



Evaluation of Growth Through Participation: An intervention for homeless people

*Miranda Rutenfrans-Stupar et al.
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FIRST: WHO AM I?

- Since 2006 SMO Breda:
 - Quality Manager/Policy Worker
 - Manager
- Since 2017 PhD (Tilburg University):
 - Promotors: Prof. dr. René Schalk, Prof. dr. Tine Van Regenmortel
 - What is the effectiveness of a new intervention (*Growth Through Participation/GTP*) for homeless people?



POLICY OF DUTCH GOVERNMENT

- From traditional 'welfare state' to 'participation society'
- Citizens are expected to support each other
- Appealing for aid from the government is a lost option
- However, majority of homeless do not have resources (e.g., social support)
- Shelter facilities have been developing participation-based programs

SMO BREDA

- Organization providing shelter and support for homeless people
- Mission statement: *supporting homeless people as fellow citizens to full participation in society*
- 3 objectives:
 1. Housing
 2. Daily activities
 3. Social network
- Development of GTP in 2014 (implementation April 2015)

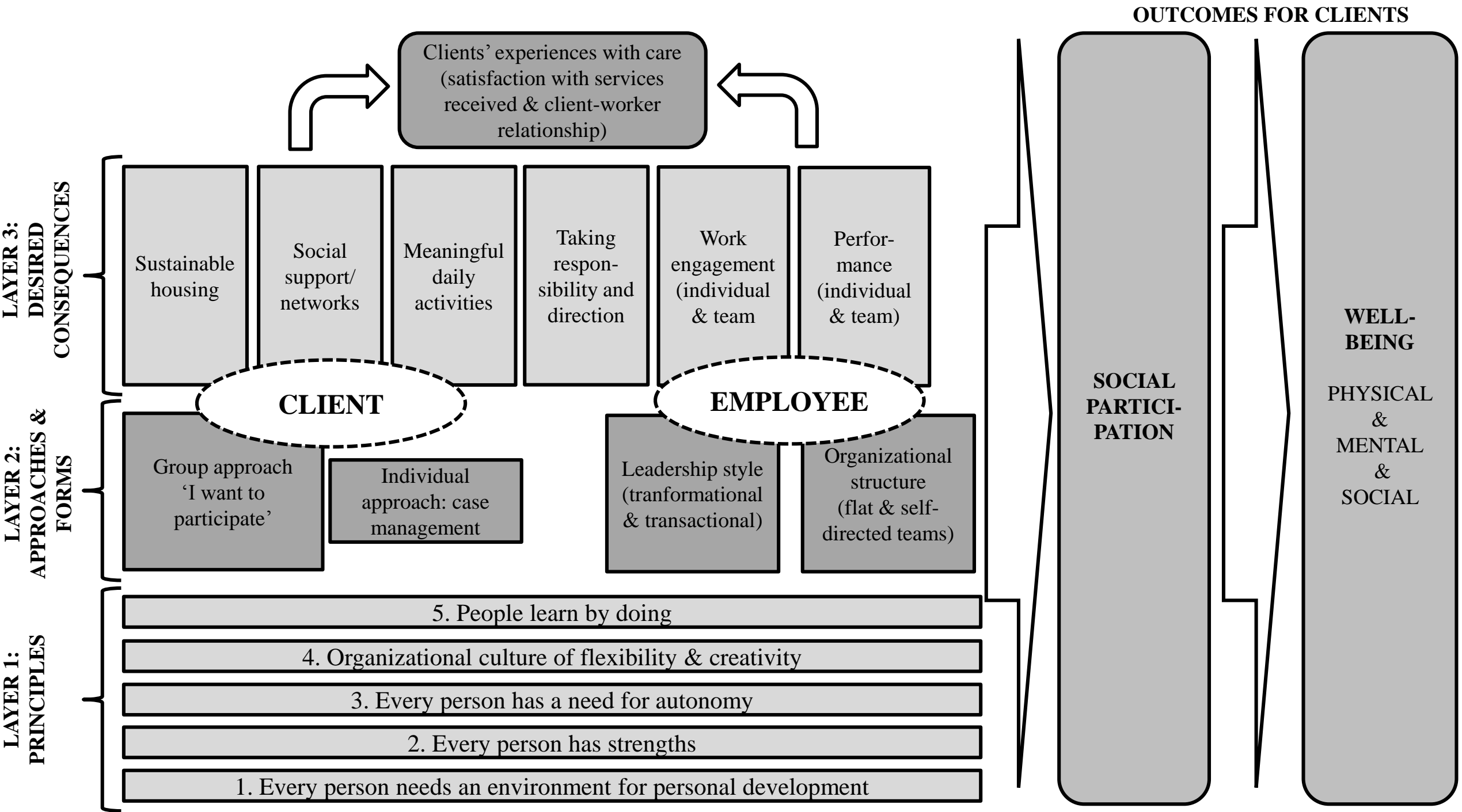


CONTENT OF PHD RESEARCH

Evaluation of GTP

1. Relationship between participation and well-being (and predictors)
2. Efficacy in term of well-being, social participation, clients' experiences with care
3. Predictors and outcomes of self-direction
4. Organizational aspects



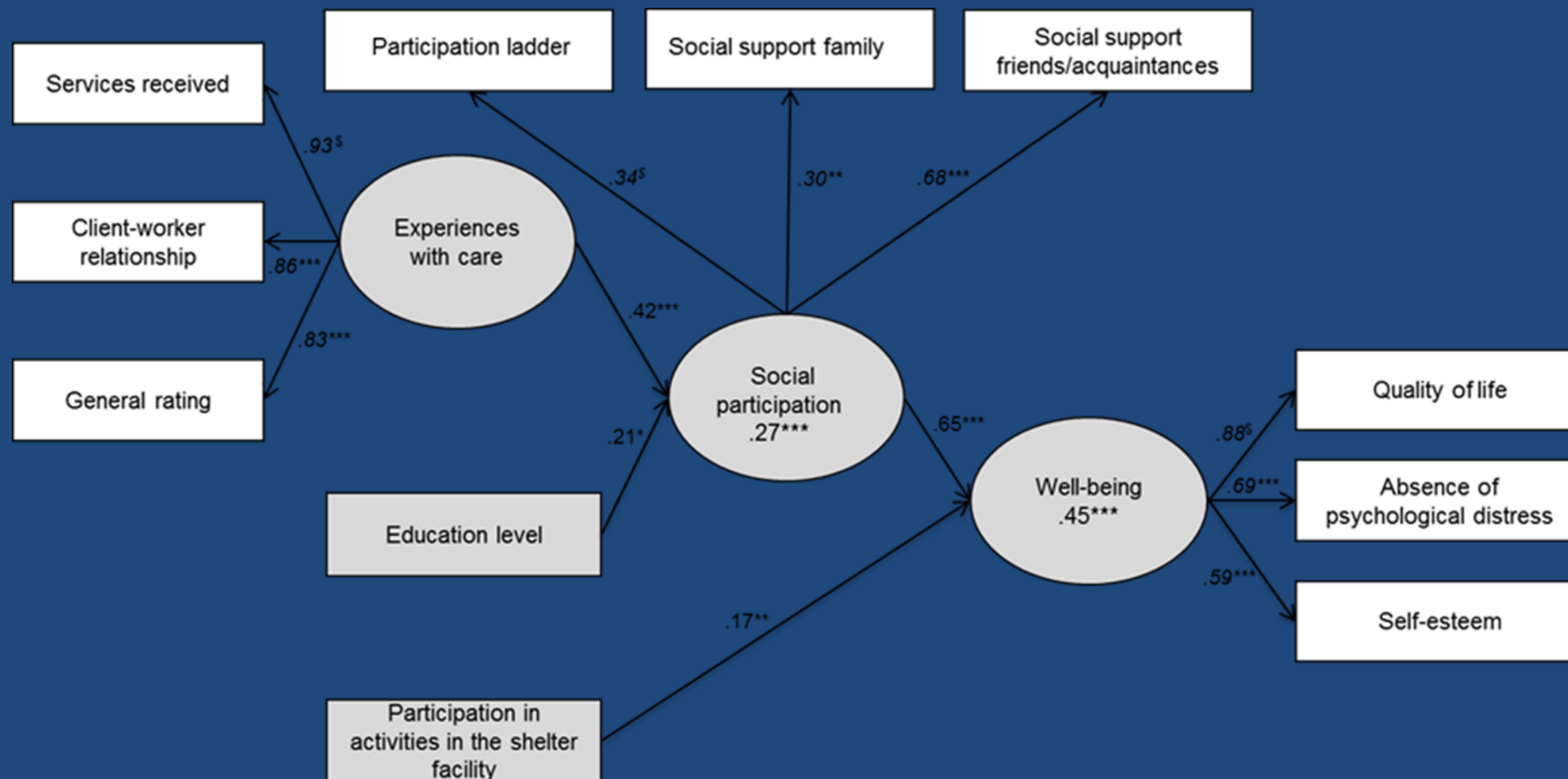


CONTENT OF PHD

Evaluation of GTP

- 1. Relationship between participation and well-being (and predictors)**
 - A. Quantitative study (cross-sectional)**
 - B. Qualitative study**
2. Efficacy in term of well-being, social participation, clients' experiences with care
3. Predictors and outcomes of self-direction
4. Organizational aspects

QUANTITATIVE STUDY (N=225) (Results from SEM)



QUALITATIVE STUDY (N=16)

Influence of participation in educational, recreational, and labor activities on physical, mental, and social well-being



RESULTS & CONCLUSIONS (QUALITATIVE STUDY) 1/2

- Almost all participants experienced that participation improved physical, social, and mental well-being:
 1. Indirect social rewards: examples expanding social circles leading to enhanced social support.
 2. Direct personal rewards: increased self-esteem, recognition, personal development, feelings of being meaningful.

“I notice that I my flexibility increases. I use the stairs more often and walk through all these hallways... I can better keep on moving. Walking is getting better because of this” (77-year-old man).

“I improved my self-esteem. I was contributing. This was increasing my self-satisfaction. Thereby I was recognized by other people” (63-year-old woman).

RESULTS & CONCLUSIONS (QUALITATIVE STUDY) 2/2

- Happiness was mentioned in relation to mental well-being.
- However, partial negative influence of participation in activities on social and mental well-being due to bad group cohesion.
- Other important factor: supervisor's behavior and attitude.

“If it wasn't for these two [supervisors], I wouldn't have done it. The way the supervisors are acting is very important to the activity” (64-year-old man).

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LONGITUDINAL STUDY (N=172): METHOD

- 3 measurement time points
- Questionnaires:
 - Quality of life (WHOQOL-BREF)
 - Psychologic distress (BSI)
 - Self-esteem (RSES)
 - Social participation (Participation Ladder, Social Support, External activities)
 - Clients' experiences with care (CO-i)
- Latent Growth Modeling (Amos)

LONGITUDINAL STUDY: RESULTS

A positive change in:

- quality of life
- the amount of time clients spent on labor activities outside the shelter facility

However:

- a negative change in the amount of time clients spent on recreational activities outside the shelter facility
- no changes in psychological distress, self-esteem, other aspects of social participation

Homeless clients with above-average psychological distress showed a positive change in:

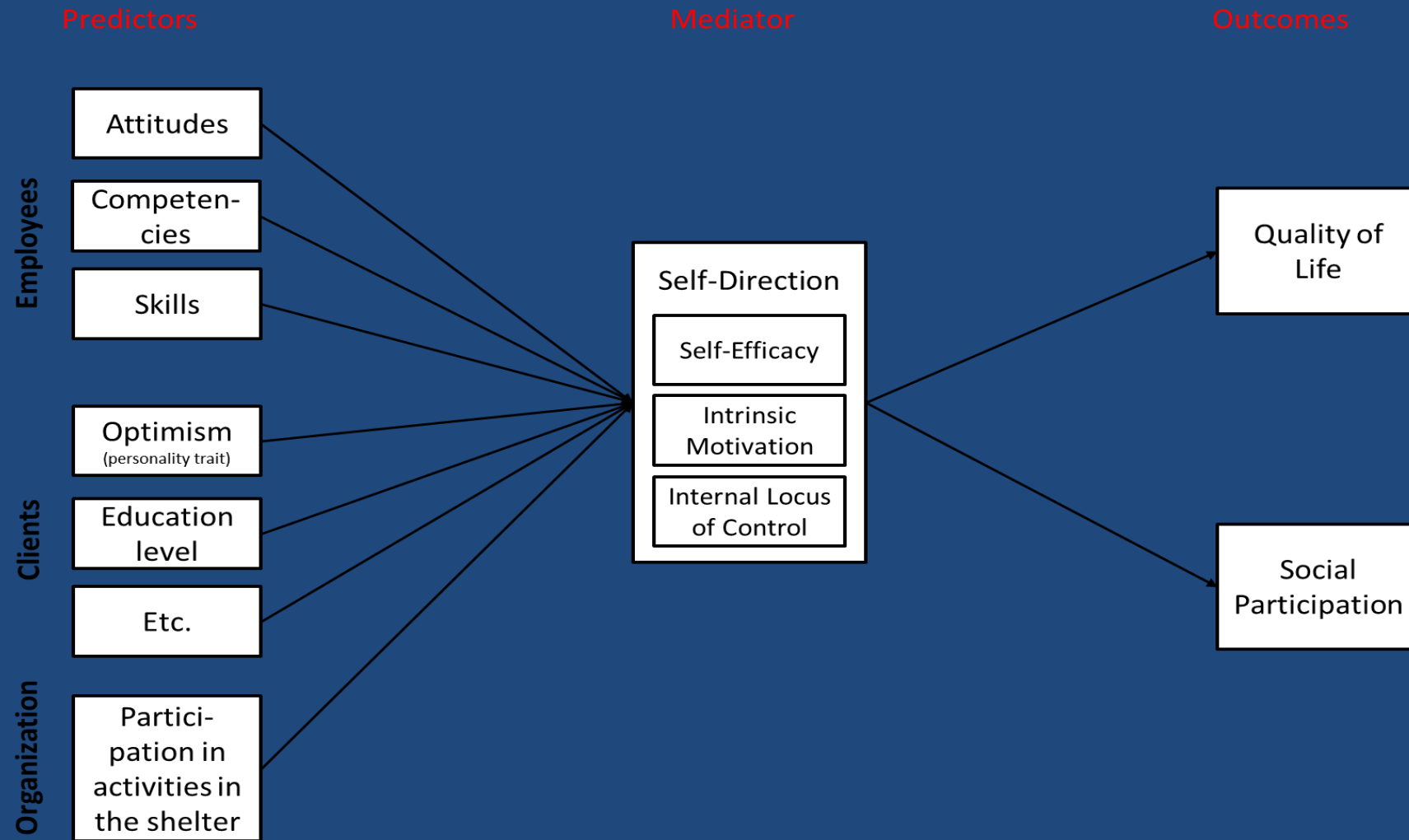
- quality of life
- self-esteem
- and psychological distress

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CONCEPTUAL MODEL 'PREDICTORS AND OUTCOMES OF SELF-DIRECTION' (N=approx. 100; N=48)



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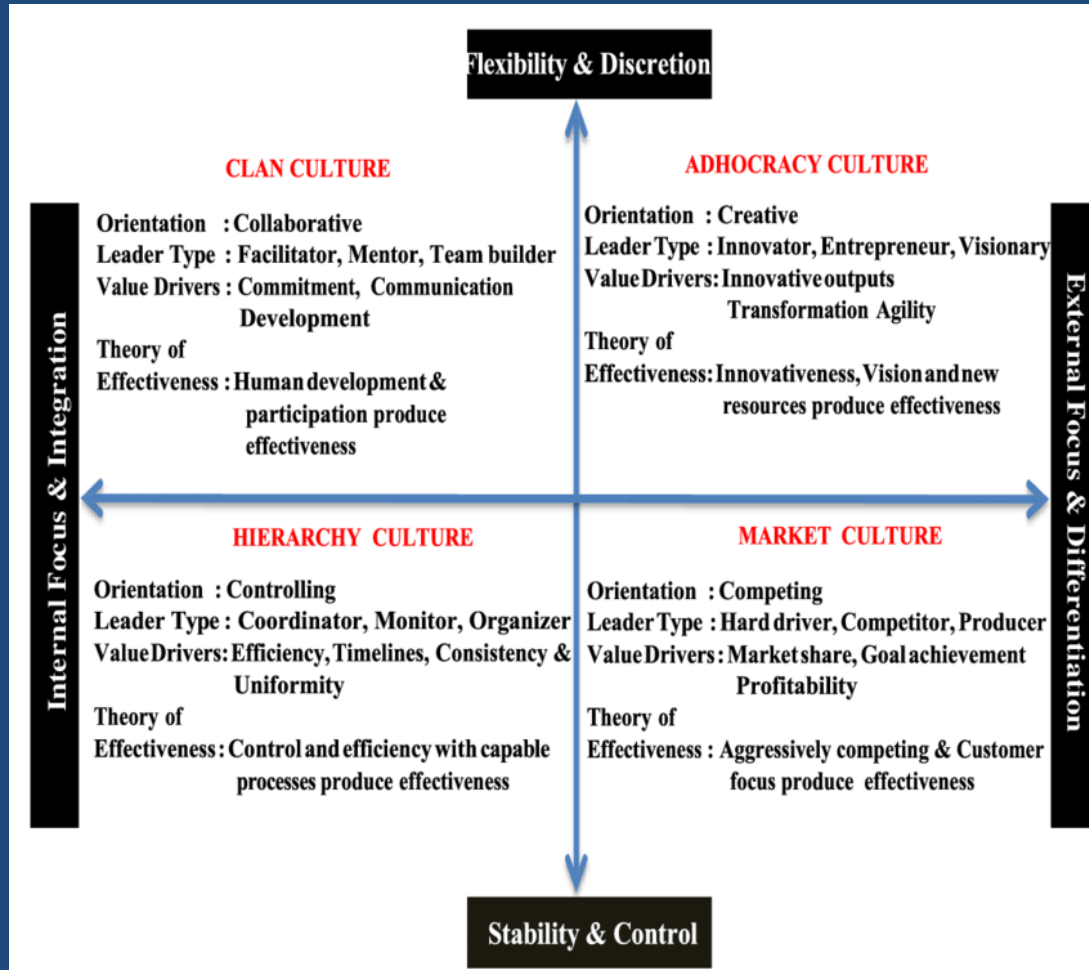
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QUESTIONNAIRES AMONG EMPLOYEES

March/April 2014	December 2015/January 2016	October/November 2017
Organizational culture	Organizational culture Leadership style Work engagement Team performance	Organizational culture Leadership style Work engagement Team performance Team engagement Work autonomy

ORGANIZATIONAL CULTURE



Results:

- Less Hierarchy
- More Clan
- More Adhocracy

Ref:

https://www.researchgate.net/publication/317592354_Diagnosing_the_Organizational_Culture_of_Higher_Education_Libraries_in_the_United_Arab_Emirates_Using_the_Competing_Values_Framework/figures?lo=1&utm_source=google&utm_medium=organic

CONCLUSIONS

- GTP is a promising intervention
- In line with government policy in the Netherlands and Western countries
- Possibilities for cost-reduction
- However, more research is needed (RCT, broader context than SMO Breda, cost-effectiveness)





Any questions?

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