

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

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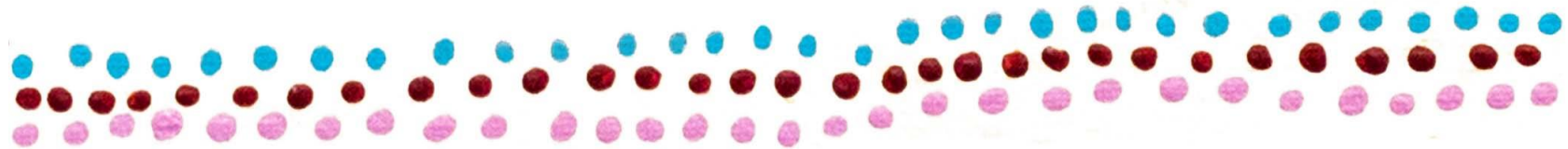
Connection,
belonging,
housing and
community:

neami
national



What is Wadamba Wilam?

Wadamba Wilam translates to ‘**renew shelter**’ in the Woiwurrung language of the Wurundjeri people.



What is Wadamba Wilam?

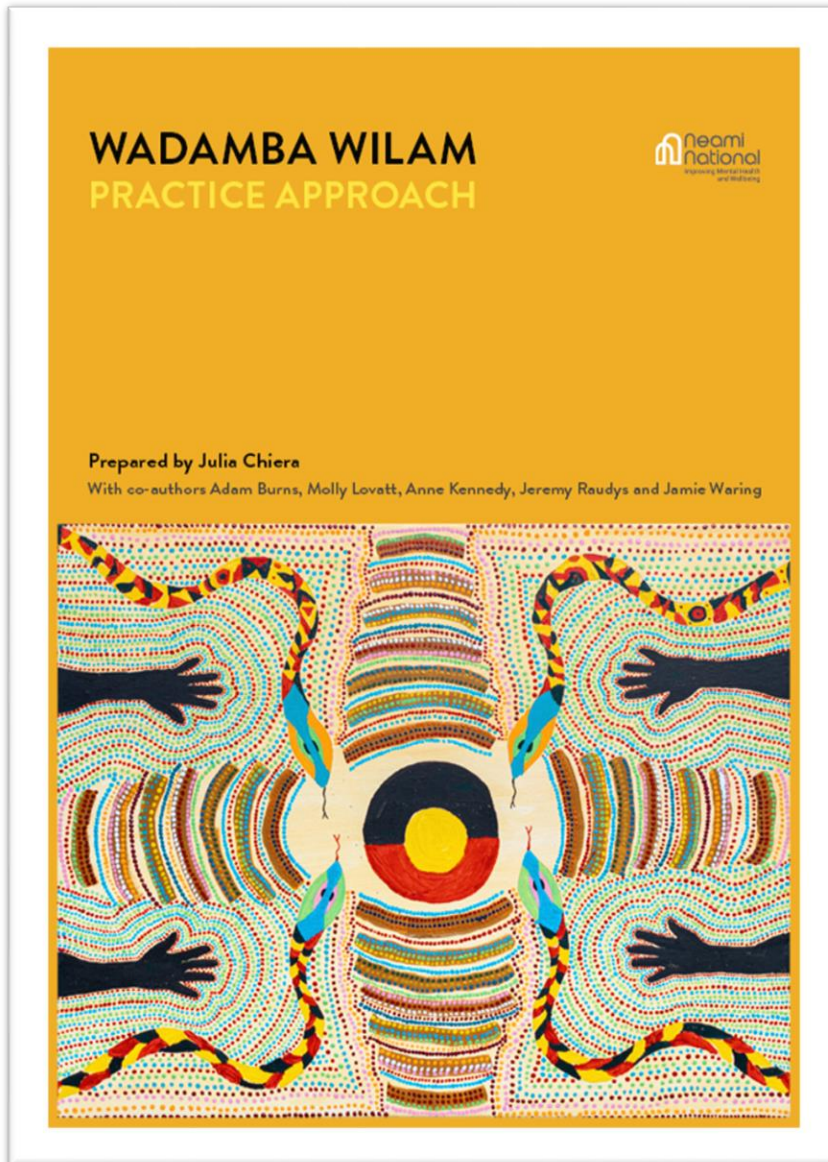


Service Model

Who do we work with? Target group

- Aboriginal and/or Torres Strait Islander people who
- Experience homelessness
- Darebin and Whittlesea LGA's
- Experience poor Social and Emotional Wellbeing including Mental Illness, High Psychological distress
- Hx of significant trauma
- Experience of entrenched poverty, profound social exclusion and discrimination, poor physical health and engagement with the justice system

What is Wadamba Wilam?



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What was achieved?

Wadamba works from a strengths-based approach and were able to help me see things in a more positive light. They believed my journey and didn't try and diagnose me or blame me for my past. My case workers listened and took my journey on board. **Wadamba Wilam and my GP have been the only ones who helped me.** They are there when I need to talk, for medication or whatever it is I might need."

(Lovett, 2019, p. 3)



What was achieved? **Housing**



94% of consumers have experienced homelessness or rough sleeping in their lifetime

65%

Chronic homelessness

42%

Chronic rough sleeping



Once housed and supported by Wadamba Wilam

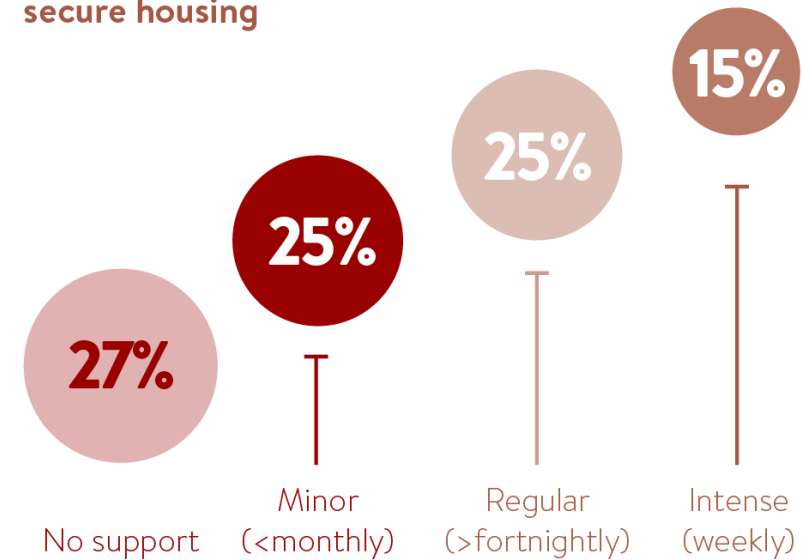
52%

No reoccurring homelessness

81%

In sustainable tenancies

Support level required to maintain secure housing



What was achieved? Inpatient Admissions

Pre referral

56%

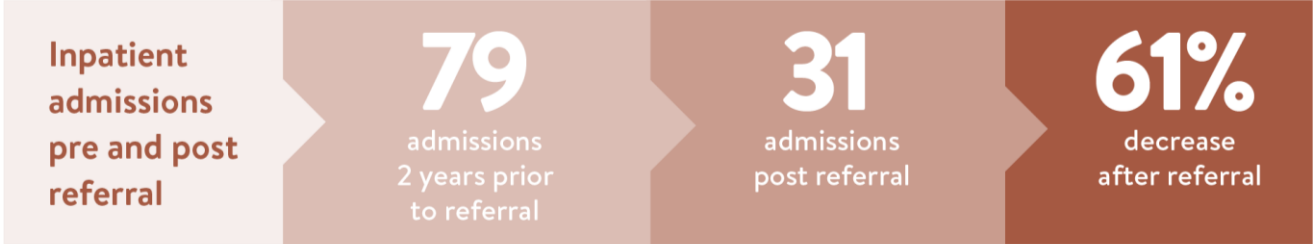
of consumers had at least 1 inpatient admission (average of 3)



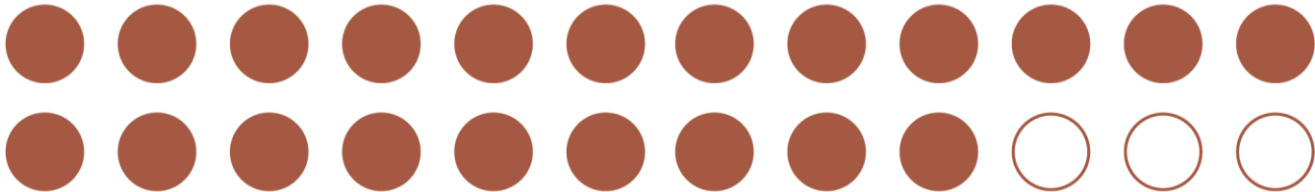
Post referral

23%

of consumers required an inpatient admission following engagement



Inpatient admissions post referral for those who had an inpatient stay prior to referral



↓ 89% had a decrease in admissions

↑ 11% had an increase in admissions

What was achieved? **Mental Health**

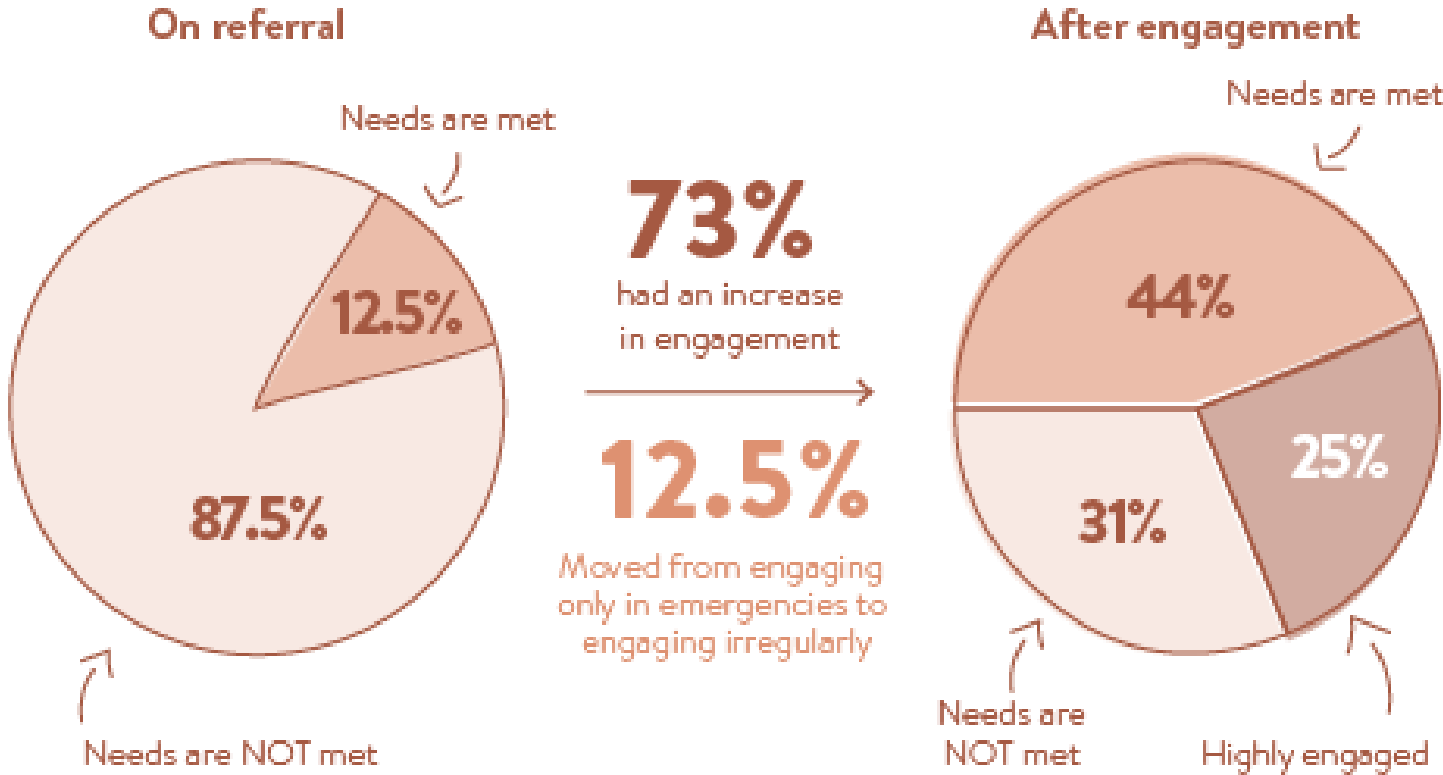
Diagnosis of either PTSD, Complex PTSD, PTSD symptoms, and or symptoms of trauma



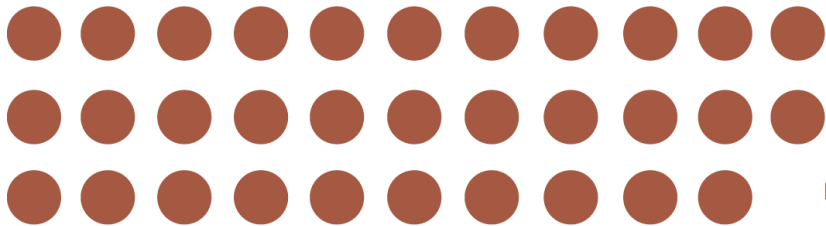
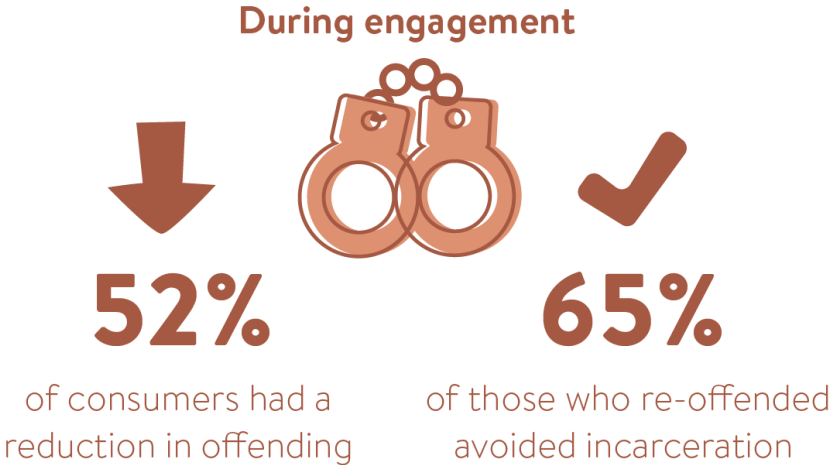
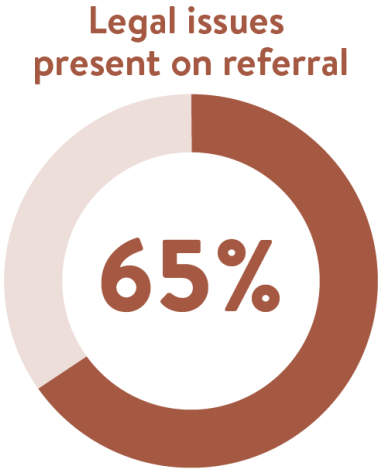
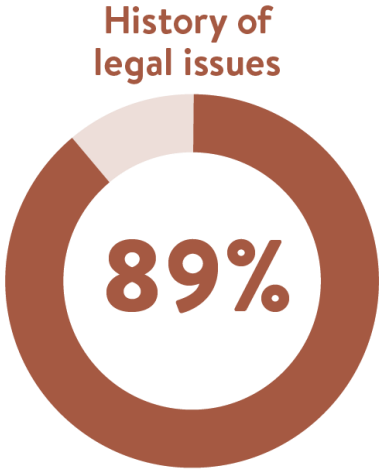
Involuntary Treatment Orders



What was achieved? Engagement with medical support



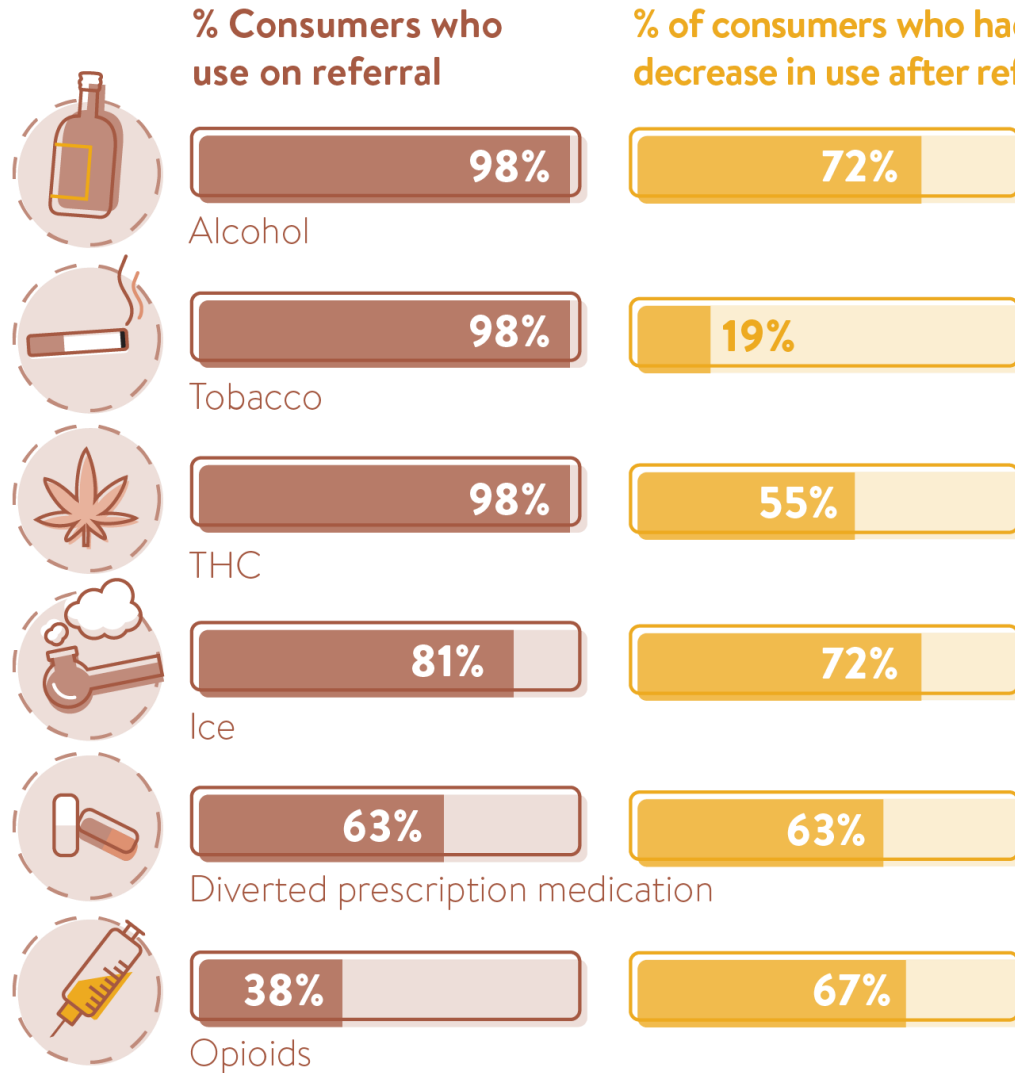
What was achieved? **Legal Issues**



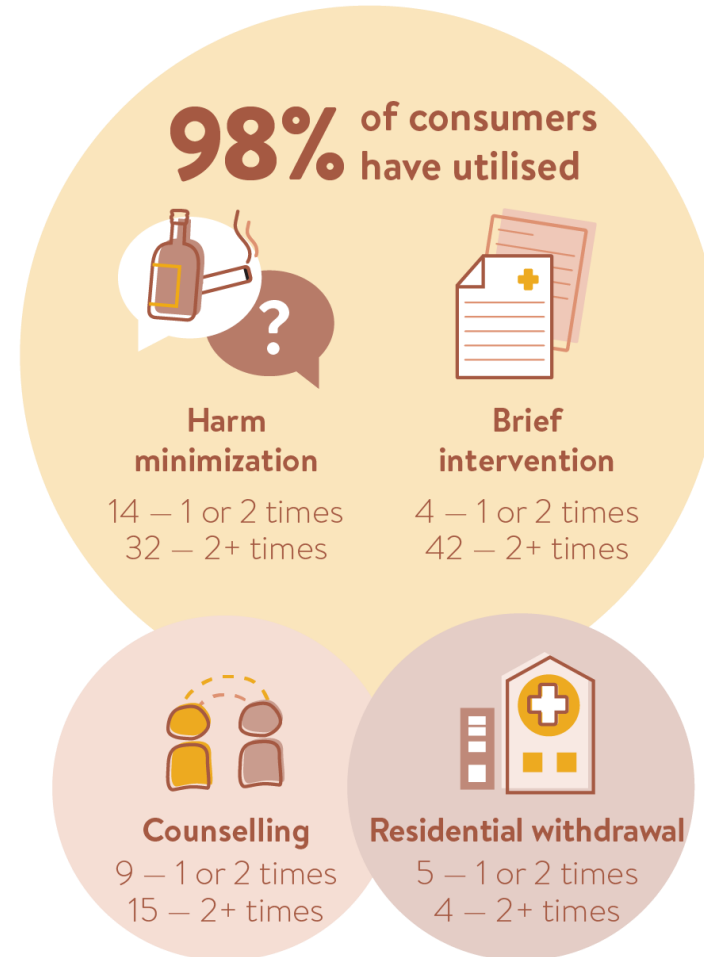
of consumers have received active court support



What was achieved? Alcohol & Other Drugs



Most common interventions and no. of times consumers utilised



How was this achieved?

- Intensive Community Outreach
- Aboriginal and non Aboriginal staffing
- Length of Support and staff/client ratios
- Interdisciplinary team/Interagency Collaboration
- Trauma Informed and Holistic SEWB
- Family centered practice
- Culturally Appropriate tools i.e. ARRQ

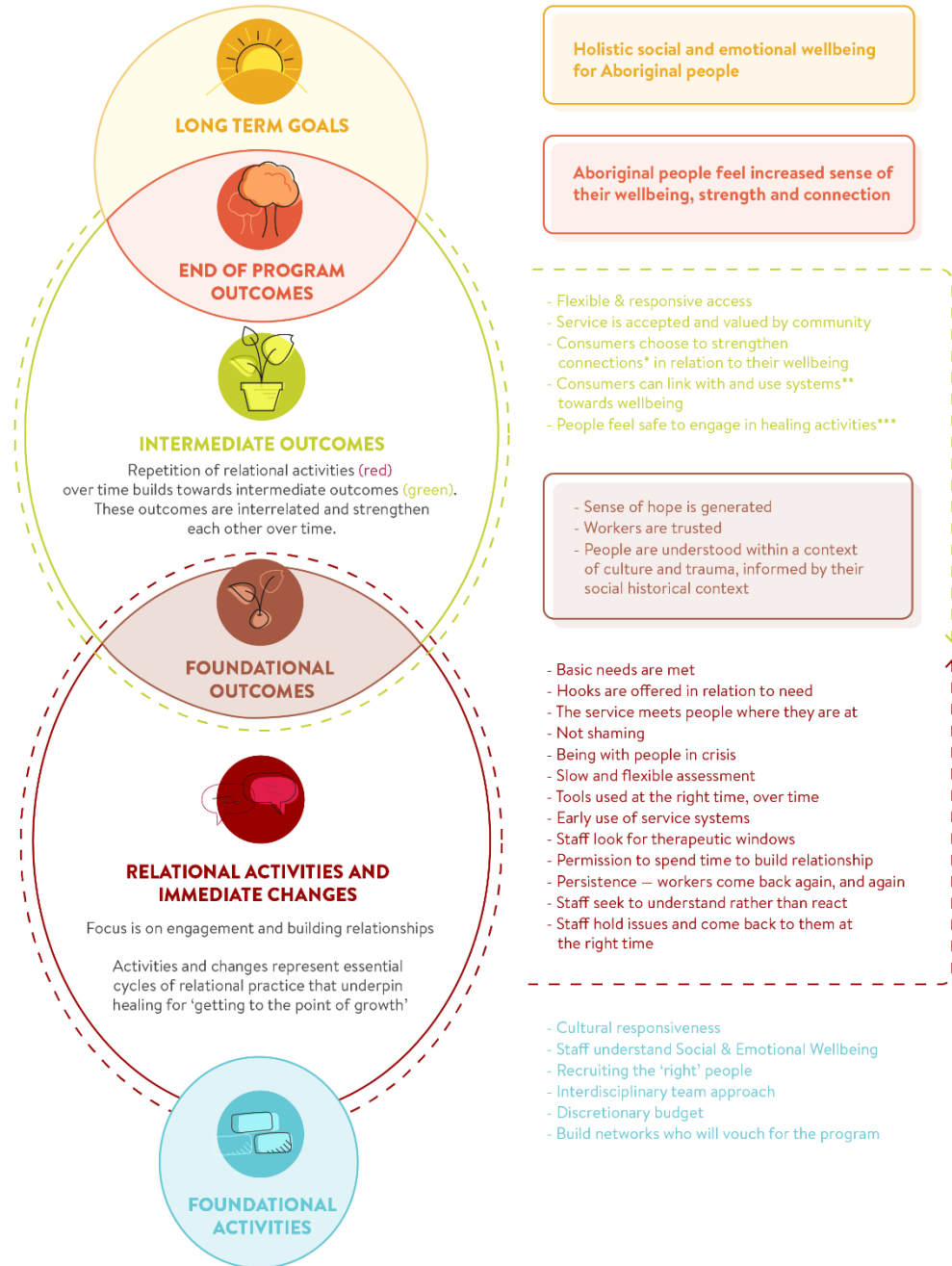


How was this achieved?

Theory of Change

See Practice Approach

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Healing activities and their outcomes

Connection to	Activities	Outcomes
Land	<ul style="list-style-type: none"> → Support access to attend cultural camps → Support people to be on country → Facilitate conversations with Elders → Conversations with Elders 	<ul style="list-style-type: none"> → Strengthened cultural connections → Respectful connections with Elders established → Increased agency and sense of personal capacity/responsibility for own health and wellbeing → Strengthened connection to country which underpins identity and strengthens a sense of belonging
Spirituality/ancestors	<ul style="list-style-type: none"> → Facilitate cleansing ceremonies/house smoking, etc. → Curiosity around expressions of distress and cultural solutions → Invite conversations regarding spirituality → Support access to cultural camps → Visit gravesites 	<ul style="list-style-type: none"> → Misinterpretation of cultural experiences are avoided → Spiritual healing and spiritual connection are strengthened which helps provide a sense of purpose and meaning
Physical wellbeing	<ul style="list-style-type: none"> → Hep C Program → Link with ACCHO → Link with GP → Dental program → Support health system navigation → Practical support and skill building 	<ul style="list-style-type: none"> → Individuals cured of Hep C → Regular nutrition → Decreased ED use → Decreased hospital admissions/bed days → Stable housing → Increased overall physical health, increased ability to participate as fully as possible in life
Mental and emotional wellbeing	<ul style="list-style-type: none"> → Timely Response to triggers/distress → System buffering → Support mental health system navigation → Support change of diagnosis to Complex Trauma and offer appropriate therapies → Assess and sit with risk → Use of culturally appropriate tools, for example, the Aboriginal Resilience and Recovery Questionnaire 	<ul style="list-style-type: none"> → Decreased self-harm → Increased self-soothing → Acceptance of medications and therapeutic interventions → Decreased MH hospital admissions/bed days → Decreased suicidal ideation → Re-traumatisation avoided → Decreased isolation → Access to services as needed → Willingness to re-engage → Positive justice system outcomes → Bans from services are avoided

Healing activities and their outcomes

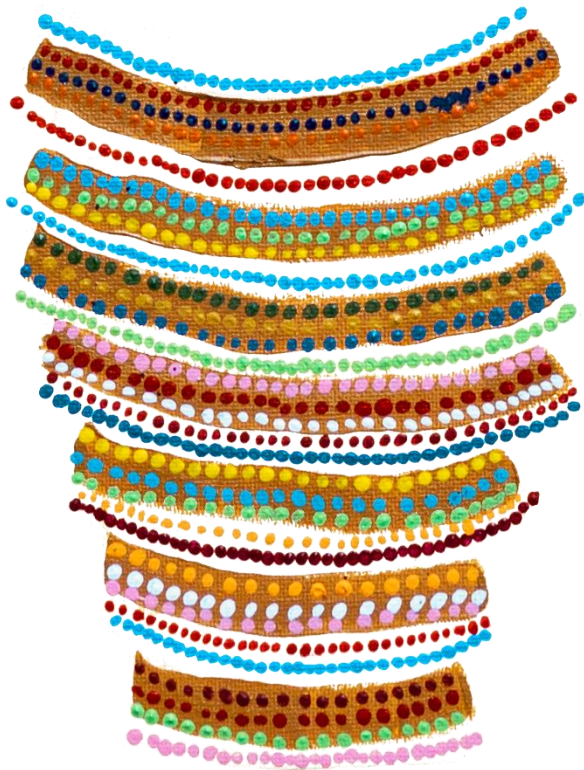
Connection to	Activities	Outcomes
Family/kinship	<ul style="list-style-type: none"> --> Work with kin --> Open supports to family members --> Support kinship care --> Support around death and loss 	<ul style="list-style-type: none"> --> Increase social connection --> Family actively seeks support from service --> Decreased unnecessary child protection notifications --> Increased connection to family --> Decreased family justice issues
Community	<ul style="list-style-type: none"> --> Take people to funerals --> Support around death and loss --> Work with communities --> Spend time in community --> Invest in community relationships 	<ul style="list-style-type: none"> --> Community trust in service --> Increased involvement in community groups --> Self-referrals from community --> Engagement in meaningful activities, for example work, education, gym
Culture	<ul style="list-style-type: none"> --> Support people to be on country --> Facilitate conversations with Elders --> Conversations with Elders --> Offer cultural approach to symptoms --> Attend cultural events 	<ul style="list-style-type: none"> --> Representing self/culture/organisation, for example speaking at conferences, involved on job interview panels --> Increased connection to culture creates a sense of continuity with the past which helps underpin a strong identity and strengthens social and emotional wellbeing

Covid-19 Implications?

- Impact on service delivery and consumers
- Hampered ability to support/advocate
- Lack of F2F support

Recommendations and Integral factors for success?

- Intensive assertive outreach
- Length of support and staff/consumer ratios
- Interdisciplinary team/Interagency collaboration
- Trauma-informed care and the incorporation of social and emotional wellbeing principles
- Family-centred practice
- Culturally appropriate tools and practices
- Continuity of Care and Care Coordination
- Maintenance period and “Soft Endings”



Download the practice approach

bit.ly/3dlzBn2

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