

HOUSING AND MENTAL HEALTH



Why is housing important for health?

Quality of life

Housing improves quality of life and is a key component of recovery for people with mental illness.

Overall health

Substandard and unaffordable housing is associated with infectious diseases, chronic illnesses, respiratory infections, asthma, poor nutrition and mental illness.¹

Mental health

Affordable and supportive housing reduces hospitalizations, psychiatric symptoms and substance use while increasing freedom, privacy, dignity and safety.²

Recovery

Supportive housing has been shown to improve recovery for people with serious mental illness including those with who have long histories of hospitalizations and challenging behaviours.³

Affordable and supportive housing are cost effective.

The average daily per diem for affordable housing in Canada is less than that of an emergency shelter, acute hospital bed, psychiatric hospital bed, or jail.

Supportive housing costs between \$31^{.50}/day and \$98^{.50}/day.⁴

Despite the health and cost benefits of affordable and supportive housing, many people with mental illness are

homeless,

living in substandard housing, or stuck in hospital.



\$38.50

Affordable housing



\$44.50

Emergency shelter



\$917.50

Acute hospital bed



\$505.50

Psychiatric hospital bed



\$300.00

Jail

Average daily per diem

There is a shortage of affordable and supportive housing.

1/5 

of CAMH's inpatients are designated **Alternate Level of Care (ALC)**. This means that they no longer need hospital services, but they can't leave because there is no appropriate housing for them.

Ontario

168,711

Households waiting for affordable housing.⁵

 avg. wait time **4 yrs**

Toronto

78,392

Households waiting for affordable housing.⁶

 avg. wait time **7 yrs**

Toronto

8,000

People on the wait list for 4400 units of mental health supportive housing.⁷

 avg. wait time **5 yrs**

Toronto

only **11%** of Toronto's supportive housing stock provides high support housing to people with serious mental illness and complex needs.⁸

What is CAMH doing?



With the support of the Toronto Central LHIN, **CAMH has created high support housing for more than 30 complex ALC patients** through a collaborative initiative with several mental health supportive housing agencies in Toronto.



Since 2010 **CAMH has housed over 150 ALC patients** through innovative partnerships with private landlords, municipally funded housing providers and existing mental health service providers.



CAMH has 26 referral partnerships with community housing agencies and manages an Apartment Subsidy Program.

It's time for ALL governments to make housing a priority!

Endnotes

- 1 MacKay & Wellner, 2013
- 2 Nelson, Aubry & Hutchinson, 2010; MHCC, 2012
- 3 CAMH, 2014
- 4 MHCC & CAMH, 2012
- 5 ONPHA, 2015
- 6 Ibid
- 7 AMHO, 2014
- 8 CASH, 2013