

Beyond Treatment: Understanding experiences about housing interventions delivered within multi-disciplinary mental health care settings

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Abstract

This study examines housing interventions delivered within multi-disciplinary mental healthcare settings and seeks to understand how these interventions impact mental health recovery as well as healthcare system performance. Employing a qualitative methodology, the study gathers data from interviews with participants who have used, provided, or referred to housing interventions in Sussex adult mental healthcare settings. The findings elucidate the complexities of integrating housing support within mental healthcare, highlighting both the benefits and challenges encountered by those involved. Key themes emerging include participant preference for housing interventions embedded within clinical care pathways, consensus that secure housing is a recovery necessity, the importance of personalising housing approaches, and benefits from positioning interventions within multi-disciplinary teams to comprehensively address individual needs. This study contributes to broader discourse about housing as a determinant of mental health, emphasising the critical role of integrated services in fostering positive outcomes for vulnerable populations. The study findings indicate significant opportunities for larger research that could contribute to enhanced housing and healthcare policy and practice through establishing a firmer evidence base about the typology and efficacy of healthcare-based housing interventions.