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ENG 1101
Unit 2 writing assignment
Word count:1510
11/9/22

U2 Annotated Bibliography

Introduction

How does the government impact those individuals who are homeless and struggling with mental illness?

Mental illness is like a cave , you feel lost and in a really dark place and after being in there for so long you give up on searching for the light and that's when it's too late for one to realize that they have officially lost themselves. I've personally always come across homeless people. I see them sleeping by the park near my house or under the bridge I walk past to go to the train station and on the Subway as well. Seeing all these people without having a stable home makes me question why this is. Are they suffering financially? Did something traumatic occur in their life? Are they suffering from mental illness? This is a topic I've been wanting to learn about.

Citation: Chikwava, Fadzai, et al. "Patterns of Homelessness and Housing Instability and the Relationship with Mental Health Disorders among Young People Transitioning from out-of-Home Care: Retrospective Cohort Study Using Linked Administrative Data." PLOS ONE, vol. 17, no. 9, 2022, <https://doi.org/10.1371/journal.pone.0274196>.

Summary

Homelessness is an issue worldwide but especially in Australia. Homelessness services increased from 279,200 in 2015/2016 to almost 290,500 in 2019/2020. 57% are under the age of 35. The reason why the rate of homeless people is so high is due to poor transition planning from the government department and lack of suitable housing options. Another major reason why many young people are homeless is due to mental health disorders. 75% is based on alcohol and drug abuse. Young people with persistent periods of homelessness have a higher rate of mental health disorders than young people who have recent or single episodes of homelessness. Some mental health disorders range from alcohol , drug use , depression , anxiety and self injury.

Analysis

Mental health plays a huge role in justifying how stable you can live. And you don't know how important it is to take care of your mental health until it's too late and one is too blindsided to accept help. Now you have reached the downfall and are now living in the streets. And that goes for the majority of people that are homeless. Many people are out there struggling with drug use , alcohol and depression. Many homeless people use this as a coping mechanism to deal with their struggles but what they don't realize is that it's just making their situation worse and the government does very little to help those individuals. The journal says that those who go through a short period of time being homeless are the ones that change their life for the better. They are

able to find a stable home for themselves and I think that's because they're not fully hypnotized, they are aware of what they're going through and know that they have to find a way to improve their life but people that suffer from mental illness for a long period of time are most likely to stay homeless for the rest of their life and I agree with that. Once you're at the stage where you don't care about your physical and mental well-being you stop caring about whether or not you have a stable home. They no longer think to themselves about improving their life. They feel like they're stuck and this has now become their new lifestyle and that's sad. There isn't anyone to help them come to a realization that they need to find a way to get out of this trap.

Quote: “ These young people who end up being homeless often have histories of mental health issues, which may reinforce and lengthen their episodes of homelessness “

Citation: “Sister of Woman Living on the Streets with Mental Illness Says Law Prevents Her from Taking Action.” Yahoo! News, Yahoo!,
<https://news.yahoo.com/sister-woman-living-streets-mental-062600753.html>.

Summary

Alisha Lessenger was extremely brilliant. In 2012 she was an inspirational speaker for college students. But that changed and she now talks to herself in her car and in public settings. She was arrested multiple times for the past seven years and has been in and out of jail and mental health facilities since her mother's death. California state law requires someone to be in “ immediate danger to themselves and others “ in order to be committed without their consent. Michael Reno, the president and CEO of the midnight mission says that the law is designed to protect us from someone that is dangerous by putting them away but not designed to really get the help and assistance needed for those with mental health disorders. Alisha's sister drives the Streets looking for her sister and when she finds her, she calls someone to go get her and take her for treatment but no one has taken her sister in. Alisha will go to court and the judge will decide whether she is mentally stable to stand the trial.

Analyze

When someone's mental health is really poor people expect them to seek help but the thing is that they don't realize how deeply they're suffering with mental illness themselves. California state law doesn't actually help those with mental health disorders in order to detach themselves from it and that's an issue. The law states that they have to be “ an immediate danger to themselves or the people around them “ but that's the thing at that point they've already drowned in their mental illness. Instead of actually helping those people, the police arrest them for the crimes they are committing and that's good at first but after arresting them multiple times they should come to a realization that what they need is help. They should be taking them to a mental health facility instead of trial. The government doesn't take a step to solve this issue. That

is the reason why the rate of homelessness hasn't decreased but instead it has actually increased throughout the years.

Quote: "Our laws are built for people who have cognitive capacity, they're really decided to protect you and me from someone, you know putting us away, they're not decided for people who really need help and assistance in making cognitive decision about what's best for them."

Citation: Josh.barker. "NYC's Homeless Population Grows amid Mental Health Crisis That Predominately Affects People of Color." New York Amsterdam News, 24 Mar. 2022, <https://amsterdamnews.com/news/2022/03/24/nycs-homeless-population-grows-amid-mental-health-crisis-that-predominately-affects-people-of-color/>.

Summary - today in 2022 we have the highest rate of homeless people living in New York City since the 1930s. Many have chosen the subway as a home. Many homeless people suffer with mental illness and other severe health complications. Due to the pandemic occurring in 2020 everything took a turn for the worse which caused the rate of homeless people in New York City to increase dramatically. The organizations that the government had provided for homeless people in order to solve this issue had shut down.

Analysis

I agree with this newspaper because in 2020 a crisis happened, a pandemic occurred and everything shut down. Everyone had to be on lockdown because covid-19. Covid was killing people left and right. This dilemma didn't decrease the rate of homelessness in New York City but instead it increased the rate of homeless people. The help that the government had provided for those suffering with mental illness soon shut down during this time and that affected many people that didn't have a stable home. Those who did have a home soon didn't. The pandemic caused many people to no longer have a job. The city shut down and many didn't qualify to receive money from the government which caused many people to lose their homes. People didn't have the money to pay for their bills.

Quote: "Homeless single adults experience higher rates of addiction disorders, mental illness, and other severe health complications than homeless families. Furthermore, the pandemic seems to have worsened these underlying structural issues and what organizations, the government, and citizens can do to alleviate the problem,"

Conclusion

With some research I learned that the majority of people that are homeless are struggling from mental illness. And no one is trying to help them, not even the government. How are things supposed to get better if there isn't anyone trying to decrease the rate of homelessness. The government just thinks about getting money instead of investing money into creating more mental health facilities for homeless people. Opening up more facilities can help those that are

lost and don't have anyone to guide them into a new path and secondly help them live a stable life. Your mental health is really important and if you let it take over you it will eat you alive. You will no longer have control over making your own decisions. If you feel yourself slowly getting trapped don't let stigma stop you from seeking help if you can identify your mental struggles at an early stage it will be easier for you to improve your mental health.