



Supportive Housing

The issue: Canadian Mental Health Association (CMHA), Ontario calls for the development of 3,000 supportive housing units annually at an approximate cost of \$242 million plus another \$45 million per year for associated support services to help individuals with mental health or addictions issues live meaningful lives in their communities.

The pandemic has exacerbated existing gaps in housing, especially for people living with mental illnesses and addictions. Without housing with wraparound supports, a person living with a mental illness can experience a deterioration in their health conditions. On the contrary, evidence shows that supportive housing and "housing first" is among the greatest factors that can help a person's recovery.

CMHAs provide about

30% (6,259 units)

of all mental health and addictions supportive housing units in the province.

Housing first reduces homelessness and hospitalization more than treatment as usual and supportive housing or case management services alone!



Between

25-50%

of the homeless population in Canada live with a mental illness(es).



Investing in supportive housing = savings across the health care, social services, and justice systems



Providing social housing (i.e. supportive housing) to one household = **\$613/month**



One shelter bed = \$2,100/month **3x MORE**



One long-term care bed = \$3,960/month **6x MORE**



One correctional facility bed = \$4,300/month **7x MORE**



One hospital bed = \$13,500/month **22x MORE**

What is supportive housing?

Supportive housing generally refers to individuals living independently in the community who may need on- or off-site mental health or addictions supports. Supports include clinical mental health and/or substance use and addictions help (i.e. case management, nursing, assertive community treatment, etc.) and social supports (i.e. homemaking and personal care, financial literacy, life skills, peer support, and employment support, etc.).



Find out more about CMHA Ontario's advocacy asks: www.ichoosemha.ca

What is housing first? "

The basic underlying principle of Housing First is that people are better able to move forward with their lives if they are first housed. This is as true for people experiencing homelessness and those with mental health and addictions issues as it is for anyone. Housing is provided first and then supports are provided including physical and mental health, education, employment, substance abuse and community connections.

<https://housingfirsttoolkit.ca/overview/key-questions/#q14>

<https://www.homelesshub.ca/solutions/housing-accommodation-and-supports/housing-first>