

Interview Guide

Interview on housing insecurity and mental health issues - with individual clients

Introduction:

Hello, my name is Nawal Habib, and these are my colleagues, Daniel Varela, Anna Benko, Tiffany Benson, and Hannah McNelly. Thank you again so much for taking the time out of your day to participate in this interview. The interview will take approximately 10 minutes, but we are available to talk more if you would like to. Before we begin the interview, we would like to remind you that anything you tell us is confidential and will remain so unless you share that you have plans to hurt yourself or someone else, or reveal current abuse of a child, elderly person, or disabled person. With your permission, may we take notes on what is said in these interviews to use for our research? Please let us know if you have any further questions before we begin.

For clarity, this is how we are defining housing insecurity for this research: Housing insecurity means experiencing homelessness or inconsistent access to housing or shelter.

We're going to begin with the first question about the topic.

1. What do you believe are some common challenges faced by the housing insecure and homeless population in the Chattanooga area? Feel free to share any challenges you have faced as well.
2. Tell us more about your experiences and the experiences of those that you know in this community. Feel free to share challenges with housing, shelters, access to healthcare and resources, etc.
3. What resources do you feel are lacking for the community of housing insecure individuals who are struggling with mental health in Hamilton County?

4. What resources would be most helpful to you? What would be most helpful to other clients at this agency?
5. What would you say are some of the biggest barriers and difficulties when it comes to securing stable housing?
6. Do you feel that there are adequate resources for therapy, support groups, mental health medications, etc. in this community? If not, what would be helpful to have?
7. What are some options that you think may be helpful for people who do not qualify for public housing?

Interview Guide

Interview on housing insecurity and mental health issues - with workers from local agencies

Introduction:

Hello, my name is Daniel Varela, and these are my colleagues, Nawal Habib, Anna Benko, Tiffany Benson, and Hannah McNelly. Thank you again so much for taking the time out of your day to participate in this interview. The interview will take approximately 10 minutes, but we are available to talk more if you would like to. Before we begin the interview, we would like to remind you that anything you tell us is confidential and will remain so unless you share that you have plans to hurt yourself or someone else, or reveal current abuse of a child, elderly person, or disabled person. With your permission, may we take notes on what is said in these interviews to use for our research? Please let us know if you have any further questions before we begin.

For clarity, this is how we are defining housing insecurity for this research: Housing insecurity means experiencing homelessness or inconsistent access to housing or shelter.

1. What would you say are some of the biggest challenges this population faces when it comes to secure housing?
2. What would you say are some of the biggest challenges this population faces when it comes to mental health resources?
3. What is the relationship between your clients and public housing? Have some been rejected from public housing requests, not eligible, never applied, or been evicted

from public housing? [Note: general trends are being asked about here, not specific names of people in specific situations]

4. What resources are unavailable or lacking in Hamilton County for individuals struggling with both housing and insecurity and mental health issues? [mental health issues not severe enough to warrant disability benefits]
5. What do you think would be most helpful in providing access to mental health treatment and stable housing for these individuals?

Interview Guide

Interview on housing insecurity and mental health issues - focus group

Introduction:

Hello, my name is Anna Benko, and these are my colleagues, Daniel Varela, Nawal Habib, Tiffany Benson, and Hannah McNelly. Thank you again so much for taking the time out of your day to participate in this focus group. The focus group will take approximately 20 - 30 minutes, but we are available to talk more if you would like to. Before we begin the interview, we would like to remind you that anything you tell us is confidential and will remain so unless you share that you have plans to hurt yourself or someone else, or reveal current abuse of a child, elderly person, or disabled person. We also want to remind everyone that this focus group is a safe space to talk about the issues of housing insecurity and mental health, and that we should be respectful of everyone who shares their views with the group. With your permission, may we take notes on what it said in these focus groups to use for our research? Please let us know if you have any further questions before we begin.

For clarity, this is how we are defining housing insecurity for this research: Housing insecurity means experiencing homelessness or inconsistent access to housing or shelter.

Let's begin with our first question. Feel free to let us know at any time if anything is unclear.

1. What helpful resources do most housing insecure or homeless people rely on in your community?

Discussion prompts:

- Where do people in your community usually go when in need of shelter?
Other forms of assistance? What have you observed among people that you know?

Let's talk about your personal experiences with this issue.

2. What resources have been helpful to you in regards to housing and mental health?

Discussion prompts:

- What would be helpful? What agencies have you gone to in the past?

3. What resources are lacking in this community for mental health and housing insecurity?

Discussion prompts:

- What resources do you wish were here? What do you wish would be available for people struggling with these issues?

4. In regards to housing, what are the most common difficulties faced in this community? What are some issues with the shelter, public housing, rental assistance, etc.? How do you feel they should be addressed?

Discussion prompts

- Public housing - eligibility, evictions, etc.
- Income, jobs, cost of rent
- Safe housing
- Availability of housing resources
- Any past experience with rental assistance?
- Shelters, what is it like to be there, any issues, etc.
- Experiences with living on the street, staying with friends and family?

5. In regards to mental health, what are the most common difficulties faced in this community? What are some issues with access to therapy, medication, support groups, etc.? How do you feel they should be addressed?

Discussion prompts:

- Insurance
- Prescription Cost
- Wait times
- Transportation to and from appointments
- Availability of lack of availability

Closing: We want to thank you for participating in this focus group. Your feedback is important to our study and will help us in understanding the issues of mental health and housing insecurity in the Hamilton County community. We appreciate your time and value what you all have shared with us. Feel free to reach out if you have any questions.

Quantitative Questions - Mental Health & Housing Insecurity

For the following statements and questions, you will circle a number between 1 to 5 on a scale, with 1 being strongly disagree and 5 being strongly agree. Please feel free to let the researchers know if you have any questions or need clarification.

Section 1 - Community Resources:

I feel that there are enough resources for mental health issues in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

I know where to go for help if I need prescription medication.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

I know where to go if I need therapy, counseling, or other support for mental health issues.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

People are generally able to access and afford their prescriptions in this community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

There are enough housing resources for people who are homeless in this community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Housing is affordable in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

It's possible for individuals experiencing homelessness in my community to gain employment and housing.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

It's possible for individuals experiencing mental illness in my community to gain employment and housing.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Section 2 - Barriers to housing and mental health treatment:

The cost of housing prevents many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Discrimination prevents many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

A lack of public housing options prevents many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Criminal records prevent many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Untreated mental illness prevents many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

A lack of therapy and medication management prevent many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

A lack of job opportunities prevents many homeless people from finding a place to live in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Section 3 - Possible Solutions:

Free access to weekly therapy would benefit me or others in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Free access to weekly support groups would benefit me or others in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Free access to mental health prescriptions would benefit me or others in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Interview skills and job training would benefit me or others in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

Affordable rental options would benefit me or others in my community.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

More opportunities for mental health treatment would help the homeless community maintain stable housing.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

More opportunities for community and social support would help the homeless community maintain stable housing.

1-Strongly Disagree 2-Somewhat Disagree 3-Not sure 4 -Somewhat Agree 5-Strongly Agree

What other unmet needs exist in your community for those who are housing insecure and/or mentally ill? Feel free to list any here. _____

What, if anything, would you like the researchers to know about homelessness and housing issues in your community? _____

What do you think are the biggest challenges mentally ill people face in your community?

What do you think are the biggest challenges homeless people face in your community?

What do you think would help mentally ill people the most in your community? List any resources, programs, support groups, etc.

What do you think would help homeless people the most in your community? List any resources, programs, support groups, etc.
