospect, means and ability of acquiring it. It is the result of systemic or societal barriers, a lack of affordable and appropriate housing, the individual/household’s financial, mental, cognitive, behavioural or physical challenges, and/or racism and discrimination. Most people do not choose to be homeless, and the experience is generally negative, unpleasant, unhealthy, unsafe, stressful and distressing.’ (Canadian Observatory on Homelessness, no date)

Are you Legally Homeless?

- 1. Living in temporary accommodation
- 2. You cant afford your accommodation
- 3. Mental or Physical abuse where you are living
- 4. You have no home anywhere in the world
- 5. If you live in a mobile home (Caravan, Houseboats) with no permanent location
- 6. House is sub - standard conditions

(Shelter Cymru, 2017)



(SYC, 2017)

Different Types of Homelessness?

Primary Homelessness

Occurs when a person’s primarily physical health is at risk for instance, living outside (streets, parks or bus/train stations), or squatting. (Cool Australia, 2016)

Secondary Homelessness

Refers to a person who are regularly from a type of accommodation (this can include sofa surfing, temporary housing, hostels or shelters) (Cool Australia, 2016)

Tertiary Homelessness

Cool Australia (2016) define Tertiary Homelessness means people who are getting support from homeless services for a long period of time (13 approx.) for example, a boarding house.

Rough Sleeping

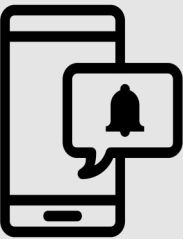
The numbers of those who are rough sleeping are growing. Crisis (no date) revealed that;

In 2016, 4, 134 people slept rough in England. (Crisis, no date)



In Temporary Accommodation

Crisis (no date) states that people who live in temporary accommodation have no stability in their life which means their live now revolves around uncertainty. (it could be hours, or months until they would have to find somewhere else to live).



In 2016, 75,740 households were reported living in temporary accommodation. (Crisis, no date)

(Icon8, no date)

Statutory Homelessness

Statutory Homelessness refers to the duty of care allocated to the government to define people as 'homeless' According to Framework Housing Association (2018) the application takes into account the following sub-headings;

- **Eligibility**
- **Status**
- **Locality**
- **Intentionally**
- **Vulnerability**

(Framework Housing Association, 2018)
Additionally, Crisis (no date) reveal that;



(Clip Art Lord, 2016)

In 2016, there were 57,750 households that the government labelled '*priority need*'

Hidden Homelessness

Although statistics are useful, there are weaknesses in the recording for data. Hidden Homelessness refers to the population Crisis (no date) states that people are fall under this category, deal with their situation privately and informally. (for example, sleeping rough, or temporary accommodation oppose to statutory homelessness). (Crisis, no date)

In 2011, '62% of the respondents were hidden homeless on the day of they were surveyed and 92% had experienced hidden homelessness' (Crisis, no date)



(Clipart Panda, 2017)

Causes of Homelessness

- Eviction

Being evicted is normally because of the person's finances. Sky News (2018) reveal that 28% of people have been victims of eviction due to money trouble. (Sky News, 2018)

- Unemployment

Due to the state of the economy, unemployment has rocketed in the last decade. Additionally being unemployable has requirements, if employment arises the person must be available to start work in 2 weeks. (BBC, 2015) Homelessness disrupts every aspect of a person's life, this is a barrier to inclusion.

- Poor health

Poor health can result in unemployment and poor physical and mental health, if the suitable provisions are not in place. Additionally, Homeless Link (no date) state that homelessness in addition to existing poor health is very dangerous. For instance, health statistics compared to the general public; '41% of homeless people reported a long term physical health problem oppose to 28% of the general public. (Homeless Link, no date)

Young People and Homelessness

According to Homeless Link (2018) they highlight that being homeless makes a person vulnerable. Even more so, if a child, or young person had, or currently experienced homelessness makes up the most vulnerable individuals or groups within society. (Homeless Link, 2018. p4) The organisation state that the emphasis placed on the *‘Young and Homelessness’* group is a result of present day society. Society is ultimately a reflection on the members that live in it However, The Homeless Link (2018) identified key differences; more at risk of poverty and exclusion, the use of stereotypes or discrimination relating to housing and limitations of the benefits entitlements (Homeless Link, 2018. p7).

Characteristics of people that are more likely to be homelessness?

- 1. Previously attended care (Looked After Child)
- 2. Isolated from immediate family, friends and peers
- 3. Those who have a black or ethnic background

(Homeless Link, 2018).

Barriers for the young, homelessness population

Educational

As a human, we have rights, in particular The United for Human Rights (2018) state that;

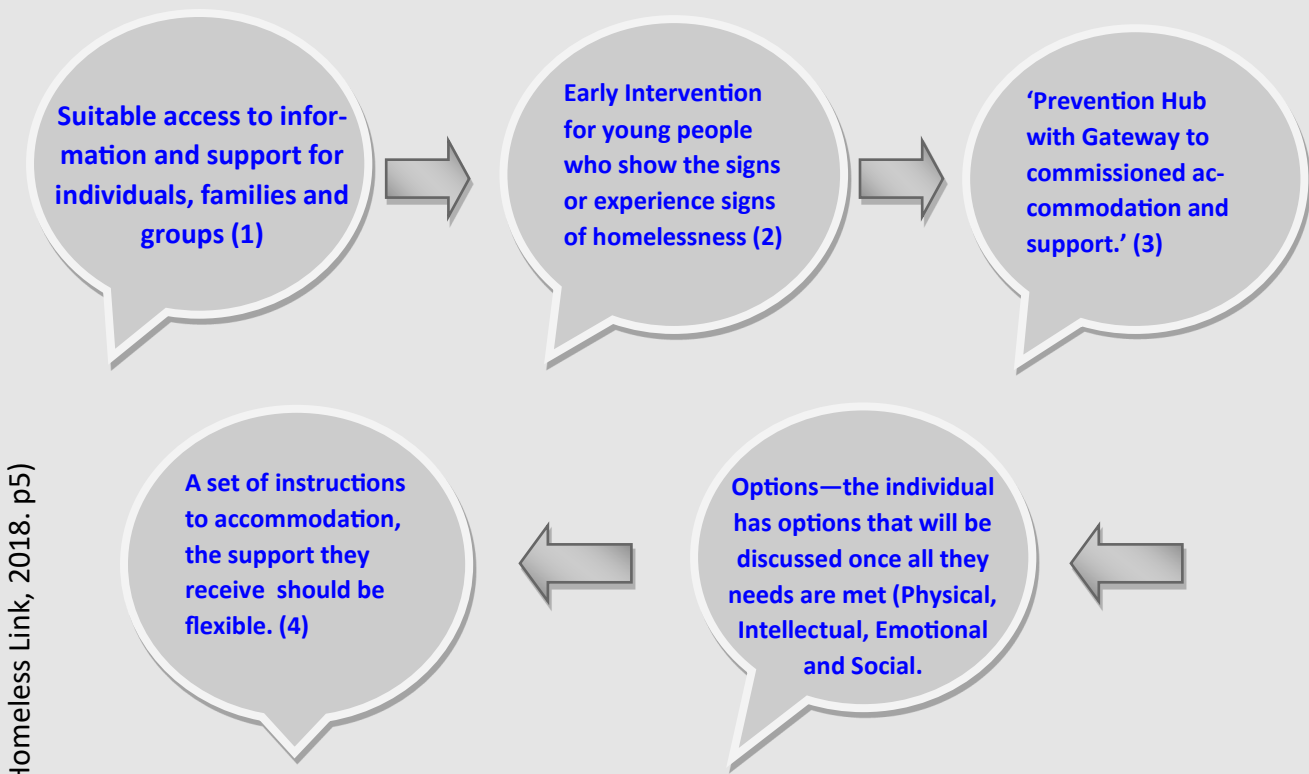
Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory... Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace’ (United for Human Rights, 2018)

Being homeless means that a persons every part of their life will be affected. The Homeless Link (2013) reported that over half of the young, homeless population were not in Education, Employment or Training (NEET) which is a result of 57% of homeless people having their educational needs neglected. (Homeless Link, 2018) As being identified as homelessness covers a broad range of circumstances, it is difficult to determine what support the young person is entitled, or receiving in relation to their educational needs.



(FFGAM, 2014)

Tips and recommendations (The Positive Pathway Model)



(Homeless Link, 2018. p5)