



# Families Living Together (FLT)— Program Evaluation

**Terri Tobin, Ph.D. and Valerie Marshall**  
(Advocates for Human Potential, Inc.),

**Integrated Care for Homeless Families:  
Reports from two IHR Homeless Projects**

**December 2, 2009**

# Acknowledgments

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- Thanks to interview staff at AHP, FLT/IHR Family Care Coordinators and staff, and Middlesex Human Services Agency/shelter management, staff, and clients.
- Any opinions about this data are those of the authors and do not represent the positions of the government.

# Today's Update

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- Summarize data collection efforts
- Review trends in intake and six-month data
- Provide an opportunity to reflect on these data and their implications for project progress

# Domains Included in Today's Update

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- Demographics
- Children
- Parenting
- School/work/income
- Residential history
- Physical health & risk
- Substance use
- Mental health
- Trauma history
- Legal involvement
- Participation in FLT
- Current health/ behavioral health treatment

# Families Living Together (FLT)

- Integrated Clinical Case Management model—Serving homeless mothers (living in 4 emergency family shelters in greater Boston) in need of treatment for SA and/or COD.
- Integrates evidence-based practices...
  - Motivational Interviewing;
  - Integrated Dual Diagnosis Treatment;
  - The Nurturing Program for Families in SA Treatment & Recovery; and,
  - Seeking Safety.
- Services also include childcare, transportation and pre-vocational consultations.
- Collaboration of the Institute for Health and Recovery (IHR), the Middlesex Human Service Agency's emergency homeless family shelters, and local providers of SA, MH, COD services.

# Methods

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- Women staying in emergency family shelters in Waltham, Massachusetts, and enrolling in the FLT program starting in December, 2005 were interviewed at program intake and at 6 months.
- As of 11/17/09, FLT enrolled 262 women, with a 90% follow-up rate at 6 months post-intake. Current analysis includes 196 or 75% of the cases—have both a baseline and follow-up interview as of May, 2009.

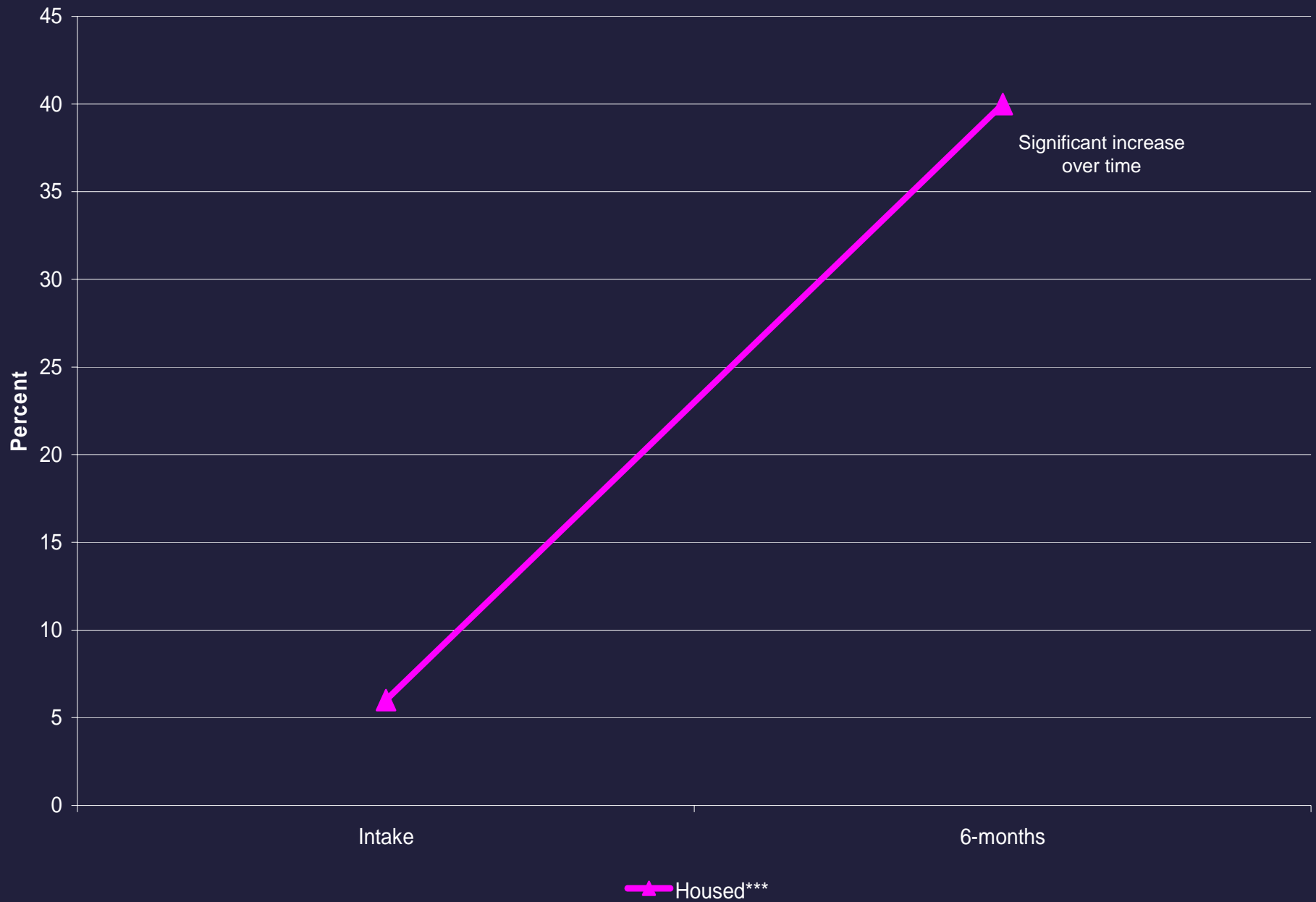
# Sample

- Clients are women with young children (93%) and/or currently pregnant (22%).
- Most are single/never married (68%), ranging in age from 18 to 49, with a mean age of 27; and ethnically/racially diverse...
  - Hispanic/Latina=32%
  - White= 44%
  - Black/African American=35%
- Most (66%) have at least a high school education (24% with at least some college) and most report having Medicaid (97%), food stamps (94%), and WIC (64%).
- 68% meet criteria for a co-occurring mental health problem at intake with 47% report symptoms for a PTSD diagnosis. 69% have a history of receiving mental health services.
- Ever arrested, 50%; Spent time in jail/prison, 31%.

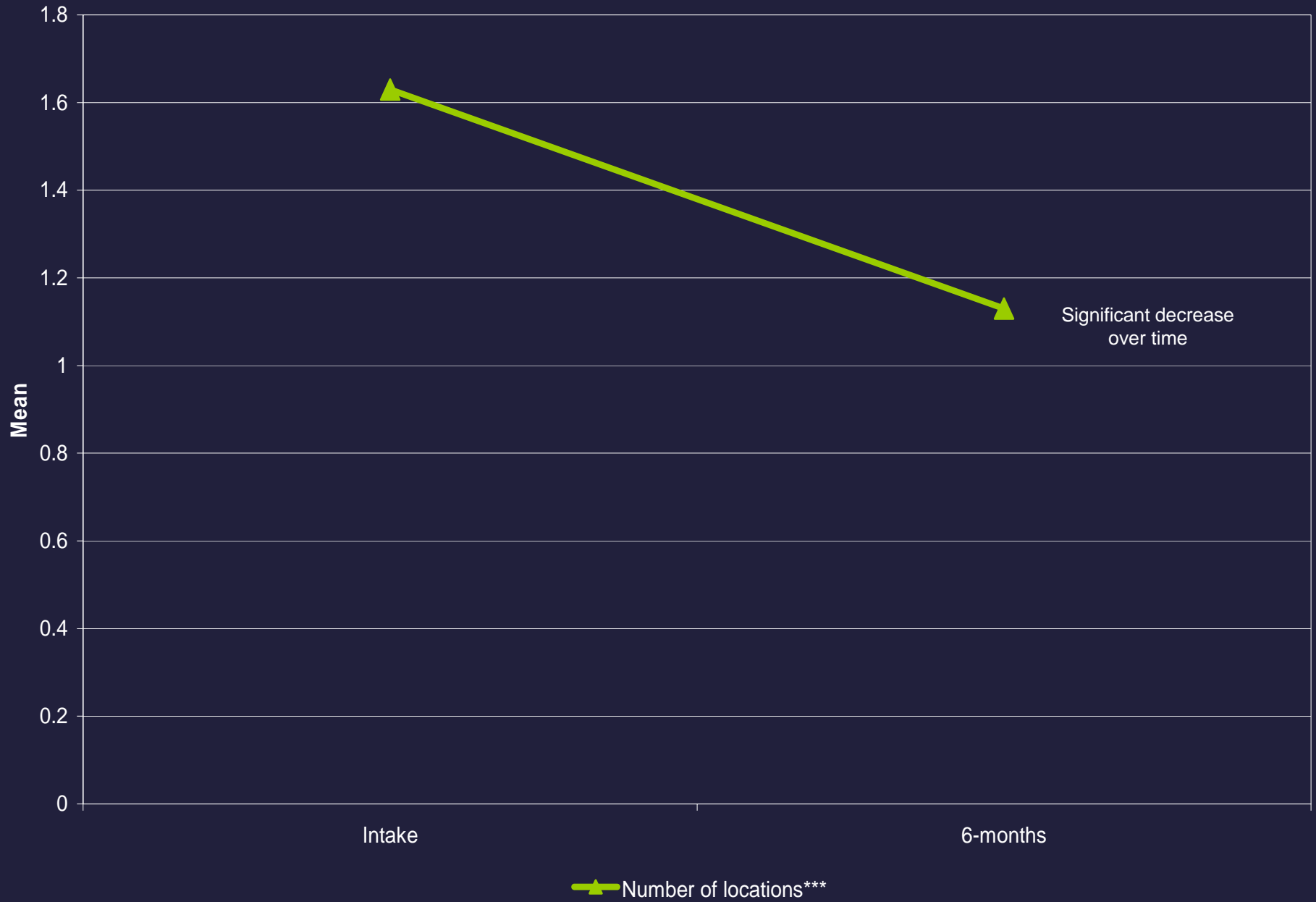
# Sample

- History of homelessness...
  - Almost half had experienced homelessness before (47%)— 56% for less than one year;
  - Homeless an average of 3 times;
  - First experienced homelessness at the mean age of 23.
- Ever lived...
  - Doubled up=74%
  - Foster care=26%
  - Group home=20%
- At 6 months—44% had moved from the shelter.
  - 18% own apt, room, house
  - 17% someone else's apt, room, house
  - 9% other places-hotel, domestic violence shelter, detox

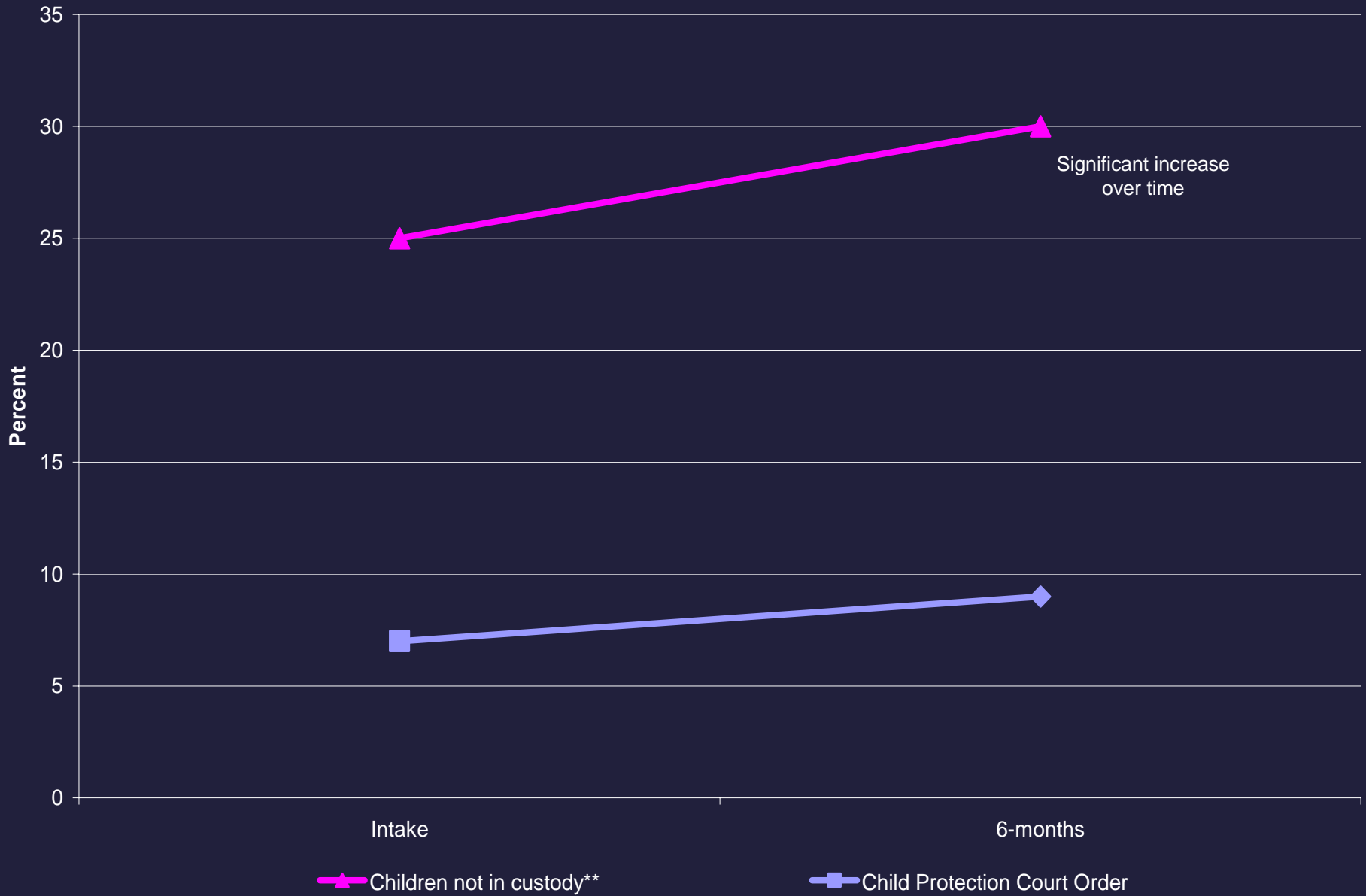
## Residential Stability, % housed in own apt, room, or house



## Residential Stability, Number of moves

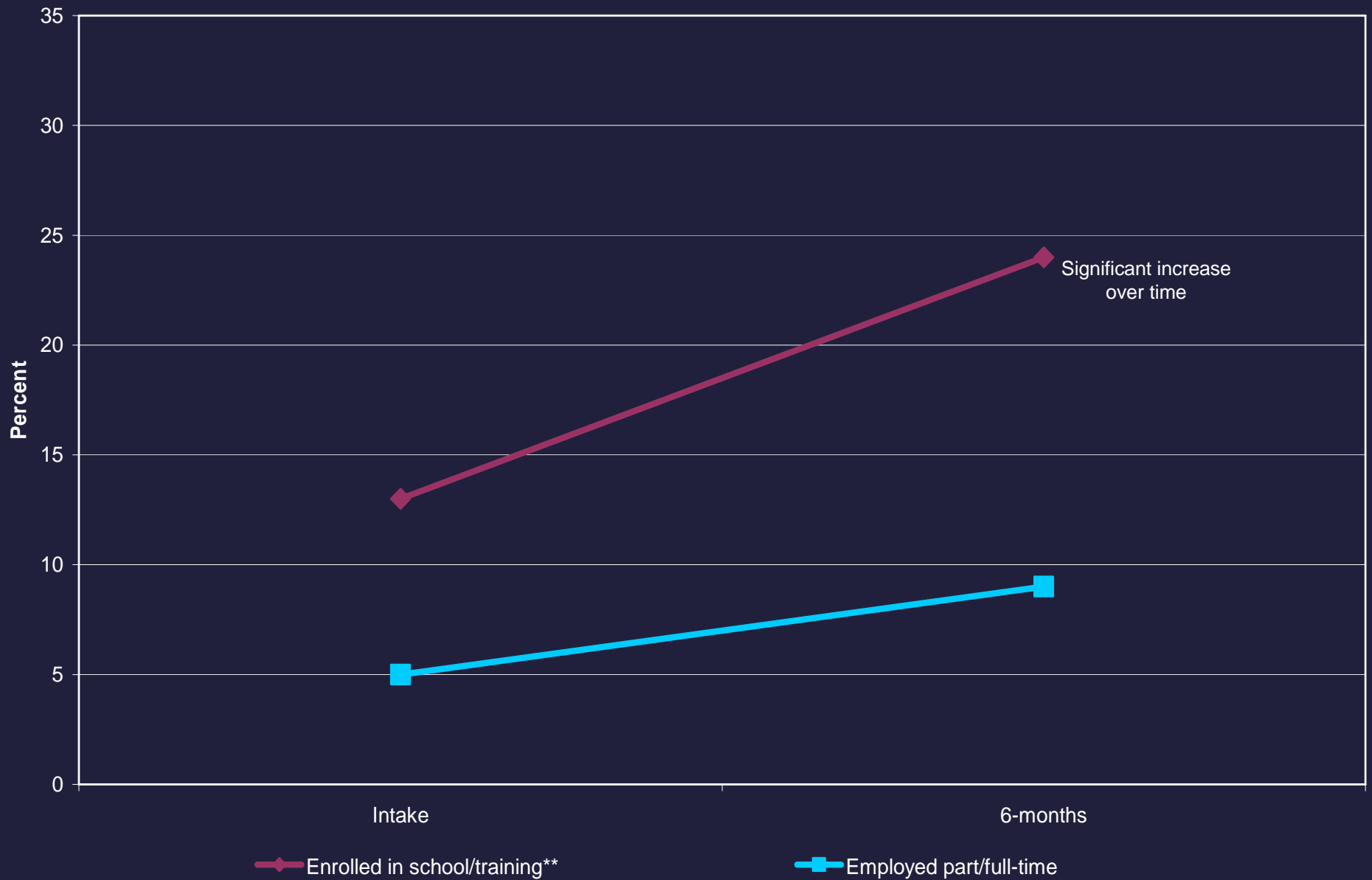


# Children



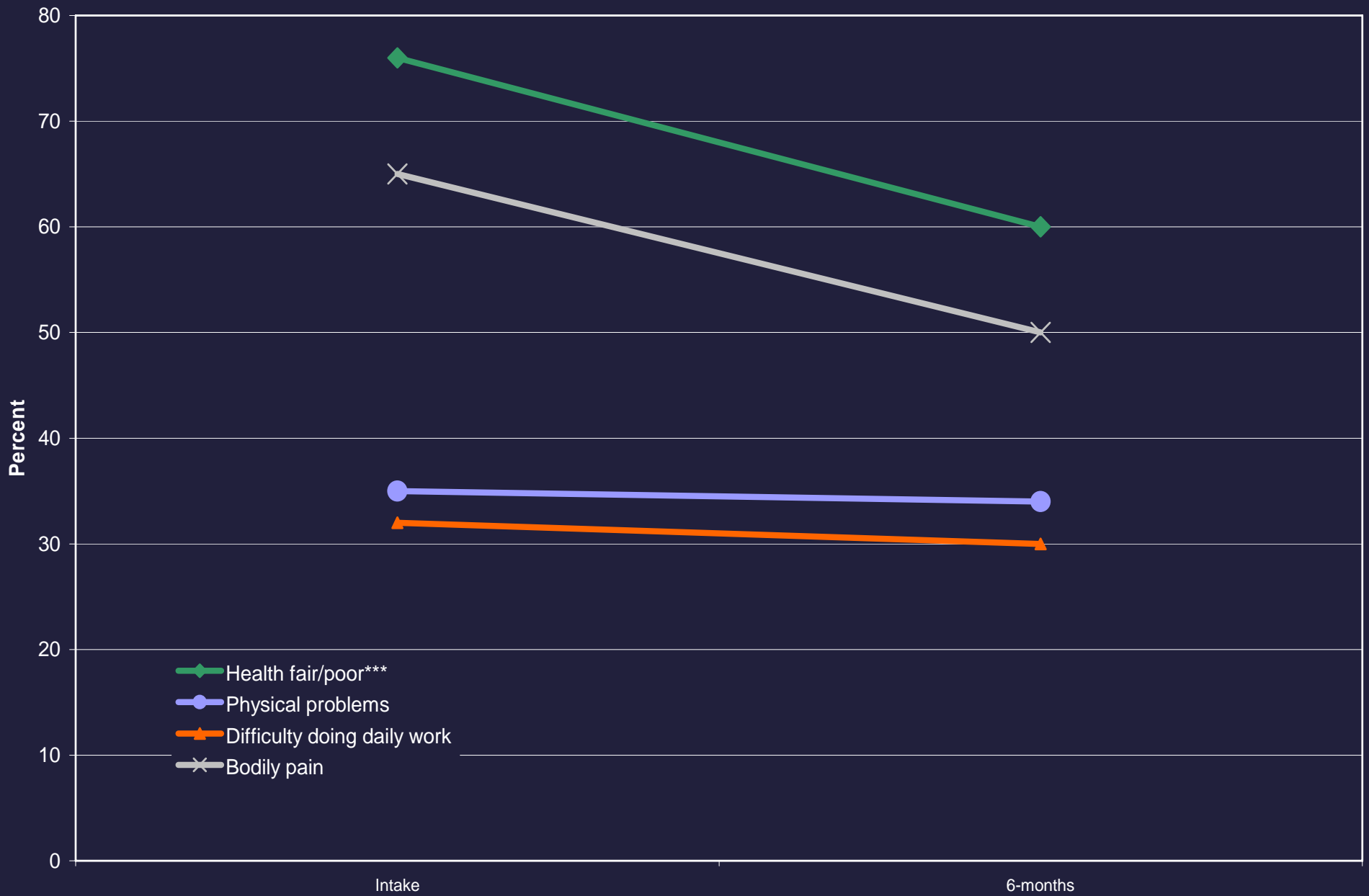
Preliminary Data—Please Do Not Cite

# Vocational



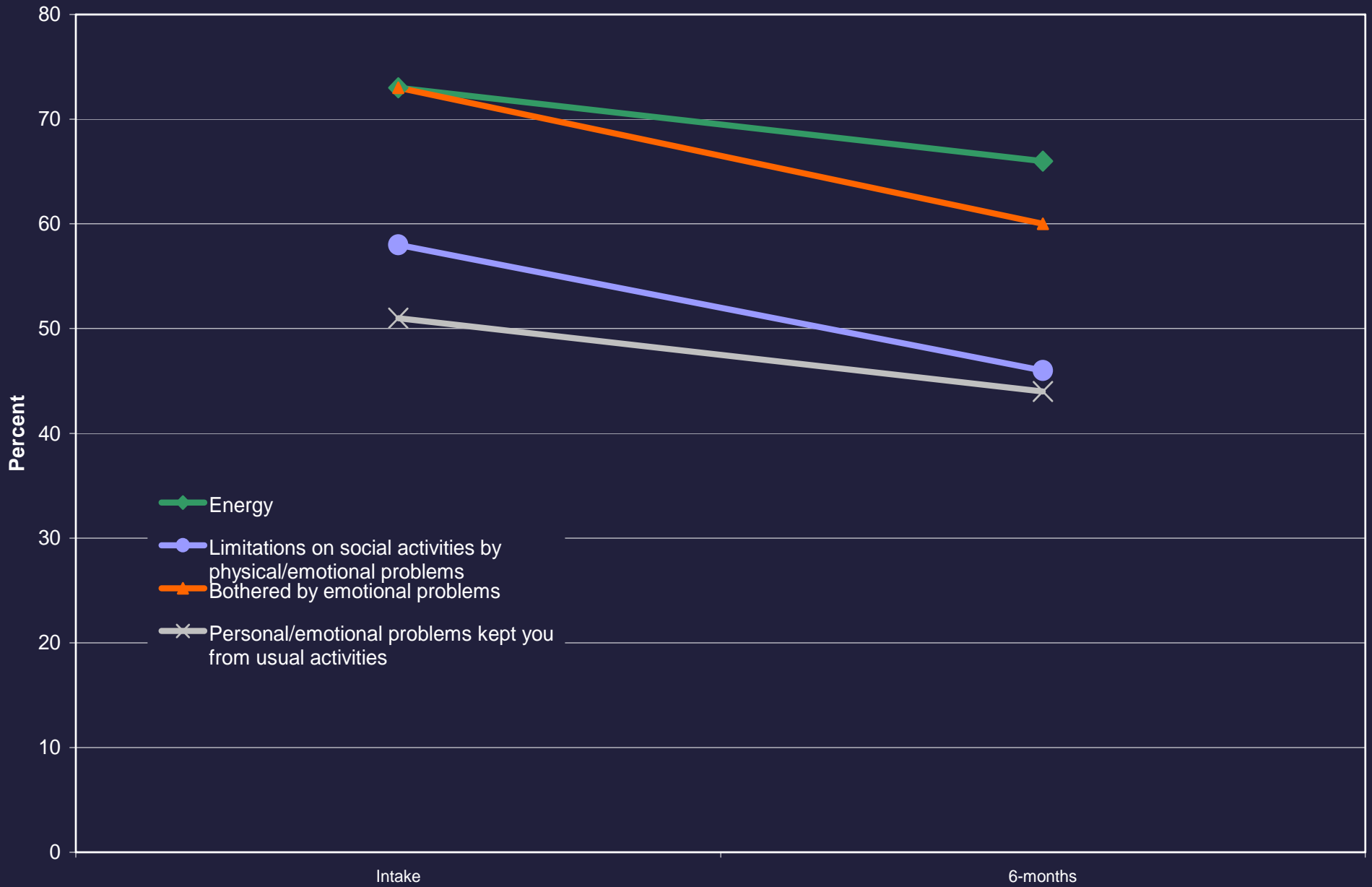
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# Physical Health

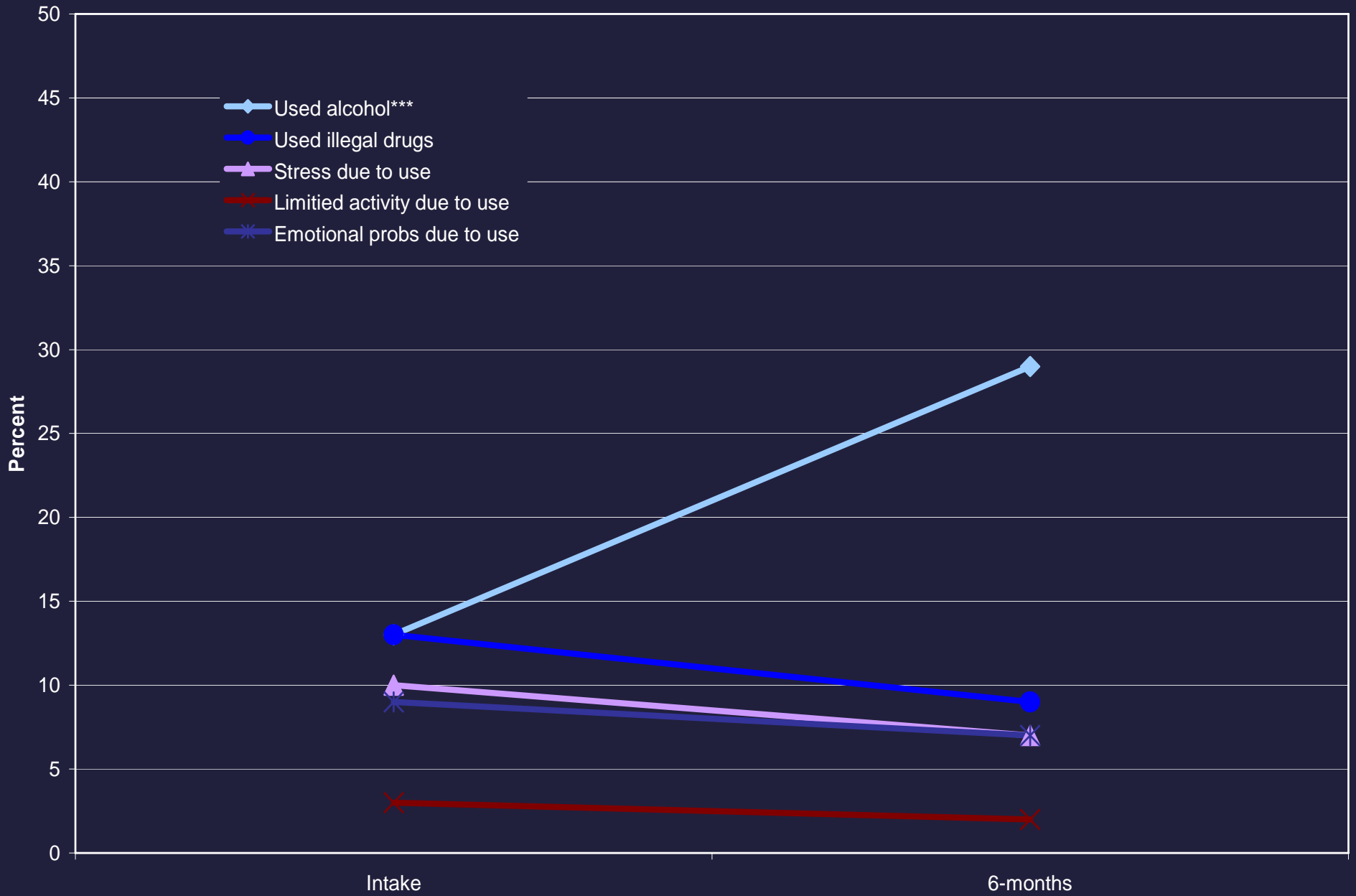


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# Physical Health



## Substance Use



Preliminary Data—Please Do Not Cite

# Substance Use

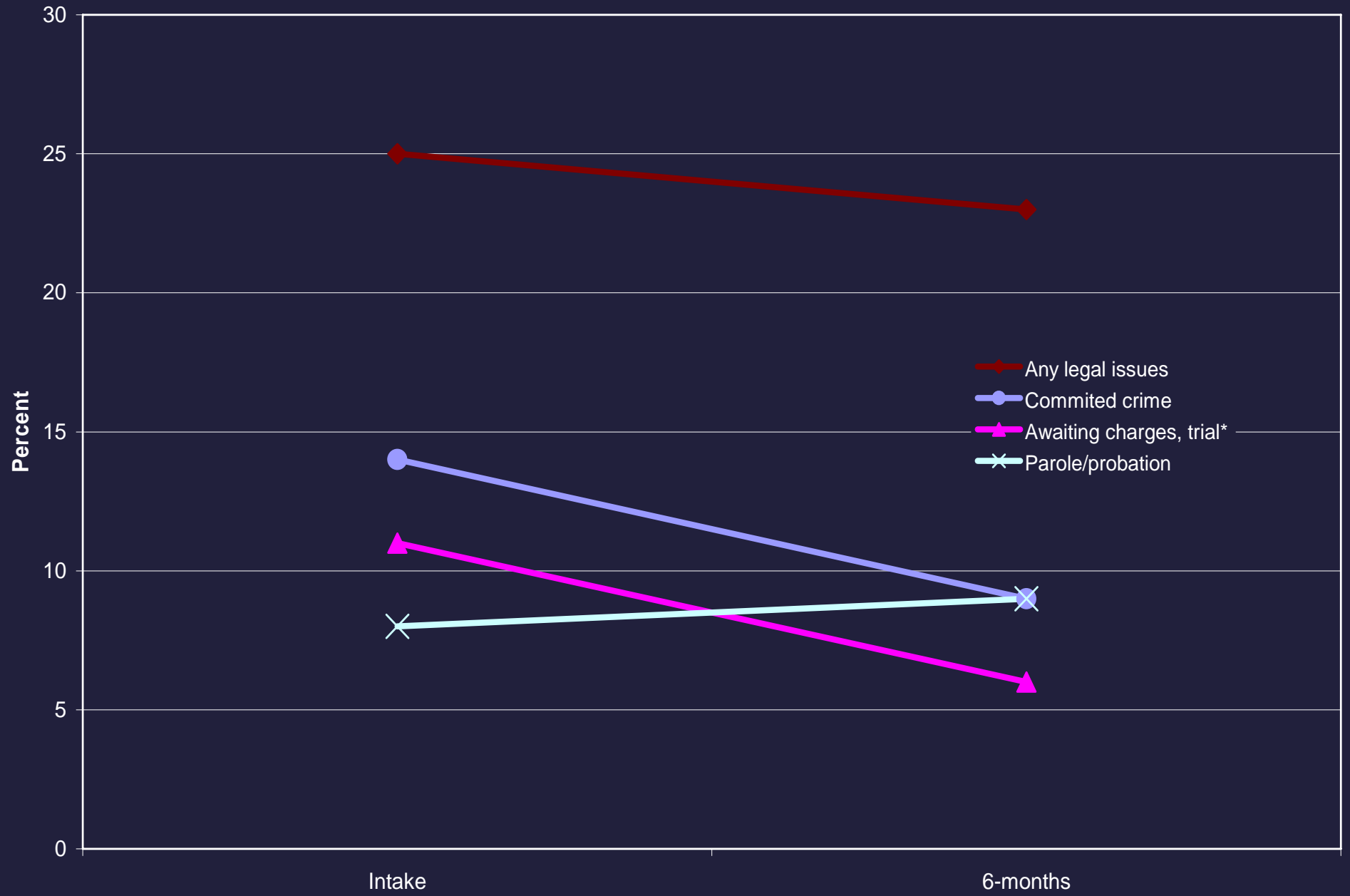
At intake, % reporting any use in the last 12 months...

Alcohol=	55%
Marijuana=	35%
Cocaine/crack=	11%
Painkillers/opiates=	9%
“Downers”/barbituates=	4%
Heroin=	3%

At intake, Last time drunk or high for most of the day (n=158)...

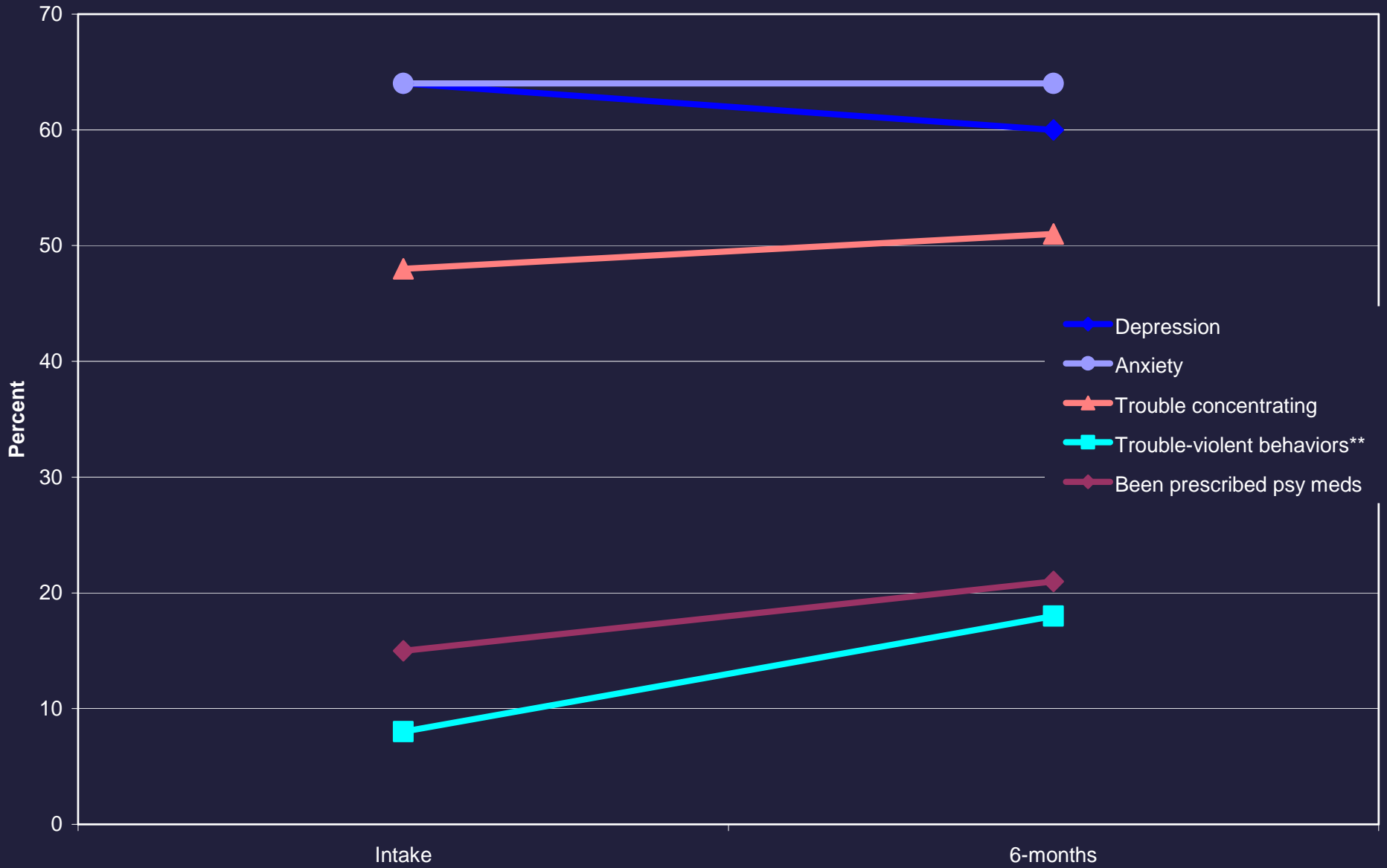
Never=	24%
1+ Years=	39%
4-12 Months=	15%
1-3 Months=	10%
1-4 Weeks=	7%
3-7 Days=	2%
1-2 Days=	3%

# Legal

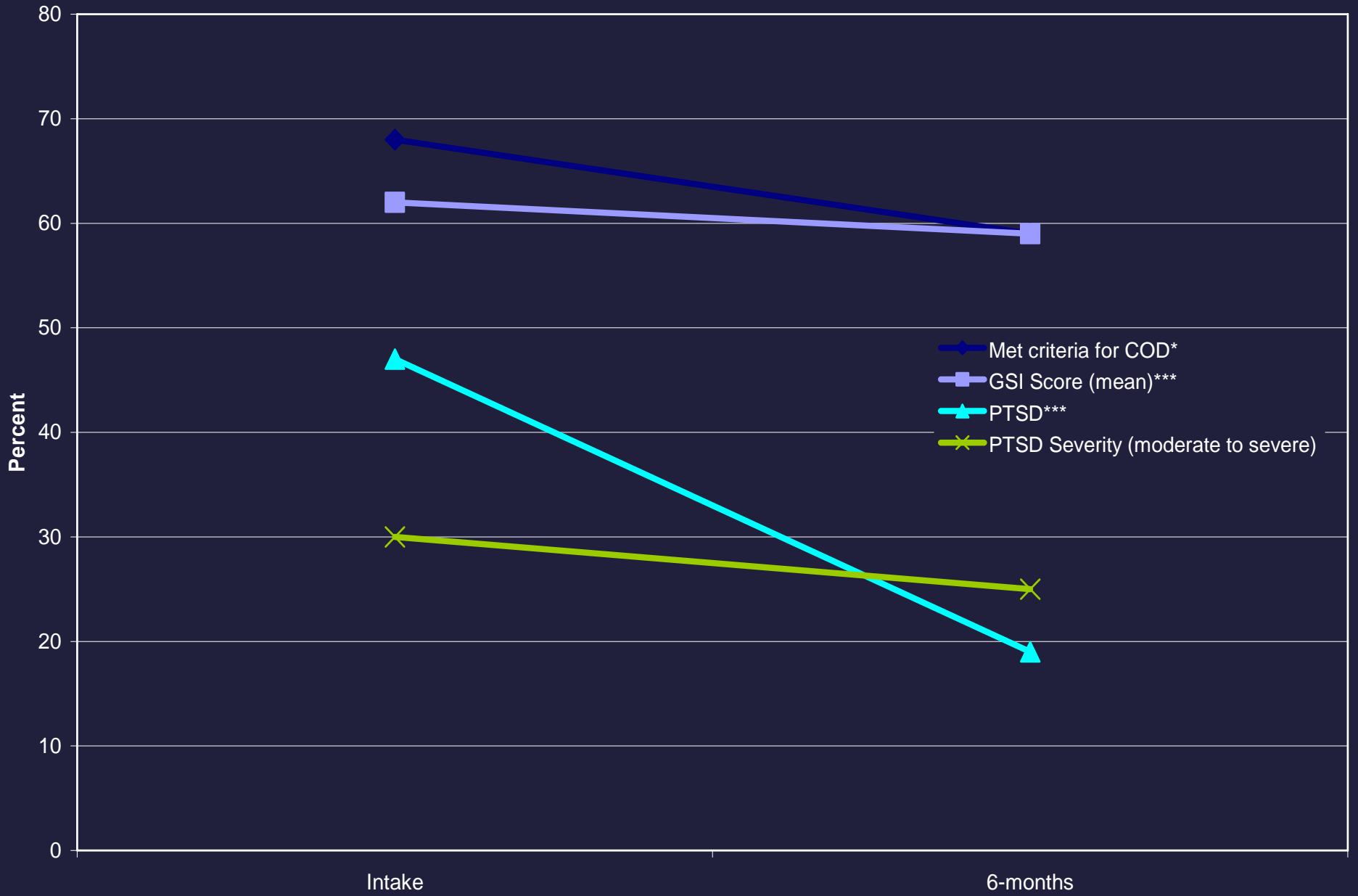


Preliminary Data—Please Do Not Cite

# Mental Health



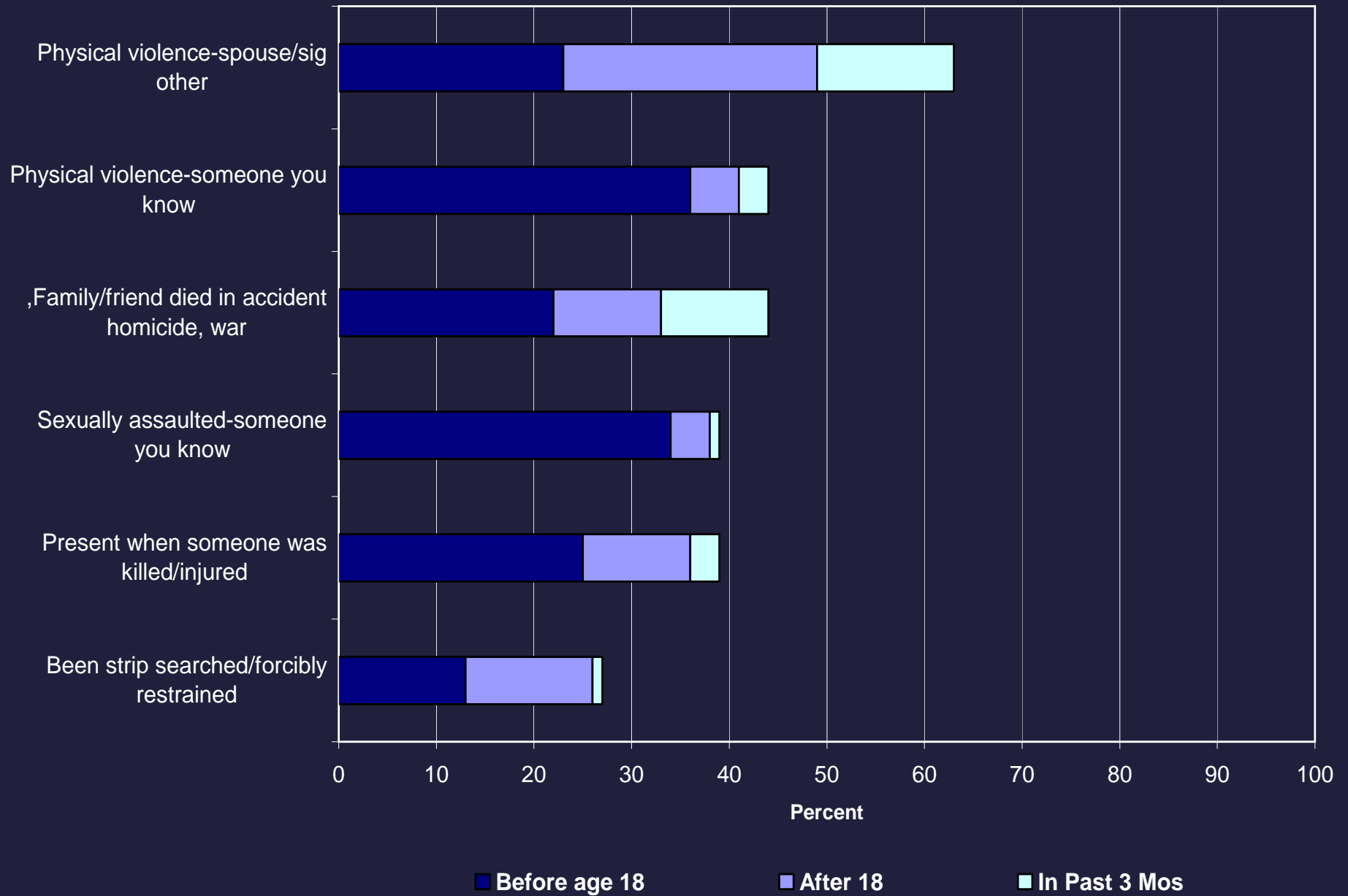
# Mental Health



# Trauma and Victimization

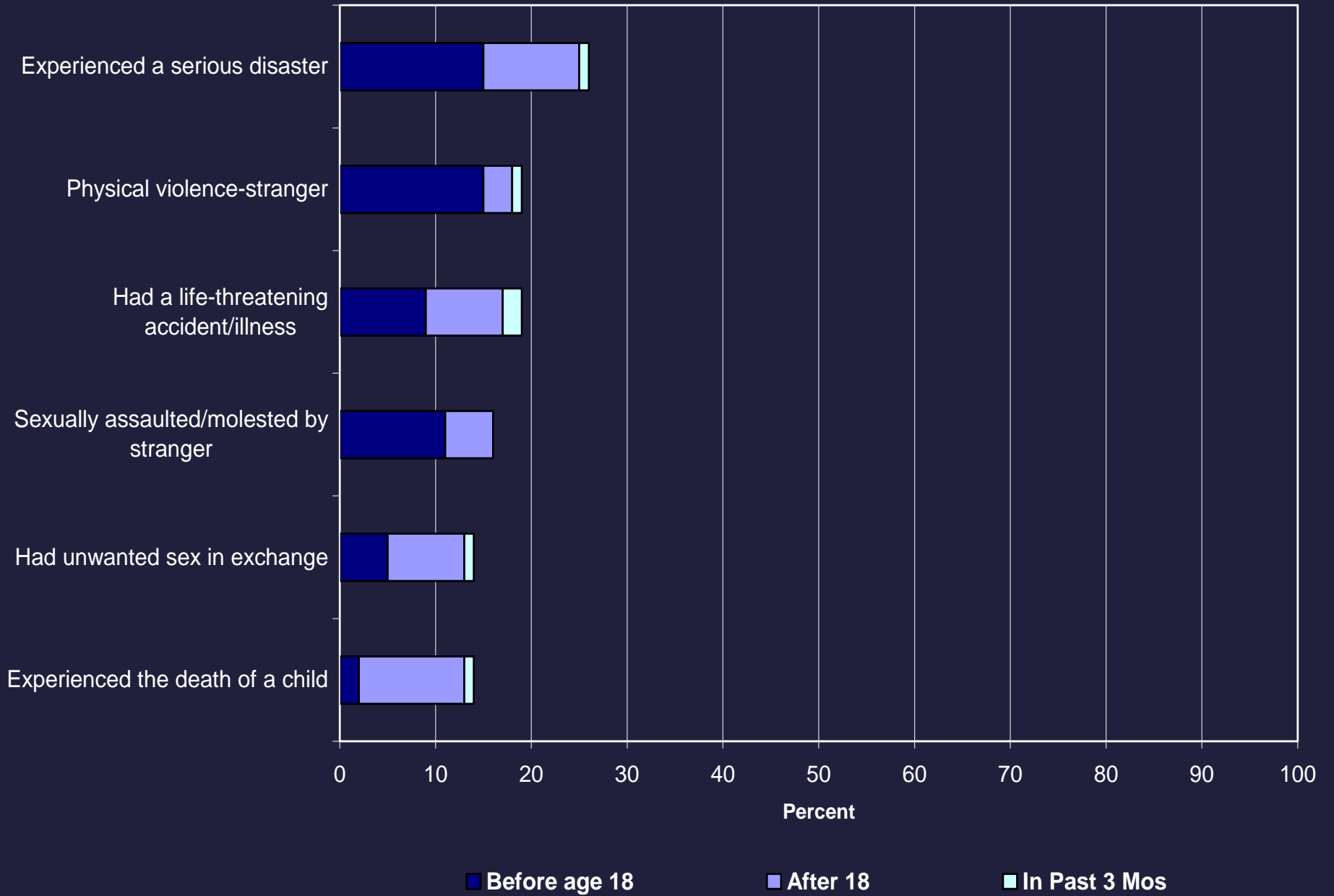
- Asked about 11 events...range=0-11, mean 3.7, median 3.0.
- Almost all (91%) of the women reported experiencing traumatic experiences, with 82% reporting physical and/or sexual violence.
- For those who had experienced physical/sexual violence:
  - 40% physical violence alone; 4% sexual abuse, 42% reported experiencing both.
  - 58% experienced victimization before age 18...
    - Physical violence=49%; Sexual violence=40%; Both=30%
  - 16% reported victimization in the 3 months before intake<sup>20</sup>.

### Victimization and Trauma at Intake (n=196)



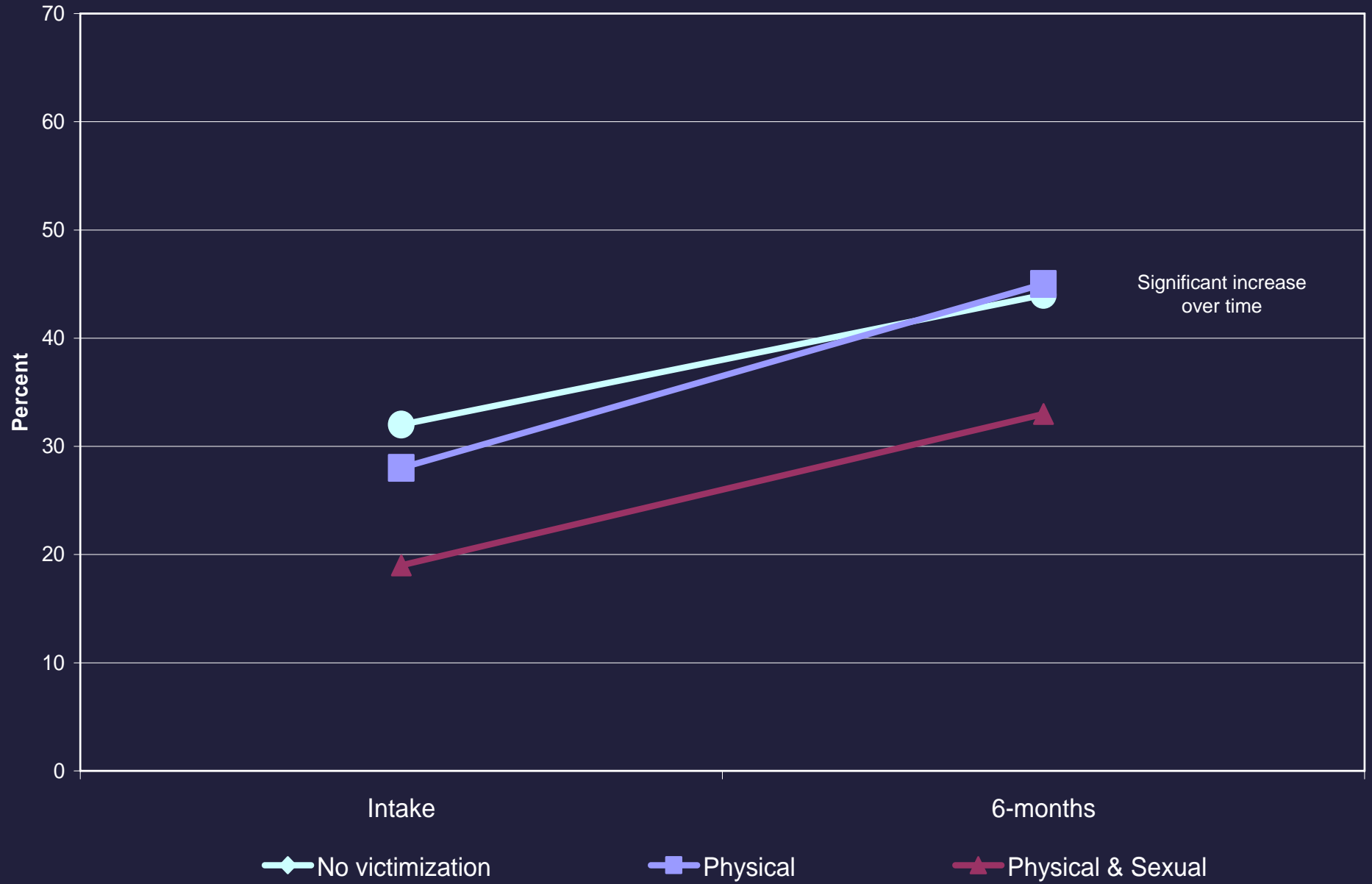
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### Victimization and Trauma at Intake (n=196)

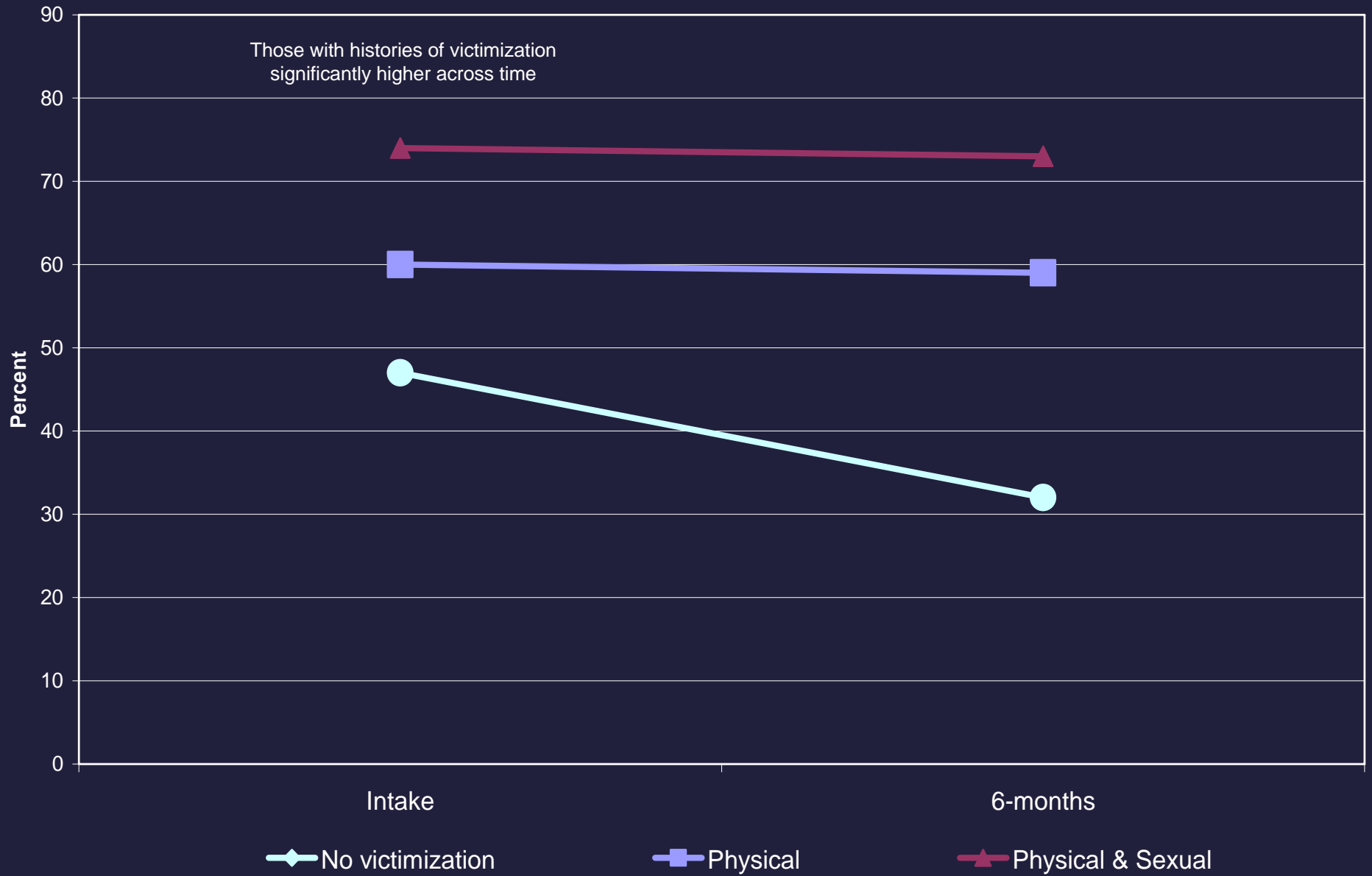


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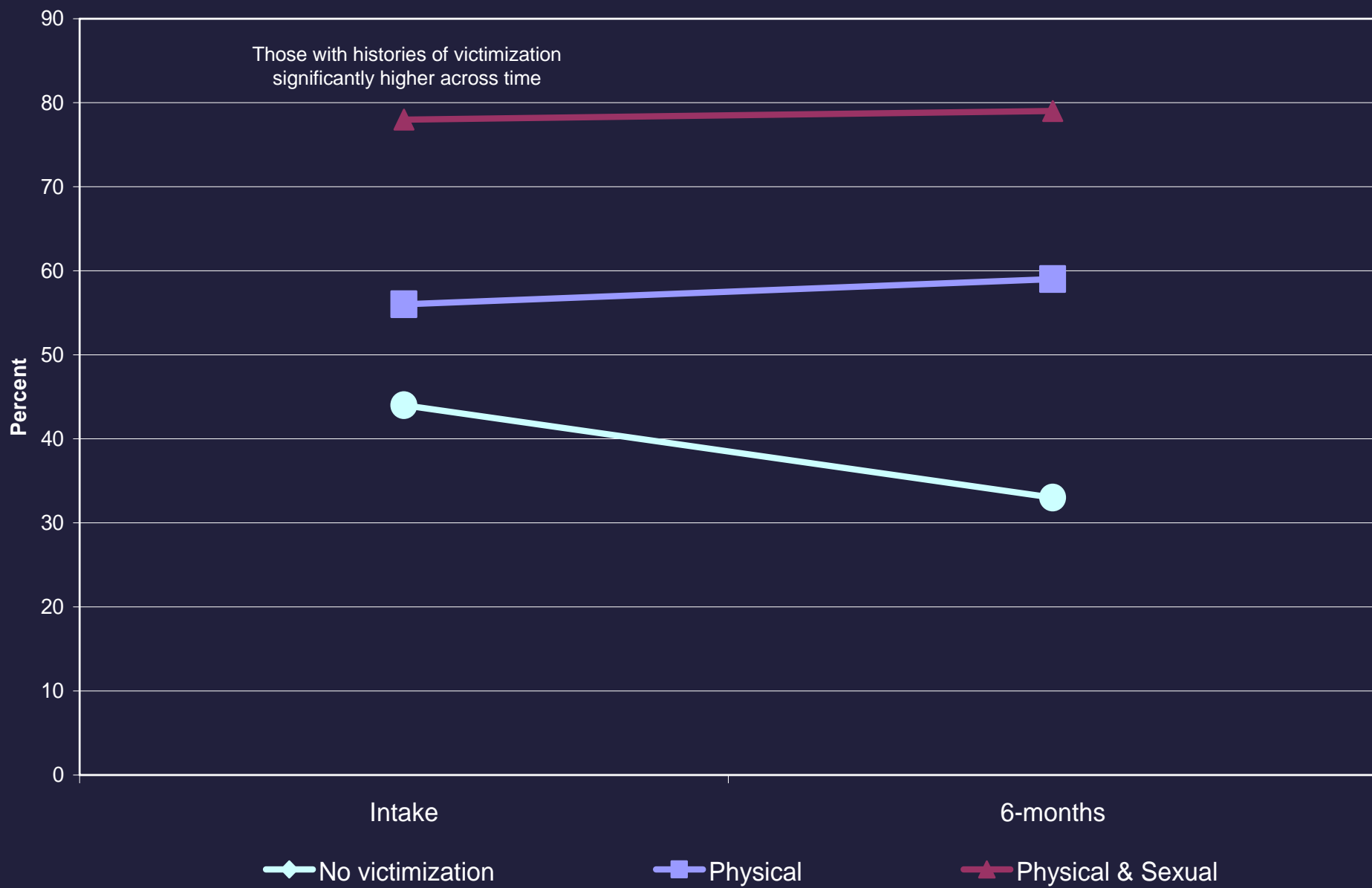
# Self-rated Health (% reporting very good/excellent health)



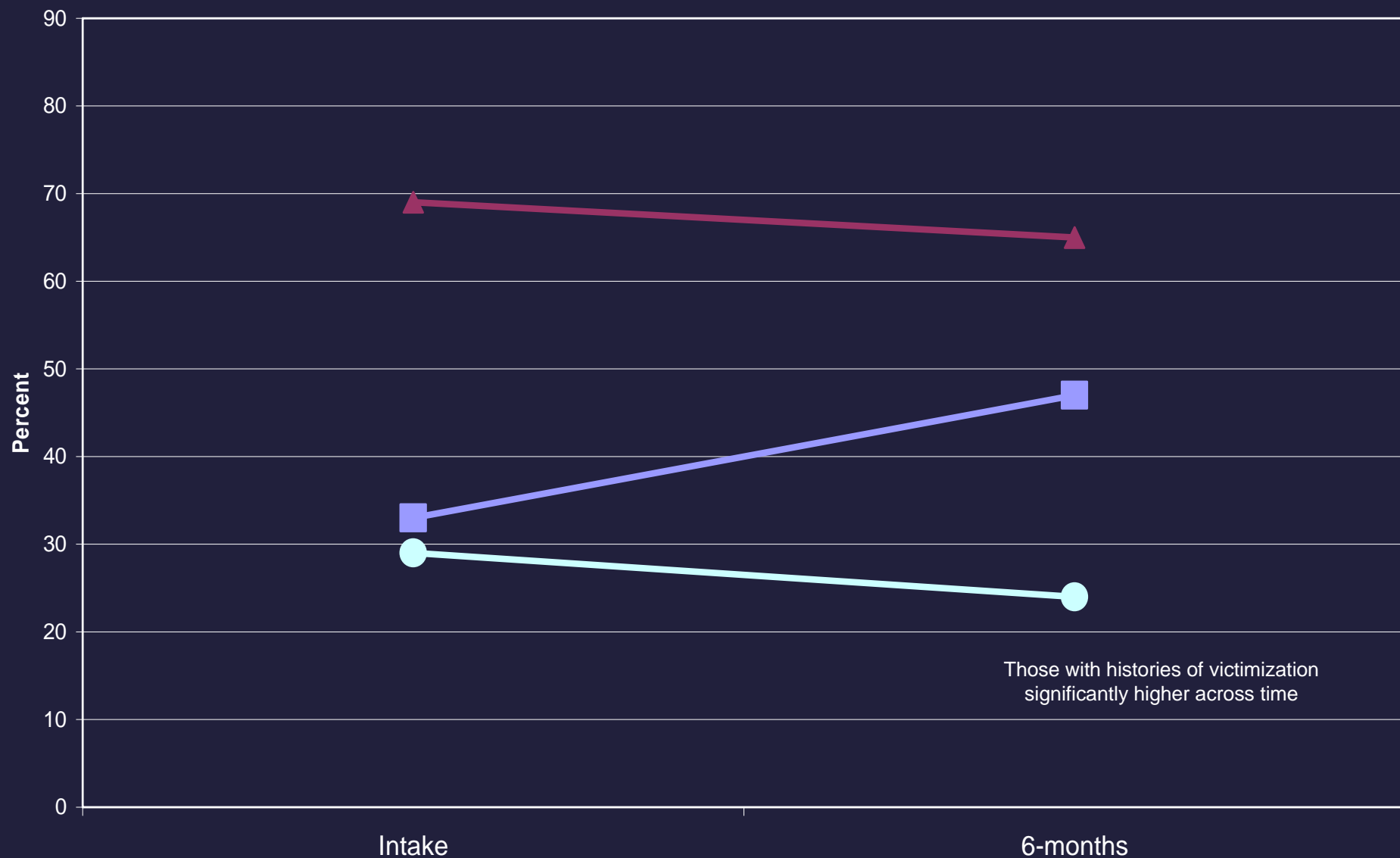
# Experienced Serious Depression (% , past 30 days)



### Experienced Anxiety (% , past 30 days)



# Experienced Trouble Understanding, Concentrating (% , past 30 days)



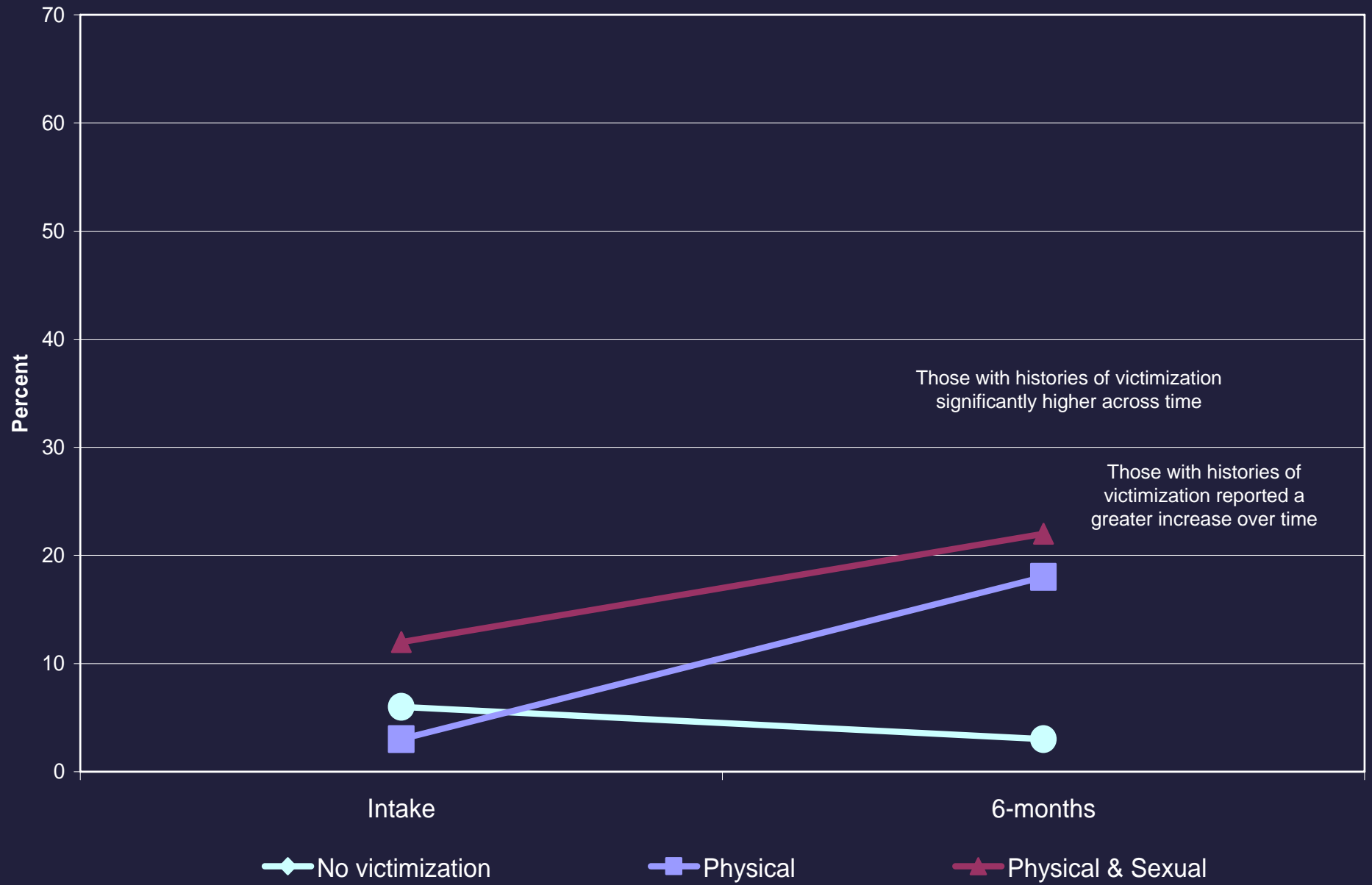
Those with histories of victimization significantly higher across time

—◆— No victimization

—■— Physical

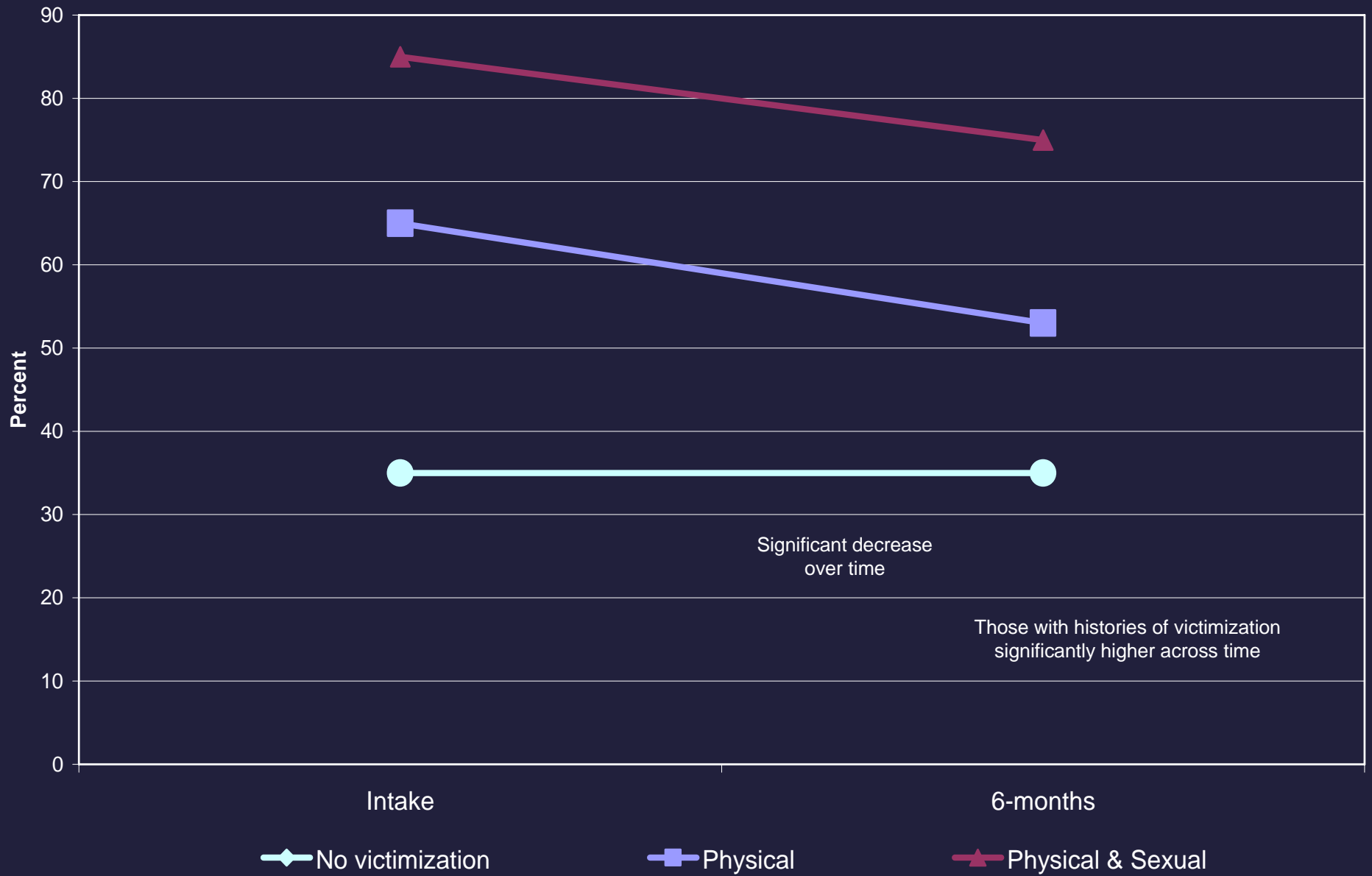
—▲— Physical & Sexual

# Trouble Controlling Violent Behavior, past 30 days (%)

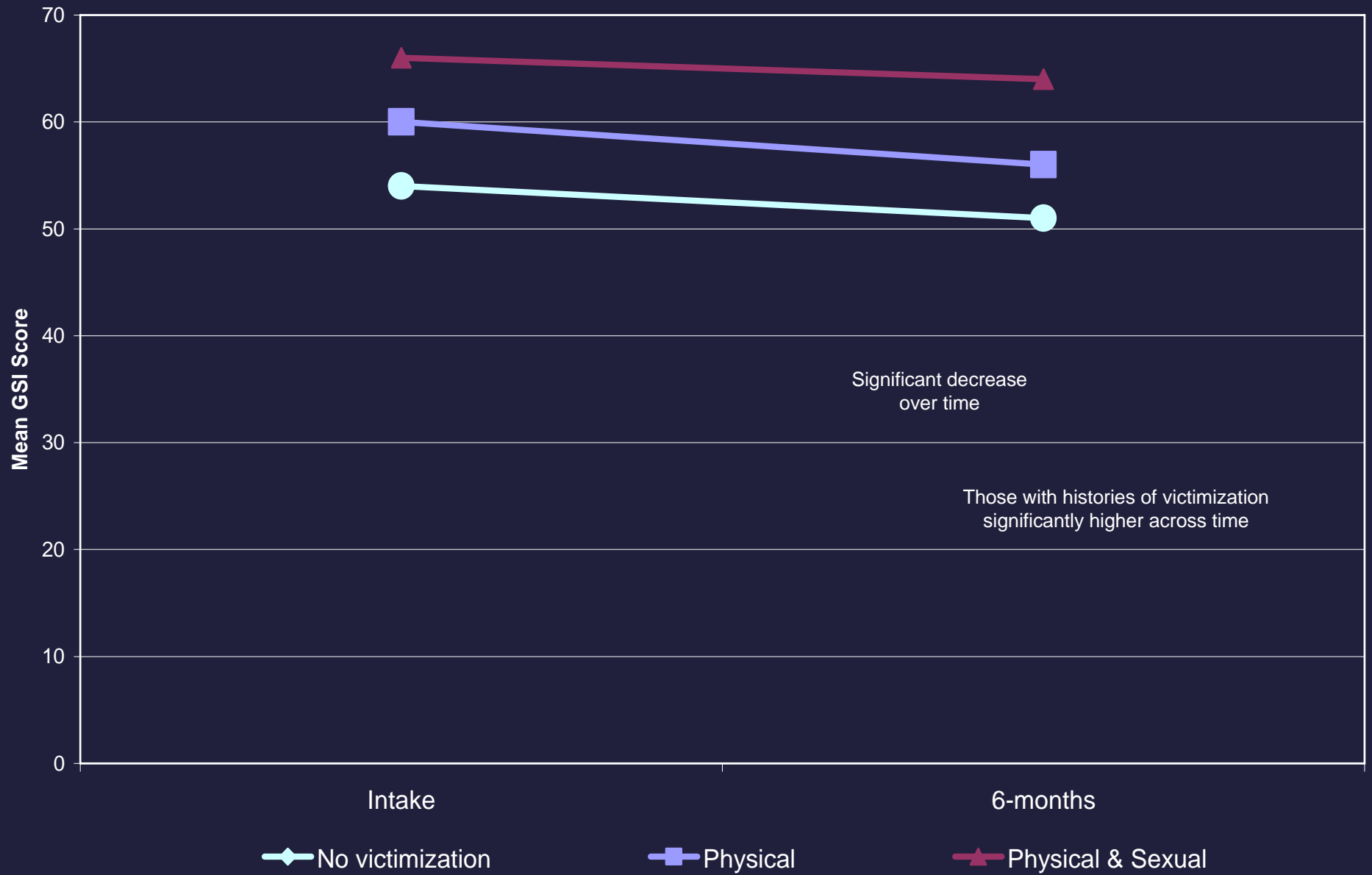


# Mental Health

(% met criteria for having a current mental health problem, BSI)



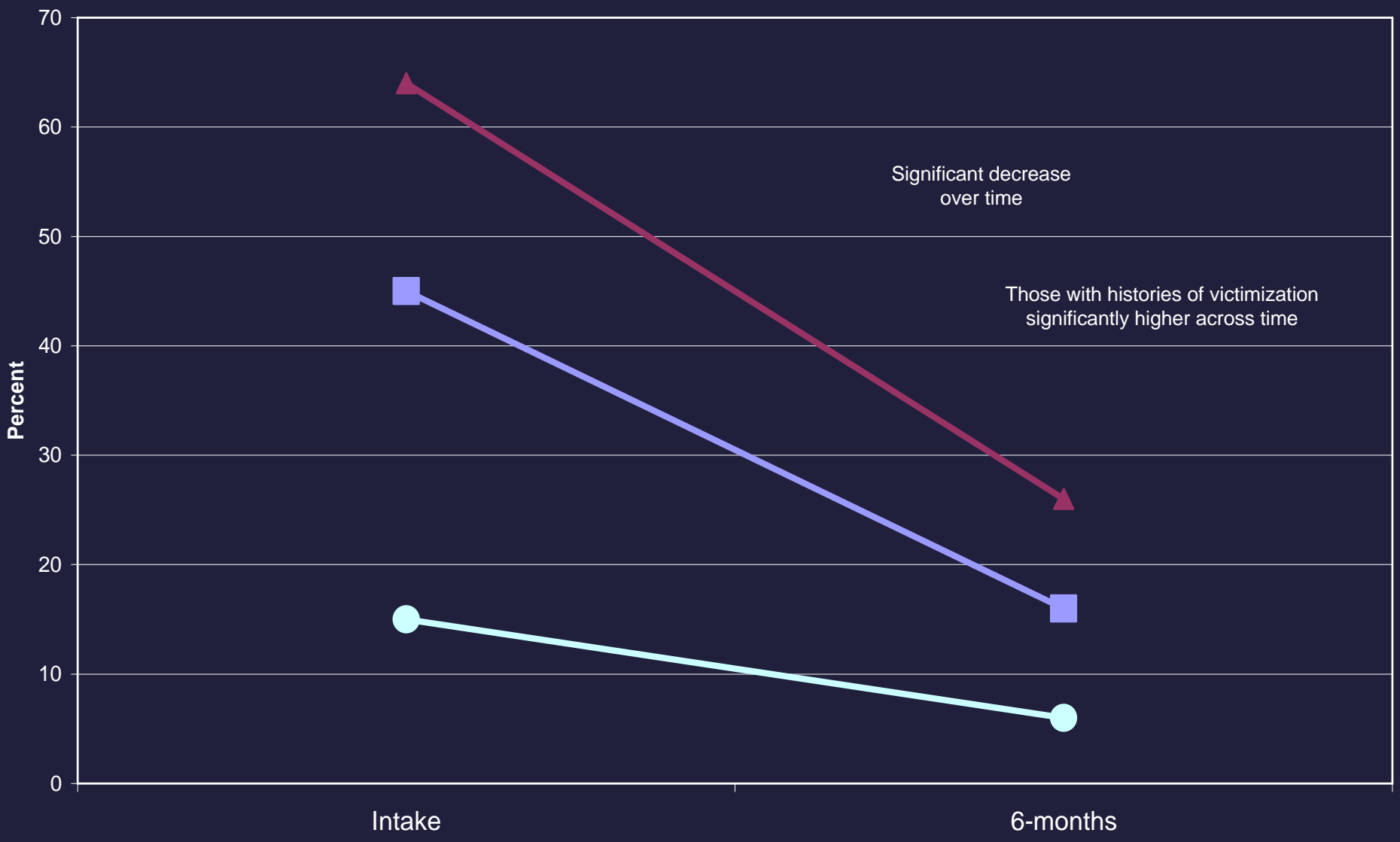
### Mental Health (Mean Global Severity Index (GSI) Score, possible range 33-80, BSI)



Significant decrease  
over time

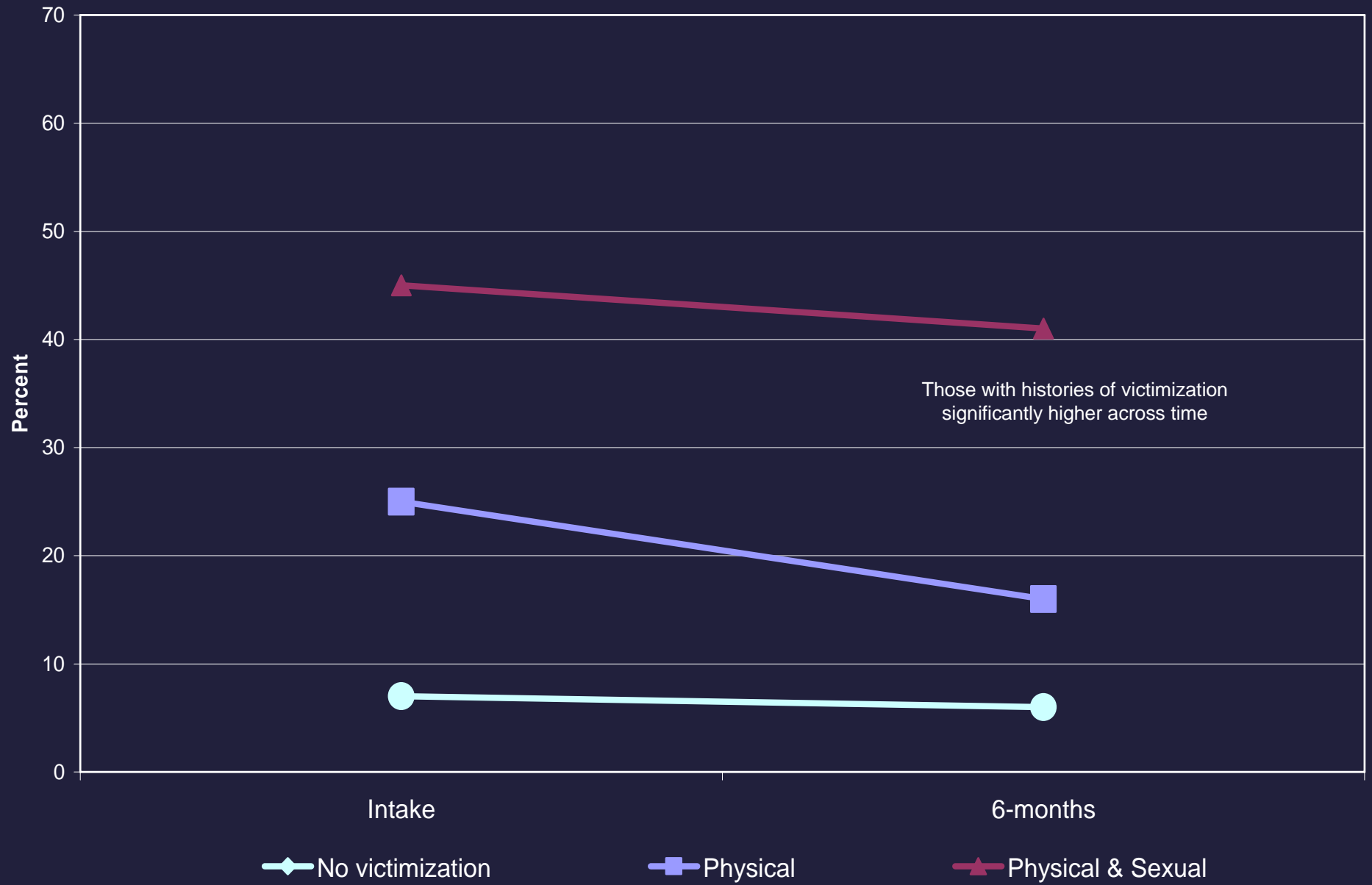
Those with histories of victimization  
significantly higher across time

# PTSD Diagnosis (% met criteria for PTSD, PDS)



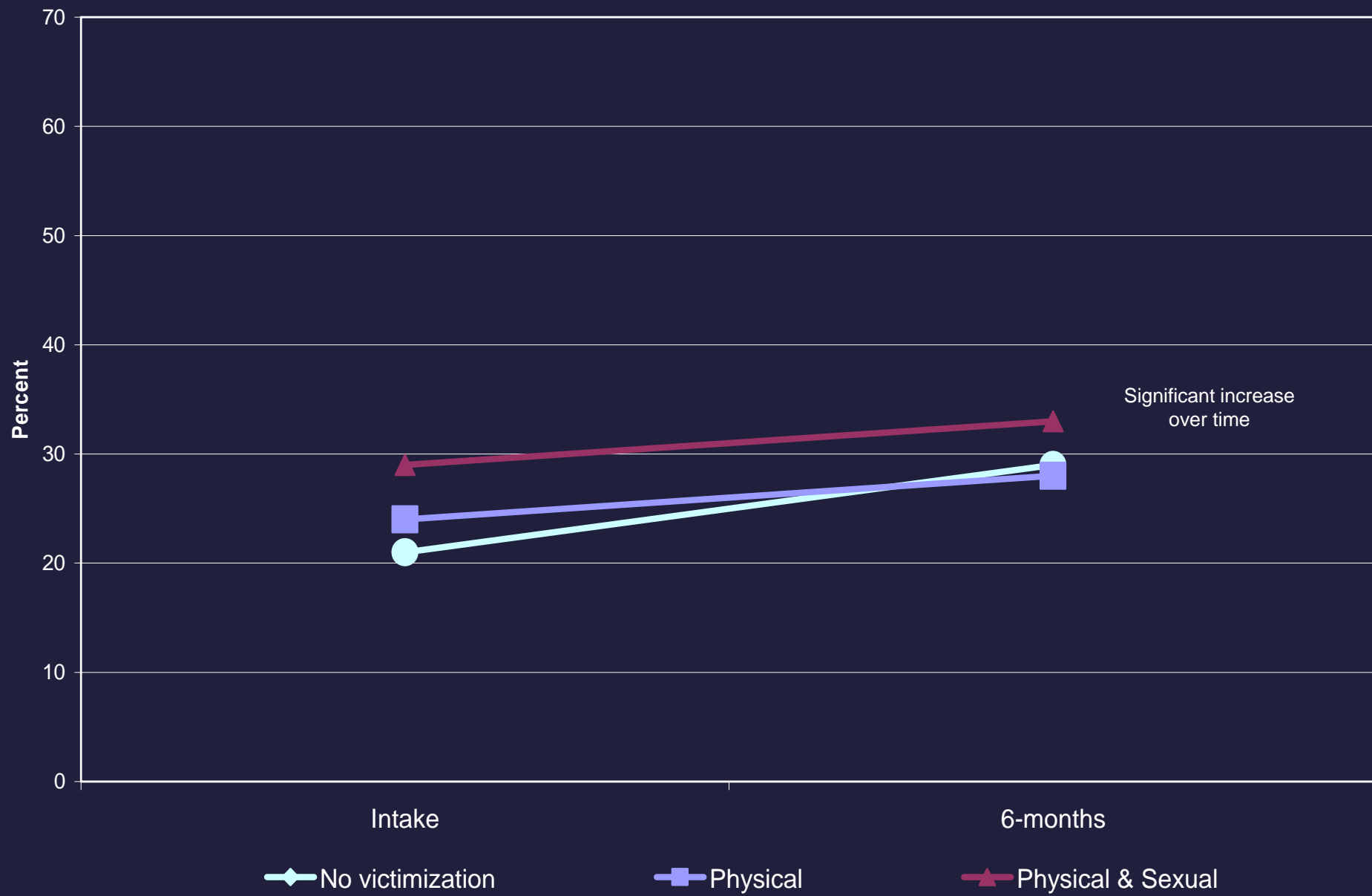
◆ No victimization      ■ Physical      ▲ Physical & Sexual

# PTSD, Symptom Severity Rating (% Moderate to Severe)

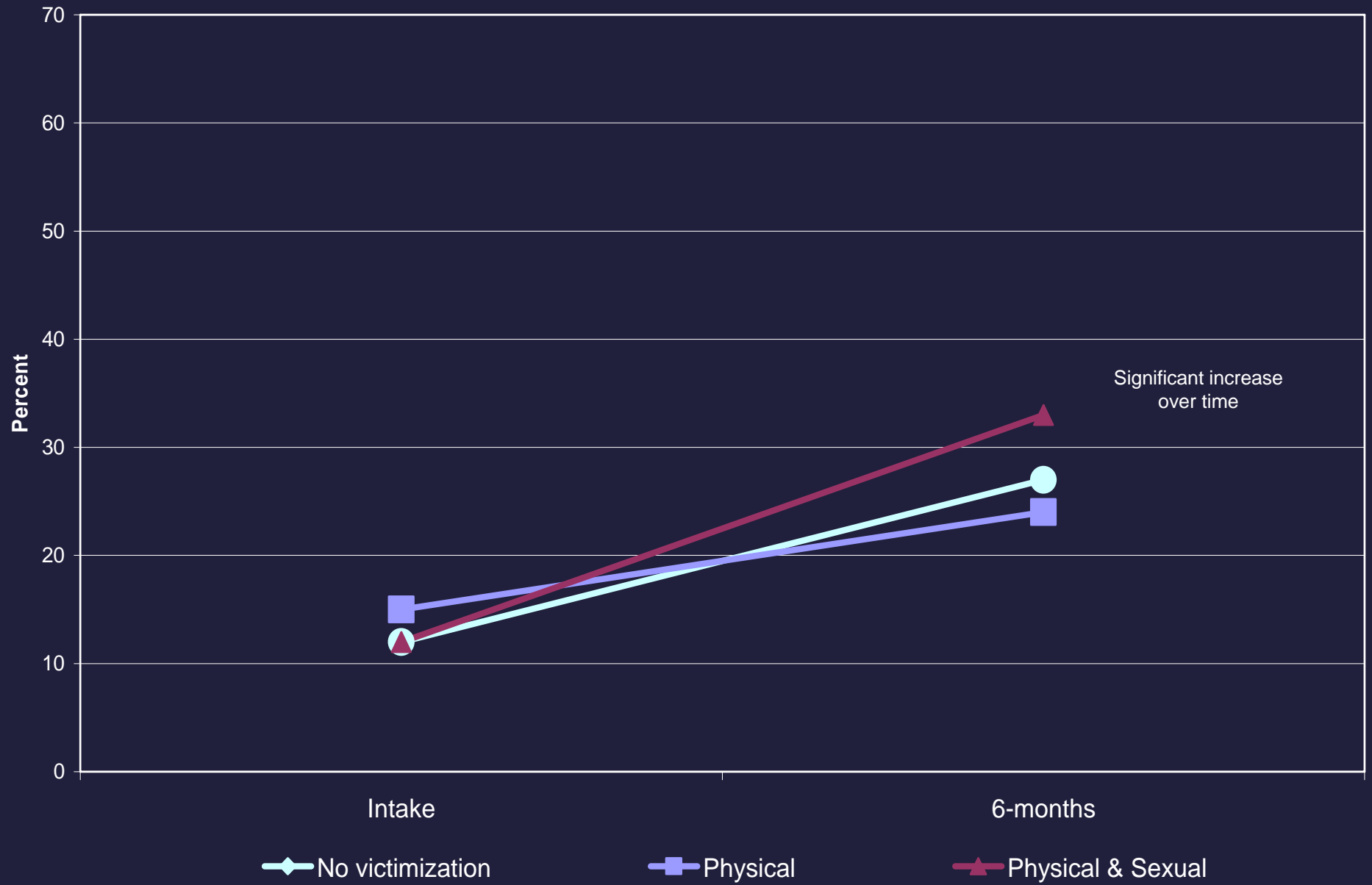


Those with histories of victimization significantly higher across time

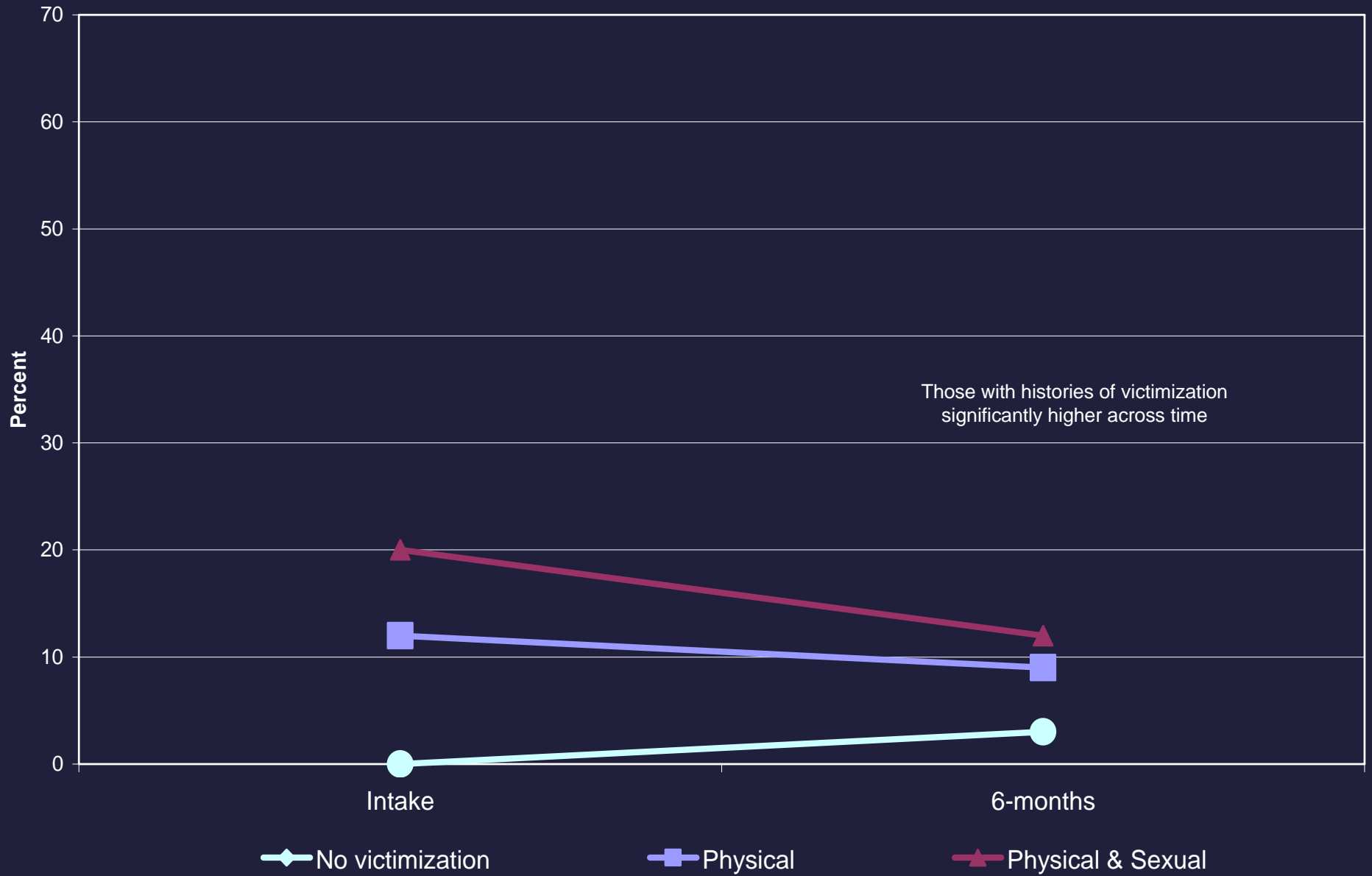
### Children under 18 not in custody, (%)



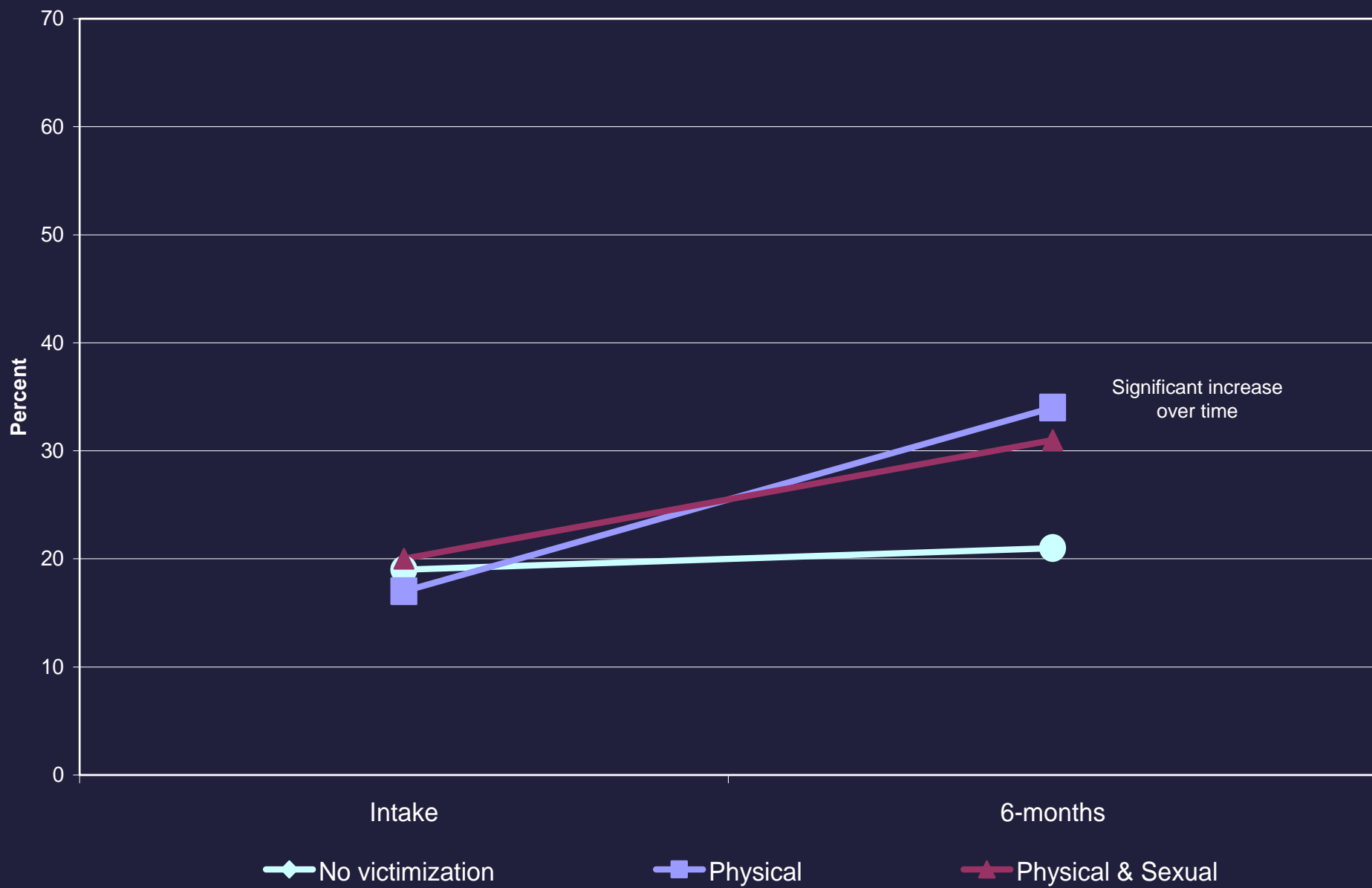
# Used Alcohol, (%)



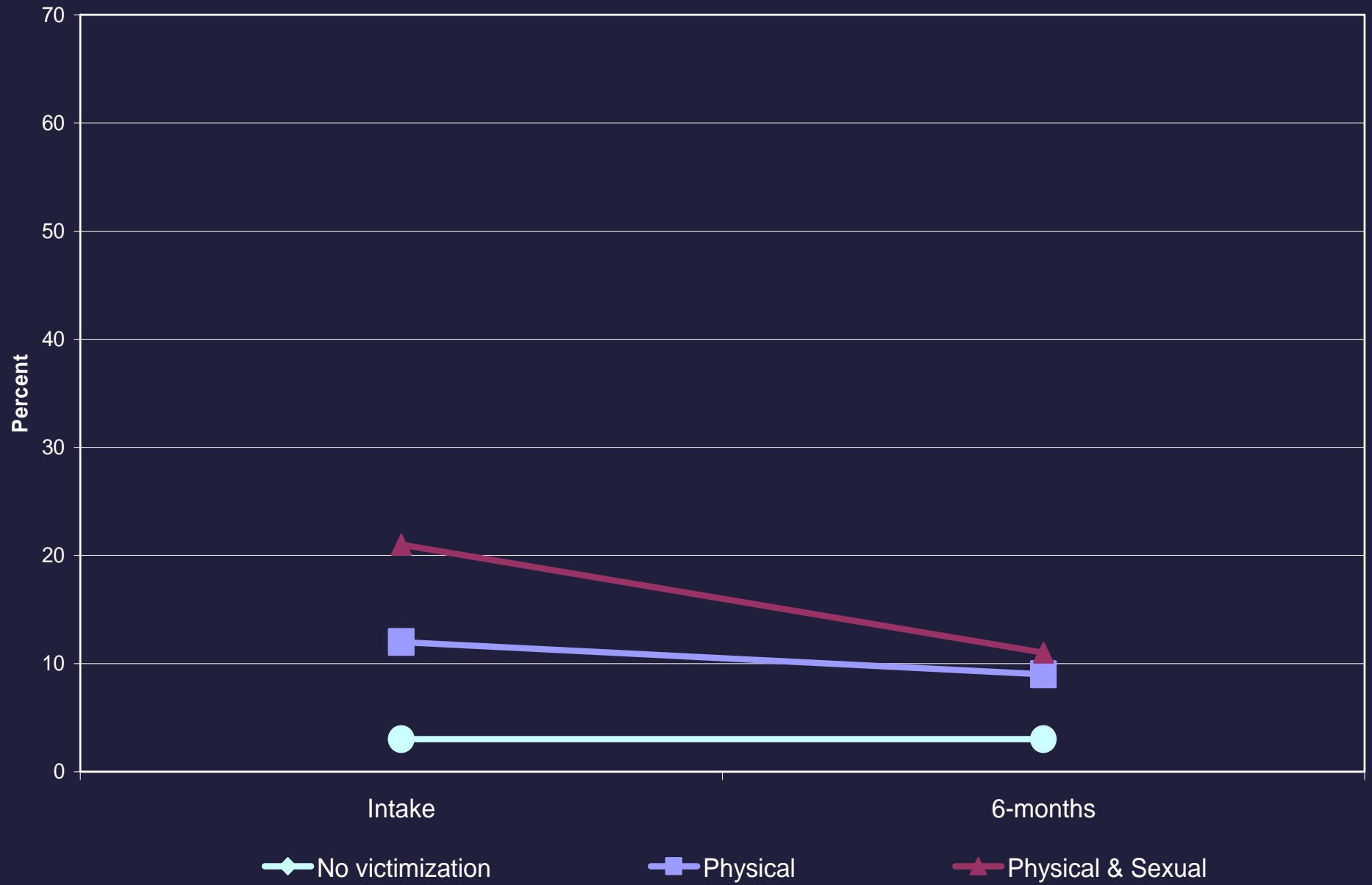
# Used Illegal Drugs, (%)



### Vocational: Enrolled in school/training and/or Employed part/full time

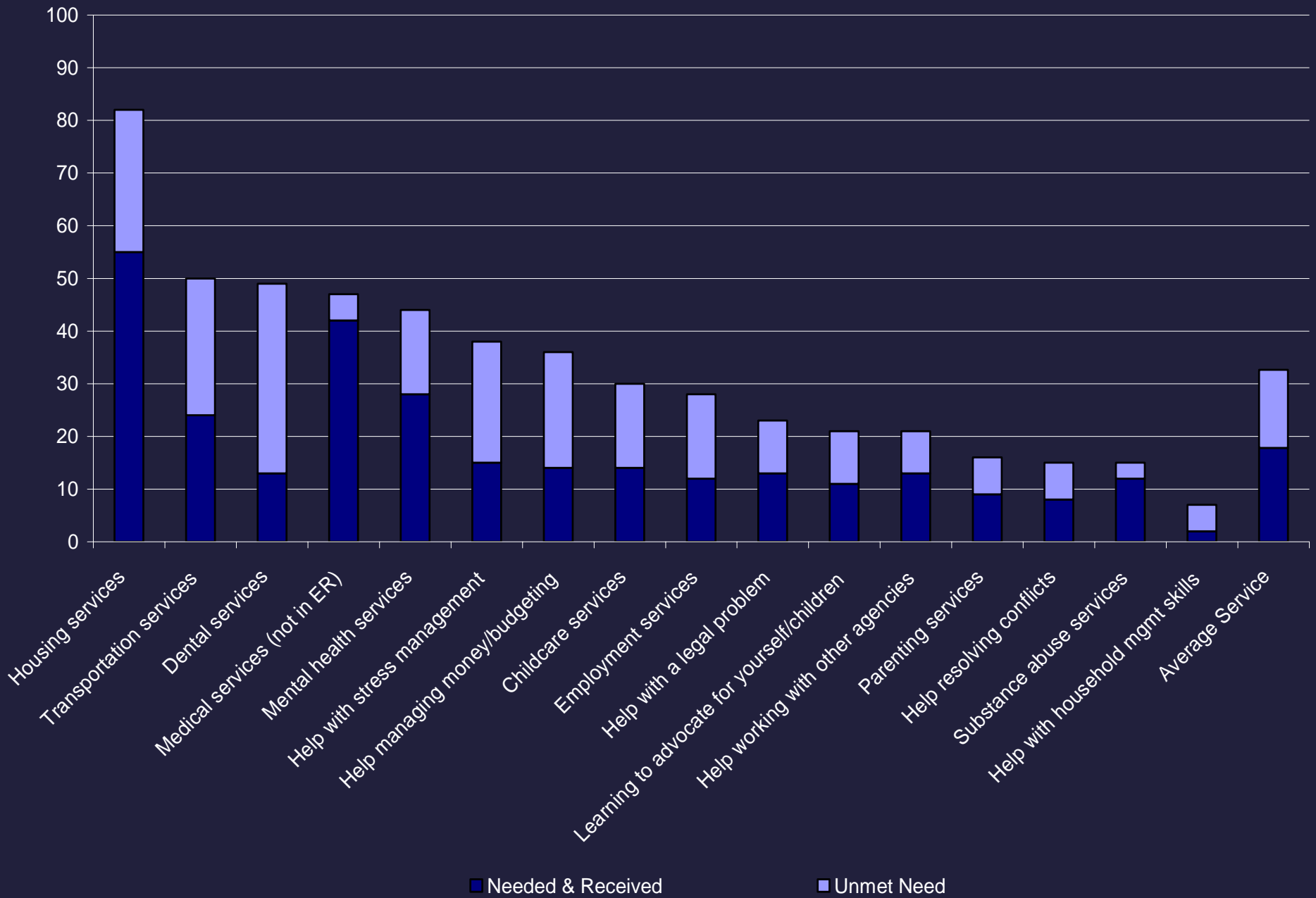


### Legal: Committed Crime, past 30 days, (%)



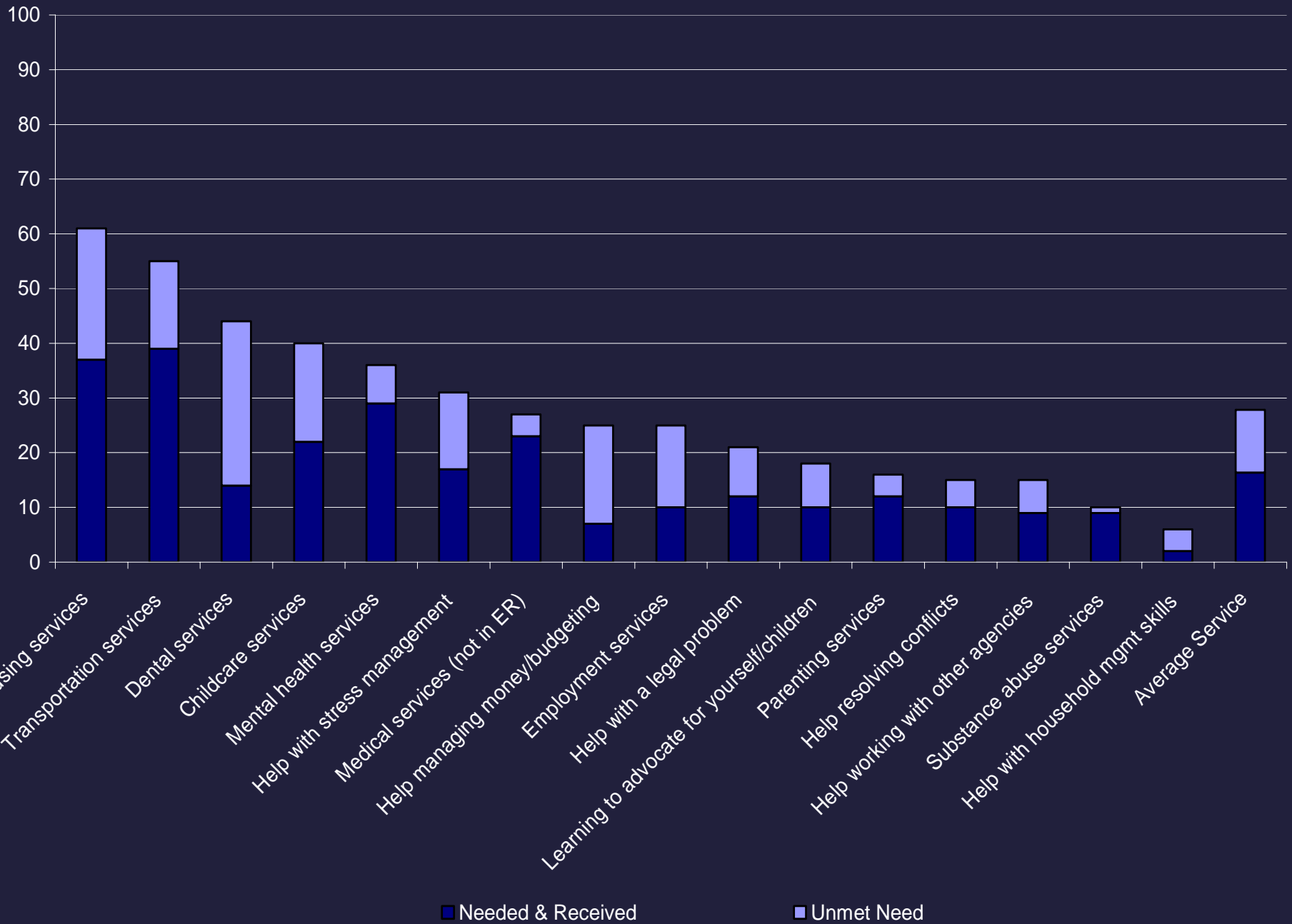
Preliminary Data—Please Do Not Cite

## Frequency of Health/Social Services Needed & Received (past 3 months): INTAKE



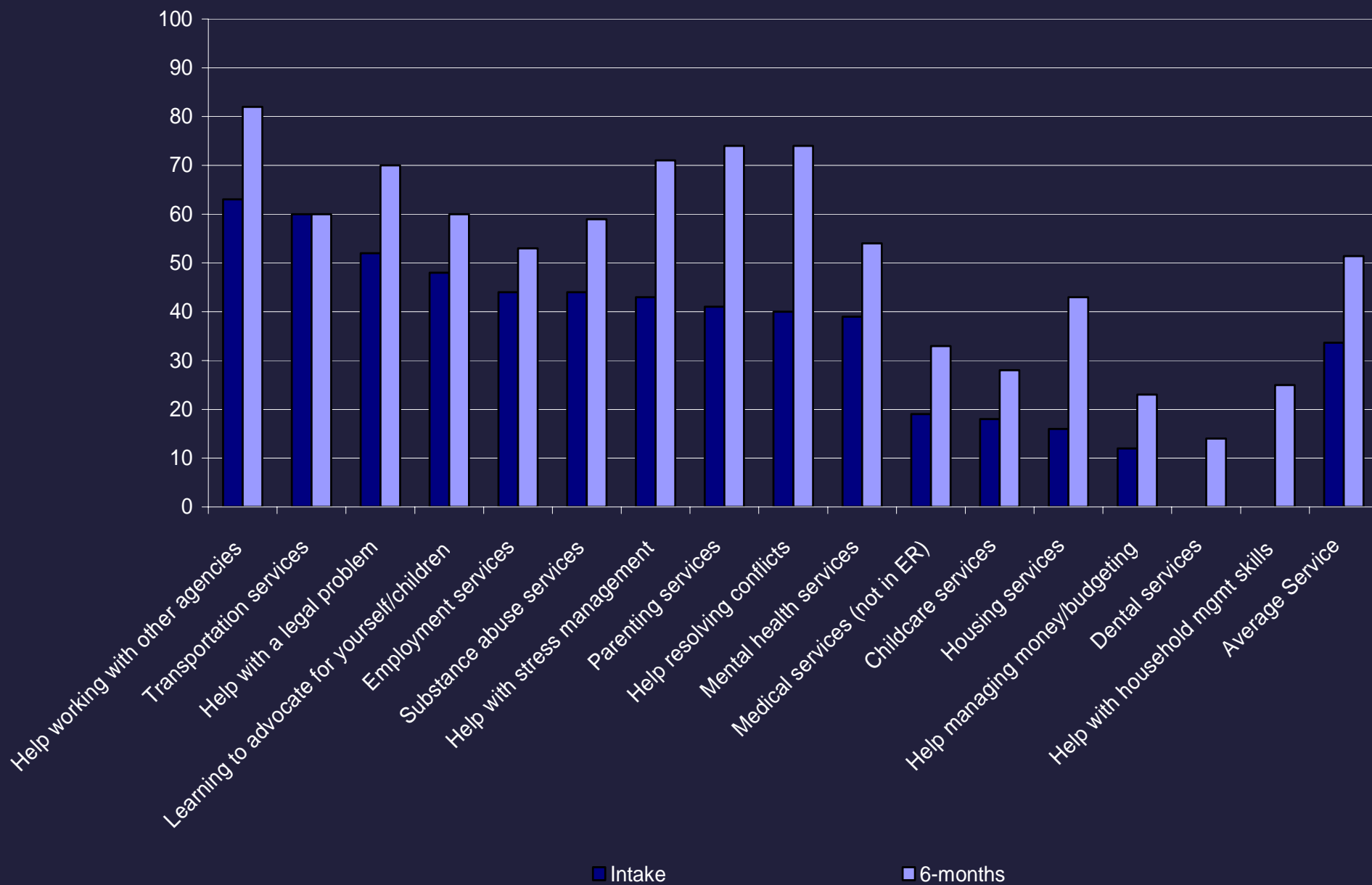
Preliminary Data—Please Do Not Cite

## Frequency of Health/Social Services Needed & Received (past 3 months): 6-MONTHS



Preliminary Data—Please Do Not Cite

## Health/Social Services Received--FCC Helped Respondent Receive Service (of those who reported receiving any help)

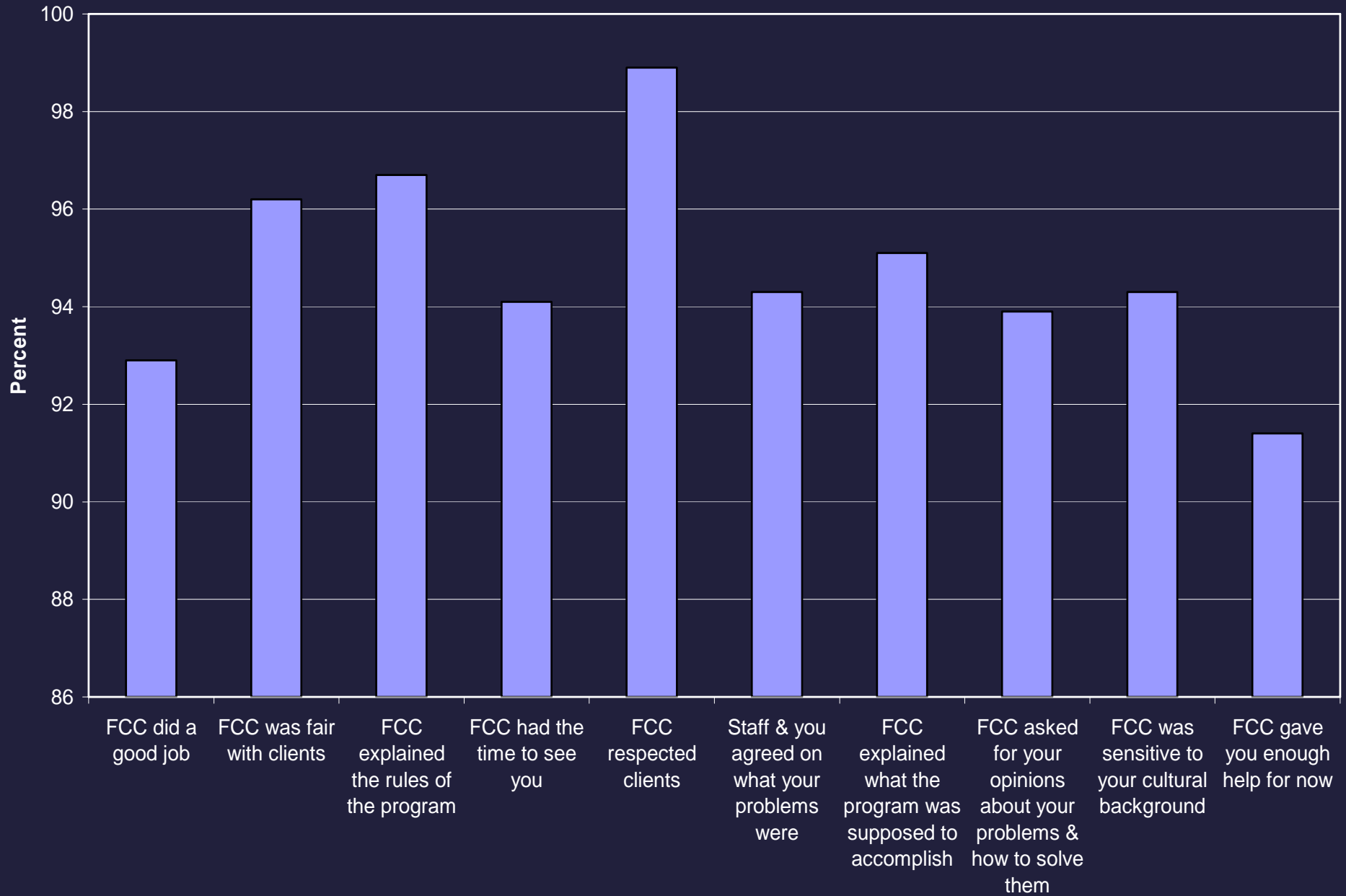


Preliminary Data—Please Do Not Cite

# FLT Groups

	•Nurturing Families •(started 1/30/06)	•Seeking Safety •(started 4/10/06)	•Health and Wellness •(started 2/27/06)	•Substance Awareness •(started 1/25/07)
•Number of groups held	•104	•86	•16	•57
•Participants	•187 different women - •80 not in FLT at time of group attendance, •107 in FLT	•149 different women – •50 not in FLT at time of group attendance, 99 in FLT	•32 different women – •10 not in FLT, 23 in FLT	•86 different women- •22 not in FLT, 64 in FLT
•—Average # participants	•6	•6	•6	•6

## Program Satisfaction



Preliminary Data—Please Do Not Cite

# Summary

- Interim data show trends toward improvement on most outcomes over time...
  - **School/work/income**
    - Significant increase in % in training/school, slight increase in % employed.
  - **Housing**
    - Increase in % Housed (30 days; own/someone else's place, halfway house/residential tx); decrease in number of moves.
  - **Physical Health and Risk**
    - Physical health--all 8 measures in right direction.
  - **Mental Health**
    - BSI and PTSD diagnosis and symptoms decreased; other mental health measures are mixed.
  - **Legal Involvement**
    - Decreases in % reporting committing a crime, awaiting trial/sentencing, percent involved in any legal issues; increase in % on parole/probation

# Summary

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## ■ ***Substance Use***

- Measures related to abstinence are mixed--% reporting using alcohol increases, % reporting using illegal drugs decreased slightly.
- Qualitative data suggests increase in reported alcohol use is related to a number of factors—underreporting at intake due to shelter policies.

- Housing, transportation, dental services—high areas of unmet need.

- Program satisfaction is high at the 6-month follow-up period.

- Victimization is pervasive in women experiencing homelessness.

- The impact of victimization...

- Women with histories of victimization enter with more emotional problems, physical problems, and residential instability.
- Victimization severity interacts with treatment effectiveness—those with histories of physical and sexual violence continue to report poorer outcomes across time.

# Next Steps

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- Enrollment and follow-up continue until the end of the grant period, June 30, 2010.
- Continue and finalize analyses, including impact of services received on outcomes.

# Thank You—

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For additional information, please contact...

Terri Tobin

Advocates for Human Potential, Inc. (AHP)

490-B Boston Post Road

Sudbury, MA 01776

[ttobin@ahpnet.com](mailto:ttobin@ahpnet.com)

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