

Why We Integrate Health & Homelessness

Fact Sheet | CQ Zero



The Core Insight

Housing and health are inseparable. People experiencing homelessness have significantly poorer health outcomes and without stable housing, health interventions alone cannot succeed.

Why Integration Matters

Homelessness is a health issue

- Higher rates of illness, chronic conditions, and early mortality
- Homelessness both causes and worsens physical and mental health conditions
- Unstable housing increases hospital use, crisis presentations, and system costs

Housing is a health intervention

- Safe, secure housing provides stability, safety, and improved wellbeing
- Evidence shows housing improves physical and mental health, reduces hospitalisations, and strengthens recovery

Fragmented systems don't work

- Health, housing, and social services operating in silos create barriers, duplication, and gaps
- People with complex needs are forced to navigate systems not designed to work together

Integrated approaches deliver better outcomes

- Coordinated, multidisciplinary responses improve access, reduce system pressure, and support long-term stability
- Models like Housing First show strong, evidence-based improvements in both housing and health outcomes

What this Means for CQ Zero

Better outcomes for people

- People are housed faster
- Health needs are identified earlier
- Support is coordinated, not duplicated

Stronger system performance

- Reduced pressure on hospitals, crisis services, and justice systems
- More efficient use of existing resources
- Shared responsibility across sectors

Data-driven decision making

- Integrated data (By-Name List, AHVTT) reveals health complexity, service gaps, and opportunities for targeted intervention

Our Approach

CQ Zero brings together

- Housing and homelessness services
- Health providers — primary, mental health, AOD
- Community and support organisations

To deliver

- Coordinated case conferencing
- Shared data and prioritisation
- Health linkages
- System-wide accountability for outcomes