

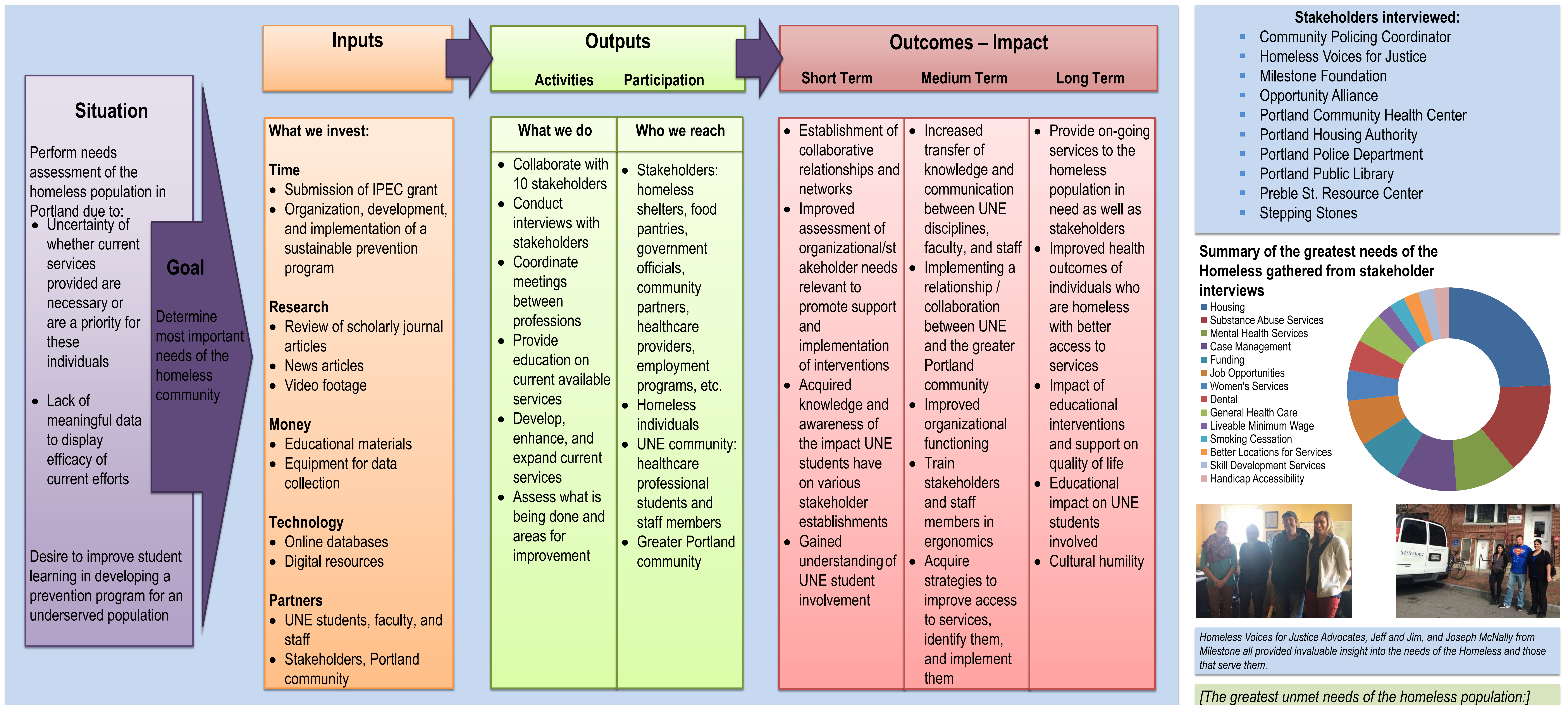
Giving the Homeless Population a Chance to Become Healthier: An Initial Needs Assessment of the Homeless Population of Portland, Maine

Doctor of Physical Therapy Candidates: Annarea Andresen, Oana Butnarusu, Jayme Keith, Sarah Kou, Dana McCoy, Stephanie Sheehan, Jessica Takatsuki

Master of Public Health Candidates: Zoe Hull, Ian Imbert

Master of Occupational Therapy Candidates: Suzanne Dunn, Tara Lonneman, Marissa Prezzano

Doctor of Osteopathy Candidate: Catherine Bixby



Proposed Intervention #1:

Bimonthly student-run labs and information sessions:

- Tailored toward the needs of the employees at Milestone Emergency Shelter & Preble St. Resource Center focusing on workplace safety and health.
- Example: proper body mechanics when moving shelter beds and assisting clients when using shelter facilities.

(Shelter sleeping palettes, pictured to the left, present an injury risk to employees and clients.)



Proposed Intervention #2:

Second Homeless Needs Assessment:

- Students will directly survey individuals within the Homeless population at each shelter.
- Sample size will be 100 (~6% of the population)
- The data will be analyzed with the initial assessment to inform future interventions.

Proposed Interventions #3:

Compile volunteer opportunities within the homeless community, both health service and non-health service related, in order to promote volunteerism at UNE.

Homeless Voices for Justice Advocates, Jeff and Jim, and Joseph McNally from Milestone all provided invaluable insight into the needs of the Homeless and those that serve them.



[The greatest unmet needs of the homeless population:]
"Philosophically: empathy. I don't think anyone sets out with a life goal to be homeless. But we have an incredible culture of blame and shame." Paul Golding, Stepping Stones.

Through the future programs developed from the needs assessment, we aim to empower UNE health professionals with cultural sensitivity and the social responsibility to improve the health and wellness of those that are underserved in our communities and those that serve them.