

**Supported Housing for people
experiencing a mental illness**

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Presentation Overview:

- ***What is a Psychiatric Disability Rehabilitation and Support Service (PDRSS)?***
- ***What is Psychosocial Rehabilitation?***
 - ***“Recovery”- What is it?***
- ***What do Psychiatric Disability Rehabilitation and Support Services (PDRSS) offer?***
 - ***“Supported Housing”- What is it?***

**What is a Psychiatric Disability
Rehabilitation and Support Service (PDRSS)?**

- A service that supports individuals who experience a psychiatric disability, to engage in “Psychosocial Rehabilitation”
- Operates within a “Recovery” focused model

What is Psychosocial Rehabilitation?

The provision of ongoing support that assists the person with a psychiatric disability to experience an improved quality of life, learn or relearn the skills of daily living, participate to the maximum extent in social, recreational, educational and vocational activities and live successfully at an optimal level of independent functioning in the community.

Psychosocial rehabilitation is informed by the belief that every individual has the potential to change and grow; it focuses on the individual's strengths and abilities rather than their illness. The assessment of those skills and abilities and most of the work undertaken to relearn old skills and develop new ones, occurs in the settings of everyday life – the individuals home or community.

Psychosocial rehabilitation is delivered through a range of individual and/or group activities that respond to the needs and goals of individual participants.

Activities may focus on: skill development, such as learning or relearning the skills required for activities for everyday life, peer support, exploring self and illness through creative pursuits.

The Principles of Psychosocial Rehabilitation

- 1. Under-utilization of full human capacity.***
- 2. Equipping people with skills (social, vocational, educational, interpersonal and others).***
- 3. People have the right and responsibility for self-determination***
- 4. Services should be provided in as normalized environment as possible.***
- 5. Differential needs and care.***
- 6. Commitment from staff members.***
- 7. Care is provided in an intimate environment without professional, authoritative shield and barriers.***
- 8. Early intervention.***
- 9. Environmental approach.***
- 10. Changing the environment.***
- 11. No limits on participation.***
- 12. Work-centred process.***
- 13. There is an emphasis on a social rather than a medical model of care.***
- 14. Emphasis is on the client's strengths rather than on pathologies.***
- 15. Emphasis is on the here and now rather than on problems from the past.***

“Recovery”- What is it?

“Recovery is described as a deeply personal, unique process of changing one’s attitude, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

William Anthony, Centre for Psychiatric Rehabilitation

“Sadly, for years I had expected someone else to “fix” me. However, I finally realized, after many clinical disappointments, that this task fell to me alone and that no-one else could really make me better. I approached this task very seriously, conscientiously working to get my life back together. For the first time I felt ready to take responsibility for myself, including management of my illness, and I feel it was at this point that my recovery really began.”

Leete, 1993

**What do Psychiatric Disability Rehabilitation
and Support Services (PDRSS) offer?**

- ***Supported Housing / Home Based Outreach Support***
- ***Day Programs***
- ***Planned Respite Care Services***
- ***Residential Rehabilitation Services***
- ***Mutual Support/Self-Help Programs***

“Supported Housing”

Q: What is “Supported Housing”?

Q: Who do the properties belong to?

Q: What is the eligibility criteria?

Q: How much is the rent and who collects it?

Q: How do I apply for supported Housing?

What is Supported Housing?

- Supported Housing is ideal for people who require ongoing support and assistance to live independently in the community.
- Our support workers aim to assist participants to develop and maintain their independent living skills, and to access their local community (including specialist services-programs if required).
- This aims to support individuals to lead productive and personally meaningful lives as valued members of their community.
- A focus on recovery and rehabilitation represent the underlying philosophies in our support work.
- Some properties are single occupancy, others are shared.

Who do the properties belong to?

- Properties are often owned by the Office of Housing.
- In these cases Office of Housing provides “Nomination rights” to the PDRS Service involved, who are then responsible for selecting tenants and providing the ongoing support to them.
- The Office of Housing may delegate a tenancy management agency to manage the properties e.g. collect rent, arrange maintenance, liaise with tenants and support agency around any tenancy issues.

**What is the eligibility criteria to access IEMHSA
Supported Housing?**

In order to be eligible for this service you need to:

- ✓ Experience a mental illness resulting in a psychiatric disability
- ✓ Be aged between 18-65 years
- ✓ Meet the Office of Housing eligibility criteria.
- ✓ Be willing to engage with the service and work on Recovery goals.

How much is the rent and who collects it?

- Rent is in line with Office of Housing rent, which is based on $\frac{1}{4}$ of the persons income.
- The tenant enters into some type of agreement with the Office of Housing / tenancy manager in order to pay their rent (e.g. Centrepay)

How do I apply for Supported Housing?

- Contact agency / site in preferred geographic location (e.g. close to existing support networks), in order to establish eligibility and discuss possible referral.
- IEMHSA Supported Housing referrals can be initiated by contacting IEMHSA sites or via IEMHSA website at www.iemhsa.com.au

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