

## Shelterhouse: The David and Rebecca Barron Center for Men

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### INTRODUCTION:

#### Homelessness:

The homeless population at Shelterhouse is disproportionately African-Americans, veterans, and low SES, and many suffer from substance abuse or mental illness. The rates of illnesses among these populations are both a cause and effect of transient or chronic homelessness in America.

#### Our Goal:

We will present 5 health classes to Shelterhouse clients to improve their health knowledge by an average of 33% as measured by pre- and post-test scores by May 2019. We constructed two classes focused on hygiene and sexually transmitted illnesses. This data will be gathered to help direct the future classes continued by MedVoUC.

### ABOUT OUR PARTNER:

#### Shelterhouse:

It is a rapid rehousing facility that offers shelter, meals, clinic care, and drug/alcohol recovery to its clients. Our classes strived to inform clients about common health problems that they may face daily, and Shelterhouse staff helped us organize times and recruit clients for our classes.

### METHODS:

1. We developed and organized STI and Hygiene curriculums.

2. Classes were held at Shelterhouse on Mondays from 7-8pm.

3. Pre-Session and Post-Session surveys were given to participants upon arrival.

4. The pre-survey was completed before the class began.

5. Classes were presented in either a Jeopardy or Bingo format.

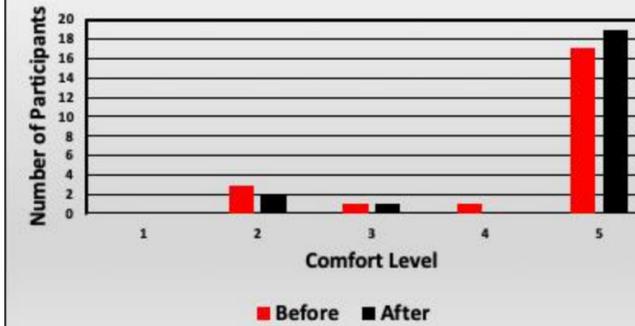
6. Participants were incentivized with food, and a water bottle was promised for the top-scorer.

7. Post-surveys were completed at the end of each class.

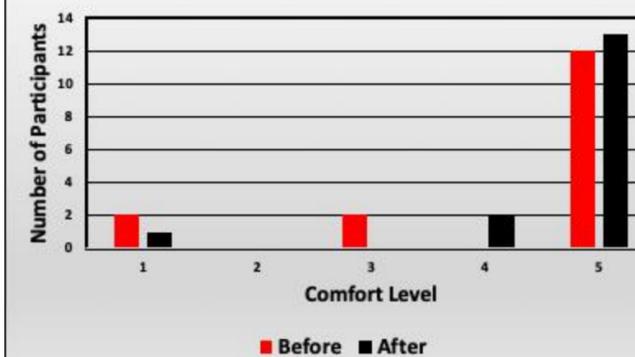
8. Data was collected and analyzed.

### RESULTS:

Comparison of Comfort Level with Topic of Hygiene Before and After Class Intervention



Comparison of Comfort Level with Topic of STIs Before and After Class Intervention



### RESULTS:

Total Classes:	4
Total Attendance	38
Average Attendance	9.5

- **89%** ranked their *comfort* with the topic as **4 or 5** following the session
- **92%** ranked the *usefulness* of the class as **4 or 5** following the session
- Average change in comfort was +0.2 points out of 5 (**4%** increase), with **76%** participants reporting **no change** from beginning to end

### CONCLUSION:

#### Discussion:

Shelterhouse assists a marginalized population in which most social determinants of health indicate poor outcomes. Initial interviewing of residents revealed high need for educational classes on hygiene and sexual health. These classes were designed to cover basics and reinforce the information through repetition. However, due to the transient resident population at Shelterhouse, measuring learning growth over several weeks was not feasible. Overall, classes were well received by the residents of the shelter, and they expressed interest attending future classes. The staff have also been supportive and enthusiastic.

#### Future Steps:

LC 12 is in contact with Medical Volunteers of UC to continue educational classes with the residents of Shelterhouse. Other educational topics to consider include social support, access to educational, economic and job opportunities, and access to technology.

### Experience:

