



Jubilee30

Better Being

***Improving Mental Health in
Low-income estates***

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Respond! Family Estate Profile

- Scheme of Letting Priorities leads to concentrations of low-income families who experience 'cumulative disadvantage'. (136 family estates)
- 60% of households in Respond! estates comprise **one-parent** households; v. 20% Nationally
- high child : adult ratio (3:1);
- Typically, mothers have **lower formal education exit-level** than national average education attainment
- fewer adult men, and fewer resources and choices than National pop.
- 20 – 40% undeclared fathers
- **55%** of Respond! mothers have **no earned income**
2.5 times equivalent of households in Ireland with children (0-4yrs), where 22% are without earned income.



Well-Being of Mothers

Mothers on Respond! estates show...

(McKeown Study)

- 30% significant mental health problems
- Use of sedatives (10%) - twice national average
- 25% have self-reported disability or chronic illness (nearly 3 times the national average)



Well-Being of Children

1,500 children on Respond! estates

Average age between 9-13 currently

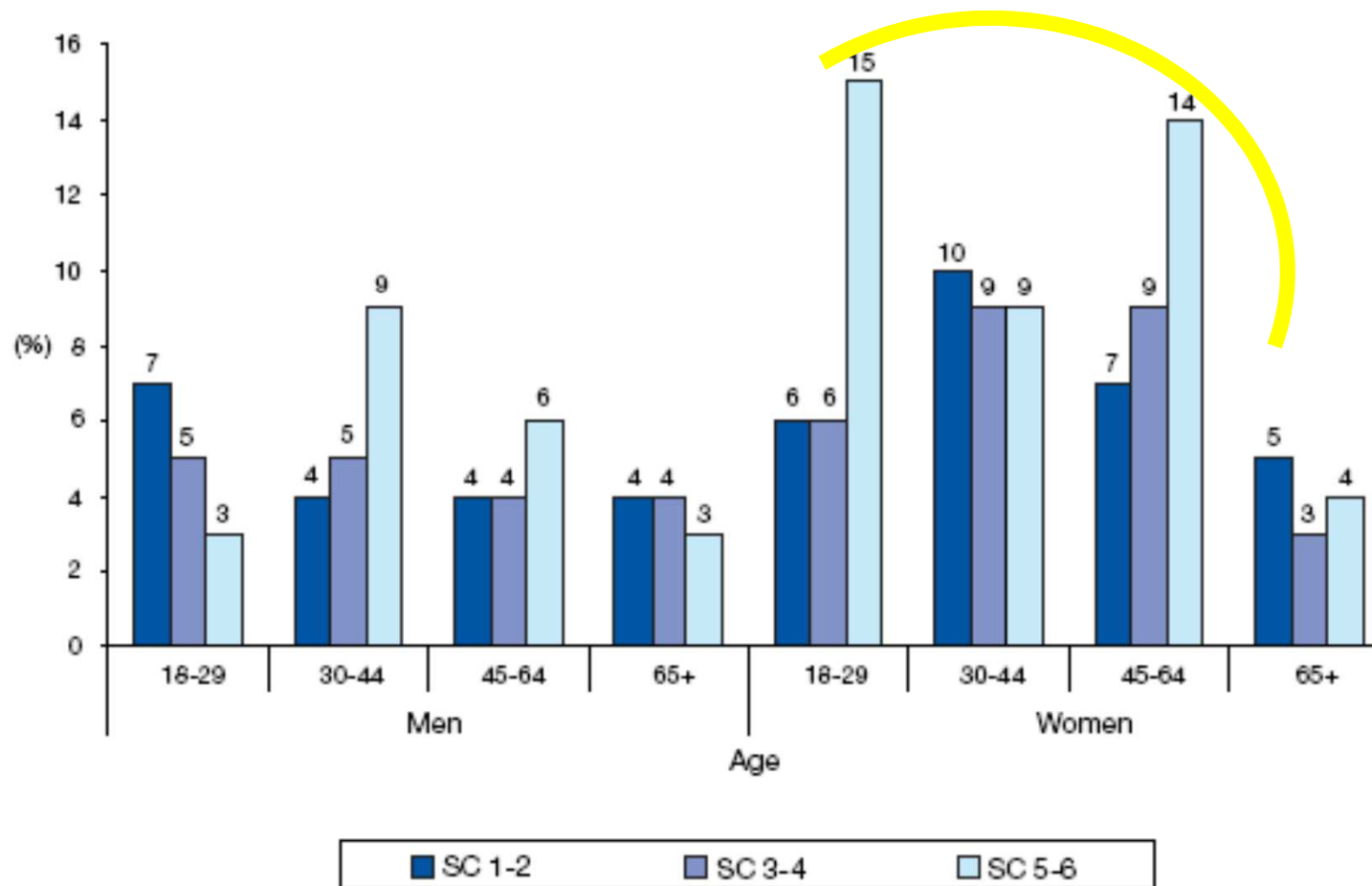
- 14% with serious mental health difficulties
- A further 9% with well-being difficulties
- A total of 23% have some level of mental health need.

Risk Factors for Childrens' Mental Health:

- Maternal depression
- Parent-child relationship
- Having a disability or chronic illness

Slán Report 07

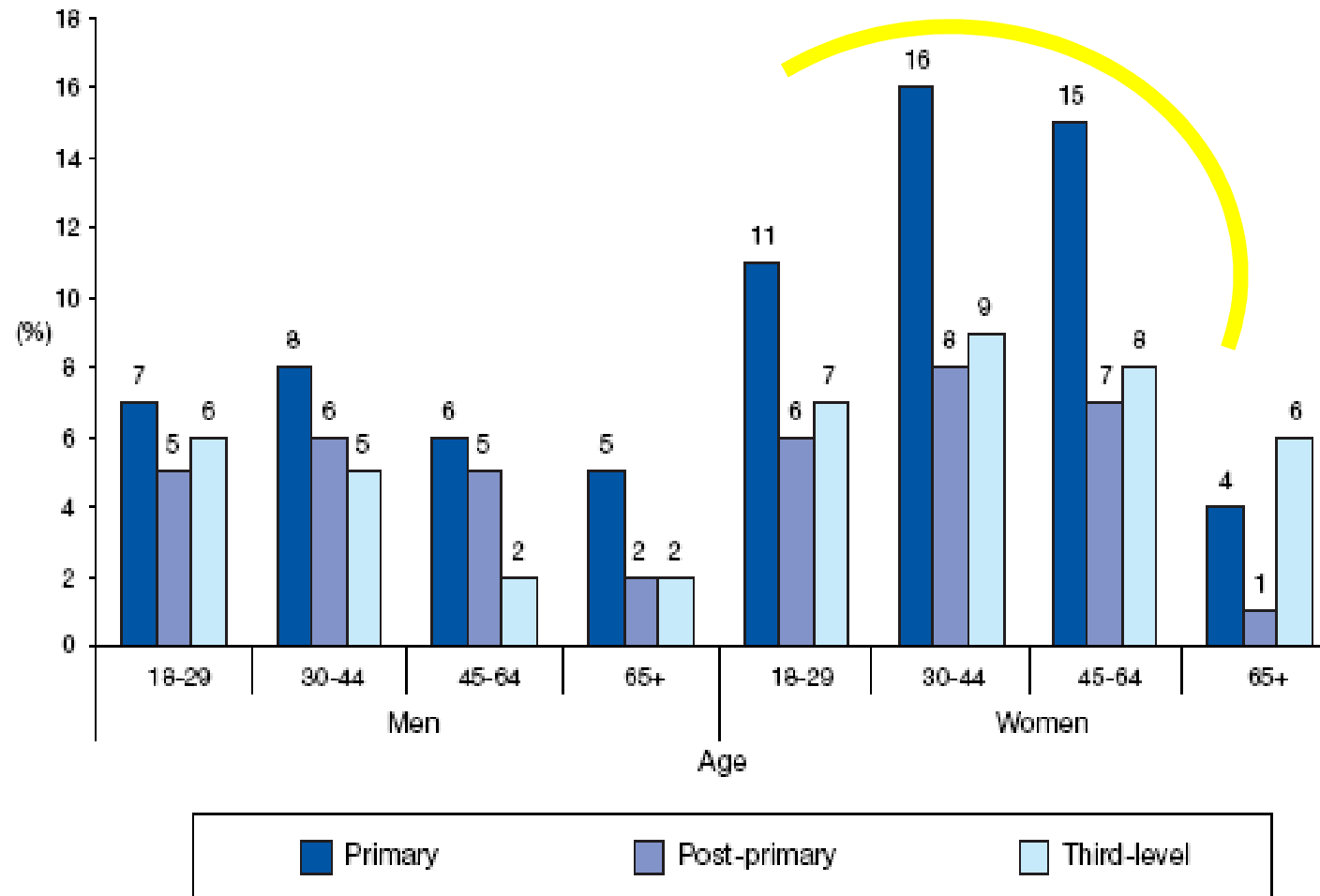
Figure 14: Percentage of respondents reporting probable major depressive disorder (CIDI-SF) in the previous year, by gender, age and social class



A higher percentage of those with primary education only (8%) are depressed compared to those with post-primary or third-level education (both at 6%; $p < 0.01$) (see Figure 15).

Slán Report 07

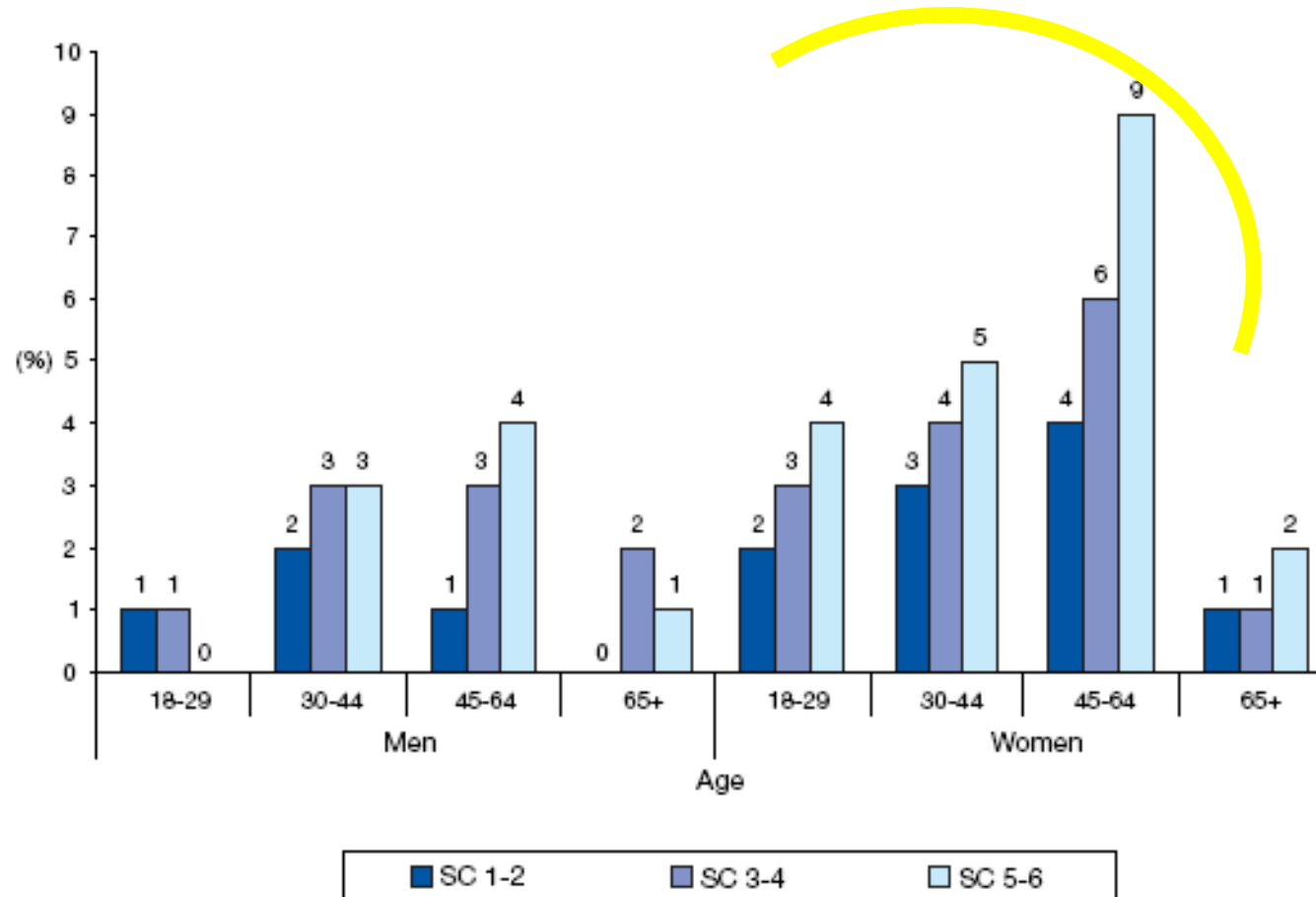
Figure 15: Percentage of respondents reporting probable major depressive disorder (CIDI-SF) in the previous year, by gender, age and level of education



A higher percentage of those living in urban areas (7%) are depressed compared to those living in rural areas (5%) ($p < 0.001$) (see Figure 16).

Slán Report 07

Figure 17: Percentage of respondents diagnosed as having generalised anxiety disorder (CIDI-SF) in the previous year, by gender, age and social class



The prevalence of GAD is found to be lower for those with higher levels of education (primary: 5%; post-primary: 3%; third-level: 2%; $p < 0.001$). In addition, a higher percentage of those living in urban areas (3%) report GAD compared to those living in rural areas (2%) ($p < 0.01$) (see Figure 18).

Shared Findings

- Both Slán 07 and Respond! Surveys concur that age, gender, income, educational attainment impact on one's health and well-being

Risk factors re: mental health /depression

Affects women, mid-20s to mid40s,

- particularly those in lower socio-economic groups (SC 5-6)
- Low educational attainment
- Not in paid employmentat higher risk than national average.

Policy Implications: SLÁN 2009 report

- ‘Tackling mental health and social well-being inequalities in Ireland requires multi-sectoral policy coordination through bottom-up and top-down approaches,
- Including interventions addressing issues of poverty, marginalisation, discrimination, social inclusion, education, employment and living standards’. (Slán:2009:8)



Our Response

Can Respond! identify Residents/Children in need?

- Yes, we can.. with a Dedicated and Trained Team
- Under the supervision of a professional psychologist

What do we offer those Residents?

- A Befriending Programme, and
- Access to competent therapists
- Inclusion/accompaniment into community support programmes

Stepped Care Model



Intensity of Treatment



Level 5: Inpatient Treatment for Severe /Complex Disorder

PROBLEMS: risk to self or others, complex problems etc.
SERVICES: general psychiatric inpatient services etc.

Level 4: Treatment for Severe/Complex disorders

PROBLEMS: Chronic/severe depression, treatment resistant disorders, bipolar disorder, chronic psychosis, personality disorder etc..
SERVICES: community mental health teams, highly specialised multidisciplinary teams, tailored therapies

Level 3: Treatment for Moderate disorders

PROBLEMS: persistent anxiety/depressive disorders (post traumatic stress) generalised anxiety, bulimia etc.
SERVICES: standardised/substantive psychological therapies, individualised/tailored for specific patient group

Level 2: Treatment for mild disorders

PROBLEMS: e.g. Anxiety, depression, disordered eating behaviours etc..
SERVICES: brief psychological therapies, computerised CBT, guided self-help, group therapies etc.

Level 1: Treatment for subclinical problems

PROBLEMS: e.g. Transitional/Adjustment issues, marital/relationship problems, bereavement, stress etc.
SERVICES: Counselling, community agencies, individual/community educational programmes etc.

Number of Patients



Respond!
**Better
Being
Strategy**



Extrapolating Hypothesis

- Is the Respond! study true for all social housing estates?
There are 254,000 social households in Ireland?
- If so, there could be 17,000 to 20,000 households suffering significant well-being deprivation
- Clusters of poverty and cumulative disadvantage contribute to well-being challenges
- Composed substantially of lone-parent families
- Many suffer from significant mental health problems
- Causing alienation and Contributing to ASB



What do we Seek Now?

1. **A Parallel Survey in Local Authority estates to discover**

- The well-being profile of residents and their children
- Implications for community welfare and behaviour

2. **Government Support for a Pilot Community *Better Being Initiative***

- Dublin City Council supports this in principle
- We await responses from Mins. Jan O'Sullivan, and Kathleen Lynch.

Prevalence of ASB

- ‘Growing concern about ASB in local authority estates....
– Now prioritising ASB strategies...’
- ‘Growing problem with ASB across Europe’ (pan-European survey)

(Jacinta Cunneen, *Tackling anti-social behaviour*, Centre for Housing Research, April 2008)

ASB in Social Housing Estates

- ‘Social housing has become a ‘spatial segregation’ of the marginalised and the ‘tenure of last resort’ as more and more the stock of social housing has become residualised.
- Social housing is identified with the socially excluded, deviants, the unemployed and those involved in crime and ASB’

(Jacinta Cunneen, *‘Tackling anti-social behaviour’*, Centre for Housing Research, April 2008, attributing comments to Card,P (2006), Norris and Murray (2004).



Social Housing Of First Choice

- This has never been truly attempted in Ireland
 - **Time to start now**

Sustainable Communities



Encouraging tenant participation; involvement of children helps build a sense of belonging and 'ownership' of the estate.

- Site layout & design
- Infrastructural supports for sustainable living; proximity to transport, schools, shops, amenities, worship, recreational facilities
- Allocations Policy
 - 'community lettings' option.
- Mixed tenure
- Mix of socio-economic and household circumstances
- Child-density ratios



Play facilities





Childcare services

- Respond! provides approx 60 childcare services nationally.



- Estate Services include:
- Sessional childcare
- Full-day care
- Creche
- Pre-school,
- After-school
- Homework clubs

- 60+ trained staff;
- Parent involvement
- FETAC training offered
- ADM funding support



Childcare services and youth programmes



- Regional Family Resource Co-ordinators
- Local Tenant Leaders
- Networking locally/NGOs, HSE, VEC, other.
- Developmental Programmes.
- Adopted ADM targets
- Seeking to break the cycle of poverty;
- Enlarge parental and children's aspirations



Community Development



- Seeking to intervene to break the cycle of poverty
- Family Resource
- Childcare /youth work
- Tenant participation
- Adult education
- Capacity Building
- Job creation initiatives



Thank You!

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