



Depression, Social Isolation & Addiction in Homeless Male Adults

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BACKGROUND

- **Annually, 1.6 million people utilize transitional housing in the United States.**
- **The most substantiated themes among the homeless population include:**
 - **Social isolation**
 - **Depression**
 - **Addiction**
- **Purpose and intention of Applied Project.**



“Let your love be the kindness to make a homeless person believe that a soul needs something more than just four walls and a ceiling.” – Munia Khan

LITERATURE FINDINGS

- **Depression**
 - Prevalence
 - Will to live
 - Suicide

- **Social Isolation**
 - Social support
 - Gender stigma

- **Addiction**
 - Health behaviors



NEED FOR MEANINGFUL WORK

- **Productivity → Community Integration**
- **Boredom → Engagement/Belonging**
- **Value of Art related activities → Self Improvement**



GAP

- Fewer addressed solutions in articles
- Substantial need
- Bridging the gap through creativity
- Needed resources and services



WHAT IS THE PROJECT?

- **Location: The Gathering Inn**
 - Homeless shelter in Auburn, CA
 - 8 male participants
- **A holistic creative art class including:**
 - Square stitched lanyard keychains
 - Gratitude stone painting
 - Mindfulness and Gratitude focus



Methods and Project Findings

- **Methods**

- IRB approval was N/A
- Applied Project
- Two, 1-hr art classes including reflective worksheets
- Evaluation Questionnaire
- Prize 😊

- **Project Findings**

- Positive Improvement
- Worksheets promoted open communication and vulnerability.

LIKERT SCALE EVALUATION

Evaluation Questionnaire:

1. How did today's activities make you feel?
2. On a scale from 1-10, 10 being the most positive and 1 being the least positive, how would you rate your experience?
3. What was your favorite part of today's creative class?
4. Do you have any suggestions for improvement on today's class?

CONCLUSION

- **Connect homeless men**
- **Enhance positive health outcomes**
- **Observed benefits**



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