

## Housing Resources

Safe, affordable and stable housing is central to a good mental health system. It was one of the Productivity Commission's priority reforms, including the commitment to "no discharge from care into homelessness". Having secure housing is a major factor in preventing mental illness and an important first step in promoting long-term recovery. Moreover, there is an economic argument for addressing homelessness, with the Productivity Commission's Report suggesting that about 30 per cent of admitted patients in psychiatric wards could be discharged if appropriate housing and community services were available.

QAMH, with housing peak body Q Shelter, has long called for the Queensland Government to increase investment in housing and housing support programs as a fundamental component of a mentally healthier Queensland.

The below resources include academic articles, facts and figures from reliable data sources, reports into homelessness by independent think tanks, and strategic frameworks developed by state and federal governments.

### Resource Links

- **Specialist Homelessness Services**

- [Specialist Homelessness Services and Income Support Among Young People](#)

- How young people at risk of and experiencing homelessness interact with income support is crucial to understanding the youth homelessness landscape. People experiencing or at risk of homelessness are among Australia's most socially and economically disadvantaged. Of those accessing Specialist Homelessness Services (SHS) across Australia in 2022-23, 19% were young people aged 15-24. An additional 18% were people aged 25-34.

- **The Worsening Rental Crisis in Australia**

- <https://apo.org.au/sites/default/files/resource-files/2023-09/apo-nid324424.pdf>

- The Community Affairs References Committee has released its interim report on the Senate Inquiry into the Worsening Rental Crisis in Australia. This report provides:

- an overview of current housing landscape and policy context;
    - a summary of the experiences of renters and describes the many difficulties and challenges renters face;
    - evidence regarding specific cohorts facing additional barriers to renting and the mental health impacts; and
    - an overview of the key factors underlying the current rental crisis.

- Overall, the report shows that there is a strong link between the power imbalance experienced by renters and their mental health.

- **[Specialist Homelessness Services Data Released](#)**

<https://www.aihw.gov.au/reports/homelessness-services/specialist-homelessness-services-monthly-data/contents/about>

The number of Queenslanders – particularly women – with a mental health issue accessing specialist homelessness services is on the rise according to latest data released by the Australian Institute for Health and Welfare (AIHW). The AIHW Specialist Homelessness Services report provides monthly data on the number of clients supported by state, age and sex. It also breaks data down by specific target groups, the reasons clients sought assistance, homelessness status, clients receiving financial support for short-term accommodation and nights in short-term accommodation. This update shows that in September 2023, Specialist Homelessness Services in Queensland assisted:

- 4,161 clients who had experienced family and domestic violence,
- 3,850 clients with a current mental health issue, and
- 954 clients with problematic drug or alcohol issues.

It also shows that the numbers of people accessing services is trending upward in Queensland, a trend which is counter to most other states and territories where monthly service access is stable or growing at a slower rate. This increase is particularly noticeable for women.

- **Brutal reality: the human cost of Australia’s housing crisis**

[Brutal reality: the human cost of Australia’s housing crisis \(apo.org.au\)](#)

Across Australia, concern about the housing crisis has never been greater. Asking rents have risen steadily for decades, and have surged to extreme levels over recent years. More households are in severe housing stress than at any other time in our history. And the shortfall in social housing has peaked at record-highs as waiting lists stretch longer than anyone thought possible. To better understand the impact of Australia’s overheated housing system on people’s lives, Everybody’s Home has asked people about their own experiences of hardship and housing stress. The results make for sobering reading.

- **People with Disability Transitioning from Prison and their Pathways into Homelessness**

[Research Report - People with disability transitioning from prison and their pathways into homelessness \(apo.org.au\)](#)

There is increasing evidence that a significant proportion of people incarcerated in youth and adult correctional facilities live with disability. In addition to their disability, they are also more vulnerable to homelessness, and housing instability, affecting wellbeing and creating the conditions for a cycle of health problems, justice system involvement and institutional care.

This paper from the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability reviews the evidence on:

- the factors that contribute to homelessness post-release for people with disability;
- the effectiveness of interventions designed to prevent or reduce homelessness post-release for people with disability; and

- the policies, strategies, initiatives, and programs of corrective services in each Australian jurisdiction that address the housing needs of people with disability leaving their facilities.

- **Policy and Integrated Framework – Youth Homelessness**

[Towards ending homelessness for young Queenslanders 2022-2027. A policy and integrated framework of housing with support \(chde.qld.gov.au\)](https://chde.qld.gov.au)

The Queensland Government’s plan for improving housing outcomes for your people is captured in the policy framework *Towards ending homelessness for young Queenslanders 2022-2027*. It focuses on delivering integrated services across the Queensland Government and the housing and homelessness sector through three key areas:

- earlier service access
- accessible housing products, and
- responsive housing support services.

- **Rental Affordability Index**

[Rental-Affordability-Index\\_Nov\\_2022\\_low-resolution.pdf \(sgsep.com.au\)](https://sgsep.com.au)

This Rental Affordability Index, which was developed by National Shelter and SGS Economics & Planning, measures housing stress by indicating rental costs relative to household incomes. The report contains some alarming statistics for Queensland. Greater Brisbane has hit a low point for rental affordability, and regional Queensland is the least affordable regional market in Australia.

- **The Haven Foundation**

[The Haven Foundation - Royal Commission into Victoria’s Mental Health System \(rcvmhs.vic.gov.au\)](https://rcvmhs.vic.gov.au)

The Haven Foundation is a Victorian Community Housing Provider that, in partnership with Mind Australia, provides long-term housing, care and support for people living with severe and enduring mental illness. The program recognises that secure, affordable housing offering on-site care and support along with family and carer involvement is a critical aspect of recovery for many people.

- **Secure housing for young Queenslanders**

[Towards ending homelessness for young Queenslanders 2022-2027. A policy and integrated framework of housing with support \(chde.qld.gov.au\)](https://chde.qld.gov.au)

The State Government’s framework to ensure young Queenslanders have better access to safe and secure housing.

- **Evidence Review – Housing First and its Implementation, Effectiveness and Outcomes**

[Housing First: an evidence review of implementation, effectiveness and outcomes \(apo.org.au\)](#)

This evidence review brings together Australian and international literature on Housing First and its implementation, effectiveness, and outcomes. It shows that Housing First is highly effective in providing housing stability, successful in enabling access to services and improving some non-housing outcomes, and cost-effective in supporting people experiencing chronic homelessness.

- **Q-Shelter Report – Key Learnings for Brisbane in preparation for 2032**

[Go-for-Gold-Legacy-Report-Q-Shelter.pdf \(thedeck.org.au\)](#)

Queensland housing advocate Q Shelter have released an excellent indepth report, *Go for Gold*, examining previous Olympic, Paralympic and Commonwealth Games and outlining key learnings for Brisbane in preparation for 2032, with consideration of the housing crisis the state faces. With mental health and housing difficulties often experienced hand-in-hand with each other, it is crucial that governments and councils learn from past errors and think sustainably, inclusively and intelligently to help vulnerable citizens.

- **Housing and Mental Health Pathways**

[Trajectories the interplay between housing and mental health pathways | AHURI](#)

Mind Australia in collaboration with the Australian Housing and Urban Research Institute conducted this national study to develop a clearer understanding of the housing and mental health pathways of people with mental illness. The project aimed to identify typical housing and mental health pathways, the intersection of these pathways, and potential points of intervention. It found that safe, secure, appropriate and affordable housing is critical for recovery from mental ill-health and for being able to access appropriate support services. Yet, there is a shortage of appropriate housing options for people with lived experience of mental ill-health.

- **The Productivity Commission Report – *In Need of Repair***

[In need of repair: the National Housing and Homelessness Agreement - study report \(apo.org.au\)](#)

The Productivity Commission's scathing report titled *In Need of Repair* comments on the ineffectiveness of the National Housing and Homelessness Agreement. The report finds the Agreement has demonstrated numerous shortcomings, causing serious housing challenges across the country.

- **Housing and Social Security Systems are Failing People with Disability**

[Homelessness, disability and institutional neglect | Public Interest Advocacy Centre \(piac.asn.au\)](#)

There are a myriad of reasons why people find themselves without secure housing. However disability, in particular psychosocial disability, is frequently a contributing factor. This report from the Public Interest Advocacy Centre analyses the reasons why our housing and social security systems are failing people with disability, and offers solutions to the current crisis.

- **Specialist Homelessness Services Client Pathways**

[Specialist homelessness services client pathways: analysis insights, Introduction to the SHS longitudinal data - Australian Institute of Health and Welfare \(aihw.gov.au\)](#)

The Australian Institute of Health and Welfare releases data on Specialist Homelessness Services. Its longitudinal analyses of specific cohorts provide invaluable insights about vulnerable populations (e.g. people with mental illness, family and domestic violence, children and young people, problematic drug or alcohol use).

- **Supporting People Transitioning from Institutional Settings**

[Enhancing the coordination of housing supports for individuals leaving institutional settings \(apo.org.au\)](#)

This compelling report from the Australian Housing and Urban Research Institute explores how people can be best supported in their transition from institutional settings. It aims to identify opportunities for better service coordination between housing support and social care providers to improve the lives of people leaving institutional settings.

- **Ending Homelessness in Australia Report**

[apo-nid315326.pdf](#)

At the end of 2021 the Centre for Social Impact, Neami National and the Australian Alliance to End Homelessness released a deep dive report on “Ending Homelessness”. The report assesses the current evidence base on the state of homelessness in Australia and its key drivers and sets out an evidence-informed policy and practice agenda towards ending the nation's homelessness.

- **The National Housing and Homelessness Agreement**

[The National Housing and Homelessness Agreement | Federal Financial Relations](#)

The National Housing and Homelessness Agreement recognises the Commonwealth and the states and territories have a mutual interest in improving housing outcomes across the housing spectrum, including outcomes for Australians who are homeless or at risk of homelessness, and need to work together to achieve those outcomes. It sets out joint outcomes to be collaboratively achieved, state and Commonwealth respective roles and responsibilities, reporting obligations and financial arrangements underpinning the agreement.

- **Housing and Homelessness Action Plan 2021 - 2025**

[Housing and Homelessness Action Plan 2021 - 2025 | Department of Communities, Housing and Digital Economy \(chde.qld.gov.au\)](#)

This Housing and Homelessness Action Plan 2021-2025 sits under the Queensland Housing Strategy, which commits to every Queenslanders having access to a safe, secure and affordable home that meets their needs and enables social and economic participation. The Action Plan provides a framework for delivering housing with support that is integrated across government and the community sector.

- **Cost Offsets of Housing First Programs**

Ly, A., & Latimer, E. (2015). Housing First Impact on Costs and Associated Cost Offsets: A Review of the Literature. *Canadian Journal of Psychiatry*, 60(11), 475–487.  
<https://doi.org/10.1177/070674371506001103>

[Housing First Impact on Costs and Associated Cost Offsets: A Review of the Literature - PMC \(nih.gov\)](#)

Housing First programs for people who are chronically or episodically homeless combine rapid access to permanent housing with community-based, integrated treatment, rehabilitation and support services. The overall costs of service use by homeless people can be considerable, suggesting the potential for significant cost offsets by using Housing First programs. This article provides an updated literature review, focusing specifically on the cost offsets of Housing First programs.

- **The Role of Informal Community Resources**

Duff, C., Jacobs, K., Loo, S., & Murray, S. (2012). *The role of informal community resources in supporting stable housing for young people recovering from mental illness: key issues for housing policy-makers and practitioners*. AHURI Final Report No.199. Australian Housing and Urban Research Institute.

[The role of informal community resources in supporting stable housing for young people recovering from mental illness: key issues for housing policy-makers and practitioners \(ahuri.edu.au\)](#)

This project aimed to explore the role of informal community resources in supporting stable housing and social inclusion for young people recovering from mental illness.