Australian Government



Australian Institute of Health and Welfare

# Homeless SAAP clients with mental health and substance use problems 2004–05

# A report from the SAAP National Data Collection

# Introduction

Mental health and substance use problems are experienced by many Australians and research has indicated these problems are far more prevalent in the homeless population. For example, a literature review conducted in 2005 concluded 'that between one quarter and one half of adult homeless persons across western cities are experiencing severe and perhaps chronic mental illness' (St Vincent's Mental Health Service & Craze Lateral Solutions 2006). With regard to substance use problems, a survey of homeless people at inner Sydney refuges found that just over one-third of those interviewed had suffered alcohol dependence and approximately one-third had been dependent on or abused other drugs in the 12 months prior to interview (Teesson et al. 2000).

This bulletin is the sixth thematic report from the Supported Accommodation Assistance Program (SAAP) National Data Collection (NDC). It shows that a number of SAAP clients have mental health and/or substance use problems and provides an overview of the assistance given to these clients by the Program. SAAP is the major response by the Australian Government and state and territory governments to resolve and prevent homelessness. The primary aim of SAAP is to assist people who are homeless or at risk

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of becoming homeless to achieve the maximum possible degree of self-reliance and independence. However, it must be noted that the aims of complete self-reliance and independence may not be realistic goals for some clients, including those experiencing mental health and/or substance use problems (Theobald & Johnson 2006).

For key definitions and terms used in this bulletin, please refer to the publication *Homeless* people in SAAP: SAAP National Data Collection annual report 2004–05 (AIHW 2006a). State and territory supplementary tables for this bulletin are available on the AIHW web site <www.aihw.gov.au>.

# **Main findings**

### How many SAAP clients have a mental health or substance use problem?

 In 2004–05, 11,800 SAAP clients (or around 12%) reported a mental health problem and 19,400 (or around 19%) reported a substance use problem. Some clients in these groups reported both a mental heath and a substance use problem (comorbidity) within the same support period (4,800 or around 5% of clients). Note that these groups are not mutually exclusive (refer to the section 'Defining the client groups').

# What is the profile of SAAP clients with a mental health or substance use problem?

- SAAP clients with a mental health or substance use problem were more likely to be male than clients who did not report these problems (50% and 59% of clients with a mental health or substance use problem, respectively, were male compared with 37% of clients who did not report these problems).
- Male clients with a mental health or substance use problem were, on average, slightly older than female clients with these problems. They were also slightly older than both male and female clients without these problems.
- Clients with a mental health or substance use problem were less likely to be supported by a SAAP agency as part of a family group than clients without these problems. Clients with a mental health or substance use problem were most commonly males aged 25 years and over who presented alone or with an unrelated person(s). These men accounted for over a third of the support periods in the mental health group and close to half of the support periods in the substance use group.
- SAAP agencies primarily aimed at supporting single men provided around a third of the support to clients with a mental health or substance use problem. This was closely followed by agencies that support a diverse range of clients (cross-target, multiple and general agencies).
- The majority of clients with a mental health (76%) or substance use (73%) problem were 'other Australian-born' people, that is, were born in Australia and did not identify as being Aboriginal or Torres Strait Islander.

# Why do SAAP clients with a mental health or substance use problem seek assistance?

- Clients with a substance use problem most commonly sought support because of drug, alcohol and/or substance abuse (in 30% of support periods), followed by their usual accommodation being temporarily unavailable (10%).
- Clients with a mental health problem most commonly sought support because of psychiatric illness (in 19% of support periods), followed by domestic violence (14%).

# Is SAAP able to meet the needs of clients with a mental health or substance use problem?

- SAAP agencies were able to directly provide the majority of services requested by clients with a mental health or substance use problem. However, these clients were slightly more likely than clients without these problems to have their request for a service remain unmet at the end of their support period. Clients with a mental health or substance use problem were also more likely to have requested services referred on when they could not be provided directly.
- Clients with a mental health or substance use problem were more likely to request a specialist service and less likely to have that requested service provided than clients without these problems.
- Data on the individual support services provided to clients with a mental health or substance use problem indicate that the agencies supporting these clients are more equipped to directly assist clients with substance use problems than those with mental health problems.
- Clients with a mental health or substance use problem were slightly more likely to have housing and/or accommodation services provided directly by a SAAP agency than clients without these problems.

# What are the circumstances of clients with a mental health or substance use problem on entry to and exit from SAAP?

- Clients with a mental health or substance use problem were most often not in the labour force, and hence not actively seeking employment, either before or after support.
- Clients with a mental health or substance use problem were less likely to be employed but more likely to have a source of income than clients without these problems.
- The disability support pension was the most commonly reported main source of income for clients with a mental health or substance use problem, followed by Newstart allowance.
- Clients with a mental health or substance use problem were most commonly living in SAAP or other emergency accommodation both before entering and upon leaving a SAAP agency. This suggests that these clients are moving within the SAAP system in order to secure accommodation.

 Clients with a substance use or mental health problem were more likely than clients without these problems to be living in a car, tent, park, street or squat both before and after support.

# Does length of support influence the accommodation outcomes of clients with a mental health or substance use problem?

- Clients with mental health or substance use problems were supported for longer periods than clients without these problems.
- In general, more independent accommodation outcomes, such as private rental or public or community housing, were achieved for clients who had longer periods of support.

# **Defining the client groups**

Quantifying the extent to which people with a mental health or substance use problem appear in the SAAP population can be difficult. As can be seen from the criteria used to form the groups below, there is no single data item that allows easy identification of clients who have these problems. In addition, it is likely that the prevalence of mental health and substance use problems is underreported in the National Data Collection. For example, mental health as a reason for seeking assistance is likely to be understated for a number of reasons, including the well-documented stigma attached to mental illness and the fact that gaining assistance for this problem may not be the most pressing issue at the time.

In this bulletin the SAAP client population is divided into three main client groups:

### 1. Mental health

This group includes clients who met at least one of the following criteria:

- were referred from a psychiatric unit
- reported psychiatric illness as a reason for seeking assistance
- needed, were provided with or were referred on for support in the form of psychological services or psychiatric services.

#### 2. Substance use

This group includes clients who met at least one of the following criteria:

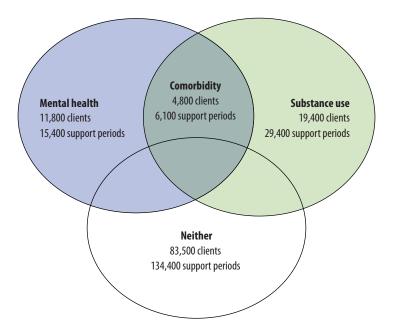
- reported drug, alcohol and/or substance abuse as a reason for seeking assistance
- were in a detoxification unit or rehabilitation centre before or after receiving SAAP support
- needed, were provided with or were referred on for support in the form of drug and/ or alcohol support or intervention.

#### 3. Neither

This group includes clients who met none of the criteria used to form the mental health and substance use groups.

In addition, information is presented on clients who reported at least one of the substance use characteristics and at least one of the mental health characteristics listed above in the same support period. This is termed comorbidity. To reduce complexity, however, only Table 1 (see 'Statistical tables') contains information on comorbidity. Clients who were placed into the comorbidity group were also included in both the mental health and substance use groups.

It must be kept in mind that the client groups used in this bulletin are not mutually exclusive (Figure 1). A client can have more than one period of support and their circumstances might vary between support periods. For example, if a client reported 'substance use' in one support period, 'mental health' in a second and 'neither' in a third, then they would be counted in each of the 'substance use', 'mental health', and 'neither' groups. In addition, a client can report mental health, substance use and comorbidity criteria within the same period of support. For example, in the one support period, a client could have had characteristics which would have placed their support period in both the mental health and substance use groups for Tables 2 through to 10 of this bulletin, and have placed them in all three of the mental health, substance use and comorbidity groups in Table 1.



Sources: Tables 1 and 2, AIHW unpublished data.

Note: Client groups are not mutually exclusive. A client can have more than one support period in a year and their circumstances might vary between support periods. In addition, a client can report mental health, substance use and comorbidity criteria within the same period of support. Therefore, the sum of the groups will not add to the total number of clients or support periods in SAAP.

Figure 1: Relationship between the SAAP mental health, substance use, comorbidity and neither client groups and number of clients and support periods, Australia, 2004–05

# Profile of the client groups

In 2004–05, 11,800 SAAP clients reported a mental health problem and 19,400 reported a substance use problem (Table 1). Some clients in these groups reported both a mental heath and substance use problem (comorbidity) within the same support period (4,800). Note that these groups are not mutually exclusive (see section 'Defining the client groups').

### Gender

The mental health group was equally split according to gender, with 50% (or 5,900) of the 11,800 clients in this group of each gender, while the substance use group contained a majority of male clients (59% or 11,500 were male and 41% or 7,900 were female). The comorbidity group was also mostly male (63% or 3,000 were male and 37% or 1,800 were female).

This is in contrast to the profile of clients who did not report either a substance use problem or a mental health problem (the neither group) and to the SAAP population overall, the majority of whom were female (63% and 60% respectively). The reason for the predominance of females in the neither group and in SAAP overall is primarily because of the number of females presenting for reasons associated with domestic violence. In 2004–05, 32,500 female clients were in SAAP because of, or sought assistance with, domestic violence issues (AIHW unpublished data). Some of the clients in this domestic violence group do, however, appear in the mental health and substance use groups (see Table 5).

### Age and gender

The greatest proportion of both male and female SAAP clients in all groups were aged between 25 and 44 years (Figure 2). This was, however, particularly the case for male clients in the mental health, substance use and comorbidity groups where 56%, 54% and 60%, respectively, were aged between 25 and 44 years. This compares with 45% of males in the neither group; 47% of males in the SAAP population overall; 52% of females in the mental health, substance use and comorbidity groups; 49% of females in the neither group; and 50% of females in SAAP overall.

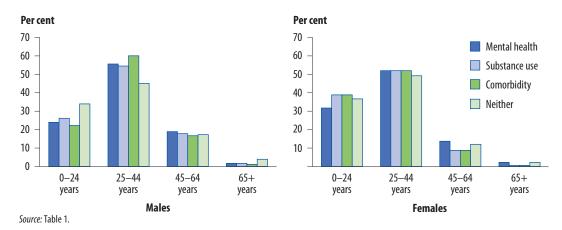


Figure 2: SAAP clients: age and gender by client group, Australia, 2004–05 (per cent)

The average (mean) age of clients in the substance use, comorbidity and neither groups was 32 years (Table 1). Clients in the mental health group were slightly older with an average age of just under 34 years. In each of the groups and in SAAP overall, male clients were on average older than female clients by between 2 years and 4 years, depending on the group.

#### **Cultural and linguistic diversity**

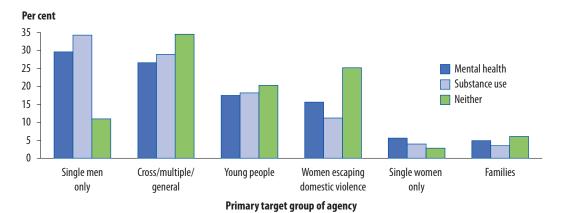
As was the case for SAAP overall, the majority of clients in the mental health, substance use and comorbidity groups were 'other Australian-born people', that is, they were born in Australia and did not identify as being Aboriginal or Torres Strait Islander. However, 'other Australian-born people' made up a higher proportion in these three groups (76%, 73% and 80% respectively) than they did for the neither group (69%) or the total SAAP population (69%).

Eighteen per cent of clients in the substance use group identified as being Aboriginal and/or Torres Strait Islander. This compares with 9% in the mental health group, 10% in the comorbidity group, 17% in the neither group and 16% in SAAP overall.

People born overseas in a predominantly non-English-speaking country (English proficiency groups 2-4) were underrepresented in the substance use and comorbidity groups (4% and 6%, respectively, compared with 11% in the mental health and neither groups and 10% in the total SAAP population).

### Type of SAAP agency attended

Figure 3 shows the types of agencies that supported clients with mental health and substance use problems compared with the types of agencies that supported clients who did not report these problems. In around one-third of their support periods, clients in the mental health and substance use groups attended agencies primarily aimed at supporting single men (30% and 34% respectively). This was considerably higher than that reported for clients in the neither group, for whom agencies primarily targeting single men provided 11% of the support periods.



Source: Table 2.

Figure 3: SAAP support periods: primary target group of agency by client group, Australia, 2004–05 (per cent)

Agencies not specifically targeting any one client group (cross-target, multiple and general agencies) provided the next highest proportion of support periods to clients with mental health or substance use problems (27% and 29% of their support periods respectively). These proportions, however, were smaller than for the neither group, for whom cross-target, multiple and general agencies provided 35% of support periods.

Agencies primarily targeting single women provided a higher percentage of the support periods for the mental health (6%) and substance use (4%) groups than they did for the neither group (3%) or the total SAAP population (3%).

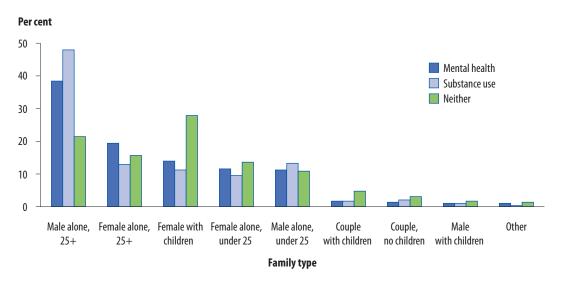
Agencies primarily targeting women escaping domestic violence provided a smaller proportion of the support periods for clients in the mental health and substance use groups (16% and 11% respectively) compared with the neither group (25%).

### **Family type**

Reflecting the type of agency attended, clients with a substance use or mental health problem were most commonly males aged 25 years and over who presented alone (or with an unrelated person(s), for example a group of friends). This group made up 48% of the support periods in the substance use group and 39% in the mental health group (Figure 4). This was higher than for the neither group (21%).

The mental health group had a higher proportion than the other groups of females aged 25 years and over who presented alone or with an unrelated person(s). This group accounted for 19% of the support periods in the mental health group, 16% in the neither group and 13% in the substance use group.

Family groups (clients with children and couples either with or without children) made up smaller proportions of both the mental health and substance use groups than they did of the neither group.



Source: Table 3.

Figure 4: SAAP support periods: family type by client group, Australia, 2004–05 (per cent)

# Children accompanying clients with a mental health or substance use problem

In only a small proportion of their support periods did children accompany a client who was in either the mental health (5%) or substance use (8%) groups (derived from Table 4). In the majority of cases, these children accompanied a female parent or guardian (in 86% and 85% of their accompanying child support periods respectively) (Table 4). A detailed analysis of the data on children accessing SAAP services, including information on children accompanying clients with a mental health or substance use problem and unaccompanied children with a mental health or substance use problem, can be found in *Homeless children in SAAP 2004–05* (AIHW 2006b).

# Main reason for seeking assistance

The main reason for clients seeking assistance varied between the clients in the mental health, substance use and neither groups. The two health subcategories of drug, alcohol and/or substance abuse and psychiatric illness were two of the criteria used to define the groups. It is, therefore, not surprising that drug, alcohol and/or substance abuse was the most common main reason for seeking assistance for the substance use group (in 30% of support periods compared with 9% for the mental health group and 6% in SAAP overall) and that psychiatric illness was the most common main reason reported for seeking assistance for the substance use group and 2% in SAAP overall) (Table 5).

There were variations between the groups for some of the other main reasons for seeking assistance. For example, when examined according to the broad types of main reasons for seeking assistance (see Table 5 for broad types), seeking assistance primarily because of difficulties in interpersonal relationships made up a smaller proportion of support periods for the mental health (32%) and substance use (23%) groups compared with the neither group (46%). Looking at the distinct main reasons that comprise the 'interpersonal relationship' broad group, time out from family or other situation was lower for both the mental health and substance use groups (4% for both) compared with the neither group (7%). Domestic violence was the main reason for seeking assistance in a smaller percentage of support periods for both the mental health (14%) and substance use (9%) groups than in the neither group (24%). Although the 14% of support periods for which domestic violence was recorded as the main reason for seeking assistance was lower than for the neither group, it was still, after psychiatric illness, the second most frequent main reason for seeking assistance given by clients in the mental health group.

Seeking support mainly because of accommodation issues was slightly less common for the mental health and substance use groups than for the neither group (in 21% of support periods for both the mental health and substance use groups compared with 24% for the neither group). Looking at the distinct main reasons that comprise the 'accommodation' broad group, usual accommodation being temporarily unavailable was lower for both the mental health and substance use groups (9% and 10% respectively) compared with the neither group (12%). It was, however, the second most common main reason that clients in the substance use group sought support.

Clients in the mental health and substance use groups cited 'financial difficulty' as the main reason for seeking assistance in a smaller proportion of support periods than did clients in the neither group (in 5% for both the mental health and substance use groups compared with 14% for the neither group).

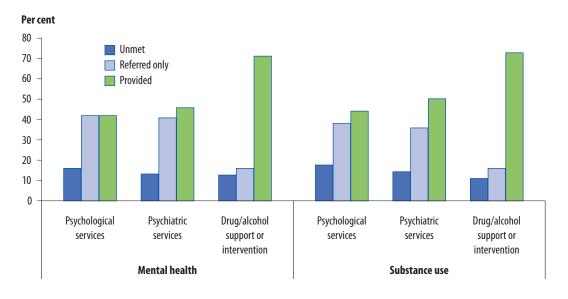
# Meeting the needs of clients

In the majority of cases, SAAP agencies were able to directly provide the services requested by clients with a mental health or substance use problem by the end of their period of support (in 86% and 89% of services requested respectively) (Table 6). However, these clients were slightly more likely than clients without these problems to have a service they requested remain unmet (neither provided nor referred on). Five per cent of services requested by the mental health group, 4% of services requested by the substance use group and 3% of services requested by the neither group remained unmet. Clients with a mental health or substance use problem were also more likely than those without these problems to have a referral arranged when a service could not be provided directly. This was the case in 10% of requests for the mental health group and 11% for the substance use group were not provided directly, compared with 9% for the neither group.

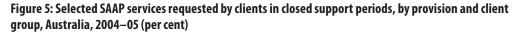
These differences in the total provision of requested services could, at least in part, be due to the nature of the requests being made by members of the groups. Clients with mental health or substance use problems were more likely to request specialist services than clients without these problems. In the mental health and substance use groups, for example, 18% and 15%, respectively, of services requested were specialist services, compared with 4% for those in the neither group (derived from Table 6). The category 'specialist services' includes, among other things, psychological and psychiatric services and drug and/or alcohol support or intervention services.

Overall, the broad type of service that was most often not provided directly (that is, was unmet or was referred only) was specialist services (Table 6). For the mental health group 41% of requests for specialist services were not provided (11% unmet, 30% referred only), as were 30% of such requests for the substance use group (9% unmet, 21% referred only), compared with 21% for the neither group (4% unmet, 17% referred only). Clients with a mental health or substance use problem are, therefore, more likely to request a specialist service and less likely to have that requested service provided directly than clients without these problems.

Data on the individual support services provided to clients with a mental health or substance use problem indicate that the agencies supporting these clients are more equipped to deal with substance use problems than with mental health problems (Figure 5). Clients with a mental health problem commonly seek support because of psychiatric illness (see Table 5), however, their requests for psychiatric services remained unmet following 13% of closed support periods, were referred on in 41% and were provided directly in only 46% (Table 7). Likewise requests made by these clients for psychological services remained unmet in 16%, were referred on in 42% and were provided directly in only 42%. Indicating the complex needs of some clients with a mental health problem, drug and/or alcohol support or intervention services were requested in 29% of their closed support periods. Requests for this type of service remained unmet following 13% of closed support periods, were referred on in 16% and were provided directly in 71%.



Source: Table 7.



For clients with a substance use problem, requests for drug and/or alcohol support or intervention services remained unmet following 11% of closed support periods, were referred on in 16% and were provided directly in 73%. Some of these clients also experienced a mental health problem and psychiatric and psychological services were requested in 9% and 8% of their closed support periods respectively. However, requests for psychiatric services remained unmet following 14% of closed support periods, were referred on in 36% and were provided directly in 50%. Requests for psychological services remained unmet following 18% of closed support periods, were referred on in 38%, and were provided directly in 44%.

Housing and/or accommodation services were slightly more often provided to the mental health and substance use groups than to the neither group (provided in 87% of requests by the mental health group and in 89% by the substance use group, compared with in 83% by the neither group) (Table 6).

# **Circumstances before and after support**

### **Employment**

Clients with a mental health and substance use problem were less likely to be employed either in the week before or after support than clients without these problems. Clients in the mental health group were employed before 6% of closed support periods and after 8% and clients in the substance use group were employed before 5% and after 7% (derived from Table 8). This compares with 10% before and 12% after for the neither group. For all three groups a greater proportion of clients were employed after support than were before.

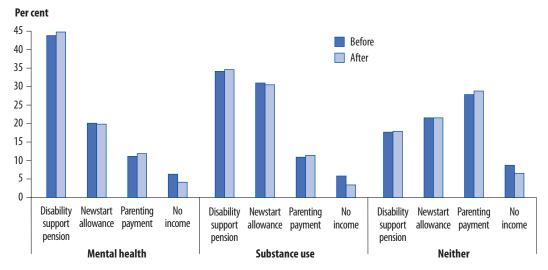
In the majority of cases, mental health and substance use clients were not in the labour force either before or after support. This classification in the SAAP NDC means that the clients were not employed for payment of any kind in the week before or after a support period, nor were they actively looking for work. In particular, in a greater proportion of their closed support periods, clients in the mental health group were not in the labour force either before or after support when compared with the substance use and neither groups (71% of closed support periods before support and 70% after for the mental health group, compared with 65% before and 64% after for both the substance use and neither groups) (Table 8).

The next most common labour force status response was 'unemployed (looking for work)'. Those in the substance use group were unemployed before or after support in a higher proportion of their closed support periods than clients in the mental health or neither groups (before 30% of closed support periods and after 29% for the substance use group, compared with before 23% and after 22% for the mental health group and before 25% and after 24% for the neither group).

#### Income

Clients with a mental health or substance use problem were more likely to have a source of income than clients without these problems. Clients in the mental health and substance use groups both reported that they had no income immediately before 6% of closed support periods, compared with 9% for clients in the neither group (Figure 6). A smaller proportion of clients in all three groups reported that they had no income immediately after support (4% for both the mental health and substance use groups compared with 7% for the neither group).

The disability support pension was the most commonly reported main source of income for clients with a mental health or substance use problem (Table 9). This payment type was the main source of income before 44% of closed support periods for the mental health group and before 34% for the substance use group, while constituting a smaller proportion (18%) for clients who did not report these problems. Similar proportions were reported after support, rising slightly to 45% for the mental health group and to 35% for the substance use group, while remaining at 18% for the neither group.



Source: Table 9.

# Figure 6: SAAP support periods: selected main source of income before and after support, Australia, 2004–05 (per cent)

The next most common main source of income for clients with a mental health or substance use problem was 'Newstart allowance'. Newstart allowance was the main source of income before 20% and 31% of closed support periods for clients in the mental health and substance use groups respectively, and continued in the same proportions after support.

### Accommodation

Clients with a mental health or substance use problem were most commonly living in SAAP or other emergency accommodation both immediately before entering and upon leaving a SAAP agency. This suggests that these clients are moving within the SAAP system or emergency accommodation in order to secure accommodation. Clients in these groups were accommodated in SAAP or other emergency housing before 19% of closed support periods and after 20% for the mental health group, and before 24% and after 21% for the substance use group (Table 10). This was less often the case for the neither group (12% before support and 16% after).

Clients with a mental health or substance use problem were less likely than clients without these problems to have reported that they were living in private rental accommodation either before or after support. Clients in the mental health group reported private rental as the type of accommodation they occupied in 14% of closed support periods both before and after support and clients in the substance use group reported this in 8% before and 10% after, compared with 20% before and 22% after for the neither group.

Clients with a mental health or substance use problem were also less likely than those without these problems to be in public or community housing before entering support. In 11% of their closed support periods, the mental health and substance use groups reported that they were living in public or community housing before support, compared with 16% for the neither group. The proportion of closed support periods in which clients exited to

public or community housing was higher for all three groups after support, increasing to 17% for the mental health group, 15% for the substance use group and 19% for the neither group. The mental health group recorded the largest percentage point increase.

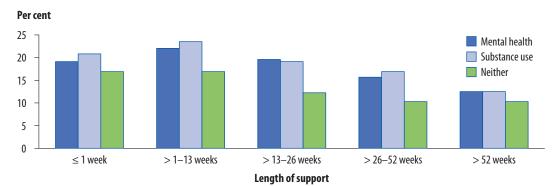
In 11% of their closed support periods, clients in the mental health group came from an institution prior to support, as did 13% of clients in the substance use group. These two figures are much higher than the 2% recorded for the neither group. An institution could be, for example, a hospital or prison. It could also be a detoxification unit, which is one of the responses used to classify clients into the substance use group. There was little change in the proportions for this accommodation type from before to after support for any of the three groups.

Clients in the substance use and mental health groups were more often living in a car, tent, park, street or squat both before and after support than clients without these problems. In 16% of their closed support periods, the substance use group reported this type of accommodation on entry to support, as did 11% of clients in the mental health group and 7% of clients in the neither group. All three groups saw an improvement from before to after support. For the mental health group the percentage dropped to 6% and for the neither group it dropped to 5%. The substance use group saw the smallest percentage point improvement, dropping to 14% after support.

# Length of support and accommodation outcomes

How long a client was supported by SAAP appeared to influence the type of accommodation they moved into following support. In general, clients with a mental health or substance use problem had longer periods of support than clients without these problems, with median lengths of support of 22 days and 14 days, respectively, compared with 7 days for the neither group (AIHW unpublished data).

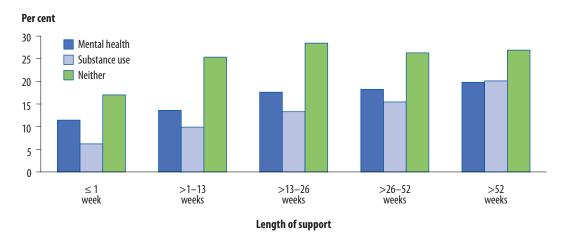
As the length of support increased, the proportion of closed support periods in which the mental health and substance use groups exited to SAAP or other emergency housing generally decreased (Figure 7).



Source: Table 11.

Figure 7: SAAP closed support periods: SAAP or other emergency housing after support by length of support and client group, Australia, 2004–05 (per cent)

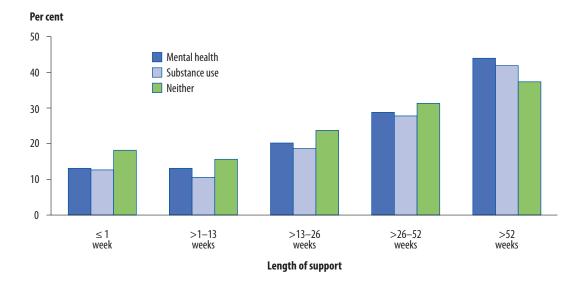
Figure 8 shows that the proportion of closed support periods in which the mental health and substance use groups exited to private rental accommodation generally increased as the length of support increased.



Source: Table 11.

# Figure 8: SAAP closed support periods: private rental accommodation after support by length of support and client group, Australia, 2004–05 (per cent)

As seen for private rental accommodation, exiting to public or community housing also increased as the length of support increased (Figure 9).



Source: Table 11.

Figure 9: SAAP closed support periods: public or community housing after support by length of support and client group, Australia, 2004–05 (per cent)

Homeless SAAP clients with mental health and substance use problems 2004–05

Generally, for both the mental health and substance use groups, leaving support to live in a car, tent, park, street or squat decreased as the length of support increased (Figure 10). This was also the case for those who exited to an institutional setting.

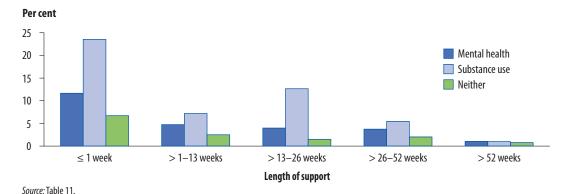


Figure 10: SAAP closed support periods: living in a car, tent, park, street or squat after support by length of support and client group, Australia, 2004–05 (per cent)

When the most frequent accommodation outcomes for support of varying lengths are examined for the mental health and substance use groups, it is seen that the type of accommodation changes. For the mental health group, when the length of support was 1 week or less, the most common accommodation outcome was SAAP or other emergency housing (19%) while for the substance use group it was living in a car, tent, park, street or squat (24%) (Table 11). For support periods of 14 to 26 weeks, SAAP or other emergency housing and public or community housing were the two most common outcomes for the mental health and substance use groups (both at 20% for the mental health group and both at 19% for the substance use group). When the support period length was increased to a year or longer, public or community housing became the most common accommodation outcome for both the mental health and substance use groups (after 44% of such closed support periods for the mental health group and after 42% for the substance use group).

It must be kept in mind that the number of support periods that lasted a year or more is quite small (there were approximately 600 such closed support periods for the mental health group and approximately 800 for the substance use group), and that the characteristics of such clients may be different to clients who had shorter support periods.

It is also difficult to generalise as to what are 'good' or 'bad' outcomes, as this is very much dependent on individual circumstance. Nevertheless, the data in Table 11 show that more independent accommodation outcomes were achieved for clients who had longer support periods. However, it must be noted that simply providing housing to homeless people with mental health and/or substance use problems may not necessarily resolve their homelessness unless the underlying cause is first resolved (Theobald & Johnson 2006). It may be that people with mental health and substance use problems still require support of some kind to maintain 'independent' accommodation, otherwise they may return to SAAP or insecure accommodation when that additional support is not provided. More analysis is needed on the repeat use patterns of clients with mental health and/or substance use problems with mental health and/or substance use problems with mental health and/or support is not provided.

# **Statistical tables**

	Menta	health	Substa	nce use	Como	rbidity	Nei	Neither		Total	
	%	Number	%	Number	%	Number	%	Number	%	Number	
Total SAAP clients	••	11,800		19,400		4,800		83,500		100,400	
Gender and age											
Males <sup>(a)</sup>	50.0	5,900	59.4	11,500	62.6	3,000	37.4	31,200	40.5	40,600	
0–24 years	23.7	1,400	26.1	3,000	22.1	700	33.9	10,500	31.8	12,900	
25–44 years	55.5	3,300	54.4	6,300	60.0	1,800	45.1	14,000	47.1	19,000	
45–64 years	19.1	1,100	17.9	2,100	16.7	500	17.3	5,400	17.7	7,200	
65+ years	1.7	100	1.6	200	1.2	<50	3.8	1,200	3.4	1,400	
Females <sup>(a)</sup>	50.0	5,900	40.6	7,900	37.4	1,800	62.6	52,200	59.5	59,800	
0–24 years	31.9	1,900	38.7	3,000	39.1	700	36.8	19,100	36.4	21,600	
25–44 years	52.2	3,100	51.9	4,100	52.0	900	49.3	25,600	49.6	29,500	
45–64 years	13.9	800	8.9	700	8.7	200	11.8	6,100	12.0	7,100	
65+ years	2.0	100	0.6	<50	0.3	<50	2.1	1,100	2.0	1,200	
Mean age (years)		33.6		32.2		32.4		32.2		32.4	
Males		34.7		33.9		34.0		33.7		33.9	
Females		32.5		29.7		29.6		31.3		31.4	
Cultural and linguistic diversity											
Indigenous Australians	8.5	1,000	17.9	3,400	9.9	500	16.5	13,300	16.4	15,900	
Other Australian-born people	76.3	8,700	73.2	13,800	80.1	3,700	68.7	55,400	69.2	67,200	
English proficiency group 1 <sup>(b)</sup>	4.8	500	4.5	900	4.6	200	3.9	3,200	4.0	3,900	
English proficiency groups 2–4 <sup>(c)</sup>	10.5	1,200	4.4	800	5.5	300	10.9	8,800	10.4	10,100	

Table 1: SAAP clients: selected measures by client group, Australia, 2004–05

(a) Gender totals include number excluded due to errors and omissions in 'age'. Consequently, the age group subtotals may not sum to the gender total.

(b) English proficiency group 1 countries: Canada, Ireland, New Zealand, South Africa, the United Kingdom and the United States of America.
 (c) English proficiency groups 2–4: countries excluding Australia that are not included in English proficiency group 1.

Notes

1. Number excluded due to errors and omissions in 'age' (weighted): 29 'mental health'; 70 'substance use'; 10 'comorbidity'; 462 'neither'; and 550 'total' clients.

2. Number excluded due to errors and omissions in 'cultural and linguistic diversity' (weighted): 334 'mental health'; 558 'substance use';

113 'comorbidity'; 2,837 'neither'; and 3,326 'total' clients.

3. Client groups are not mutually exclusive. A client can have more than one support period in a year and their circumstances might vary between support periods. In addition, a client can report mental health, substance use and comorbidity criteria within the same period of support. Consequently, the number of clients in the 'substance use', 'mental health', 'comorbidity' and 'neither' groups will not sum to the total number of clients. Refer to the section 'Defining the client groups'.

4. Figures have been weighted to adjust for agency non-participation and client non-consent.

#### Table 2: SAAP support periods: primary target group of agency by client group, Australia, 2004–05 (per cent)

				То	otal
Primary target group	Mental health	Substance use	Neither	%	Number
Young people	17.6	18.2	20.3	19.8	34,200
Single men only	29.7	34.3	11.0	15.5	26,800
Single women only	5.6	3.9	2.9	3.3	5,700
Families	4.9	3.5	6.0	5.6	9,700
Women escaping domestic violence	15.7	11.2	25.1	22.5	38,900
Cross-target/multiple/general	26.5	28.9	34.6	33.4	57,900
Total	100.0	100.0	100.0	100.0	
Total (number)	15,400	29,400	134,400	••	173,100

Notes

1. Number excluded due to errors and omissions (weighted): 0 'mental health'; 0 'substance use'; 0 'neither'; and 0 'total' support periods.

2. A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of support

periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of support periods.

3. Figures have been weighted to adjust for agency non-participation.

Source: SAAP Client Collection.

#### Table 3: SAAP support periods, family type by client group, Australia, 2004–05 (per cent)

				To	Total		
	Mental health	Substance use	Neither	%	Number		
Male alone, under 25	11.1	13.4	10.9	11.3	19,100		
Male alone, 25+	38.6	47.9	21.4	26.7	45,500		
Female alone, under 25	11.5	9.4	13.5	12.7	21,600		
Female alone, 25+	19.4	13.0	15.5	15.5	26,300		
Couple, no children	1.5	1.9	3.1	2.8	4,800		
Couple with children	1.8	1.8	4.6	4.0	6,700		
Male with children	1.0	0.9	1.7	1.5	2,600		
Female with children	14.0	11.1	28.0	24.3	41,400		
Other	1.0	0.5	1.4	1.2	2,100		
Total	100.0	100.0	100.0	100.0			
Total (number)	15,700	30,500	130,200		170,200		

Notes

1. Number excluded due to errors and omissions (weighted): 217 'mental health'; 447 'substance use'; 2,360 'neither'; and 2,953 'total' support periods. 2. A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of support periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of support periods.

3. Figures have been weighted to adjust for agency non-participation and client non-consent.

				To	Total		
	Mental health	Substance use	Neither	%	Number		
Couple with children	9.4	9.1	10.1	10.0	7,800		
Male with children	4.2	5.2	3.6	3.8	2,900		
Female with children	85.6	84.5	85.8	85.7	66,500		
Other	0.8	1.2	0.5	0.5	400		
Total	100.0	100.0	100.0	100.0			
Total (number)	4,100	6,200	68,300		77,600		

#### Table 4: SAAP accompanying child support periods, family type by client group, Australia, 2004–05 (per cent)

Notes

1. Number excluded due to errors and omissions (weighted): 47 'mental health'; 47 'substance use'; 888 'neither'; and 965 'total' support periods.

2. A child may have presented with a client who reported a substance use problem and a mental health problem in the same support period. Consequently, the number of accompanying child support periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of

accompanying support periods. 3. Figures have been weighted to adjust for agency non-participation.

	Mental health		Substa	Substance use		Neither		Total		
Main reason for seeking assistance	%	Number	%	Number	%	Number	%	Number		
Accommodation	20.5	3,200	20.7	6,300	23.8	29,200	23.1	37,500		
Usual accommodation unavailable	9.0	1,400	9.9	3,000	11.8	14,500	11.3	18,400		
Eviction/previous accommodation ended	9.2	1,400	9.0	2,700	10.1	12,500	9.9	16,100		
Emergency accommodation ended	2.3	300	1.8	500	1.8	2,300	1.9	3,000		
Interpersonal relationships	31.8	4,900	22.9	6,900	46.2	56,800	41.4	67,200		
Time out from family/other situation	3.6	500	3.8	1,200	6.7	8,300	6.1	9,800		
Relationship/family breakdown	8.1	1,200	6.6	2,000	9.4	11,600	8.8	14,400		
Interpersonal conflict	2.7	400	2.0	600	2.9	3,500	2.7	4,400		
Domestic violence	14.3	2,200	8.5	2,600	23.5	28,900	20.4	33,200		
Physical/emotional abuse	2.3	300	1.6	500	3.0	3,700	2.8	4,500		
Sexual abuse	1.0	100	0.5	100	0.6	700	0.6	1,000		
Financial	5.5	800	5.1	1,600	14.6	17,900	12.3	20,000		
Financial difficulty	5.1	800	4.8	1,400	14.3	17,600	12.1	19,600		
Gambling	0.4	100	0.4	100	0.2	300	0.2	400		
Health	27.6	4,300	33.4	10,100	_	_	7.4	12,000		
Drug/alcohol/substance abuse	9.0	1,400	30.4	9,200		_	5.6	9,200		
Psychiatric illness	18.6	2,900	3.0	900	—	—	1.8	2,900		
Other	14.7	2,300	17.8	5,400	15.5	19,000	15.8	25,700		
Recently left institution	3.3	500	3.1	900	1.1	1,300	1.6	2,500		
Recent arrival to area with no means of support	3.8	600	3.1	900	5.9	7,300	5.3	8,600		
ltinerant	3.2	500	3.1	900	2.5	3,100	2.6	4,300		
Other	4.3	700	8.5	2,600	6.0	7,300	6.3	10,200		
Total	100.0	15,500	100.0	30,200	100.0	123,000	100.0	162,500		

Table 5: SAAP support periods: main reason	for seeking assistance b	y client group, Australia, 2004–05

Notes
1. Number excluded due to errors and omissions (weighted): 428 'mental health'; 760 'substance use'; 9,579 'neither'; and 10,641 'total' support periods.
2. A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of support periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of support periods.

3. Figures have been weighted to adjust for agency non-participation and client non-consent.

	N	lot provided		Provided					Assoc.
Broad type of service	Neither provided nor referred	Referred	Subtotal	Provided only	Provided and referred	Subtotal	Total	Distinct services requested (number)	closed support periods (number)
				Me	ental health				
Housing/accommodation	5.1	8.1	13.2	69.4	17.4	86.8	100.0	17,900	10,700
Financial/employment	6.0	11.5	17.5	61.0	21.5	82.5	100.0	12,300	6,900
Counselling	5.7	7.3	13.0	68.1	18.8	86.9	100.0	16,100	9,200
General support/advocacy	2.4	3.3	5.7	80.8	13.6	94.4	100.0	29,000	11,100
Specialist services	10.7	29.9	40.6	34.3	25.1	59.4	100.0	21,400	9,700
Basic support and other services n.e.s.	1.2	1.2	2.4	92.0	5.7	97.7	100.0	25,400	9,300
Total (%)	4.8	9.6	14.3	69.6	16.0	85.7	100.0	••	
Total (number)	5,800	11,700	17,500	85,000	19,500	104,500		122,100	13,000
				Su	bstance use				
Housing/accommodation	4.9	6.6	11.5	76.3	12.2	88.5	100.0	34,600	22,500
Financial/employment	6.3	10.7	17.0	63.8	19.2	83.0	100.0	20,000	11,400
Counselling	5.7	6.3	12.0	73.9	14.2	88.1	100.0	24,400	15,400
General support/advocacy	2.7	2.6	5.3	85.4	9.3	94.7	100.0	49,400	20,800
Specialist services	9.3	20.9	30.2	49.9	19.9	69.8	100.0	32,300	18,300
Basic support and other services n.e.s.	1.0	0.7	1.7	95.0	3.3	98.3	100.0	53,400	19,900
Total (%)	4.3	6.7	11.0	77.6	11.3	89.0	100.0	••	
Total (number)	9,200	14,400	23,600	166,300	24,300	190,600		214,200	25,500

Table 6: Broad type of SAAP services requested by clients in closed support periods, by provision and client group, Australia, 2004–05 (per cent of distinct services requested)

		Neither							
Housing/accommodation	6.4	11.1	17.5	71.9	10.7	82.6	100.0	107,300	78,300
Financial/employment	4.3	12.0	16.3	69.5	14.2	83.7	100.0	59,700	45,600
Counselling	2.8	4.6	7.4	84.3	8.3	92.6	100.0	89,500	57,600
General support/advocacy	1.5	2.4	3.9	87.3	8.8	96.1	100.0	156,900	83,100
Specialist services	3.9	17.4	21.3	63.0	15.7	78.7	100.0	26,000	20,200
Basic support and other services n.e.s.	1.2	1.0	2.2	96.1	1.7	97.8	100.0	140,100	59,900
Total (%)	2.9	5.7	8.6	83.2	8.2	91.4	100.0		
Total (number)	17,000	32,900	49,900	482,100	47,600	529,700		579,600	116,000

Notes

1. Number excluded due to errors and omissions (weighted): 115 'mental health'; 411 'substance use'; and 2,504 'neither' closed support periods (cases with no information on In groups of service types, a client may require more than one type of service within the group. Percentages for broad groups relate to all needs and not to support periods.
 A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of support periods in the 'substance use's and a mental health problem in the same support period.

use', 'mental health' and 'neither' groups will not sum to the total number of support periods.

4. n.e.s. (not elsewhere specified).

5. Figures have been weighted to adjust for agency non-participation.

 Table 7: Selected SAAP services requested by clients in closed support periods, by provision and client group, Australia, 2004–05 (per cent closed support periods)

	N	lot provided			Provided			
Type of service	Neither provided nor referred	Referred	Sub-total	Provided only	Provided and referred	Sub-total	Total	Closed support periods (number)
				Mental h	ealth			
Psychological services	16.1	41.8	57.9	23.2	18.9	42.1	100.0	4,300
Psychiatric services	13.2	40.8	54.0	23.3	22.7	46.0	100.0	5,100
Drug/alcohol support or intervention	12.6	16.1	28.7	38.8	32.6	71.4	100.0	3,800
				Substance	e use			
Psychological services	17.6	38.3	55.9	24.9	19.3	44.2	100.0	2,000
Psychiatric services	14.2	35.7	49.9	25.6	24.5	50.1	100.0	2,300
Drug/alcohol support or intervention	11.1	15.8	26.9	54.0	19.1	73.1	100.0	16,100

Notes

1. Number excluded due to errors and omissions (weighted): 115 'mental health' and 411 'substance use' closed support periods (cases with no information on service requirements or provision).

2. A client may have reported a substance use problem and a mental health problem in the same support period.

3. Figures have been weighted to adjust for agency non-participation.

# Table 8: SAAP closed support periods: labour force status in the week before and after a support period by client group, Australia, 2004–05

	Befo	Before support		
Labour force status	%	Number	%	Number
			Mental health	
Employed full time	1.5	200	2.0	200
Employed part time/casual	4.4	500	5.6	600
Unemployed (looking for work)	23.2	2,600	22.3	2,500
Not in labour force	70.9	7,900	70.1	7,800
Total	100.0	11,100	100.0	11,100
			Substance use	
Employed full time	1.6	400	2.6	600
Employed part time/casual	3.5	800	4.8	1,100
Unemployed (looking for work)	30.4	6,700	29.1	6,500
Not in labour force	64.5	14,300	63.5	14,100
Total	100.0	22,200	100.0	22,200
			Neither	
Employed full time	3.0	2,600	3.8	3,400
Employed part time/casual	6.6	5,900	7.7	6,900
Unemployed (looking for work)	25.1	22,300	24.1	21,500
Not in labour force	65.3	58,100	64.4	57,300
Total	100.0	89,000	100.0	89,000

Notes

 Table includes only those records where information was provided on labour force status both before and after support. Number excluded due to errors and omissions (weighted): 2,633 'mental health'; 5,204 'substance use'; and 30,585 'neither' closed support periods.

2. A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of closed support periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of closed support periods.

3. Figures have been weighted to adjust for agency non-participation and client non-consent.

Table 9: SAAP closed support periods: main source of income immediately before and after a support period by client group, Australia, 2004–05

	Befor	e support	Afte	After support		
Main source of income	%	Number	%	Number		
		N	lental health			
No income	6.4	800	4.1	500		
Disability support pension	43.9	5,100	44.8	5,300		
Parenting payment	11.2	1,300	11.9	1,400		
Newstart allowance	20.2	2,400	19.9	2,300		
Other government payments	13.7	1,600	14.1	1,700		
Other income	4.5	500	5.1	600		
Total	100.0	11,700	100.0	11,700		
		S	ubstance use			
No income	5.8	1,300	3.5	800		
Disability support pension	34.1	8,000	34.7	8,100		
Parenting payment	10.9	2,500	11.4	2,700		
Newstart allowance	31.0	7,200	30.5	7,100		
Other government payments	14.9	3,500	15.6	3,600		
Other income	3.3	800	4.3	1,000		
Total	100.0	23,300	100.0	23,300		
			Neither			
No income	8.6	8,400	6.5	6,400		
Disability support pension	17.7	17,300	17.8	17,400		
Parenting payment	27.9	27,300	28.9	28,300		
Newstart allowance	21.5	21,100	21.5	21,000		
Other government payments	17.2	16,800	17.6	17,300		
Other income	7.2	7,000	7.7	7,500		
Total	100.0	97,800	100.0	97,800		

Notes

1. Table includes only those records where information was provided on main source of income both before and after support. Number excluded due to errors and omissions (weighted): 2,006 'mental health'; 4,103 'substance use'; and 21,694 'neither' closed support periods.

2. A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of closed Support periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of closed support periods.
 Figures have been weighted to adjust for agency non-participation and client non-consent.

Type of accommodation	Befor	Afte	After support		
	%	Number	%	Number	
			Mental health		
SAAP or other emergency housing	18.9	1,800	19.5	1,900	
Living rent-free in house/flat	10.9	1,000	8.9	900	
Private rental	13.5	1,300	14.3	1,400	
Public or community housing	10.9	1,000	17.4	1,700	
Rooming house/hostel/hotel/caravan	9.1	900	10.0	1,000	
Boarding in a private home	9.5	900	8.6	800	
Dwn home	3.9	400	3.1	300	
iving in a car/tent/park/street/squat	10.9	1,000	6.4	600	
nstitutional	10.6	1,000	9.4	900	
Other non-SAAP	1.8	200	2.4	200	
Total	100.0	9,500	100.0	9,500	

#### Table 10: SAAP closed support periods: type of accommodation immediately before and after a support period by client group, Australia, 2004–05

			Substance use	
SAAP or other emergency housing	23.5	4,200	21.0	3,800
Living rent-free in house/flat	10.2	1,800	8.4	1,500
Private rental	8.4	1,500	9.6	1,700
Public or community housing	10.9	1,900	15.0	2,700
Rooming house/hostel/hotel/caravan	7.1	1,300	8.5	1,500
Boarding in a private home	8.8	1,600	8.2	1,500
Own home	1.2	200	1.0	200
Living in a car/tent/park/street/squat	16.1	2,900	13.9	2,500
Institutional	12.7	2,300	12.7	2,300
Other non-SAAP	1.2	200	1.6	300
Total	100.0	17,900	100.0	17,900
			Neither	
SAAP or other emergency housing	11.7	9,900	15.8	13,200
Living rent-free in house/flat	12.7	10,600	10.2	8,600
Private rental	20.3	17,000	21.5	18,100
Public or community housing	16.2	13,600	19.0	15,900
Rooming house/hostel/hotel/caravan	10.6	8,900	11.5	9,700
Boarding in a private home	12.8	10,800	10.4	8,800
Own home	4.9	4,100	3.4	2,900
Own home Living in a car/tent/park/street/squat	4.9 7.4	4,100 6,200	3.4 4.5	2,900 3,800
		,		

Total Notes

1. Table includes only those records where information was provided on type of accommodation both before and after support. Number excluded due to errors and omissions (weighted) 4,178 'mental health'; 9,486 'substance use'; and 35,548 'neither' closed support periods.
A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of closed

100.0

84,000

100.0

84,000

support periods in the 'substance use', 'mental health' and 'neither' groups will not sum to the total number of closed support periods.

3. Figures have been weighted to adjust for agency non-participation and client non-consent.

Type of accommodation	≤1 week	>1–13 weeks	>13–26 weeks	>26–52 weeks	>52 weeks	Tota		
	Mental health							
SAAP or other emergency housing	19.1	22.0	19.7	15.8	12.5	19.8		
Living rent-free in house/flat	9.3	9.0	9.6	8.0	5.0	8.8		
Private rental	11.3	13.5	17.6	18.1	19.8	14.		
Public or community housing	13.0	13.3	20.0	28.8	43.9	17.		
Rooming house/hostel/hotel/caravan	11.0	11.3	8.1	8.3	2.7	10.		
Boarding in a private home	7.8	9.4	9.2	7.6	6.4	8.		
Own home	2.7	3.3	3.0	4.1	1.9	3.		
Living in a car/tent/park/street/squat	11.7	4.7	4.0	3.6	1.0	6.		
Institutional	11.9	10.9	5.6	3.9	5.8	9.		
Other non-SAAP	2.0	2.7	3.3	1.8	1.0	2.		
Total	100.0	100.0	100.0	100.0	100.0	100.		
Total (%)	<b>29.4</b>	43.9	12.2	8.4	6.2	100.		
Total (%)	2,900	4,300	1,200	800	600	9,80		
			Subst	ance use				
SAAP or other emergency housing	20.9	23.5	19.0	17.0	12.5	21.		
Living rent-free in house/flat	7.4	9.7	8.6	6.7	6.3	8.		
Private rental	6.2	9.8	13.4	15.5	20.0	9.		
Public or community housing	12.7	10.7	18.5	27.9	42.1	). 14.		
Rooming house/hostel/hotel/caravan	7.2	10.7	7.8	6.9	3.0	8.		
Boarding in a private home	5.5	10.9	7.8 8.5	9.5	3.0 7.6	o. 8.		
Own home	0.7	10.3	8.5 1.4	9.5	0.8	o. 1.		
		7.2						
Living in a car/tent/park/street/squat	23.6		12.7	5.5	1.1	14.		
Institutional	14.9	14.4	8.0	7.9	5.5	13.		
Other non-SAAP	0.9	2.2	2.2	1.6	1.0	1.		
Total	100.0	100.0	100.0	100.0	100.0	100.		
Total (%)	40.7	38.4	9.8	6.6	4.4	100.		
Total (number)	7,500	7,100	1,800	1,200	800	18,40		
			Nei	ither				
SAAP or other emergency housing	16.8	16.9	12.2	10.2	10.3	16.		
Living rent-free in house/flat	10.5	10.4	9.2	7.7	6.3	10.		
Private rental	17.0	25.3	28.6	26.2	26.8	21.		
Public or community housing	18.2	15.6	23.6	31.4	37.4	18.		
Rooming house/hostel/hotel/caravan	15.1	9.1	5.2	6.3	2.4	11.		
Boarding in a private home	8.9	12.4	11.5	9.7	10.3	10.		
Own home	2.9	3.8	4.7	3.2	2.7	3.		
Living in a car/tent/park/street/squat	6.7	2.4	1.5	1.9	0.8	4.		
Institutional	2.2	2.3	1.7	1.6	2.0	2.		
Other non-SAAP	1.7	1.9	1.8	1.6	1.0	1.		
Total	100.0	100.0	100.0	100.0	100.0	100.		
	100.0	,00.0						
Total (%)	50.4	34.3	7.7	5.0	2.6	100.		

Table 11: SAAP closed support periods: type of accommodation after support by length of support and client group, Australia, 2004–05 (per cent)

Notes

Number excluded due to errors and omissions (weighted): 3,962 'mental health'; 8,982 'substance use' and 33,730 'neither' closed support periods.
 A client may have reported a substance use problem and a mental health problem in the same support period. Consequently, the number of closed

Support periods in the 'substance use', 'mental health'; and 'neither' groups will not sum to the total number of closed support periods.
 Figures have been weighted to adjust for agency non-participation and client non-consent.

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