

The links between Homelessness, Addiction and Mental Illness are discussed in much of the literature. The Substance Abuse and Mental Health Services Administration (SAMSHA) estimate that one third of homeless individuals suffer from an addiction problem (SAMSHA, 2014). . The effect of homelessness and drug use on mental health is increasingly being linked to trauma; early life trauma and the reoccurring trauma that homelessness causes.

**Trauma Informed Care with
reference to data gathered
in Merchants Quay**

ZOE DILLON (RPN)

Trauma Informed Care

Trauma informed care involves understanding the psychological impact that trauma may have on an individual and incorporating that understanding and awareness into practice (SAMHSA, 2014).

Homelessness is in essence a traumatic experience; the loss of the protection offered by a home means homeless people are highly vulnerable to victimisation (SAMHSA, 2014).

Information was compiled from statistics gathered in MQI from clients accessing the mental health team, who identified as having experienced trauma.

Merchants Quay are working alongside clients who have very little supports. Homeless people with mental health difficulties have limited access to mental health support in the community.

Data from Merchants Quay

In the last quarter of 2018, the mental health team delivered over 300 interventions to clients: 38 of which were crisis interventions such as episodes of psychosis, managing clients who were suicidal and episodes of self-harm.

The figures gathered from MQI taken from service users presenting to the mental health team in the last quarter of 2018 showed that of 137 adults:

33 identified experiencing childhood trauma (24.09%)

40 identified experiencing trauma in adulthood (29.19%)

17 identified experiencing both childhood and adult traumas (12.4%)

This means that of the 137 clients 73 of them admitted to experiencing some form of trauma. That equates to over 53% of mental health clients.