



Mental Health Wellness Bingo: Psychoeducational Workshop to Reduce Homelessness Among Senior Residents

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INTRODUCTION

Project Purpose & Description

The project aimed to reduce the risk of homelessness among seniors by educating participants about mental health services, destigmatizing discussions about mental health, and fostering a sense of community at the Norwalk Senior Center. The intervention involved a 1-hour interactive workshop called "Mental Health Wellness Bingo," which utilized bilingual materials in both English and Spanish. The game integrated psychoeducation on mental health and local resources.

Social Problem & Target Population

Homelessness is a growing concern in the City of Norwalk where access to mental health services is limited and stigmatized. This issue is often intertwined with systemic barriers and a lack of awareness of mental health and wellness resources, increasing the risk of housing instability. Older adults were identified as disproportionately vulnerable due to their age, increasing their susceptibility to health disparities and disabilities that puts them at risk for homelessness.

Scope of Social Problem

Community Insights (from Interviews)

"signs of **schizophrenia** and **depression** among **unhoused** individuals"

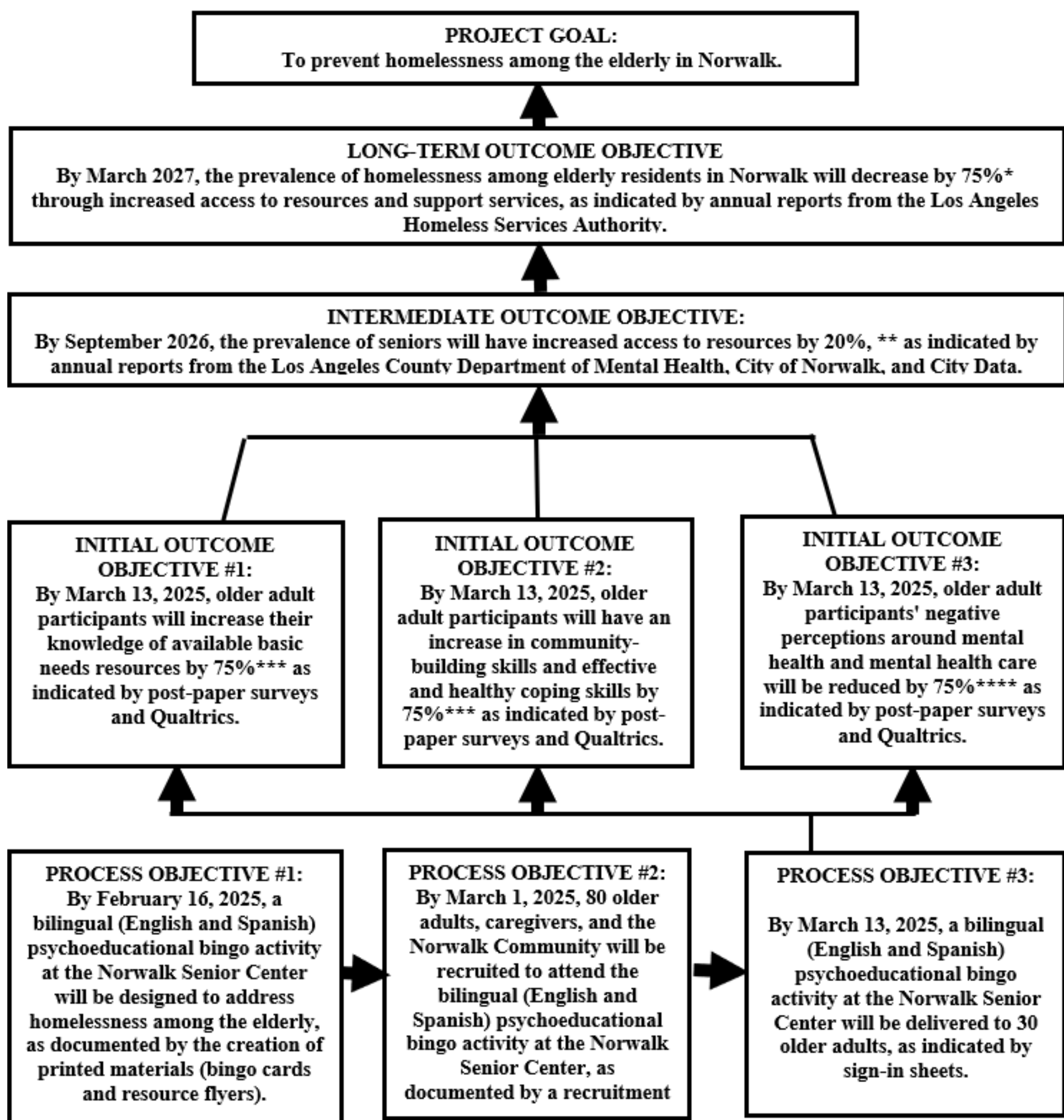
"many homeless individuals don't have a stable place to live because housing is too **expensive**"

"If there were services or programs available to assist the unhoused population's it would decrease the calls from the **unhoused for services** such as being too cold or utilizing our ambulance services for routine visits to the emergency room".

Relevance to Specialization

This project aligns with integrated health by addressing the intersection of mental health, housing instability, and systemic barriers among older adults in Norwalk. Through culturally responsive psychoeducation and community engagement, the intervention promoted mental wellness, reduced stigma, and connected seniors to essential health and housing resources, all key components of integrated care.

PROJECT OVERVIEW, OBJECTIVES & OUTCOMES



METHODS

A post-test only, mixed-methods, pre-experimental design was used to evaluate the impact of a community-building intervention with 30 older adult participants. Surveys were administered immediately after the activity in English and Spanish, using paper and iPads.

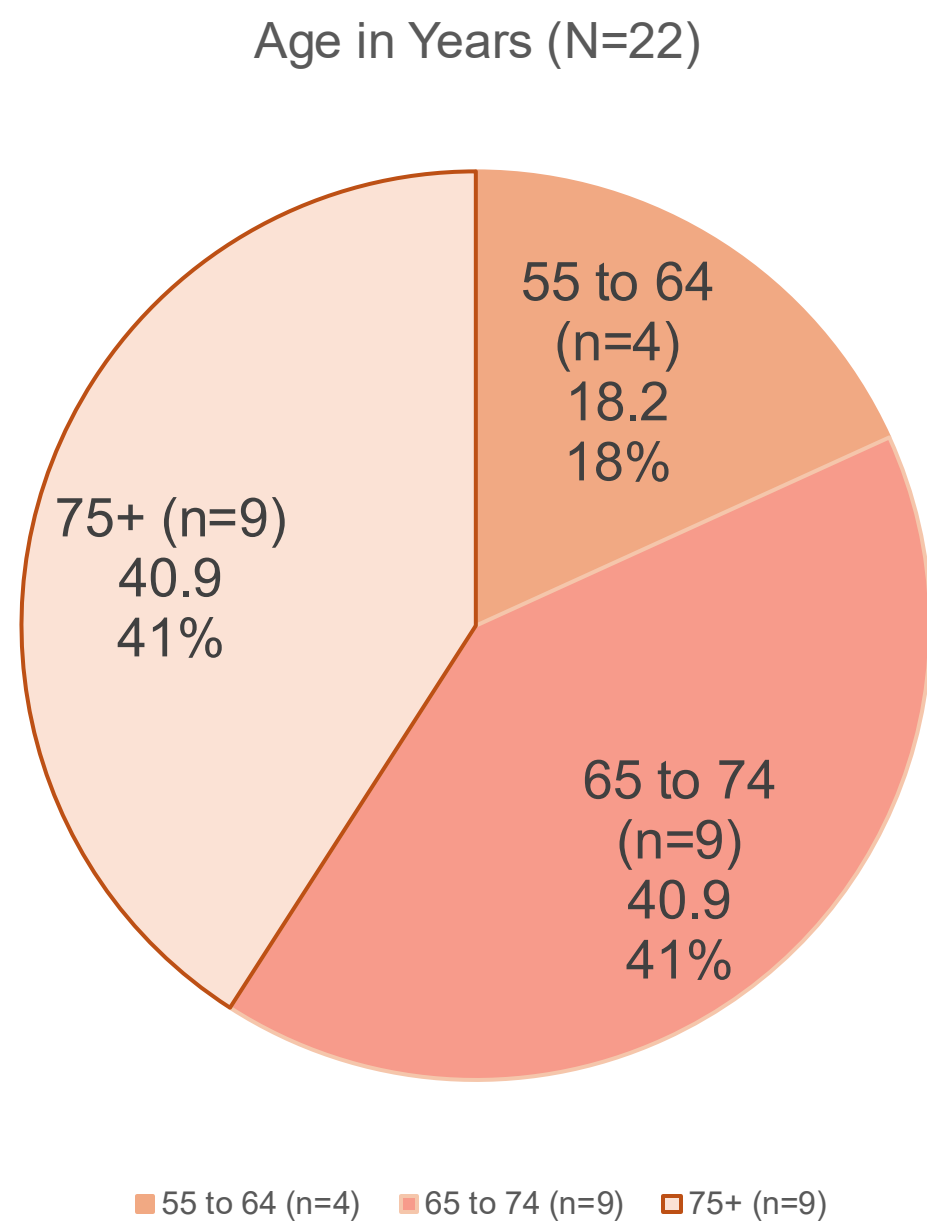
The survey included demographic information (age), seven Likert-scale items (1 = Strongly Disagree to 5 = Strongly Agree), and three open-ended questions. Age was grouped into two categories: 55–74 and 75+ years.

Descriptive statistics (means, SDs) and a one-sample t-test were conducted in SPSS to assess whether responses were significantly above neutral (score of 3). Limitations of using t-tests with ordinal data were acknowledged. Qualitative responses were analyzed thematically.

RESULTS

Participant Characteristics and Qualitative Results

Theme	Participant Responses
Cognitive and Mental Engagement through Bingo	<ul style="list-style-type: none">"Practice memory, makes you concentrate and read correctly.""It was mentally relaxing.""Interesting, this is something new and makes you read."
Community-Building Effectiveness	<ul style="list-style-type: none">"The integration with others, getting together with others.""The kindness of everyone."
Awareness and Accessibility of Community Resources	<ul style="list-style-type: none">"Knowing the resources available.""What they told us motivated us in a positive way."
Suggested Improvements	<ul style="list-style-type: none">"Smaller groups with a leader conducting the Bingo to facilitate participants feeling more comfortable to share.""Offer more resources that help seniors, more information."
Participants' Interest in Future Wellness BINGO and Similar Activities	<ul style="list-style-type: none">"Come once a month.""Coming back, to come more often.""I really enjoyed it and want you guys to come back soon."



Descriptive and Inferential Results

Results of One-Sample t-Tests on Skills, Knowledge, and Attitudes (N=22)

Variable	M	SD	t	df	p
Community Building Skills					
I feel more connected to others after playing bingo	4.45	1.06	6.46	21	<.001
As a result of today's event, I made new connections today	4.59	0.91	8.22	21	<.001
The activities helped develop my ability to build relationships (getting to know the person next to me)	4.59	1.01	7.41	21	<.001
Knowledge					
I learned new resources or tools today that I plan to use to manage my mental health or housing needs	4.50	1.14	6.15	21	<.001
I am now aware of the resources in the community I did not know about before	4.55	1.22	5.92	21	<.001
Attitudes and Perceptions					
I feel more comfortable talking with family and friends about mental health as a result of this event.	4.73	0.63	12.84	21	<.001
As a result of participating in the bingo activity, I changed how I view mental health.	4.45	0.96	7.09	21	<.001

CONCLUSION

Analysis of Findings

Mental Health Wellness Bingo led to a significant boost in social connection, community-building, resource awareness, and comfort discussing mental health, showing that blending education with familiar activities can reduce isolation and promote support.

Limitations & Improvements

Research: A key limitation was the absence of pre-test surveys and demographic information, which limited our ability to assess impact and reach.

These limitations made it difficult to measure actual change influenced by the intervention and restricted the ability to understand how race, ethnicity, or socioeconomic status may have influenced outcomes. To improve the project, future evaluations should include both pre and post-tests and collect demographic data to better assess the impact of the intervention to consider diverse older adult populations.

Recommendations & Implications

Practice

- Provide an accessible link to resources on the bingo board's digital version for greater accessibility.
- Integrate community-led healthcare gatherings with regular mental health conferences.

Policy

- Address the importance of local housing and laws, especially due to Norwalk's shelter ban.
- Request funding for senior mental health services connected to housing initiatives at the city level.

Research

- Evaluate long-term developments in perceptions of mental health, service use, and community connectedness through follow up phone calls or meetings.
- To increase intersectional analysis, develop demographic methods for collecting data such as race, income, gender identity, and housing history.

COMMUNITY PARTNER



Norwalk Senior Center

Serves as a vibrant community hub for seniors aimed to provide a welcoming environment for adults to connect, explore and thrive through a variety of programs and activities with the purpose to the quality of life.

Norwalk Senior Center	Contributions
Daniel Abrego, Senior Center Manager (562) 929-5666 Dabrego@norwalkca.gov 14040 San Antonio Drive, Norwalk CA	<ul style="list-style-type: none">Assisted with the promotion of the workshopProvided location to facilitate interventionContributed by recruitment of participants

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