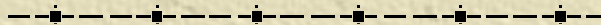




*PEOPLE WITH MENTAL ILLNESS
CAN LIVE INDEPENDENTLY!*

UMDNJ Department of Psychiatric Rehabilitation
Collaborative Support Program of New Jersey
CSPNJ





✦ Do you think people with mental illness can live on their own?

✦ Where do you think people with mental illness live?

THE PUBLIC'S PERCEPTION

- ✦ People usually do not believe that a person with mental illness can live on his/her own and manage the activities that are required for independent living.
- ✦ Most people believe that individuals with psychiatric illnesses reside in institutional settings, such as hospitals or “halfway houses”.



Facts About Housing for People with Mental Illness

Mental illness does not preclude a person from successfully running their household.

All people with mental illness, just like people in general, have the ability to live independently in the setting of their choosing!

Barriers to Housing for People with Mental Illness

- ✧ The decline in affordable housing
- ✧ The rising cost of housing in relation to income

Barriers to Housing for People with Mental Illness

✦ Fear of Loss of Entitlements

Barriers to Housing for People with Mental Illness

✦ Stigma

- People may be wary of having a person with mental illness as a neighbor, tenant, or even friend.

The Truth About Tenants with Mental Illness

- ✦ Competent neighbors
- ✦ No more dangerous than other members of society
- ✦ Reliable friends and acquaintances

Independent Living Skills

- ✦ Cleaning
- ✦ Taking medication
- ✦ Budgeting and other banking skills
- ✦ Shopping

Supported Housing

- ✦ Choice
- ✦ A home not a residential treatment facility
- ✦ Long term
- ✦ Stable
- ✦ Affordable
- ✦ Safe

PROFESSIONAL SUPPORT

- ✦ Build relationships with landlords
- ✦ Assist with living skills
- ✦ Help build natural supports

Other Types of Housing

- ✦ Boarding homes
- ✦ Shelters
- ✦ Supervised group homes

People with Mental Illness can Work and Manage their Households

- ✦ Pay their own bills
- ✦ Rent, share, or own their own homes
- ✦ Participate in community activities, such as Tenant Associations, Rotary Clubs, or Recreation.

*If you know someone with
mental illness
(or if you suspect you have a problem)*

- There is hope and resources to help.

Please reach out and find a local resource:

<http://www.njgroups.org/>

or

Your community mental health center