

# Home and Healthy

Micah Projects, YFS and ATSICHS have partnered to deliver the Home and Healthy program, which is based on an integrated psychosocial support model focused on one-on-one support and system navigation.

## What is Home and Healthy?

The Home and Healthy program assists people to effectively navigate across systems such as housing, physical health care, drug and alcohol, mental health, and social enterprise. We assist people, and their informal support networks, to identify and follow up on their recovery and housing goals, leading to an improved sense of wellbeing and stability. We also work with other organisations to improve their understanding and capacity for supporting their participants to navigate multiple service systems.

Micah Projects provides services in the Brisbane South and Redlands sub-regions. YFS covers Logan and Beaudesert, and ATSICHS works across the whole region supporting First Nations people who prefer a community-controlled service response.

## Home and Healthy Objectives

The Home and Healthy program's primary focus is on a person's mental health, homelessness risk, and social connectedness. The service objectives are:

- Identification and progress towards personal recovery goals
- Improved or stabilised mental health and wellbeing, leading to reduced need for acute mental health services
- Improved access to, and sustainment of, stable, safe, and appropriate accommodation
- Improved linkages to primary health care
- Increased functional capacity
- Increased connection and reduced isolation, leading to improved engagement in daily and community activities, and improved relationships
- Increased knowledge and skills with improved self-confidence and independence

## Eligibility Criteria

The program is designed to support people aged 16+ with severe mental illness who:

- Have an associated reduced psychosocial functional capacity
- Have complex housing and homelessness support needs impacting their mental health or vice versa
- Are able to actively engage in the community (i.e., not in prison or long-term psychiatric facility)
- Are not already receiving support through the National Disability Insurance Scheme and/or state-funded psychosocial support programs

### Home and Healthy

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Ground Floor, 162 Boundary Street, West End Q 4101  
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## Referral Process

1. Complete the Home and Healthy referral form which can be found on each organisation's website
2. Email or fax the referral to the organisation servicing the area that is applicable to the participant

### Brisbane South and Redlands Regions

Micah Projects – Ph: 3029 7000 | Fax: 3029 7029 | 162 Boundary St, West End Q 4101

E: [homeandhealthy@micahprojects.org.au](mailto:homeandhealthy@micahprojects.org.au) | [www.micahprojects.org.au](http://www.micahprojects.org.au) [www.inclusivehealth.org.au](http://www.inclusivehealth.org.au)

### Logan and Beaudesert Regions

YFS – Ph: 3826 1500 | Fax 3808 9416 | 376 Kingston Rd, Slacks Creek Q 4127

E: [yfsconnect@yfs.org.au](mailto:yfsconnect@yfs.org.au) | [www.YFS.org.au](http://www.YFS.org.au)

### Brisbane South, Redlands, Logan and Beaudesert Regions

ATSICHS – Ph: 3240 8900 | Fax: 3391 6196 | 55 Annerley Rd, Woolloongabba Q 4102

E: [social.health@atsichsbrisbane.org.au](mailto:social.health@atsichsbrisbane.org.au) | [www.atsichsbrisbane.org.au](http://www.atsichsbrisbane.org.au)