

Tanya's Story

Tanya is 23 years old and identifies as Aboriginal Torres Strait Islander. She left school when she was 14. She has accessed temporary accommodation on numerous occasions over the past 7 years but has become homeless again. She has been sleeping rough for about a year. Whilst sleeping rough Tanya has been a victim of physical assault by her partner.



Tanya has experienced trauma in her life that remains untreated. She has a history of multiple admissions to hospital Emergency Department (ED) and has been diagnosed with diabetes. She drinks alcohol frequently and takes other drugs. When she is feeling very low Tanya finds that she cannot sleep. She becomes anxious and irritable and her drug use increases. Tanya finds talking to someone very useful when she is in crisis. If she can describe how she is feeling she finds it easier to distance herself from negative associations and activities.

Tanya has been admitted to mental health units involuntarily and has also admitted herself when she has felt unsafe. While on the streets, she has attempted to harm herself and has engaged in risky activities. She is not currently receiving treatment for her substance use but does occasionally see a professional about her mental health.

Tanya has not been to prison, however since sleeping on the streets she has had multiple interactions with the police and has some ongoing legal issues that she is worried may result in her being locked up or having to pay a fine. Tanya does not receive any income.

After getting to know Tanya over a period of several months the local Assertive Outreach Team was able to complete a VI-SPDAT. Tanya's score was 16. Tanya agreed to a referral and was accepted onto the Together Home Program. The Community Housing Provider was able to secure a headlease for a property on the outskirts of town, and the Assertive Outreach team worked together with the new support provider to assist a handover.

After working with Tanya for a couple of months it became evident that Tanya would benefit from a high needs package. The support provider worked with Tanya to look at what she wanted to change, agree her goals and identify what support she would need to achieve these. With Tanya's consent a referral to the Together Home High Needs panel was made.