

Housing's role in support and recovery for people with mental ill health





THE HAVEN
FOUNDATION

Providing Housing & Assistance



Help, hope and purpose

More than a home - Haven and Mind; building capacity to live independently plus positive mental health and well-being National Housing Conference 2022

Nicolas White
Haven Ambassador

Mark Heeney
Exec Director
Housing Strategy



mindaustralia.org.au

About The Haven Foundation

- Established in 2006 by families of people with an enduring mental illness;
- Co-founder and non executive director Alan Fels AO
- Specialises in developing social housing designed for people living with complex mental ill-health and psychosocial disability;
- Offers independent living for up to 16 individuals;
- Established Haven South Yarra in 2011;
- The Haven became a wholly owned subsidiary of Mind in 2018



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About The Haven Foundation



- As of January 2022, there are five Haven residences in partnership with Mind, with a total of 80-bed capacity in operation.
- By the end of April 2023 a further six Havens will open, bringing the grand total of **174 individuals** with serious mental illness living in their Haven Home with onsite specialised mental health support.
- All residents are on the public housing wait list, have an individual tenancy agreement and pay 25% of their DSP and full CRA to contribute to rent.
- Eligibility criteria includes being an NDIS participant and having a diagnosed mental illness.



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Who Mind Australia are



Est.
1977



Clients
11,000
per annum



Revenue
\$111m



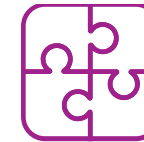
Staff
1,100
(800+FTE)
Inc Allied Health
and CMHP staff



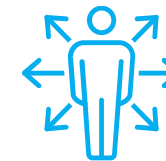
95% clients
feel safe
in Mind service



52%
workforce with
lived experience



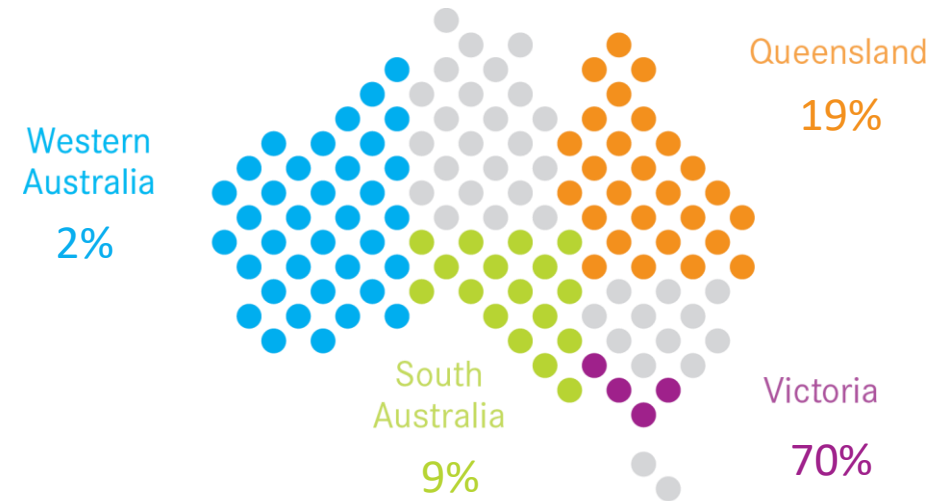
Partnership
with Health,
PHNs, NDIA,
Health Insurers
and others



10%
designated lived
experience
roles

Our clients – 20/21 FY data

Clients supported	11,344
Support hours provided	212,632
Bed days	83,148
Calls to the Mind Connect information and advisory helpline	24,441
Calls to the Mind Carer Helpline	3,992



Our vision

People and communities have strong mental health and wellbeing.

Our purpose

Partner with clients and carers to deliver mental health and wellbeing services that enhance quality of life.

The Haven Mind Model of Care

- A family-inclusive and peer-led approach to supporting recovery and building capacity to reduce functional impairment
- Onsite specialised community mental health staff providing 24/7 NDIS funded support
- Promotion of individual and shared recovery through participation in skill building activities and social inclusion
- High quality self-contained apartments with own outdoor area and with access to shared community space
- A proven design for promotion of resident wellbeing



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General support needs of residents

- Significant diagnosis of mental illness resulting in a psychosocial disability, typically:
 - Schizophrenia, schizo-affective disorder, bi-polar disorder
- Cognitive impairment due to experiencing psychosis over time
- ~30% of participants have a dual disability: psychosocial with co-occurring intellectual disability, ABI or ASD
- Dual diagnosis (AOD)
- Most participants have experienced trauma in their life, often which has resulted in diagnosis of mental illness
- Long term homelessness or unstable housing



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A model focussed on outcomes

- A five-year evaluation of the model being undertaken by Latrobe University has reported:
 - Living within the Haven reduces admissions to a psychiatric inpatient unit and admissions to hospital for physical health issues.
 - Increased social inclusion based on design of residence
 - Decreased reliance on public mental health service and increased engagement with G.P
 - Increased engagement with family
- To build skills and assist recovery Mind use My Better Life[®] which is an evidence-based model and aligns to the social model of health. It maintains a strengths based, person-centred and recovery-oriented approach.
- Staff team are made up of peer workers, mental health practitioners; some who are specialised in family support.
- The support provided focusses on supporting with activities of daily living and building skills



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A cost effective model

- Land size to build 16 self-contained units with substantial community living and staff area is ~1,600sqm. The 16 apartment build at \$5M this equates to approximately \$300K per apartment.
- The Commonwealth are responsible for funding the support via the NDIS. Total NDIS packages for people living at a Haven is ~\$150,000 with \$100,00 contributing to the cost of the 24/7 staff for a 12 month period.
- Reduced hospitalisations and reliance on public health service for case management provide long-term cost-savings to the state-gov.
- Public mental health will be responsible for clinical mental health costs. NDIS are responsible for the psychosocial disability related support needs.

A place to call home

High quality, long-term housing in Pakenham with support to help people living with mental ill-health live life to the fullest



23 CUMBERLAND DR, PAKENHAM, VIC 3810

This brand new development offers one-bedroom units within a 16 unit complex, each offering: main bedroom with built-in wardrobe, bathroom, kitchen and eating area, European laundry, lounge room and outdoor courtyard or balcony.



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A model backed by evidence

Mind in partnership with The Australian Housing and Urban Research Institute (AHURI), in 2020 published a research project titled **Trajectories: *the interplay between mental health and housing pathways.***

130 consumers, families and carers across Australia participated in this research that examined the interrelationship between mental health, housing and homelessness.

The Trajectories research clearly articulates that housing/homelessness and mental health have a bidirectional relationship. Mental ill-health increases the likelihood of housing instability or homelessness, and housing instability and homelessness can contribute to mental ill-health



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<https://www.mindaustralia.org.au/about-mind/research-and-evaluation/trajectories-interplay-between-mental-health-and-housing-pathways>

Haven Ambassador

- Nick's story

Lived experience influencing design

The Haven Foundation and Mind have created a set of design principles to ensure that newly built residences meet the needs of residents and the staff who provide support. The Haven Design Principles are the result of a 'think tank.' Sourced from existing Haven residents and their families, THF, Operations leaders and staff, Housing Strategy, Mind Facilities as well as informed by academic research⁴ and the learnings from supported housing programs across Australia.

The Haven Design Principles ensure:

- Consumer-led and evidence-based research drive the design of all Haven Homes
- Eco-friendly design and use of assistive technology
- Utilising trauma informed design principles
- Design is purpose-built for the cohort and demographic of residents. For example, tailoring housing design for young people, Aboriginal and Torres Strait Islander and people from Culturally and Linguistically Diverse communities.
- Safety and security of all residents and staff
- Encouraging friendship and community via adaptive shared indoor and outdoor spaces
- Attention to detail with fixtures and furnishings that create a calm and homely feel and avoid similarity to institutional settings

Questions

Mark Heeney – Mark.Heeney@mindaustralia.org.au

Nicolas White, Haven Ambassador

Living at Haven keeps me
“ busy and it’s better than being by
myself. There’s always something
happening here and it’s good for me,
socially, to meet some new people. I
can have a cup of tea, talk with others
and make new friends. ”



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