



Case Study:

Homelessness and mental health Supported Housing

History

The service user was referred to a North Wales Housing hostel, having spent time in a secure institute, the service user was accommodated in unsuitable accommodation on his release. This was having a detrimental effect on his mental health and quality of life.

Family circumstances

The service user had had a really difficult life stemming from his childhood. He had a poor relationship with his mother following historic abuse and his father passed away when he was in his teens. He then became a parent and was residing with his partner and children. There were incidents of domestic violence and as a result he was asked to leave his home. He also had a history of substance misuse.

Situation/ Circumstances identified by NWH staff

- Budget
- Maintain tenancy
- Manage mental health
- Engage with substance misuse services
- Improve overall health

Actions

- Continue engagement with CMHT and conditions of Community treatment order
- Re-build relationships with support networks
- Re- build relationship with children and engage with social services to maintain this
- Develop independent living skills to ensure tenancy maintenance and to manage independent accommodation when ready for move – on
- Support in signposting to specific support services.
- Tasks relating to budgeting finances
- Working towards education, employment, or volunteering opportunities
- Seek move-on accommodation
- Emotional support and advocacy



Outcomes

- Setting up a savings fund for the service user's children
- Engaging with mental health services
- Reduction in substance misuse
- Feeling part of a community
- Taking part in regular exercise activities
- Feeling safe, secure and cared for

For more information about North Wales Housing and the services it offers to vulnerable people, please visit:

www.nwha.org.uk/find-a-home/our-homes/supported-housing/