

Rebuilding
**Shattered
Lives**



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St Mungo's Broadway**

Objectives

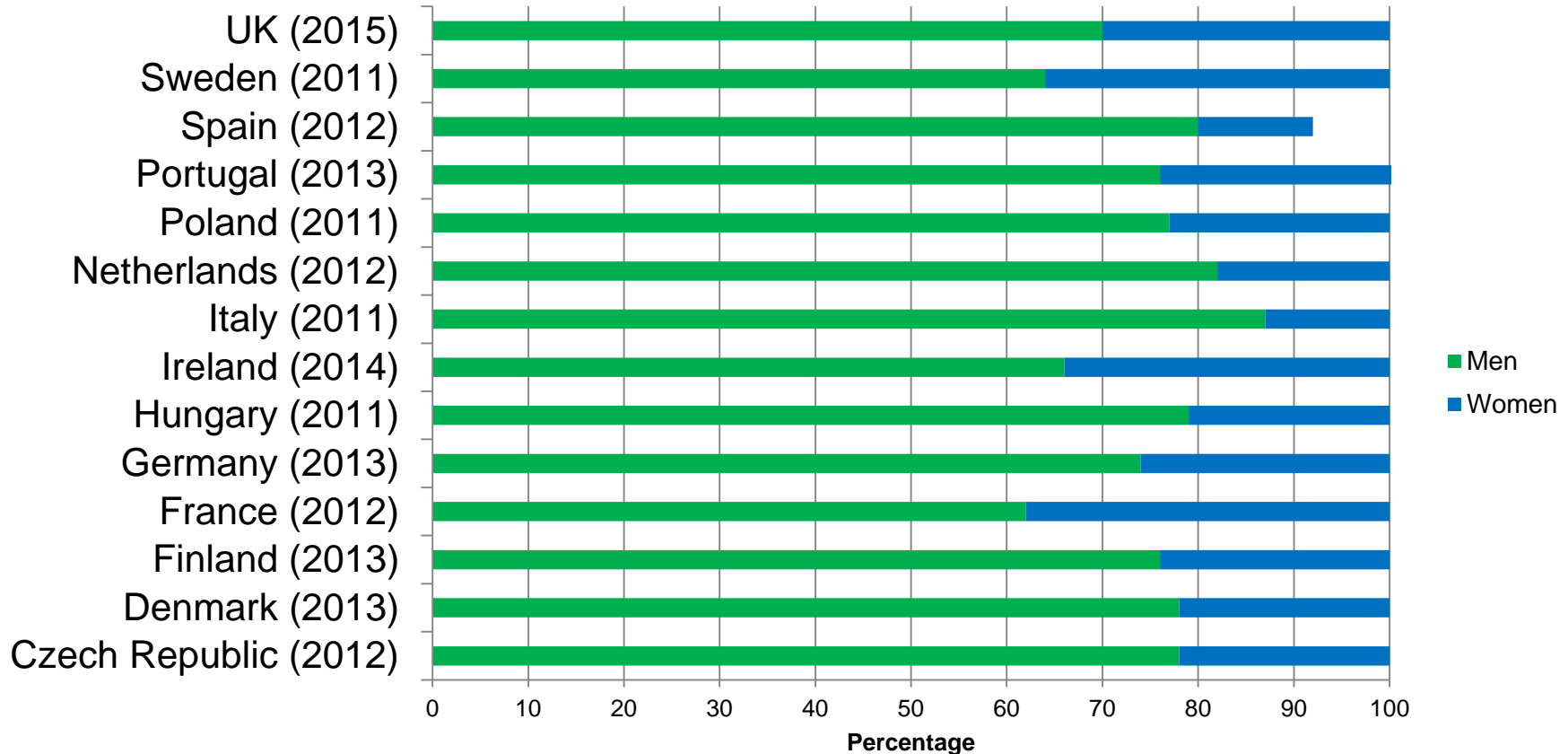


- Share impact and learning from *Rebuilding Shattered Lives* campaign
- Outline how St Mungo's Broadway are responding to homeless women's experiences of domestic violence
- Identify challenges and opportunities posed by national and local policy in supporting homeless women who are victims of domestic violence

Homeless women in Europe



Gender distribution amongst homeless people



Sources:

All countries except UK: Busch-Geertsema et al (2014) *Extent and Profile of Homelessness in European Member States: A Statistical Update.*

UK: Homeless Link (2015) *Single homelessness support in England: Annual Review 2015*

Different experiences of homelessness



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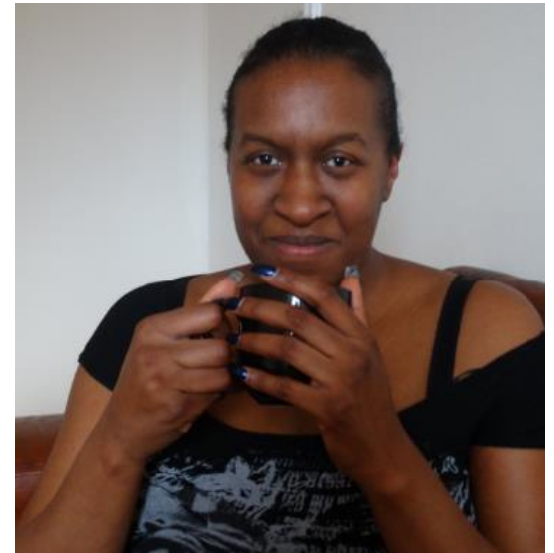
- Evidence from across Europe suggests women are:
 - more likely to make use of informal arrangements with friends, family, acquaintances
 - Less likely to use homelessness services, may avoid them
 - More likely to be homeless due to domestic or gender-based violence

Source: Busch-Geertsema et al (2014) *Extent and Profile of Homelessness in European Member States: A Statistical Update*

Women's experiences of homeless services



- 30% of people using UK homelessness services are women, but only 11% have women-specific provision – a system traditionally geared towards men
- 2009 St Mungo's research showed women were arriving at our services with more complex needs and were doing significantly worse than men in our hostels
- Reflected in ongoing feedback from sector on need for more training on women's homelessness
- St Mungo's Broadway response: Women's strategy and Rebuilding Shattered Lives campaign



The lived experience



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Mimi's story

Rebuilding Shattered Lives



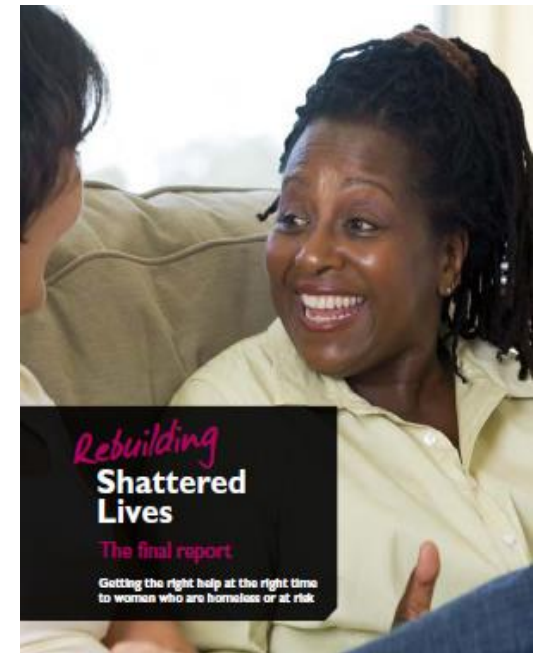
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- Launched June 2012
- Aims:
 - Raise awareness of women's homelessness
 - Showcase good practice and innovation
 - Improve services and policy for the future
- Gathered evidence gathering across 9 themes
- **464** members from 3 continents
- **221** submissions from practitioners and women with experience of homelessness
- Final report March 2014



Key findings

- **Trauma and Abuse**
 - Experiences rooted in traumatic childhoods, gender based violence
- **Complex and interrelated needs**
 - Found with women across sectors/services
- **Relationships with children**
 - Loss and separation key barriers to recovery
- **Stigma and Shame**
 - Judged by societal expectations of women
- **Access to Services**
 - Missed opportunities



Trauma and abuse



Trauma definition

- DSM5 (classification of psychiatric diagnosis)
 - “exposure to actual or threatened death, serious injury or sexual violation.”
 - Can be direct experience or witness
 - Causes significant distress or impairment in the individual’s social interactions, capacity to work, or other important areas of functioning.
- Trauma can be triggered by a single event, or can be enduring, ongoing (**complex trauma**)

Trauma and abuse



- **Sex and gender definitions**
- **Sex:** Refers to the biological differences between men and women which are universal and do not change. A person's sex is determined through their genetic makeup and chromosomes.
- **Gender:** A socially constructed system of classification that ascribes qualities of masculinity and femininity to people. It also includes expectations held about the characteristics, roles, responsibilities and behaviours of both women and men. These attributes are learned or acquired during socialization as a member of a given community, can change over time, and vary between cultures.

Trauma and abuse



Trauma and gender

- As children, boys and girls suffer similar rates of abuse
 - Girls - sexual abuse
 - Boys - emotional neglect or physical abuse
- Adolescence
 - Young men - people who dislike or hate them
 - Young women – relationships; from the person to whom she is saying, “I love you.”
- Adulthood
 - Men - combat or being a victim of crime
 - Women – relationship; the person to whom she is saying “I love you.”

Source: Stephanie Covington, 2014

Trauma and abuse



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“Women’s homelessness is so often invisible. I have no contact with my family – I had a very traumatic childhood and don’t want to see them. I did a lot of sofa surfing after I left my violent partner. But then I ran out of friends and became homeless.” St Mungo’s client

“I was living with a man who was violent and so felt more safe and secure sleeping in a bin shed on my own than staying there. When you’ve got nothing, nothing matters.” St Mungo’s client

Complex and interrelated needs



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Eviction

Prostitution

Drugs

Debt

Rough sleeping

“I'd lost my house ... due to not paying rent, I slept in ... bushes, garages and shop floor ways it was here that I found crack, what a 1st time buzz, then you crave it so bad and have no cash, I was begging on the streets, on trains and selling sex to men, in the end st mungos found me a persuaded me to move to a hostel, I was reluctant as it would mean I was further away from the dealers...my health started to improve dramatically after a while I started seeing a drug worker...i have been clean for 11 years now I have a house with a garden and 3 more children that live with me...i owe my life to st mungos.”

Health

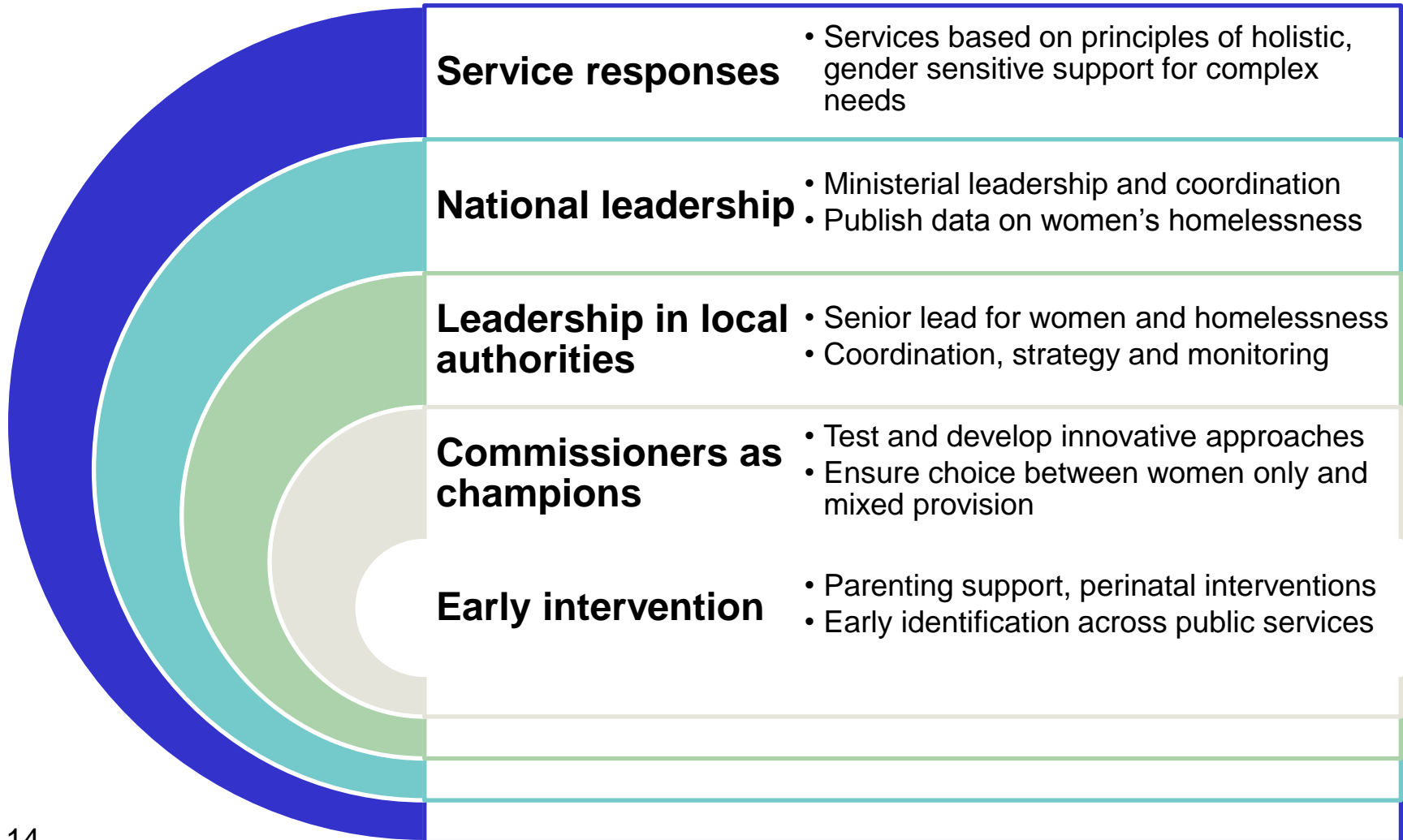
Relationships

Children

Rebuilding Shattered Lives recommendations



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Holistic, gender sensitive support for complex needs



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SERVICE PRINCIPLES

Women only
support and
space

Trauma
informed
responses

Staff training

Partnership
working

Building
confidence
and
motivation

Client
involvement

Peer support

Supporting
women with
children

Chrysalis, 3 stage exiting prostitution pathway



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Phase one – security, stability and intensive support

- 18 bed hostel
- Intensive support including around substance use and mental health issues.
- Specially trained psychotherapists to help the women deal with the ongoing trauma of experiences
- Psychologically Informed Environment (PIE) project, which creates an emotionally safe environment. Staff reflective practice



Phase two – reflection and moving towards independence

- Semi-independent abstinent project
- Helps women develop independent living skills and engage with local services



Phase three – living in the community

- Commonwealth Housing transitional flats and floating support

Rebuilding Shattered Lives: Policy impact



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Created debate in UK parliament

- House of Lords debates
- Parliamentary Questions
- Ministerial Working Group on Homelessness
- APPG on Complex Needs and Dual Diagnosis
- Private meeting with Housing Minister
- Women's Parliamentary Labour Party
- Launch event with government and opposition speakers



Rebuilding Shattered Lives: Policy impact



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HOMELESSNESS CHANGE AND PLATFORM FOR LIFE FUNDS

Prospectus 2015 to 2017

- Continued government interest in women's homelessness
 - UK government 2015-17 capital funding programme: “*Funded hostels should provide for the different needs of male and female homeless people.*”
 - Department for Communities and Local Government interest in taking forward work on women and homelessness

Rebuilding Shattered Lives: Impact on public awareness



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- Increased public awareness through media coverage, reaching media coverage, reaching a combined potential audience of almost 8 million people

INSIDE news, views and jobs in social housing
HOUSING.CO.UK



the **Pavement**

24 **dash.com**
your news, your community

theguardian

CommunityCare
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THE 
INDEPENDENT



The hidden homeless: Government urged to help vulnerable women who sleep rough

As the largest UK review of female homelessness is published, the Government to tackle the issues affecting this growing phenomenon.

Neasa MacErlean

Friday, 28 February 2014

Food banks are not the only new phenomenon to grow in the last few years. Female homelessness also appears to be on the harder end, involving drugs and prostitution, or a period of sofa-surfing.

The largest ever UK review of female homelessness is published exclusively to The Independent - will be a rescue programme...

Homeless women: 'Sad chronicle of missed opportunities'

dash.com

Published by Max Salesbury for 24dash.com in Housing and also in Community
Monday 3rd March 2014 - 4:33pm



Women's homelessness is a "sad chronicle of missed opportunities" if not tackled at the right time, a new report has claimed.

Published by charity St Mungo's, the report looks at homelessness services in the UK last year, and many of the challenges faced.

Evidence from St Mungo's 'Rebuilding Lives' report, published at local and national level.



Tuesday, 11 March 2014

Heather Spurr

Homelessness is sometimes as much about poverty, argues Heather Spurr



Facing up to homelessness

4 March 2014 | By Heather Spurr

'I became homeless because I got pregnant at 14, mum threw me out when I got married. My husband raped me and beat me up. So I ran to London to escape him and have been on the streets ever since.'

So says a woman interviewed as part of a large St Mungo's report on female homelessness published yesterday. More than 10,000 women were in homelessness services in the UK last year, according to Homeless Link. Homelessness charities believe that cuts to public services and welfare restrictions will only make the problem get worse.

Women who become homeless have extremely complicated problems, such as separation from children, mental health problems, drug and alcohol use and involvement in prostitution. Almost half of the St Mungo's women experienced domestic violence and 19 per cent had experienced abuse as a child, compared to 5 per cent and 8 per cent of men.

theguardian

Housing Network blog

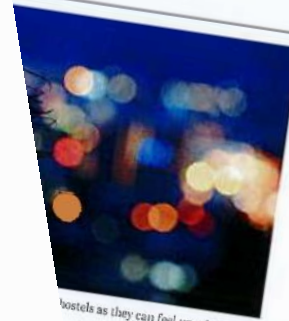
Insight, advice and best practice from your community

Why homeless services are failing women

Homeless services are developed by and for men, with little consideration for the problems experienced by women

Alexa Murray

March 2014 11:55 GMT



Homeless women often stay in hostels as they can feel unsafe in male-dominated environments.

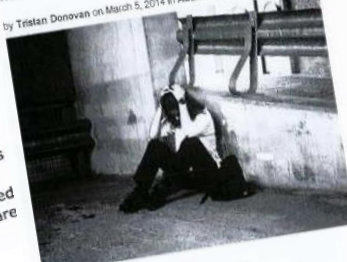
CommunityCare
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- Adults
- Children
- Mental Health
- Workforce
- Jobs
- Events

'Male-focused' homelessness services failing women, warns charity

St Mungo's report says homeless women have higher levels of need than men but services are failing to address them

by Tristan Donovan on March 5, 2014 in Adults, Care Work, Mental Health



Credit: Rex Features

28

Homeless women are being let down by male-centric homelessness services, St. Mungo's charity has warned.

A report by the homelessness charity says both national and local services are too often designed by and for men and so often fail to effectively support women, who accounted for 26% of people who use homelessness services.

Building awareness internally



- New women's psychotherapy service
- Children and Family support service
- Internal and external training courses on supporting women's recovery
- Pan-London women's outreach network
- Working groups on women's health inequalities and access to training and employment
- Women's Recovery Conference
- 250+ women receiving small grants to increase wellbeing or meet ambitions
- Women's client involvement group

Improved outcomes for women

Outcomes Star averages for women increased in every area from 2013/14 to 2014/15, apart from substance use which remained consistent.

In 2014/15, 91% of female clients were satisfied with the service provided by St Mungo's Broadway overall, compared to 87% in 2013/14.

89% of female clients agreed that St Mungo's Broadway understands their needs compared to 87% in 2013/14.



Building awareness externally



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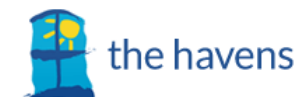
UK

- Over 60 people working in UK homelessness services trained in Brighton, London and Manchester in partnership with Homeless Link, forthcoming session in Liverpool
- Reciprocal training with AVA, The Havens and Respect
- Joint presentations at UK conferences



Ireland

- Training on women's recovery with Simon Community - Over 30 professionals trained in Cork, forthcoming session in Dublin
- Conference speech at Simon Community annual conference
- Interviews for Irish media – RTE
- Contributing to Irish toolkit on working with homeless women



Czech Republic

- 3 year exchange programme with Jako Doma including visits to share good practice, training - EU DAPHNE funded



Future outlook



Challenges and opportunities in national and local policy



Challenges: Demand

- Increasing homelessness
- Welfare reform
- Still a hidden and underreported group
- More women with complex needs
- More young homeless women

Challenges: Supply

- Pressure on local budgets, cuts to services
- Supporting women with the most complex needs: whose responsibility? Who pays?
- Making the case: need for better data and evidence
- Service coordination

Opportunities?

- Increasing political profile of tackling violence against women and girls in the UK, is this reaching women who are homeless?
- Increasing government recognition of complex needs
- Diversification of funding?



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THANK YOU

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