

“T'ain't What You Do (It's the Way That You Do It), that's what gets results”:

## What works to Improve the Health of the Multiply Excluded?

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## Homeless and Inclusion Health standards for commissioners and service providers

<http://www.pathway.org.uk/wp-content/uploads/Inclusion-Health-Standards-for-Commissioners-and-Service-Providers.pdf>



# Post-Graduate Module in Homeless and Inclusion Health

- The module will sit within Population Health in the Institute of Epidemiology and Healthcare UCL
- Assessed for those requiring points to MsC, or can be stand alone CPD.
- Aspire to becoming core qualification for this field
- Begins summer 2018!
- [http://www.ucl.ac.uk/iehc/study/postgraduate\\_taught/msc-population-health/short-courses](http://www.ucl.ac.uk/iehc/study/postgraduate_taught/msc-population-health/short-courses)

# THE LANCET

## What works in inclusion health: overview of effective interventions for marginalised and excluded populations

*Serena Luchenski, Nick Maguire, Robert W Aldridge, Andrew Hayward, Alistair Story, Patrick Perri, James Withers, Sharon Clint, Suzanne Fitzpatrick, Nigel Hewett*

[Volume 391, No. 10117](#), p266–280, 20 January 2018

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31959-1/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31959-1/fulltext)

# Inclusion Health

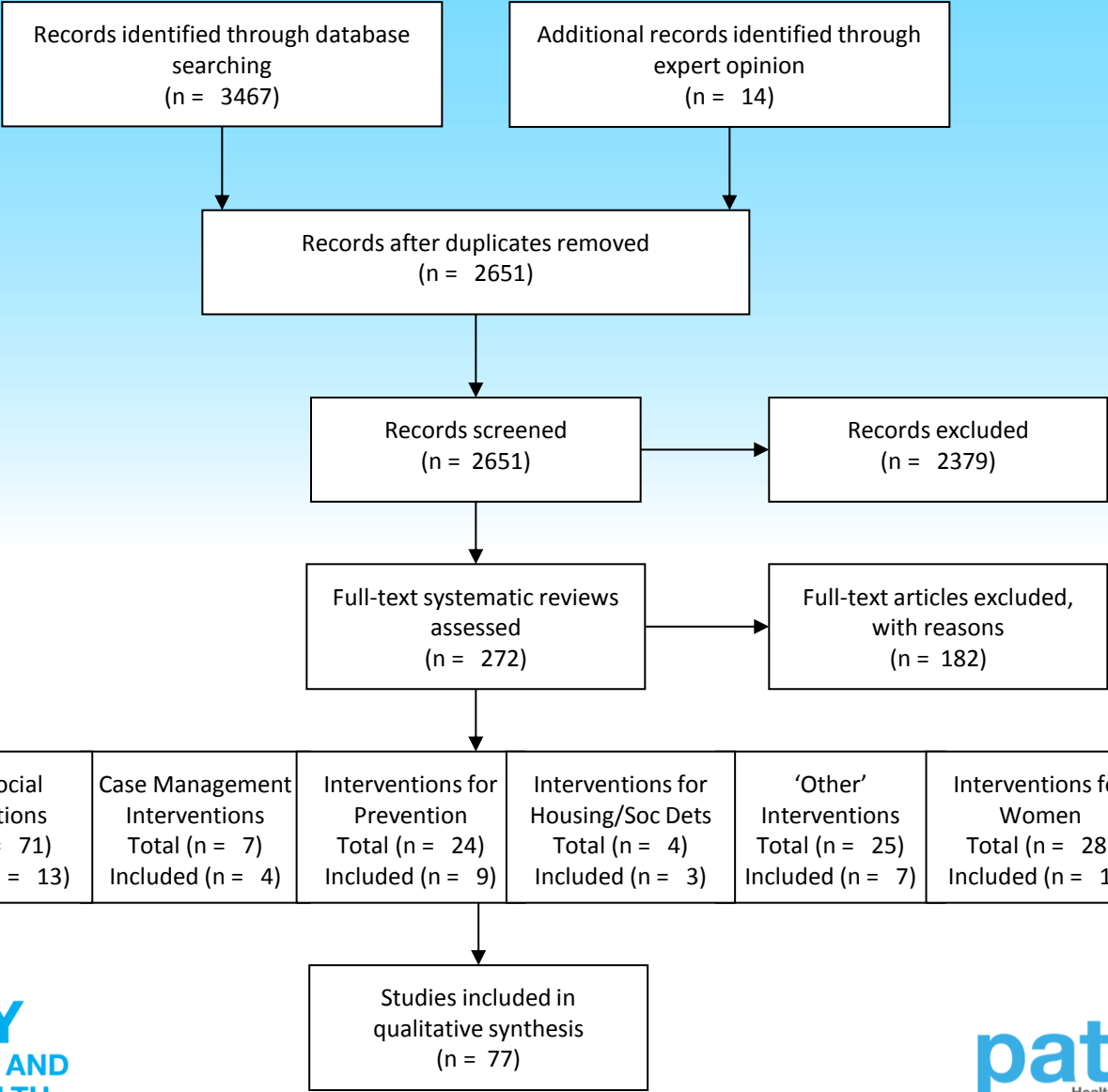
- An evidence synthesis of health and social interventions for exemplar Inclusion Health target populations, including people with experiences of homelessness, drug use, imprisonment, and sex work.
- “Inclusion Health is a service, research, and policy agenda that aims to prevent and redress health and social inequities among the most vulnerable and excluded”

Identification

Screening

Eligibility

Included



# Intervention categories

- Pharmacological
- Psychosocial
- Case management
- Disease prevention
- Housing & social determinants
- “Other”
- Women & youth (because majority of populations studied consist of middle aged men)

[illegible]



# Integration - examples

- Multicomponent harm reduction programmes: needle & syringe programmes, behavioural interventions, Rx for SUD, & syringe disinfection - reduce risk of hepatitis C infection by as much as 75%, but single component interventions are minimally effective
- Assertive MDT treatment reduced homelessness and improved psychiatric symptoms for homeless people with severe mental illness









**Song written by jazz musicians Melvin  
"Sy" Oliver and James "Trummy"  
Young. It was first recorded in 1939 by  
Jimmie Lunceford,**

# It's not what you do, it's the way that you do it!

- non-judgmental approach, ensuring confidentiality, providing a supportive interpersonal environment, creating safe communal spaces, and identifying common priorities, needs, and goals
- Start where the person is at, begin with their priorities.

















# It's not what you do, it's the way that you do it!

- Multimodal psychosocial interventions advised, e.g. motivational interviewing & CBT together improve drug use and mental health outcomes, & prevent re-incarceration when used in therapeutic communities

# It's not what you do, it's the way that you do it!

- Peer workers & specialised community nurses best placed to act as outreach and 'in-reach' personnel to actively engage people 'where they're at' and to advocate





## Barriers to Inclusion

- Fear
- Lack of awareness and judgemental attitudes by services
- Red Tape/Proof of Address/Proof of Benefits
- Language, communication, and cultural barriers
- Negative stereo-typing by media
- Stigma and public misconception
- Geographical lottery and health service funding determines access
- Services prioritise certain groups over others (e.g. more difficult to get housing support as a single working-age male)
- Difficulties in maintaining hygiene and resultant body odour
- Legal status, immigration/asylum
- Lack of information, poor knowledge
- Care avoidance



- Peers support & involving experts by experience works for service design and delivery – and was an important part of our methodology for this Lancet paper

# Individual care coordination supported by a multi-disciplinary team

- Care coordination or case management includes assessment, planning, linking health and social services, monitoring, and advocacy

# Individual care coordination supported by a multi-disciplinary team

- More than anything a trusting relationship with someone who cares



- ‘healthcare is a right and everyone should have a voice.’