

## Mental Health and Substance Use Supported Housing Services

### The Teams:

Mental Health Supported Housing Team (MHSB)  
Housing First Placement Team (HF)  
Community Transition Team (CTT)

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### We liaise with:

VCH Mental Health & Substance Use Teams  
Community Mental Health Service Providers  
Acute and Tertiary Services  
Clients and Family  
BC Housing  
Forensics

**What we do:** In collaboration with service and housing providers we provide a continuum of **transitional supported housing programs** for individuals experiencing chronic mental health and substance use issues who require support within a housing model to maintain/continue their recovery.

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### Eligibility:

#### MHSB

- $\geq 19$  years of age
- Homeless or are precariously housed
- Vancouver resident for the year prior to admission to acute or tertiary, if in hospital
- Have a diagnosis of a severe and persistent mental illness (e.g. schizophrenia)
- Be actively supported by a VCH Mental Health and/or Substance Use Team
- Must clinically require support in housing
- Have a funding source such as PWD etc.

#### CTT:

- As above, except CTT will accept homeless clients with under 1 year residency
- Receives referrals from psychiatric units at VGH/UBCH/SPH (approx.. 200 beds)

#### HOUSING FIRST:

- Provides low barrier, harm reduction housing for those who identify the DTES as their community
  - Serves homeless individuals
  - Receives referrals from Vancouver community inside and outside of health services
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### Access to Services

1. Consult with Intake Clinician – each team has an intake Clinician
2. Referral will be opened when criteria is met

## Housing Overview

**Housing is considered transitional housing and is operated by contracted housing service providers.  
Fee subsidized and variable.**

HOUSING MODELS	AVAILABLE SUPPORT	REQUIRED FUNCTIONAL ABILITIES	# of UNITS IN VANCOUVER
<b>Step-Down Unit (CTT clients only)</b>	<ul style="list-style-type: none"> <li>Group living setting</li> <li>One site has staff on-site 24/7, one 8:30-11:30</li> <li>Meals, medications, housekeeping provided</li> <li>Some programming available</li> </ul>	<ul style="list-style-type: none"> <li>Ability to live in a group setting with 24 hour or 12 hour staff support</li> <li>Ability to follow house rules</li> <li>Accept medication administration</li> </ul>	12 beds in 2 buildings
<b>24Hr. Licensed Care Facility</b>	<ul style="list-style-type: none"> <li>Group living setting</li> <li>Staff on-site 24/7</li> <li>Meals, medications, housekeeping provided</li> <li>Activities available, variable from each facility</li> </ul>	<ul style="list-style-type: none"> <li>Ability to live in a group setting with 24 hour staff support (some nursing support may be provided)</li> <li>Ability to follow house rules</li> <li>Ability to share room in most cases</li> </ul>	Approximately 307 beds in 25 buildings
<b>Group Homes</b>	<ul style="list-style-type: none"> <li>Group living setting</li> <li>Staff on-site Monday to Friday, (Watson 7 days/week)</li> <li>Behavioral activation and rehab focus</li> </ul>	<ul style="list-style-type: none"> <li>Ability to live in a group setting with own or shared room</li> <li>Willing and able to participate in household chores and meal prep.</li> <li>Manage medications with minimal assistance</li> </ul>	26 beds in 3 homes
<b>Enhanced Apartment Buildings</b>	<ul style="list-style-type: none"> <li>Dedicated units for mental health clients</li> <li>Clients live in their own apartment</li> <li>Subsidized rent</li> <li>Staff on-site 24/7</li> <li>Dinner meal provided daily in common dining area</li> <li>Assistance available for medication administration, problem solving, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Manage living in own apartment with 24 hour staff support on site</li> <li>Manage own ADLs and IADLs</li> <li>Safely prepare basic food (breakfast and lunch)</li> <li>Accept medication administration</li> <li>Pay for meal program</li> </ul>	255 units in 9 buildings
<b>Staffed Apartment Buildings</b>	<ul style="list-style-type: none"> <li>Dedicated units for mental health clients</li> <li>Clients live in their own or shared apartment</li> <li>Staff on-site Mon to Fri daytime</li> <li>Assistance available for emotional support, guidance, health and safety, medication</li> </ul>	<ul style="list-style-type: none"> <li>Manage living in own apartment with staff support Mon to Fri 9am-5pm</li> <li>Manage own ADLs</li> <li>Manage own apartment (IADLs)</li> <li>Often manage own medications</li> <li>Safely prepare food (no meals provided)</li> </ul>	Approximately 357 units in 15 buildings
<b>Supported Independent Living Program (SIL)</b>	<ul style="list-style-type: none"> <li>Outreach assistance to assist client to find and maintain a market rental apartment</li> <li>Outreach worker sees client usually weekly, typically twice per month</li> <li>Combination of independence, community integration, and outreach support</li> </ul>	<ul style="list-style-type: none"> <li>Manage living in own apartment</li> <li>Manage own ADLs</li> <li>Manage own apartment (IADLs)</li> <li>Manage own medications</li> <li>Safely prepare food</li> </ul>	Approximately 435 units
<b>Housing First</b>	<ul style="list-style-type: none"> <li>Staff on-site 24/7</li> <li>Assistance available with medication administration</li> <li>Some offer housekeeping services</li> <li>Support variable according to site</li> </ul>	<ul style="list-style-type: none"> <li>Willing to accept supports</li> <li>Accept medication administration as needed</li> <li>Appropriate for low barrier harm reduction housing in DTES</li> </ul>	Approximately 260 in 10 buildings