

OFFICIAL

# NATIONAL HOMELESSNESS CONFERENCE 2022

Jointly convened by



CONCURRENT SESSION

# C9 Homelessness and mental Health



Sponsored by

# Housing For Health

SAHA Pilot Program



**Government of South Australia**

SA Housing Authority

# 18 Units

High Density



**Government of South Australia**  
SA Housing Authority



## The Program initiative

- Provides a Housing First response
  - Targets people rough sleeping whose complex health needs were preventing them accessing homelessness services
  - Up to 18 clients are provided with their own fully furnished SA Housing Authority unit for 3 months
- Receive 3 months onsite tenancy support
    - SA Housing Authority - Housing
    - SA Health - Mental Health
    - SA Health - Drug and Alcohol Services
    - SA Health - Coordinated Care
    - Uniting Communities – Intensive Tenancy Support



# Entry pathway

## Nominations via SA Health and Homelessness agencies

- Often have history of regular ED presentations
- Often require period of detox
- Have limited belongings
- Arrive with multiple health issues

# Program supports

## On site Social Workers, Registered Nurse & SAHA

- Counselling
- Support to GP referrals & appointments
- Access to Dental services
- Regular Drug and Alcohol workshops



# Program Supports

- **NGO (Uniting Communities) provides therapeutic support and activities**
  - Art and craft workshops
  - Cooking Classes
  - Walking Groups
  - Garden workshops



# Exit Pathways

- Long term SAHA tenancy
- Community Housing Providers
- Private Rental
- Boarding House
- Return to Rough Sleeping



# Outcomes

- Over 55 program participants
- 86% exited to successful SAHA properties
- Significant reduction in Emergency Department presentations
- Significant reduction in the number of nights of hospitalisation
- Small number have returned to Rough Sleeping



# Mental Health Leading into Homelessness

- Unemployment
  - Lack of affordability
- Relationship Breakdown
  - Forced to leave the property
- Neighbour disputes
  - Leading to eviction
- Property Damage
  - Leading to eviction
- Rent arrears
  - Unable to manage finances
- Neighbour disputes
  - Leading to eviction
- Long term hospitalisation
  - Loss of property

## **Homelessness and the impact on Mental Health**

- Financial stress
- Lack of self worth
- Failure
- Fear/Anxiety
- Search fatigue
- Financial stress
- Helplessness

**How Housing  
can cause  
Mental Health  
pressure  
leading onto  
Homelessness**

- Neighbour / community disputes
- Financial pressures
- Property condition/lack of maintenance
- Unable to manage a property
- Lack of long term housing security
- Location of the property
- Poor allocation to property

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# Thank you



**Government of South Australia**

SA Housing Authority

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