Health Promotion Toolkit for Homeless Shelters

Promoting Health in Homeless Shelters (PHHS) Workgroup
Rationale
PHHS Goal

• Collaboratively develop guidelines that focus on the health of employees and clients of shelters
  • Targeted groups: Emergency shelters and transitional housing (ES/TH)
PHHS Toolkit
Targeted Health Message

• Develop targeted health messages for use in formal or informal presentations for staff use throughout the THHI Continuum of Care

• The following pages contain a PowerPoint slide with a targeted health message and notes for handouts/materials and information for presenters.
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Tuberculosis (TB)

- TB is spread primarily through the air.
- You cannot be infected with TB from a surface (e.g. doorknob, desk, chair)
- About 1 in 20 people in the U.S. are infected with TB, but are not sick.
- You can have TB in your body, but are not sick, and not at risk of infecting others.
- Only those who are sick from TB can infect others.
- Symptoms of TB include cough for greater than 3 weeks, night sweats, appetite and/or weight loss, and coughing up blood.
TB Prevention

- Cough etiquette
- Treatment as prevention
TB Resources

• For TB Services (testing, chest x-ray, treatment)
  – Tampa Family Health Centers
    • 813-397-5300; www.tampachc.com
  – Suncoast Community Health Centers, Inc.
    • 813-653-6100; www.suncoast-chc.org
  – Your primary care provider

• For TB Education
  – Florida Department of Health in Hillsborough County, TB Center; 813-307-8047
  – CDC, Division of TB Elimination
Influenza (Flu)

• You can get the flu (1) when a person’s eyes, nose, or mouth comes in contact with the flu from another person or (2) by touching an flu-infected surface or object.

• Flu symptoms include: 100°F or higher fever, cough and/or sore throat, runny/stuffy nose, headaches/body aches, chills, fatigue, nausea, vomiting, and/or diarrhea

• Flu symptoms usually last one to two weeks.

• Congregate settings (e.g. homeless shelters) are at increased risk for flu transmission.
Influenza (Flu) Prevention

• Hand washing
• Cough etiquette
• Get flu shot every year
• Clean and disinfect surfaces and other high-touch areas
Influenza (Flu) Resources

- CDC – Influenza
- Flu Facts
- Florida Department of Health in Hillsborough County, Epidemiology Program
  - Phone: 813-307-8010
Norovirus

• Norovirus (stomach flu) illness can give you diarrhea and vomiting many times a day.
• Norovirus is spread from an sick food handler that contaminates food or from coming in contact with the virus from vomit or feces.
• Symptoms generally last 24 hours.
• Someone with norovirus can be contagious for up to 3 days after symptoms clear.
Norovirus Prevention

• Hand washing
• Clean and disinfect surfaces and other high-touch areas
• Those who are sick should stay at home until symptoms clear
Norovirus Resources

- CDC – Norovirus
- Food Safety – Norovirus
- Florida Department of Health in Hillsborough County – Epidemiology Program – 813-307-8010
Hygiene: Cough Etiquette

• Cover your mouth and nose when coughing or sneezing
• Use your elbow
• Use a tissue
• Use a mask in healthcare settings

➢ By following these practices, you reduce the risk of transmitting diseases such as TB, flu, whooping cough, and the common cold.
Hygiene: Hand Washing

• Hand washing is the single most effective way to prevent illness.

• Wash your hands often with soap and warm water for 20 seconds.

• If soap and water are not available, use an alcohol-based hand rub.
  – By following this practice, you can prevent the spread of diseases such as flu, norovirus, and the common cold.
Vaccine-Preventable Diseases

• Vaccines help prevent you from getting certain diseases (e.g. hepatitis A & B, whooping cough, meningitis, flu)
• Ask your provider what vaccines are required and recommended for you
• Get your flu shot every year
• Whooping cough can be life threatening to infants. If you spend time around infants, make sure to get your Tdap vaccine.
• Living in a congregate facility like a homeless shelter can increase your risk of getting meningitis, so make sure you receive your meningococcal vaccine.
Immunizations Resources

- **Florida Department of Health in Hillsborough County, Immunizations Program**
  - Fee-waived vaccinations for children up to 18 years old.
  - Phone: 813-307-8077

- **CDC – Immunizations**

- Your local primary care provider, Tampa Family Health Centers, and Suncoast Community Health Centers provides vaccinations.
Sexually Transmitted Diseases

• Anyone can get a sexually transmitted disease or infection (STD or STI) when engaging in oral, vaginal, and anal sex.
• You can’t tell who has HIV just by looking.
• Some STDs can be cured (e.g. chlamydia, gonorrhea), while others can only be treated (e.g. HIV, HPV).
• Receptive partners in vaginal and anal sex are at increased risk for contracting a STD.
STD Prevention

• Get tested for HIV and other STDs regularly.
• Be sure to pick up and understand your results
• Use male latex condoms and female condoms correctly and consistently.
  – Lambskin condoms are not effective in preventing the spread of HIV and STDs
• Abstinence is the only 100% effective method of preventing STDs.
• Talk to a healthcare provider about any concerns
STD Resources

• Text your zip code to 477493 to find a nearby HIV testing site
• **CDC – HIV**
• **Florida Department of Health in Hillsborough County, HIV/AIDS Program Office**
  – 813-307-8065
• **CDC – STD**
• **Florida Department of Health in Hillsborough County, STD Program**
  – 813-307-8045
Mosquito-Borne Illnesses

- West Nile Virus, Chikungunya, Dengue Fever, St. Louis Encephalitis, and Eastern Equine Encephalitis are all mosquito-borne illnesses that can cause complications.
- The more time you spend outdoors, the higher the chance you have of being bitten by a mosquito and potentially becoming ill.
- If you are sick and seek medical attention, let them know if you have been bitten by a mosquito.
Prevent Illness from Mosquito Bites

• Prevent mosquito breeding around your home
  – Drain standing water
  – Discard old tires and broken planters
  – Empty and clean birdbaths and pets’ bowls

• Cover your skin with clothing

• Use mosquito repellent
Mosquito-Borne Illness Resources

• **Hillsborough County Mosquito Control** (Finds areas with a high-density mosquito population and sprays)
  – Phone: 813-635-5400

• **Florida Department of Health in Hillsborough County, Epidemiology Program**
  – Phone: 813-307-8010
Bed Bugs

• Small, flat, reddish-brown, and wingless insects that feed solely on the blood of people and animals while they sleep.
• Can live several months without a blood meal.
• Not known to transmit disease
• Signs of a bed bug infestation
  – Bites on the skin
  – Sweet, musty odor
  – Presence of bed bugs, their outer shells, and rusty-colored blood spots on mattresses, sheets, or nearby furniture.
Preventing Bedbug Infestations

• Inspect secondhand items such as used mattresses, upholstered furniture, and bedding carefully before bringing into your shelter and potentially cross infesting other facilities.

• Hotel/Motel/Shelter or Group Living precautions
  – Check mattress seams for bedbug excrement and place luggage or bags on tables or dressers instead of on the floor.
Bed Bug Resources

- ECOLAB Poster – Bed Bug Inspection
- ECOLAB Handout – General Bed Bug Info
- Environmental Protection Agency – Bed Bugs
Nutrition: Why is It a Problem?

• Limited resources
• Lack of access to healthy, affordable foods
• Fewer opportunities for physical activity
• Cycles of under and overeating
• High levels of stress
• Greater exposure to marketing of obesity-promoting products
• Limited access to health care
Nutrition (continued)

• There is a high rate of overweight and obesity amongst those facing food insufficiency and food insecurity.
  ▪ 64.7% of adults in Hillsborough County are overweight or obese (FL Charts 2010)
  ▪ 200,590 (17.2%) of people in Hillsborough County are food insecure (Feeding America 2012)
  ▪ 276,330 (21.8%) of people in Hillsborough County receive SNAP benefits (FL Charts 2010)
Food Safety

• Those facing homelessness and/or food insecurity may take more risks when it comes to preserving food out of fear that they do not know when their next meal may be.

• Pregnant women, small children, older adults, and persons with chronic illnesses are at an increased risk of getting food poisoning.
Food Resources

• **Trinity Café**
  – Lunch served Monday-Friday at 11:30am
  – Breakfast served weekends at 9am
  – 2801 N. Nebraska Avenue
    Tampa, FL 33602
Access to Care

• Crisis Center of Tampa Bay – Community Resource Guide
• ACCESS Florida – Department of Children & Families
  – Medicaid eligibility
  – SNAP (Food stamps) eligibility
• Hillsborough County Social Services
  – Hillsborough County Healthcare Plan (813-272-5040)
  – Community Resource Centers
  – Homeless Prevention
• Florida Medicaid MMA Program
Access to Care (continued)

• Federally Qualified Healthcare Centers
  – Tampa Family Health Centers
    • 813-397-5300
  – Suncoast Community Health Centers, Inc.
    • 813-653-6100

• Tampa Bay Street Medicine

• THHI - Homeless Outreach Treatment (HOT) Team and Partnerships for Ideal Engagement (PIE) Team
  – 813-223-6115; info@thhi.org
Smoking Facts

• Approximately 3 out of 4 adults experiencing homelessness smoke.
• Tobacco use increases the risk for many types of cancer, such as lung cancer.
• Studies show a direct link between cigarette smoking and coronary heart disease.
• Smoking during pregnancy increases the risk for pregnancy complications.
• Smoking, including during the teenage years, increases the risk of dying from COPD.
Smoking Cessation

- Number one way to improve your health
- Quit at your own pace
- Use your supports to conquer your urge to smoke
- There are many different tools to quit
- There is help
Smoking Cessation Benefits

• Immediate benefits
  – Food tastes better
  – More energy
  – More money in your pocket

• Extended benefits
  – Reduces risk of coronary heart disease
  – Reduces risk of stroke
  – Reduces risk of cancer of throat, lungs, mouth
Smoking Cessation Resources

• Quitline
  – 1-877-U-CAN-NOW

• Area Health Education Centers (AHEC):
  – 813-929-1000
Family Planning

• 50% of pregnancies in the US are unintended

• Cost is cited as a major factor in an individual utilizing adequate family planning methods

• Education and awareness reduces unintended pregnancies.
Benefits & Methods of Family Planning

- **Benefits**
  - Reduction of stress
  - Reduction of financial strain
  - Ability to balance individual life goals and reproductive goals

- **Methods**
  - Birth control (medical, prophylactic or calendar based)
  - Sterilization (of male or female partner)
  - Abstinence
FP Community Resources

• Tampa Health Center
  8068 North 56th St
  Tampa, FL 33617
  813-980-3555

• Lakeland Health Center
  2250 E Edgewood Dr.
  Lakeland, FL 33803
  863-665-5735

• Pinellas Health Center
  8950 Dr. Martin Luther King Jr. St N, Suite 102
  St. Petersburg, FL 33702
  727-898-8199
# FP Community Resources

<table>
<thead>
<tr>
<th>Tampa Family Health Centers</th>
<th>Suncoast Community Health Centers</th>
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<tbody>
<tr>
<td>• 8108 N. Nebraska Ave.</td>
<td>• 2814 14th Ave SE</td>
</tr>
<tr>
<td>Tampa, FL 33604</td>
<td>Ruskin, FL 33570</td>
</tr>
<tr>
<td>813-307-8054</td>
<td>813-349-7800</td>
</tr>
<tr>
<td>• 9827 N. Sheldon Road</td>
<td>• 508 N. Maryland Ave</td>
</tr>
<tr>
<td>Tampa, FL 33635</td>
<td>Plant City, FL 33563</td>
</tr>
<tr>
<td>813-307-8053</td>
<td>813-349-7600</td>
</tr>
<tr>
<td>• 3901 S. Westshore Blvd.</td>
<td>• 14254 Martin Luther King Blvd,</td>
</tr>
<tr>
<td>Tampa, FL 33611</td>
<td>SR 574, Dover, FL 33527</td>
</tr>
<tr>
<td>813-307-8055</td>
<td>813-349-7700</td>
</tr>
<tr>
<td>• 13601 N. 22nd Street</td>
<td>• 7728 Palm River Road</td>
</tr>
<tr>
<td>Tampa, FL 33613</td>
<td>Tampa, FL 33619</td>
</tr>
<tr>
<td>813-307-8058</td>
<td>813-653-6100</td>
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<table>
<thead>
<tr>
<th>Ybor Youth Clinic</th>
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<tbody>
<tr>
<td>1315 E. 7th Ave. Suite 104</td>
</tr>
<tr>
<td>Ybor City, FL 33605</td>
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<tr>
<td>813-396-9021</td>
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</tbody>
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Oral Health

• Individuals experiencing homelessness are:
  • found to have more severely decayed and missing teeth than even the most impoverished residential areas.
  • twelve times more likely than settled individuals to have dental problems.

• By utilizing programs such as Medicaid and Children’s Health Insurance Program, most individuals who are homeless can receive dental services.

• By increasing education and awareness of oral health, individuals who are homeless can be empowered to seek oral health care on a biannual basis.
Oral Health Promotion

• Brush your teeth twice a day
• Floss your teeth once a day
• Get regular dental check-ups
• Eat a balanced, low-sugar diet
Low-Cost Oral Health Resources

- **Hillsborough Community College – Dale Mabry Campus – Dental Clinic**
  - 813-253-7527; 4001 Tampa Bay Blvd., Tampa, FL 33614
  - Provides low-cost preventive services only
  - Dentist is on site to do an exam
  - No treatments provided (e.g. fixing teeth, crowns, extractions)
  - Cleaning is $20
  - Fluoride is $5
  - X-Rays are $25
  - Dental exam is $5

* The clinic is a learning facility; therefore appointments are 4 hours long and may require multiple visits.*
Low-Cost Oral Health Resources

• Tampa Family Health Centers (clinic)
  – http://www.tampachc.com

• Suncoast Community Health Centers (Clinic)
  – http://www.suncoast-chc.org
Low-Cost Oral Health Resources

• Suncoast Community Health Centers’ Mobile Dental Bus
  – Services that are provided on the mobile dental coach are preventative only. These include:
    • Child Prophylaxis (cleanings)
    • Adult Prophylaxis (cleanings only for pregnant women less than 6 months postpartum)
    • Topical application of Fluoride Varnish
    • Sealants
    • Full Mouth Debridement
    • Oral Hygiene Instruction
    • Patient Assessment/Screening
Substance Abuse

- Almost 50% of all homeless individuals and 70% of homeless Veterans have substance abuse disorders.
- Permanent Supportive Housing, which provides holistic case management and supportive services for substance abuse treatment, is an effective way to end chronic homelessness and substance abuse.
- Trauma history is significantly associated with more mental health problems but was not associated with substance abuse problems for homeless men.
## Substance Abuse

<table>
<thead>
<tr>
<th>Type of Drug (Examples)</th>
<th>Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabinoids (Marijuana, Weed, Hashish, Reefer, Joint, Mary Jane, blunt)</td>
<td>Depressant, stimulant, narcotic, and psychoactive psychedelic effects. Dependence rates do not exceed 20% for daily users.</td>
</tr>
<tr>
<td>Depressants (Barbituates, Benzodiazepines, Gamma-hydroxybutyrate “GHB”)</td>
<td>Drowsiness, relaxation, tolerance if used long-term, physical dependence</td>
</tr>
<tr>
<td>Hallucinogens (LSD, psilocybin, mescaline/peyote)</td>
<td>Elation, depression, arousal, erratic behavior, abnormal vital signs, gastrointestinal problems, sleeplessness, dizziness. Low addictive potential.</td>
</tr>
<tr>
<td>Stimulants (Amphetamines, Cocaine, MDMA, Nicotine)</td>
<td>Speeds up the body’s vital signs, memory/weight loss, impaired cognition, insomnia, mood changes, violent behavior, organ damage, dental problems.</td>
</tr>
<tr>
<td>Opioids (Heroin, Morphine, Fentanyl, and Codeine)</td>
<td>Euphoria, clouded thinking, itching, nausea, depressed respiration, collapsed veins, abscesses, infection of heart lining and valves, arthritis/other rheumatologic problems</td>
</tr>
</tbody>
</table>
Alcohol Use Disorder

• Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury.

• Alcohol affects every organ in the drinker's body and can damage a developing fetus. Intoxication can impair brain function and motor skills; heavy use can increase risk of certain cancers, stroke, and liver disease.

  – Alcoholics Anonymous (Hillsborough): 813-933-9123
Inpatient/Outpatient Treatment Facilities

- Turning Point of Tampa
  6227 Sheldon Road
  Tampa, FL 33615
  813-882-3003
- Northside Mental Health Center
  12512 Bruce B. Downs Blvd.
  Tampa, FL 33612
  813-977-8700
- Gracepoint Wellness
  5707 N 22nd Street
  Tampa, FL 33610
  813-272-2244
- Tampa Crossroads
  5120 North Nebraska Ave.
  Tampa, FL 33603
  813-238-8557
- ACTS
  4612 N 56th St.
  Tampa, FL 33610
  813.246.4899
- DACCO
  4422 E. Columbus Dr.
  Tampa, FL 33605
  813-384-4000
  813-984-1818
Mental Health

• Approximately 15% of individuals experiencing homelessness in Florida suffer from severe mental illness.

• Mental health is a significant cause of homelessness for single adults.

• Better coordination with mental health service providers helps combat homelessness.

• If an individual experiencing homelessness has a concern regarding his/her mental health, they should be seen by a licensed mental health professional.
Mental Health and Suicide

• 90% of suicide victims have a diagnosable mental disorder.

• 15-25% of suicides are committed by an individual who has major depression or bipolar disorder.
  – Individuals who are homeless have higher rates of depression than the general population.
    • 22-46% of individuals experiencing homelessness have attempted suicide, while 61% have had suicidal ideations.
Ways to Prevent/Manage Mental Health Issues

• Counseling/Therapy
• Medication
• Meditation
• Support groups
Mental Health Resources

• Northside Mental Health Center
  12512 Bruce B. Downs Blvd.
  Tampa, FL 33612
  813-977-8700

• Gracepoint Wellness
  5707 N 22nd Street
  Tampa, FL 33610
  813-272-2244

• ACTS
  4612 N 56th St.
  Tampa, FL 33610
  813.246.4899

• Crisis Center of Tampa Bay
  Call: 211

• Magellan Complete Care (Insurance)
  1-800-327-8613

• Tampa Family Health Centers
  http://www.tampachc.com
Domestic Violence

• 63% of women who are homeless have experienced domestic violence
• Victims of domestic violence may end up homeless because they have no resources once they leave their abuser.
• There are domestic violence shelters that are specifically for victims and their children in need of housing.
Resources for Domestic Violence Victims

• Housing
  – Mary and Martha House (727-645-7874)
  – The Spring of Tampa Bay (813-247-5433)
  – Alpha House of Tampa, Inc. (pregnant women and their children) - (813-875-2024 and 813-875-3307)

• Victim assistance
  – Hillsborough County Domestic Violence – Victim Assistance (813-272-6423)
  – Crisis Center of Tampa Bay (2-1-1)
Sharps/Waste Definitions

• Sharps
  – “...Devices with sharp points or edges that can puncture or cut skin.”
    – FDA, 2014

• Biomedical Waste
  – “...Any solid or liquid waste which may present a threat of infection to humans.”
    – FS 381.0098
Standard Precautions

• ALL human body fluids, except perspiration or tears, are considered potentially infectious
• Blood does not have to be visible

• Common Personal Protective Equipment
  – Gloves
  – Masks
  – Goggles

• Depends on worksite and job responsibility
Cleaning and Safety

• Any surface or object that comes in contact with biomedical waste needs to be sterilized and disinfected after each use. Using a bleach solution suffices as a proper practice.

• When cleaning a biohazardous spill:
  – Cover the spill with paper towels
  – Pour a 10% bleach solution over the towels
  – Let the solution sit for 10 minutes
  – Wearing gloves, throw away the paper towels in a biomedical waste container; Wash hands afterwards.
Safety Issues

• Bay Area Sharps Disposal Program
  – Use approved sharps containers
  – Properly seal when full
  – Dispose only at an approved site, within 30 days

• Other Medical Waste Disposal
  – Put on gloves
  – Put soiled bandages or other contaminated non-sharps into a black or brown plastic bag
  – Securely tie or tape the bag
  – Place bag in center of garbage container
  – Remove gloves and wash hands
Medication Disposal

1. Keep in the original container. This will help identify the contents if they are accidentally ingested.
2. Mark out your name & prescription number for safety.
3. For pills: add some water or soda to start dissolving them; For liquids: add something inedible like cat litter or dirt
4. Close the lid and secure with duct or packing tape
5. Place the bottle(s) inside an opaque (non see-through) container like a detergent container.
6. Tape that container closed.
7. Hide the container in the trash. Do not put it in the recycle bin.

*Do not flush medication down the toilet!
Medication Disposal

• The Hillsborough County Sheriff’s Office has 4 prescription drug drop boxes around the county to properly dispose of unwanted or expired medications.
  – 14102 North 20th St, Tampa, FL
  – 2310 North Falkenburg Rd, Tampa, FL
  – 7202 Gunn Highway, Tampa, FL
  – 503 33rd Street SE, Ruskin, FL

• Acceptable items for disposal are:
  – Pill bottles
  – Boxes and/or packaged drug items
  – Patches, powders, and liquids
  – Inhalers
  – Veterinarian Prescription Drugs
Community Resource Guide

- Crisis Center - Tampa Bay Community Resource Guide
  - Provides community resources for local organizations that help out with various services (e.g. financial assistance, counseling, food, legal, medical)
Special Thanks to our Contributors

• Alpha House
• Catholic Charities
• DACCO
• Florida Department of Health
• Gracepoint Wellness
• Hillsborough County Board of County Commissioners
• Magellan Complete Care
• Metropolitan Ministries
• Salvation Army
• Tampa Hillsborough Homeless Initiative
• The Spring of Tampa Bay
• USF Morsani College of Medicine/AHEC
• VA Domiciliary