

Gateway Center

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Atlanta's Front Door to the Continuum of Care

What is the Gateway Center?

501(C)(3) that provides for the needs of the homeless community in Atlanta by focusing on different five areas:

**HOUSING STABILITY
AND PLACEMENT**



**HEALTH AND
WELLNESS**



**FAMILY AND
COMMUNITY
ENGAGEMENT**



**JOB SKILLS
TRAINING AND
PLACEMENT**



LITERACY





Assessment

The Process



GATHERING

Students met with the men in the Upwards program and then completed a windshield survey of the area.



PROCESSING

Students gathered data about factors that contribute to or affect homelessness.



ASSIMILATING

Weekly discussions and reflections were held to gather information for our intervention project.

Assessment

Community Setting

Downtown Atlanta

Partners:

- Georgia Works
- Churches
- Emory SON
- United Way
- DFCS
- Mercy Care

Gathering Data

Windshield Survey:

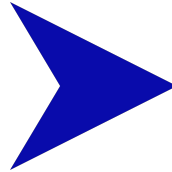
- Buildings in disrepair
- Presence of ill and/or homeless individuals
- Crime indicators
- Lack of sanitation
- Food desert

Focus Populations

- Individuals who are homeless and/or recovering from substance abuse
- Demographics:
 - Males
 - Primarily African-American
 - Younger & older adults

Assessment Results

- Tobacco use
- Mental illness
- Relationship strain
- Hypertension and diabetes



Intervention Focuses

- Smoking cessation
- Coping skills
 - Cognitive
 - Relationships
 - Stress management
- Health education

Planning



Research Data Results

About 553,000 people are homeless in America today.

About 50,000 families experience homelessness in America, including 109,719 children.

HOMELESSNESS IN THE UNITED STATES

Top 4 issues identified in our research:

- 1. Nutrition**
- 2. Chronic Illness**
- 3. Mental Health**
- 4. High incidence of smoking**



Healthy People 2020

TOBACCO USE

Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

MENTAL HEALTH AND DISORDERS

Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

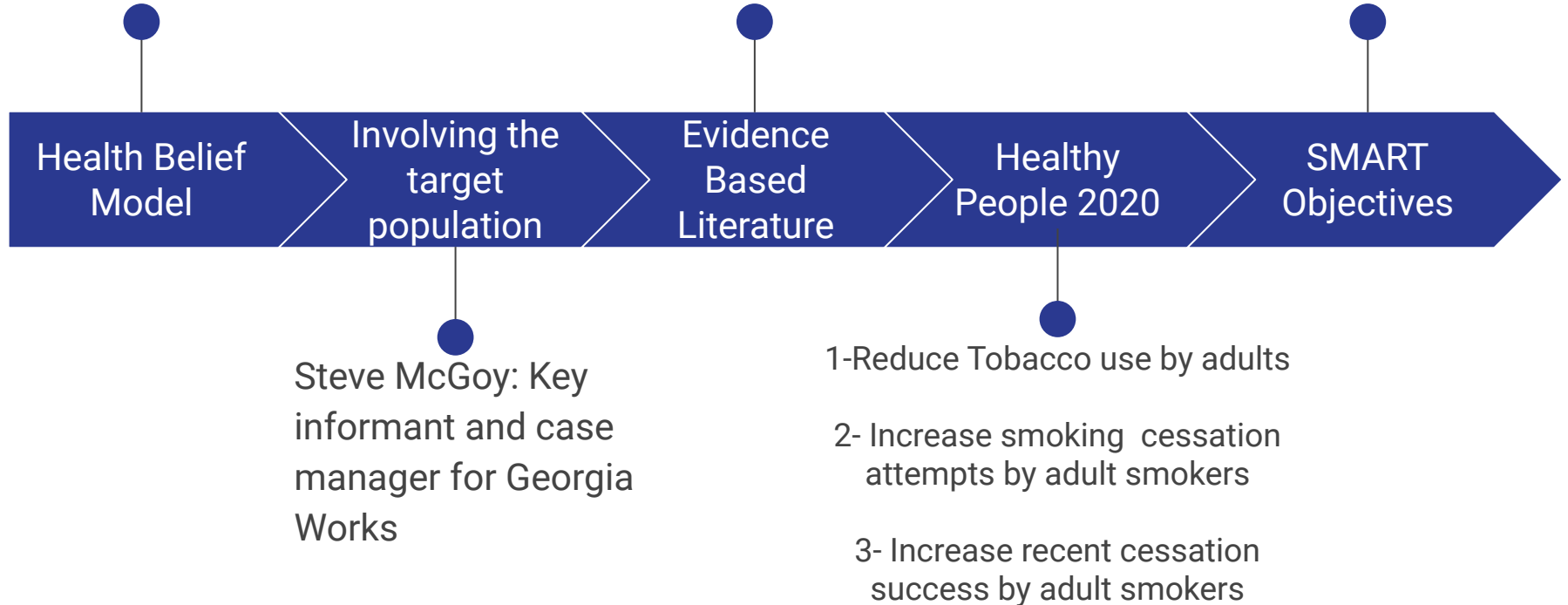
SOCIAL DETERMINANTS OF HEALTH

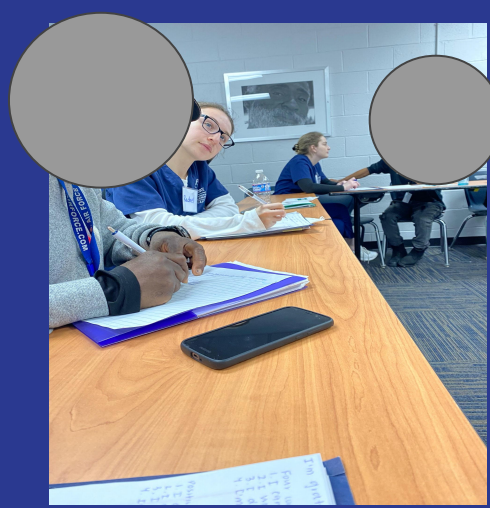
Create social and physical environments that promote good health for all.

“Messages will achieve optimal behavior change if they successfully target perceived barriers, benefits, self-efficacy, and threat”

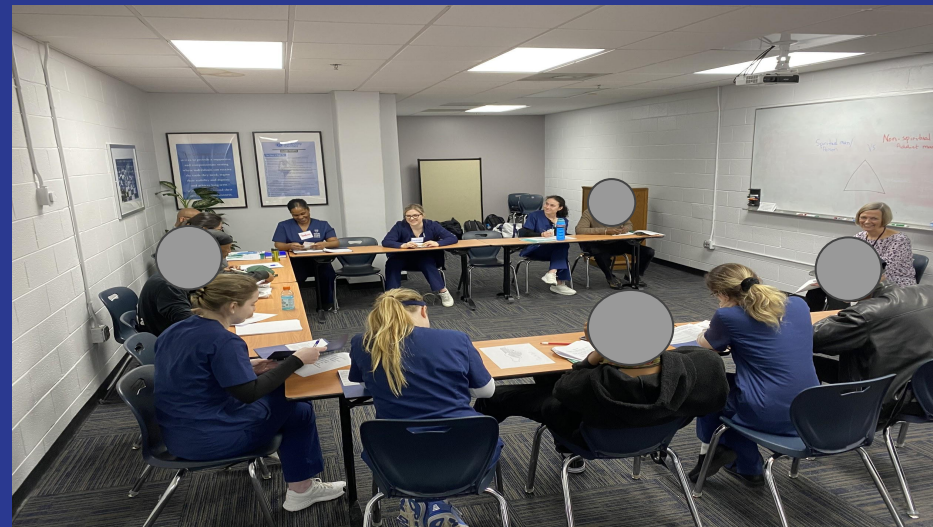
The New England Journal of Medicine on prevalence of smoking among homeless individuals

Measurable objectives and evaluation methods





Implementation



GATEWAY POPULATIONS

UPWARDS

- Men aged 20-65 who are recovering from substance abuse and homelessness.
- Program lasts up to nine months
- Live, work, and recover together
- "The Brotherhood"



GATEWAY POPULATIONS



GEORGIA WORKS

- Men aged 18-40 seeking employment opportunities and recovering from homelessness
- Program lasts four weeks
- Live together
- High turnover



Sharing a meal together.

Students prepared meals weekly for the men in the Upwards program. We shared this meal together to form rapport and trust with the group.

INDIVIDUAL LEARNING WITH GA WORKS

Students took blood pressures for the Georgia Works men and provided education about their readings.



GROUP LEARNING WITH GA WORKS

Education presentations about smoking cessation and healthy lifestyle were prepared for the men in the Georgia Works program.



Week 1

Upwards Health Education- 30 minute session

1. Exercise
 - a. Recommendations for physical activity
 - b. Benefits of exercise
 - c. Different types of exercise

Georgia Works- 1 hour session

1. Smoking cessation: Part 1
 - a. Clear Horizons: A Quit Smoking Guide for People 50 and older
2. Taking care of relationships
 - a. What a healthy relationship looks like
 - b. How to build and maintain healthy relationships

Week 2

Upwards Health Education- 30 minute session

1. Stress management
 - a. Meditation
 - b. Mindfulness

Georgia Works- 1 hour session

1. Smoking Cessation: Part 2
 - a. Clear Horizons: A Quit Smoking Guide for People 50 and older
2. Taking care of the mind
 - a. Benefits
 - b. Mindfulness techniques
 - c. Meditation

Week 3

Upwards Health Education- 30 minute session

1. Nutrition and hydration
 - a. How to read a nutrition label
 - b. Recommendations and importance of hydration

Georgia Works- 1 hour session

1. Smoking Cessation: Part 3
 - a. Clear Horizons: A Quit Smoking Guide for People 50 and older
2. Taking care of the spirit
 - a. Belief in a higher power
 - b. Relaxation techniques

Week 4

Upwards Health Education- 30 minute session

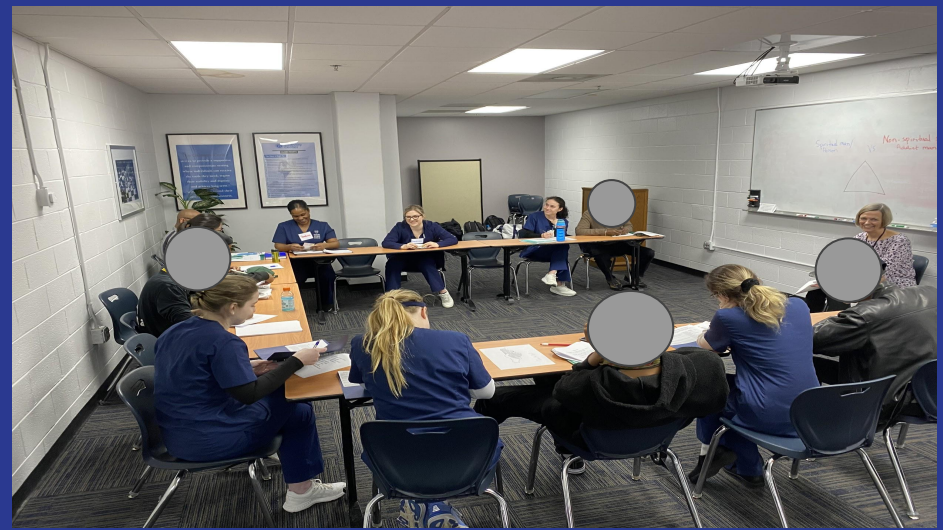
1. Setting goals/creating action plan
 - a. S.M.A.R.T. Goals

Georgia Works- 1 hour session

1. Smoking Cessation: Part 4
 - a. Clear Horizons: A Quit Smoking Guide for People 50 and older
2. Taking care of the body
 - a. Physical activity
 - b. Sleep



Evaluation



Smoking Cessation

Expected

Week 1 (1/29)

The clients in the gateway program who attend the “Quit smoking session 1” presentation will demonstrate a **20% increase** in knowledge from pre- to post- test.

Week 2 (2/5)

“Quit smoking session 2” presentation will demonstrate a **10% increase** in knowledge from pre- to post-test.

Week 3 (2/12)

“Quit smoking session 3” presentation will demonstrate a **20% increase** in knowledge from pre-to post-test.

Week 4 (2/19)

“Quit Smoking session 4” presentation will demonstrate a **25% increase** in knowledge from pre-to-post test.



Outcome

Week 1 (1/29)

12% increase in knowledge from pre- to post- test.

Week 2 (2/5)

Pre-test was not administered. Post-test results averaged to **90%**

Week 3 (2/12)

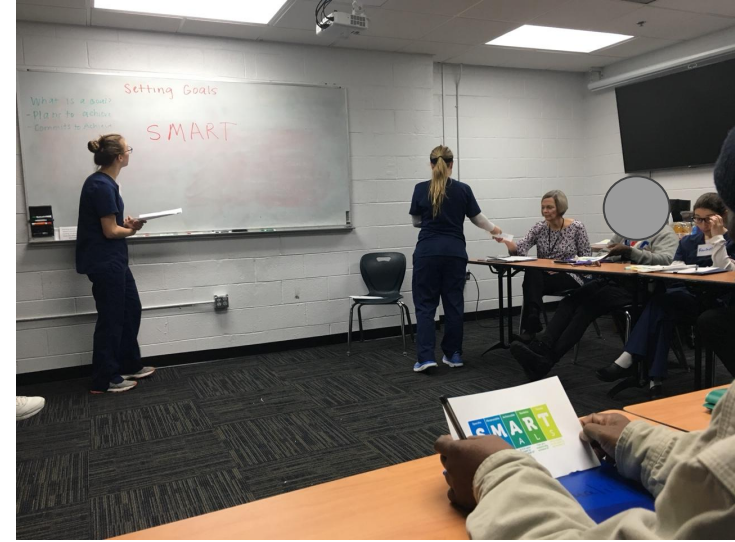
21.7% increase in knowledge from pre-to-post test.

Week 4 (2/19)


17.2% increase in knowledge from pre-to-post test

Health Education with Upwards


- Quantitative measures such as Pre-test & Post-tests were not done for clients who attended the Health Education Upwards sessions
 - Educational presentations on exercise, stress management, nutrition, setting goals
- The clients were engaged, and actively participated in activities that students prepared



Georgia Works: Blood pressure screenings

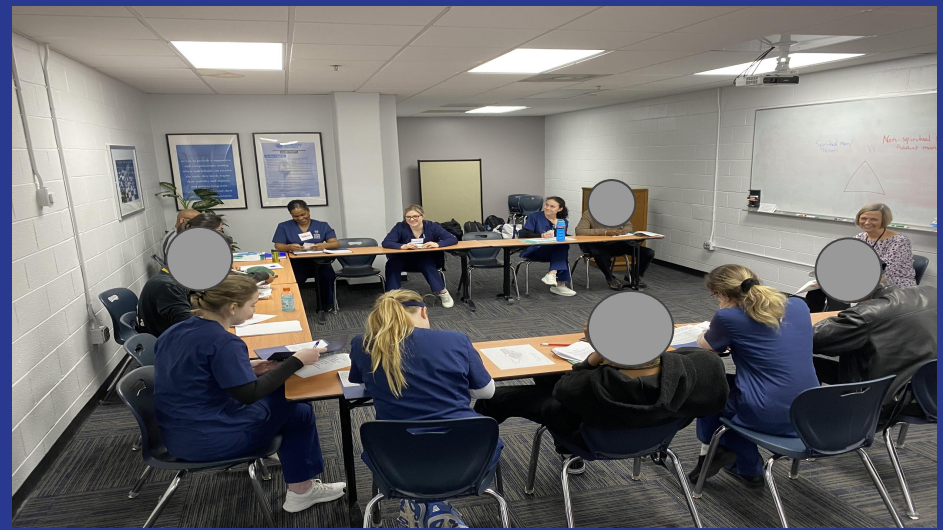
- Approximately 8-10 men from the Georgia Works Program received blood pressure (BP) readings 1x per week for 4 weeks
 - Some men followed up continuously to receive weekly blood pressure readings
 - Many had BP readings in Stage 1 hypertension AND Stage 2 hypertension ranges
 - No quantitative or qualitative measures were used
 - Clients were informed about health changes to reduce BP
 - Exercise (3-5xs/week)
 - Nutrition (e.g. reduce salt intake)
 - Smoking cessation
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Future Recommendations

- Keep a record of Georgia Works BP readings to analyze if there was a decrease in BP based on health changes made from lessons learned during health sessions.
 - Complete a full assessment of specific population needs to determine topics presented prior to implementation.
 - Set measurable objectives for the Health Education Sessions for Upwards and Georgia Works programs.
 - Complete a survey to determine if health education sessions were effective or enhanced clients knowledge on the subject.
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Transformation

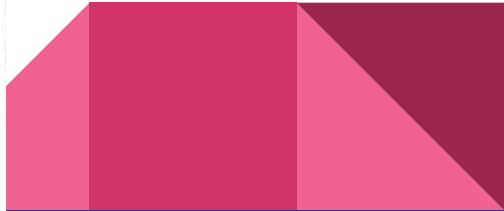


Student Reflections

- Mental Health is a recurring issue within the homeless population.
- Spiritual Health played a role in helping the men with recovery.
- Homelessness is usually triggered by an external stressor or trauma.
- The clients at Gateway seemed self-determined and ready to make positive changes.
- Clients at Gateway were extremely interested in ways to improve their health.
- Overall positive experience



Student Reflections



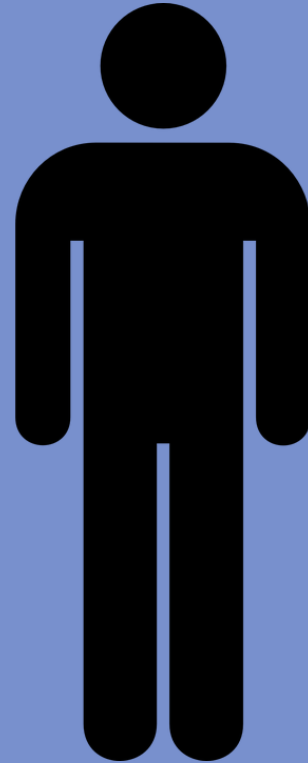
Meet the Men

John Doe*

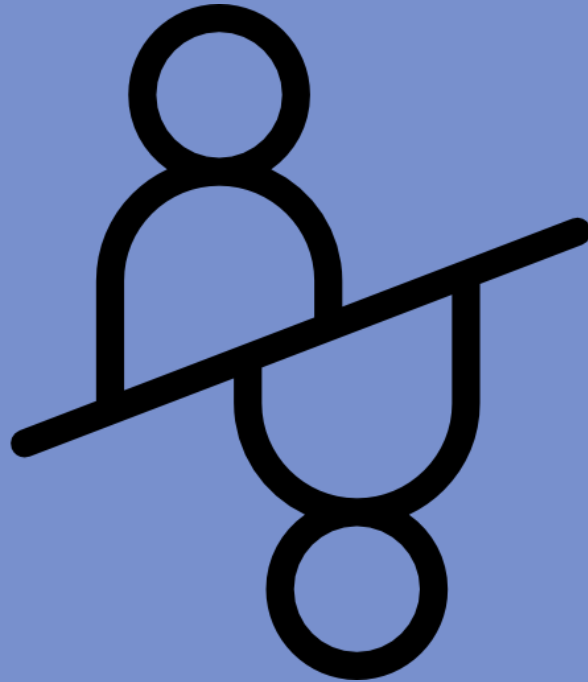
HIS STORY

John lost his 3-month-old son. Dealing with this grief cascaded his life into homelessness and substance abuse.

*All names were changed for privacy.



Share the experience



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Questions?

