

# **Catching Homelessness**

## **Hearing Voices: Perspectives from the Street**

**Josephine Ensign, DrPH**

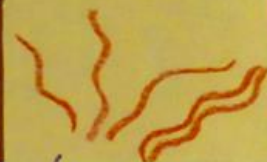
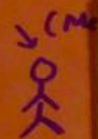
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# SEATTLE IS MY HOME

where I'm known ~ where I'm loved ~  
where I began ~ where I find myself ~  
where I can laugh ~  
where I can rest ~ and be  
safe ~ and try things ~  
where I can be quiet ~ read, write and sleep with the  
love ~

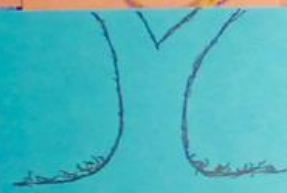
Home is



Reflective



Safe



em

FAMILY

ORT



Community



{ A WEB

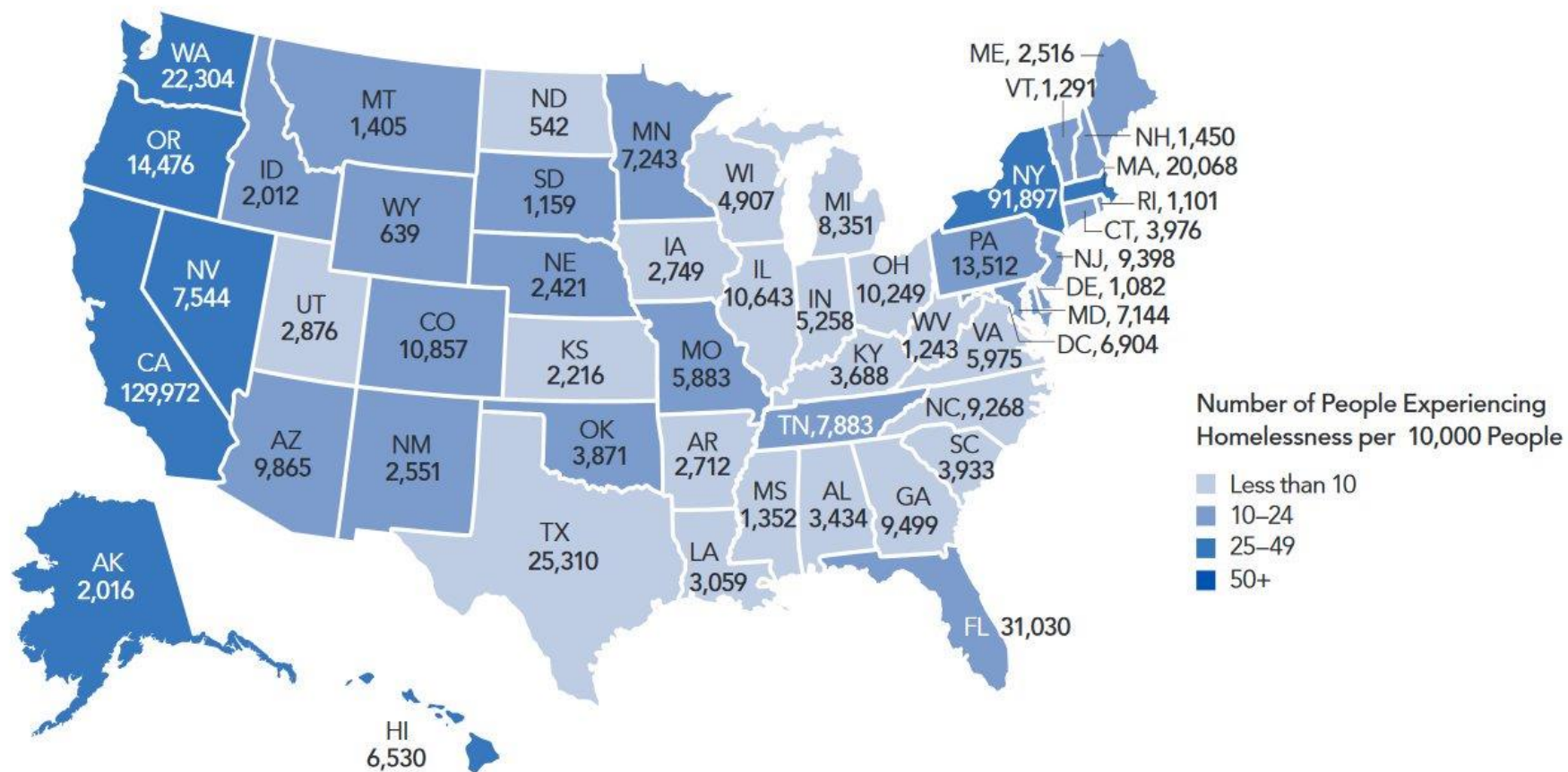


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## EXHIBIT 1.6: Estimates of Homeless People By State, 2018





















# Trauma and Homelessness:

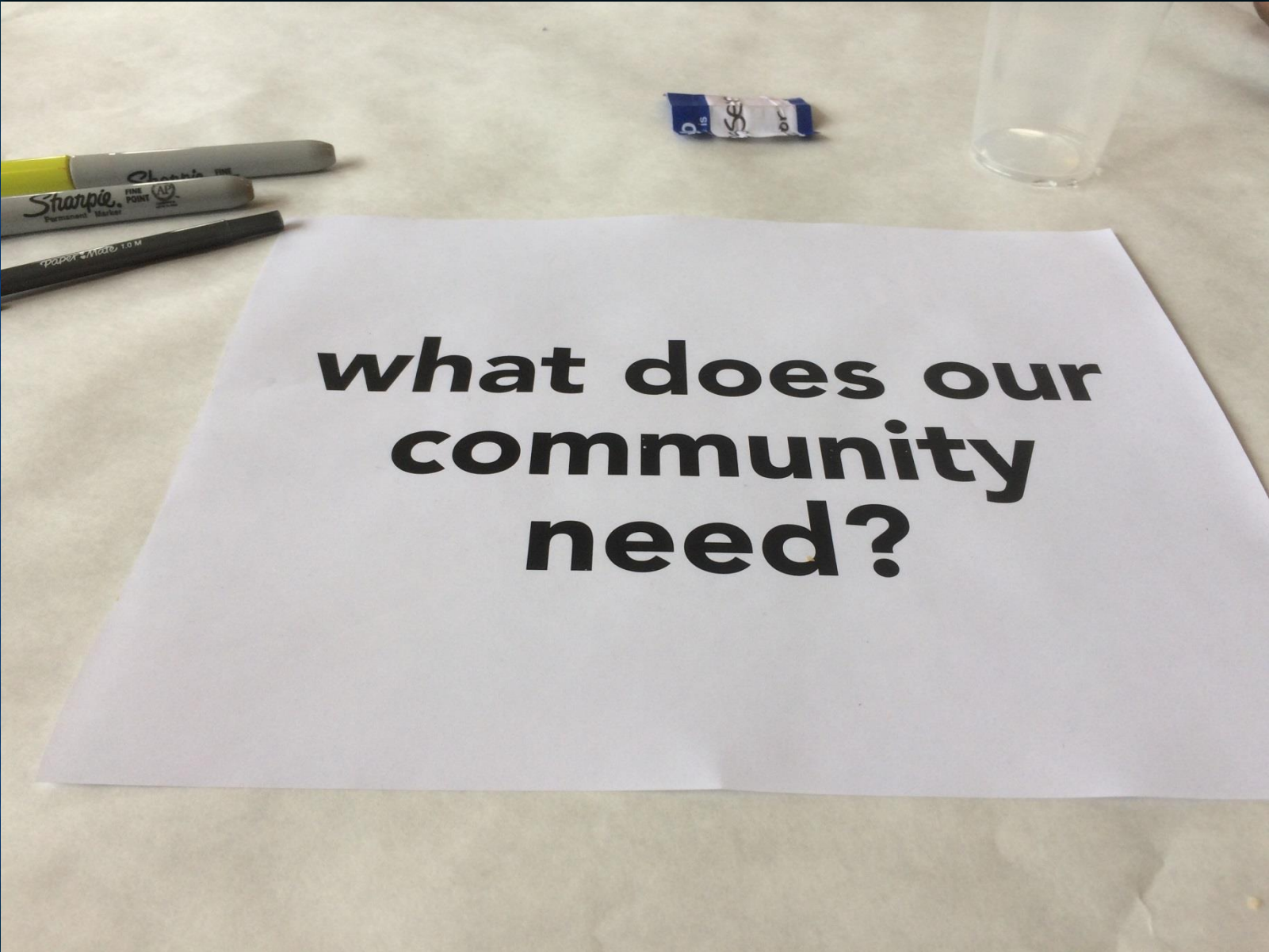
- Trauma often contributes to homelessness
- Homelessness itself is a risk factor for more trauma
- Significant trauma before and during homelessness complicates health and social support services
- Role of historical trauma and sanctuary trauma





# Trauma-informed care:

- Understand trauma and its impact
- Promote safety
- Ensure cultural humility
- Support consumer control, choice, autonomy
- Provide integrated, patient-centered care
- Support hope: recovery is possible
- Support staff/burnout prevention



***what does our  
community  
need?***



Shelter

Comfort

home  
is...

REFUGE







a place to be

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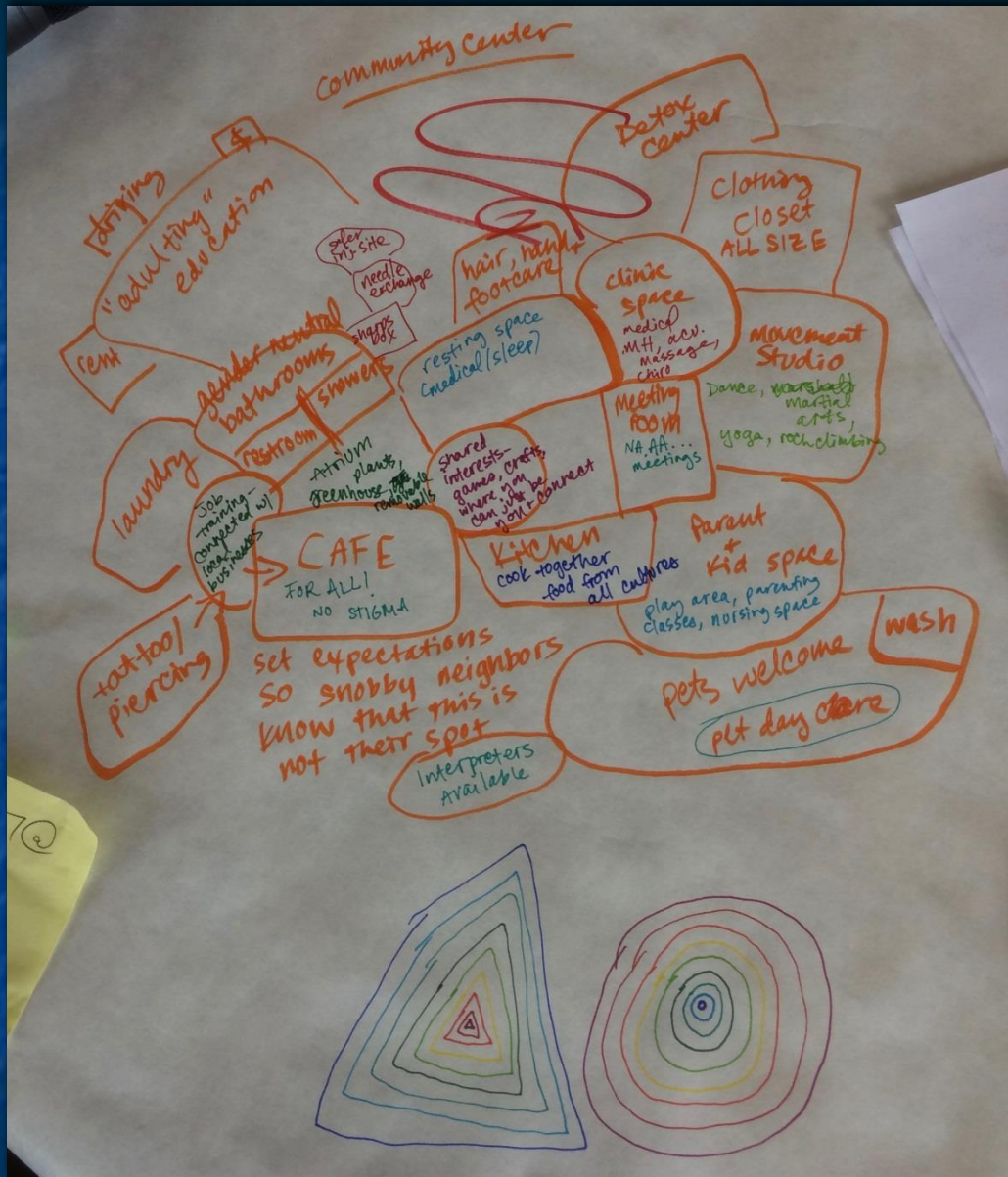
++ Connected ++

The Bigger HUB

Safe, Accepted  
Supported

unlabeled

believed in





What can we do  
to increase  
**EMPATHY**  
around homelessness?

not victimizing people  
being educated on issues  
not trying to be a "savior", but an ally

Have open discussions  
between the public and people  
with personal experiences.  
More education about  
the reality of homelessness.







more plants -  
more oxygen!

Free Wi-Fi  
Free  
Wifi!!

Computers  
for resources  
& ect.

more greenery  
like the design  
- library  
garden wall

good to have  
people who look  
like me in  
graphics

like the  
open  
space

A place that  
resembles  
WeWork space  
but free ... ish?

- like the design
- like how it's open
- flowers or aquarium
- I like everything about
- computer lab
- I live in downtown Seattle, but I would come to U District for this space
- different seating - a couch?
- nice that there is no TV so people can talk



Computers

Open Space  
- like

The beautiful  
Cafe  
Vibe

So many  
colors  
prints  
I like

are community  
table  
+ smaller  
ones

Supplies -  
hygiene kits  
first aid kits

shelter  
services

charging  
stations

I like the back  
library  
I dislike the  
lack of  
seating

• conflict resolution

• art and  
music  
workshops  
together

- food (and besides pizza)
- games (or video games)
- addiction counselors - like Gateway Clinic
- close to other spots (basketball)

- great open, nice ceiling height
- nice nooks
- windows?
- is there a place where I can be social, but still sneak off if I need to be quiet
- movie screenings; spoken word performances









# Resources:

- “Medical Margins” website/blog  
<https://josephineensign.wordpress.com/>
- *Catching Homelessness: A Nurse’s Story of Falling Through the Safety Net (2016)*
- *Soul Stories: Voices from the Margins (2018)*



# Resources for burnout prevention:

- Trauma Stewardship: An Everyday Guide to Care for Self While Caring for Others by Laura vanDernoot Lipsky and Connie Burk
- Rachel Naomi Remen ([www.Rachelremen.com](http://www.Rachelremen.com)) Healing Yourself