

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

Thank you



Government of South Australia

SA Housing Authority