



Mind in Gwent yng Ngwent

# Supporting Tenancy Sustainment

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# Why it matters

- Mental Health and Housing are connected
- Early warning signs often missed
- Prevention reduces crisis (and cost)
- Stability supports recovery



# Trauma Informed Approach

- Recognise trauma impact
- Build safety and trust
- Understand behavior
- Prevent escalation early



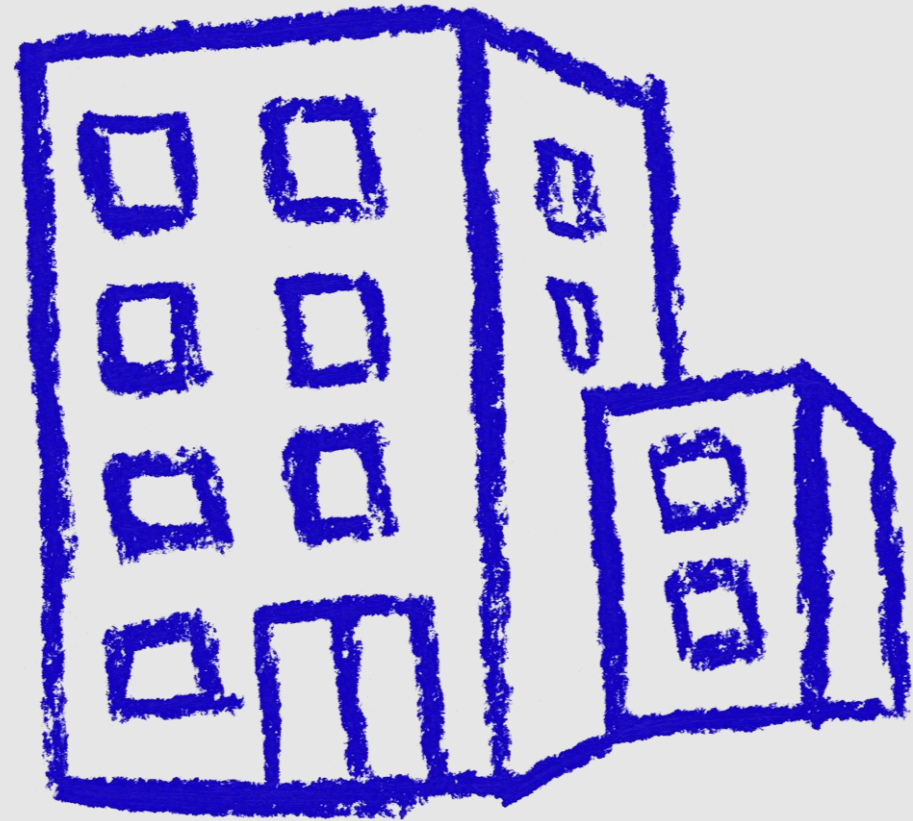
# Person centred approach

- Individual focus
- Collaborative working
- Strengths based
- Early tailored intervention



# Early warning signs

- Isolation and withdrawal
- Unopened letters
- Financial pressure
- Substance use vulnerability
- Daily task difficulties



# Prevention in practice

- Proactive engagement
- Build trust early
- Small steps
- Consistent support



# Tenancy Workbooks

Practical structured tools

Build independence

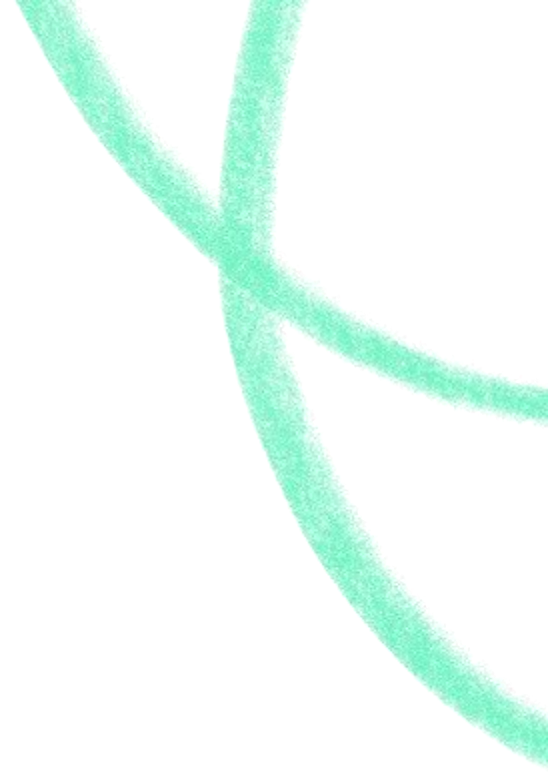
Increase confidence

Prevent escalation



# Mind in Gwent Approach

- Budgeting skills
- Tenancy understanding
- Home management
- Wellbeing integration



# Cost Comparison: Prevention V's Crisis

## Prevention:

- Low cost early support
- Reduced service demand

## Crisis

- Emergency housing
- High service costs
- Multi-agency response

# Benefits of Prevention

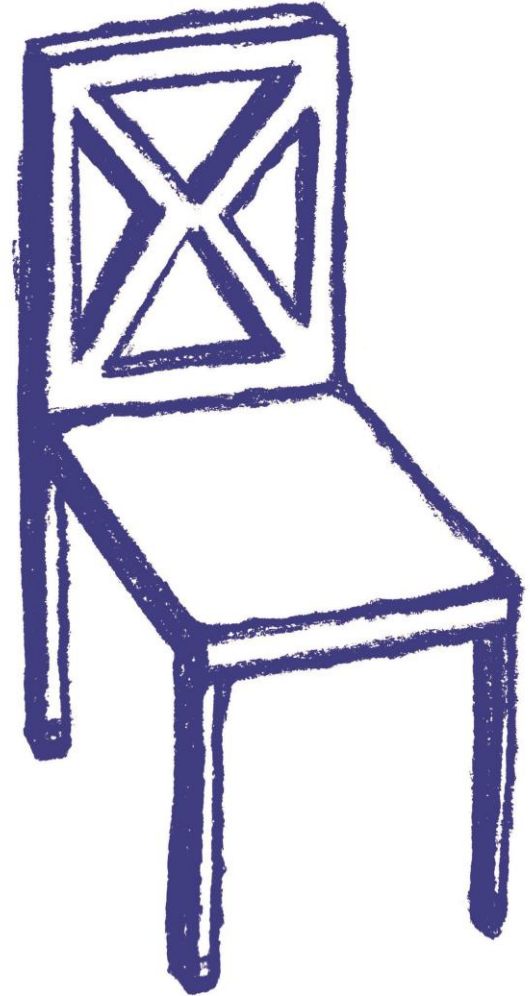
- For Tenants:
  - Stability
  - Confidence

- For Services
  - Reduced demand
  - Better outcomes
  - Cost efficiency



# Key Takeaways:

- Early signs matter
- Prevention is effective
- Relationships enable success
- Empowerment sustains tenancies





**Opportunity for  
questions at the end  
of the session.**

