

MENTAL HEALTH AND HOUSING – HOW CAN WE DO BETTER

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BACKGROUND

- 45% of people accessing support from community mental health teams are in insecure accommodation.
- Homelessness pathway – 78% of people in the pathway have mental health needs.
- 60% of people highlighted housing pressures cause stress and anxiety.
- Social determinants of health a factor in wellbeing (e.g. housing / employment / financial health / roll out of universal credit).
- Seeking to bring the voices of those with lived experience together with professionals and key decision makers.

OPPORTUNITIES TO DO THINGS DIFFERENTLY IN BRISTOL

- One City Approach
- Thrive Bristol (one of eleven workstreams will focus on housing)
- The Bristol North Somerset and South Gloucestershire Sustainability Partnership (BNSSG STP – Healthier Together) – opportunity to link in with developing mental health strategy
- Homelessness, Housing and Rough Sleeping Strategy (City Council)
- Be a city delivering best practice and innovation
- Better integration between housing and health at a strategic level
- Better Lives Strategy (Social Care)
- Mental health is everybody's business

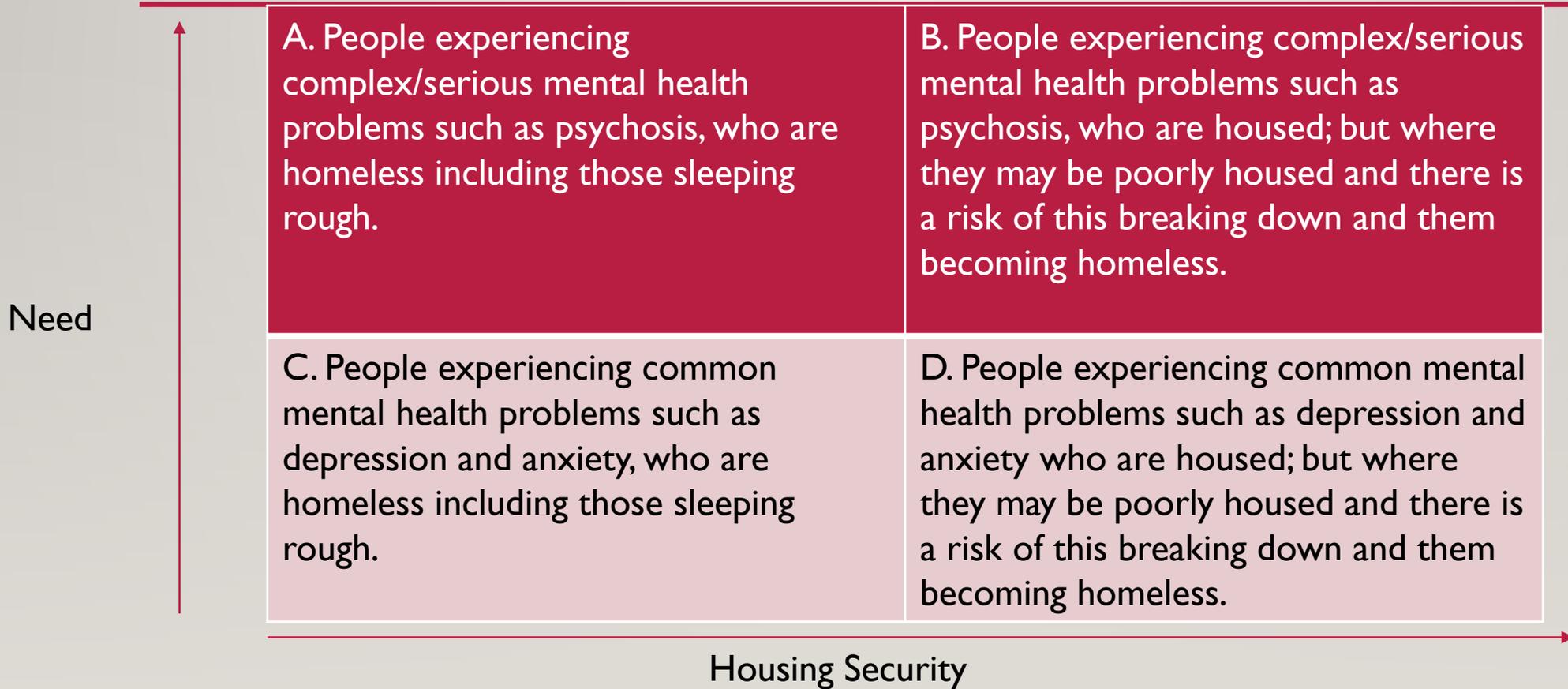
WHAT WE DID

- Mental Health Conversations event – End of November 2017
- Small working group convened and meeting between February and May 2017
- Report developed and discussed with key stakeholders July – November 2017

WHAT THE REPORT IS ABOUT AND WHO IT IS FOR

- It has been produced by the Mental Health and Housing short-life working group
- It sets out how to address identified gaps in the way services work in Bristol for people experiencing the connected issues of mental ill-health and housing/homelessness.
- The work of the group focused on adults, but we know that homelessness also has a huge impact on the lives of children and young people.
- The report looks at on what can be done differently in our City to achieve change, and reflects a shared commitment by all those involved, to be part of the change.

THINKING ABOUT COMMONALITY AND LEVEL OF NEED



KEY THEMES (I)

- Levels of poverty, challenges with Universal Credit, and rising debt are significant factors;
- The need for more integrated services into the homelessness sector to reach people who don't access services;
- The importance of skilling up the mental health and housing sectors to intervene early and not to fall back on punitive actions;
- A lack of understanding of the connections between domestic violence, mental health and housing;
- A lack of understanding of cultural factors, how people with diverse backgrounds may present differently, and how this contributes to increasing stigma and widening inequalities.

KEY THEMES (2)

- Impact of social isolation can be significant – there is a need for this to be addressed through the One City Approach
- There is a lack of range and type of housing for people with mental health needs, including specific issues for young people;
- People with lived experience and co-production should be at the heart of service delivery and service commissioning, so service design is client-centred;
- Prevention - intervening early to avoid mental health and housing problems escalating and becoming crises;
- PIE across the board – PIE principles to inform the design of housing schemes and the physical environment, the way we engage and work with people, and the creation of safe spaces city-wide;

KEY RECOMMENDATIONS (I)

- Leadership by the City, to ensure a coordinated, joined up, city-wide approach, and action, with the involvement of people with lived experience;
- More dedicated provision for people with significant mental health needs in self-contained and supported housing projects, including provision for young people;
- Expand Housing First, with a mental health specific element, as part of the housing solution;
- Protect Mental Health floating support services to reduce risk of homelessness;
- More sustainable, integrated social care provision;

KEY RECOMMENDATIONS (2)

- Strengthen early intervention work with children and young people, identifying risk factors, and taking an integrated approach to preventing homelessness and mental health problems;
- Strengthen information/support to landlords and tenants for where to go when a tenant is in mental health crisis;
- Expand housing options when mental health is at risk and offer earlier preventative support, to avoid mental health deterioration;
- Make design features which create a healthy, wellbeing environment a standard requirement within all housing developments.

**THANKS FOR LISTENING
AND QUESTIONS?**