

The Michael Project Research Study

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Overview

- The Michael Project
- Research Design
- Preliminary Findings from the Baseline – Background and Needs of Clients
- Research study has another year to run

The Michael Project

In 2007 Mission Australia was selected by a private benefactor to enter into a significant three year collaboration to deliver a range of initiatives for men who are homeless in greater metropolitan Sydney.

The aim of the Michael Project is:

To improve the social inclusion of homeless men through enhanced, timely and integrated service delivery.

Objectives

- The objectives of the Michael Project are:
 - To improve the health and wellbeing, social participation and economic participation of homeless men.
 - To improve access to stable, secure and long term accommodation for homeless men.
 - To articulate and implement a new model of support for homeless men.
 - To provide an evidence base for policy and programme development in the delivery of services to homeless men.

The Service Model

New service model for homeless men:

**Supported Accommodation Assistance Program (SAAP)
accommodation + intensive case management
+ specialist services.**

- The idea is to leverage what is already available through SAAP and enhance through range of new specialist services plus intensive case management

The Service Model



The Service Model

- The Michael Project is run in 7 existing SAAP-funded MA services across Sydney.
- Eleven specialist services offered in-house
 - Psychologist
 - Alcohol & other drugs counsellor
 - Outreach nurse
 - ATSI outreach
 - Dentist
 - Podiatrist
 - Barber
 - Occupational therapist
 - Recreational officer
 - Computer literacy training
 - Numeracy and literacy training

Key Features of the Model

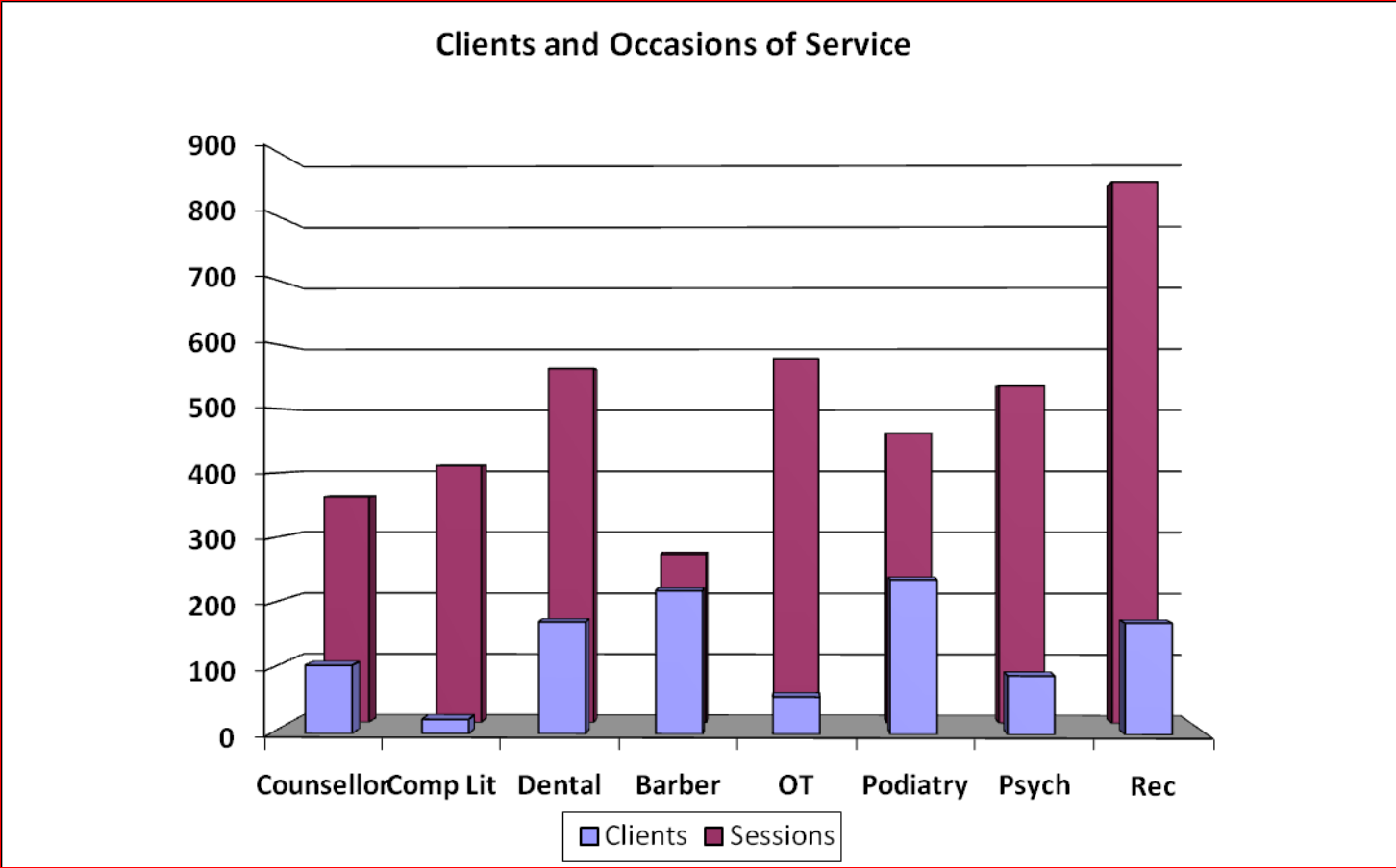
- Focus on outcomes beyond accommodation: health & wellbeing, social & economic participation
- Facilitated access to a range of support services otherwise not available/accessible
- Suite of services provided across Sydney metro (ie not site specific)
- Homeless service sector delivers services – Integrated Within-Agency Service Delivery
- Services are mobile and delivered ‘in house’
- Case manager facilitates continuity & consistency

Principles of the Michael Project Service Model

- Individualised
- Integrated
- Intense
- Appropriate
- Timely
- Direct
- Continuous

Rationale for the Michael Project Service Model

- Homeless people often have:
 - Poorer health, inc mental health & experience substance misuse
 - Poorer educational outcomes inc literacy & numeracy
 - Poorer family relationships & lack of social support
- Homeless men often struggle to follow through on referrals to needed health & community services.
- Current service provision for homeless people:
 - Access to diversity of services required by individual sometimes limited
 - Long waiting lists
 - Service delivery is often discrete (not integrated)
 - Not all services required are available or available when needed
- Results in limited continuum of care.



Michael Project Research Study

- 3 year research project
- Collaborative research partners:
 - Murdoch University
 - National Drug and Alcohol Research Centre at UNSW

Research Aims

The MP Research Study aims to:

- Assess the effectiveness of Michael Project services by estimating the extent to which they meet the needs of homeless men and improve their health, social and economic outcomes;
- Understand the processes and mechanisms through which Michael Project service affect homeless men; and
- Estimate the net costs of delivering Michael Project services and the overall cost-effectiveness of Michael Project services.

Research Methods

- Mixed-Methods- Quantitative/Qualitative
- Survey and Within-Agency Administrative Data Linkage
- Potential for Quasi-Experimental Design
 - Proportional Matching (based on take-up of MP services)
 - Time series evidence

Quantitative Research Component

Michael Project Longitudinal Survey (long form for those residing in MA residential services)	No of participants = 150 (Actual= 155)	Survey will be conducted 3 times: Baseline (252) 3 months post (143 so far) 12 months post
Michael Project Longitudinal Survey (short form for those in MA mobile or short term accommodation services)	No of participants = 100 (Actual = 97)	Survey will be conducted 3 times: Baseline 3 months post 12 months post
SAAP National Data Collection	No of participants = 150+	Entire data collection period
MA administrative data	No of participants = 250	Entire data collection period



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Qualitative Research Components

Client surveys	No of participants = 250	Baseline 3 months post 12 months post
Case worker surveys	No of participants = 15	12 months post baseline
Case studies	No of participants = 20 (15 client; 5 case worker)	12 months post baseline
Specialist provider interviews	No of participants = 11	12 months post baseline
Managers' focus groups	No of participants = 8	End of data collection



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Anticipated Research Outcomes

- Description of clients and contributors to homelessness
- Needs analysis: met/unmet needs; barriers to care
- Gaps/deficits in the existing service system
- Processes/mechanisms by which the MP meets client needs
- Impact of MP on clients: short and long term outcomes
- Pathways in and out of homelessness
- Cost-effectiveness/cost benefits/ cost offsets of services and model

Background of Clients

	Short form survey participants		Long form survey participants		Total sample	
	n	%	n	%	n	%
Age						
% <25 years	4	4.3	14	9.5	18	7.5
% 25-34 years	23	25.0	41	27.7	64	26.7
% 35-44 years	27	29.3	35	23.6	62	25.8
% 45-54 years	22	23.9	36	24.3	58	24.2
% 55-64 years	13	14.1	18	12.2	31	12.9
% 65 years and above	3	3.3	4	2.7	7	2.9
Relationship status						
% Married	0	0	3	2.0	3	1.3
% Separated	8	8.9	19	12.9	27	11.4
% Divorced	12	13.3	28	19.0	40	16.9
% Widowed	0	0	1	0.7	1	0.4
% De-facto relationship	8	8.9	4	2.7	12	5.1
% Single	60	66.7	91	61.9	151	63.7
% Other	2	2.2	1	0.7	3	1.3
% Identify as Aboriginal and/or Torres Strait Islander	11	12.2	9	6.1	20	8.4

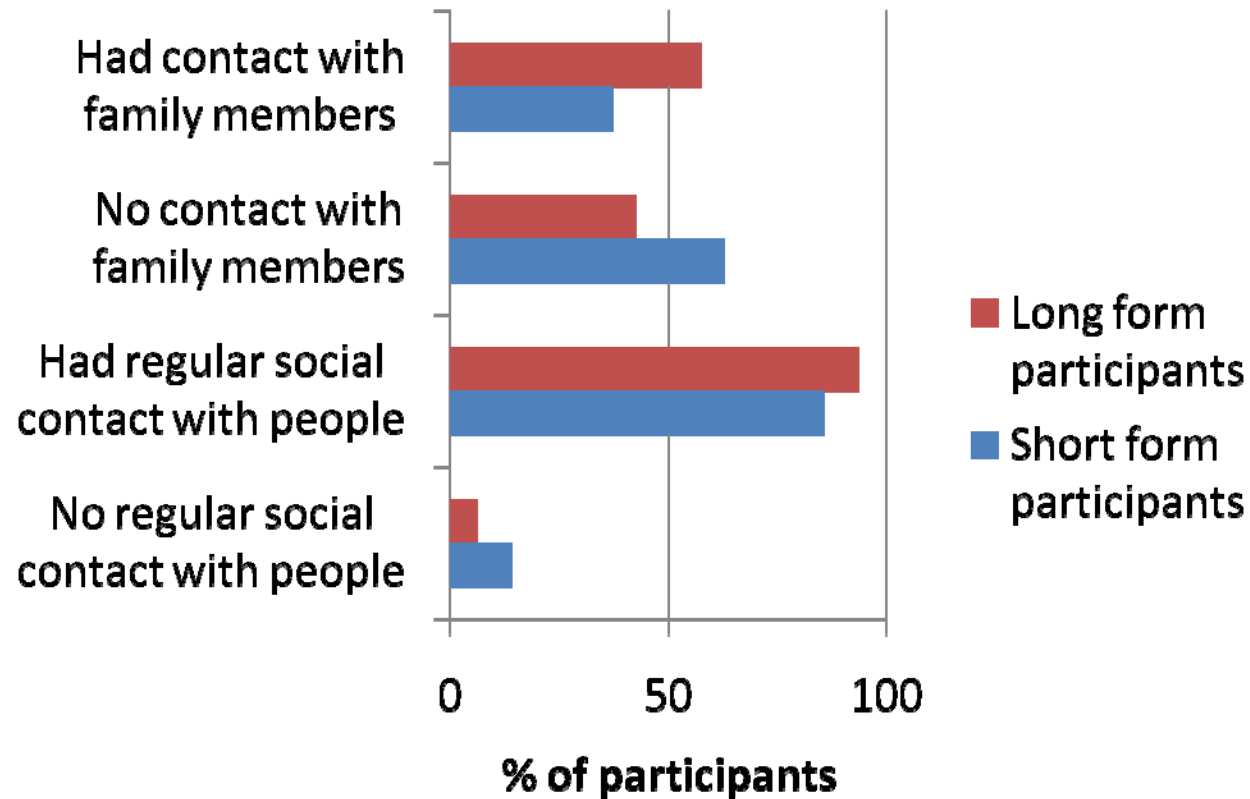
Background of Clients

	Short form survey participants		Long form survey participants		Total sample	
	n	%	n	%	n	%
No income/ benefits						
No income	2	2.2	1	0.7	3	1.3
No income but registered/awaiting benefits	1	1.1	2	1.4	3	1.3
Government pensions or benefits						
Unemployment	36	39.1	93	63.3	129	54.0
Sickness/disability	46	50.0	48	32.7	94	39.3
Wages, salary, own business						
Wages/salary	6	6.5	10	6.8	16	6.7
Own Business	1	1.1	1	0.7	2	0.8
All other sources						
Spouse/partner's income	0	0	2	1.4	2	0.8
Workers compensation	0	0	1	0.7	1	0.4
Other source of income	8	8.7	5	3.4	13	5.4

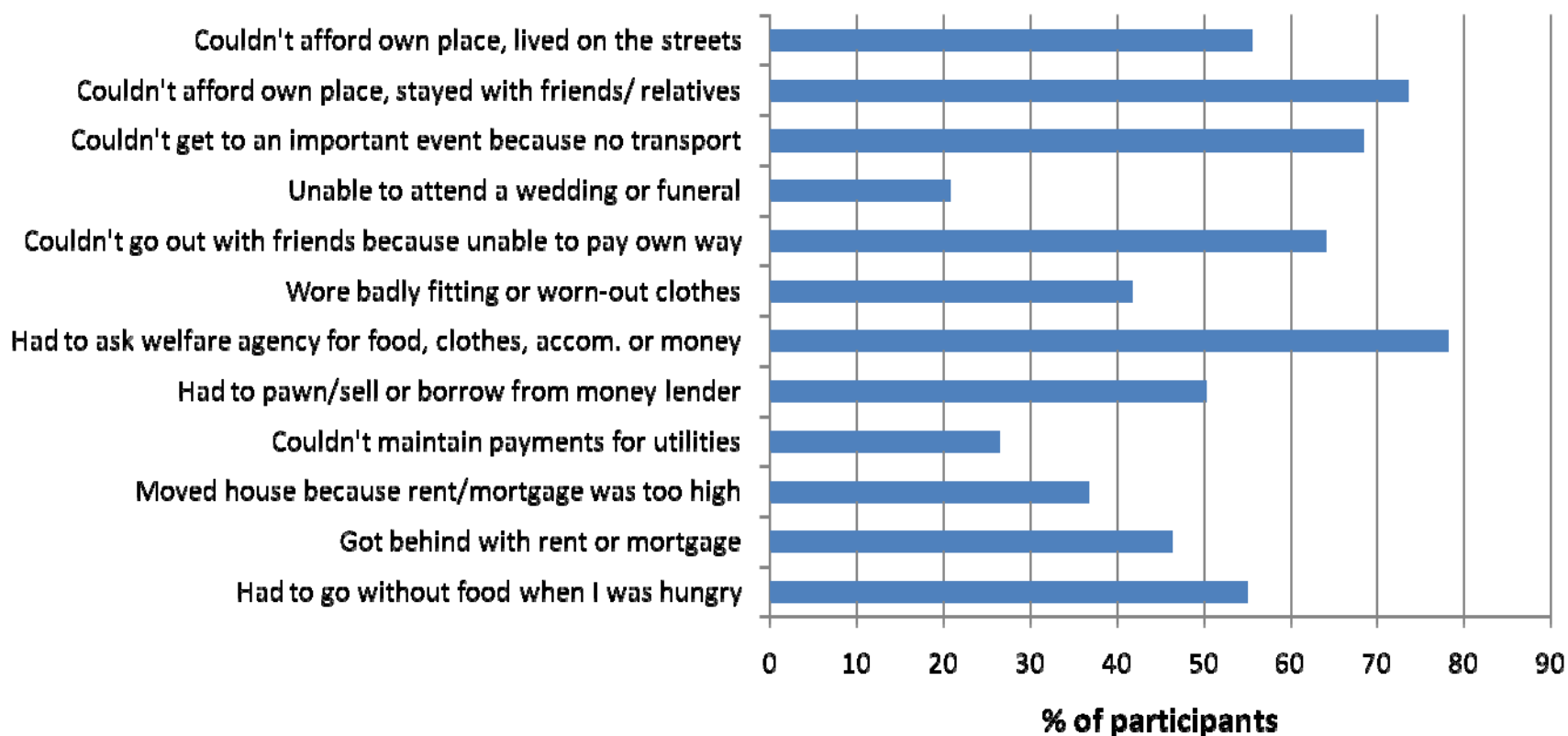
Economic and Social Participation

- Around half of all respondents had not had a full-time job in the last two years
- Social exclusion - Felt Isolated or cut-off for the following reasons:
 - 70% Lack of support from family (half no contact with family in last week); lack of access to children; 65.8% 'family problems'
 - 72% lack of own transport
 - 71% paid work (81% lack of money)
 - 50% lack of community involvement
 - Around a third physical and mental health problems

Social Contact in the Last Week



Experiences Stemming from a Shortage of Money in Last 12 Months (Long Form Only)



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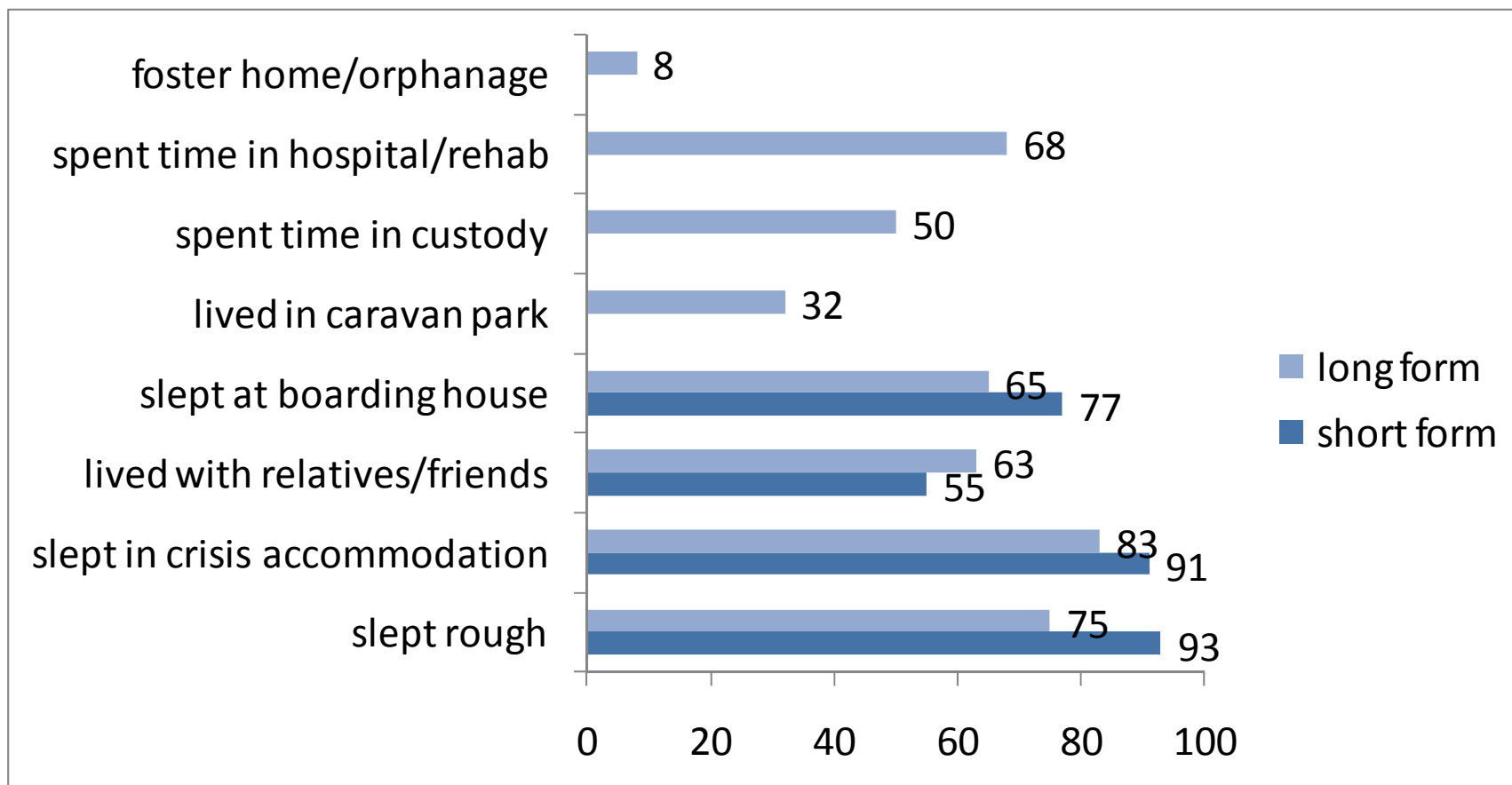


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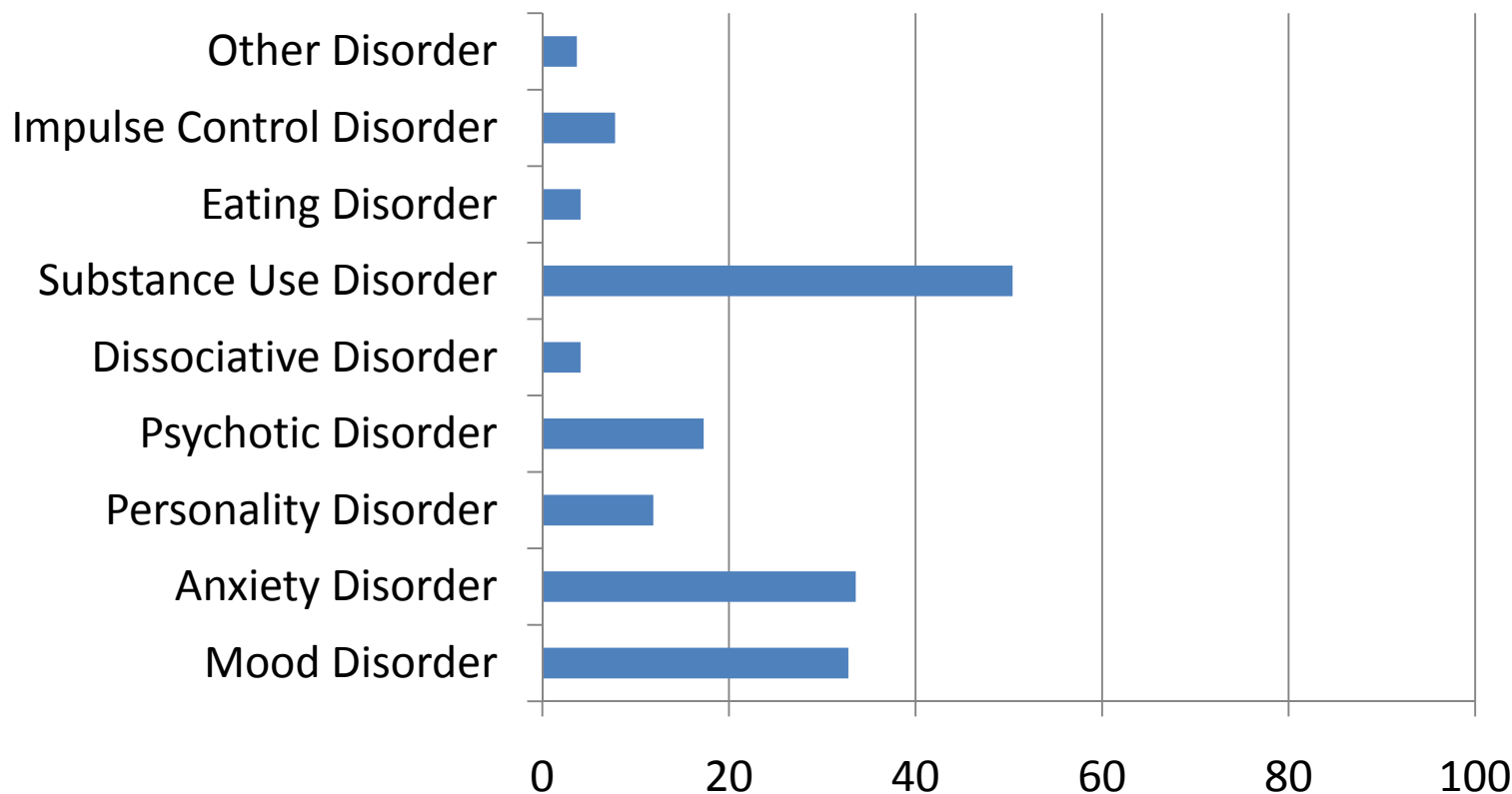
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Prior Homelessness and States of Precarious Living



Mental Health Conditions

Per Cent Self-Report Diagnosis



Psychological Distress

	General population (ABS 2007 National Health Survey)	Short form participants	Long form participants
% reporting no or low distress	67	1	1
% reporting moderate distress	21	5	2
% reporting high distress	9	11	17
% reporting very high distress	4	83	80

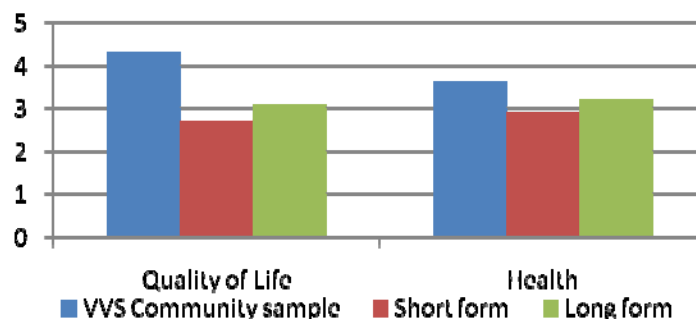
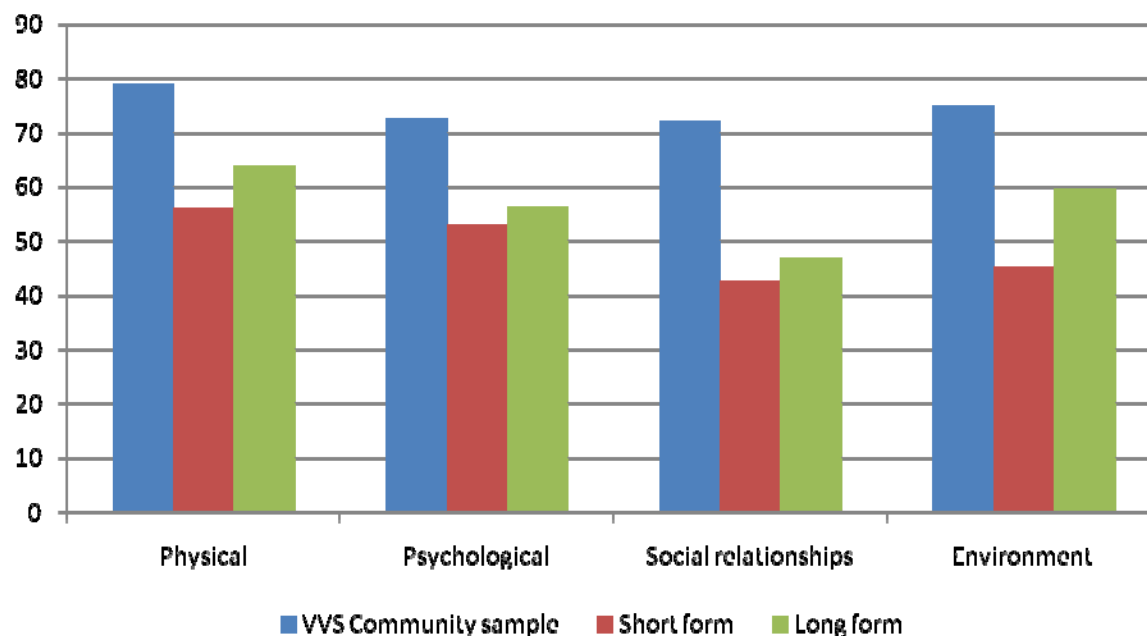
Trauma and Post-traumatic Stress Disorder (Long Form Only)

- 94% had experienced one or more stressful life events
- Most common events were
 - Witnessing another being injured/killed (67%)
 - Being physically assaulted (63%)
 - Being threatened with a weapon/held captive (58%)
 - Having had a life threatening accident (53%)
 - Experiencing a natural disaster (26%)
 - being sexually molested (21%)
- Mean number of such events was 3.7 (SD=2.04, range 0-9)
- 19% experienced symptoms consistent with PTSD

Patterns of Drug Use

		Short form	Long form
Heroin	% ever used	60	51
	% used last month	21	10
Alcohol	% ever used	92	93
	% used last month	62	51
Cannabis	% ever used	79	83
	% used last month	50	21
Amphetamines	% ever used	61	59
	% used last month	21	9
Cocaine	% ever used	51	52
	% used last month	13	3
Benzodiazepines	% ever used	42	42
	% used last month	16	6

Quality of Life WHO-QoL Bref



Conclusion

- The Michael Project represents a major innovation in homelessness service delivery – Within-Agency Integrated Intensive Case Management
- Major Research Study – Mixed Methods and large longitudinal survey
- Needs and background of clients – histories of homelessness, high mental health needs and levels of social exclusion