

Mental Health & Housing Support

Interventions

Where you live can have a huge impact on your mental health – everyone needs safe, stable and suitable housing to stay well. There are issues across housing sectors which mean not enough people are living in the kind of housing they need.

Poor mental health can make it harder to cope with housing problems, while being homeless or having problems in your home can make your mental health worse.

A core intervention could involve a specialist mental health and housing navigator, to:

- Focus on the person, rather than having a service-related focus
- Complete assessments via our Psychologically Informed approach with an understanding of trauma
- Navigate individuals through accommodation and support pathways and challenge blockages, supporting partners and build upon existing relationships where appropriate.
- Co-ordinate the input of specialist services including; drug/alcohol and mental health
- Work with health services, where possible, including registering with GPs.
- Work with housing providers to facilitate access to appropriate long-term accommodation
- Ensure the individual sustains their accommodation
- Provide continuity of relationship over the period of the intervention and throughout journey with a combination of tenancy related support and support around tenancy rescue/development plans, resilience and linking into appropriate services.
- Provide workshops for LA staff on mental health to ensure people are supported at the earliest opportunity to prevent issues escalating.

Our experience

We provide specialist mental health services, which are generally termed high (14+ hours), medium (8-14 hours) or low support (~0-7 hours), although there are regional variances. Levels of staff availability increase from weekday 9-5 services by appointment through to 24/7 staffing. Psychologically Informed Environments (PIEs) underpins every aspect of our service delivery and modelling and focuses on coaching and motivation, which works to improve outcomes; maximise the benefit of enabling trust-based Customer-staff relationships; and break negative cycles of behaviour.

Possible outcomes on outcomes-based commissioning contract

Examples of outcomes/asures that could be applied with a payment schedule are:

Outcome	Measure (example)
Better mental and physical health / Improved quality of life	Improved mental health via their well-being via outcomes star / WENWBS upon discharge/ 3 months
Reduction in hospital (re)admissions	% of emergency readmission within 28 days of leaving hospital
Reduced length of stay in hospital	Number of DTOC's from hospital
Living independently and securely	Entering accommodation 3/6/9/12 months in accommodation