

The Homeless Programs Office (HPO) newsletter contains news and information about VA's ongoing effort to prevent and end homelessness among Veterans.



Executive Director's Message | Around HPO

Health Update | Staff Spotlight | Fact of the Month

Veterans who are homeless or at imminent risk of homelessness are strongly encouraged to contact the [National Call Center for Homeless Veterans](#) at (877) 4AID-VET (877-424-3838) for assistance.

Message From Monica Diaz, Executive Director, VHA Homeless Programs Office



It's widely known that protecting our country can leave Veterans with the invisible scars of posttraumatic stress disorder (PTSD). What is less well known is the additional compounded trauma that homeless Veterans often face.

Even if they avoid any acutely damaging events while unhoused, being homeless is distressing on its own. It's traumatic to not know where you can safely sleep. To be hungry and not know where your next meal is coming from. To be unsheltered and facing harsh weather and uncertain surroundings.

The experience wears you down and colors how you see the world for years to come—even long after you've found stability and safe housing.

As we work to house at least 41,000 Veterans this year, we know it's crucial that we apply the [principles of trauma-informed care](#) to every interaction we have with

Veterans. We strive to create safe and transparent environments where we can collaborate with Veterans, empowering them and giving them a voice in their journey back from homelessness.

[Read more.](#)

Around HPO

[Ending Veteran Homelessness Podcast: Groundbreaking Program Keeps Trauma of Homelessness Top of Mind](#)

There is one thing every homeless Veteran has in common: they have experienced traumas. That's why a unique program at the VA Boston Healthcare System is taking a trauma-informed approach to serving homeless Veterans. On the Ending Veteran Homelessness podcast, hear from three team members as they talk about their work. [Listen to the episode.](#)



[Transgender Veteran Works to Bring Visibility to LGBTQ+ and Homeless Communities](#)

Air Force Veteran Ares Paige wants LGBTQ+ Veterans facing homelessness to know they aren't alone—he's been there, too. After getting access to permanent housing through VA, Paige has found meaning in helping others in Akron, Ohio. [Read his story.](#)

Trauma-Informed Care Resources

More than half of Veterans endure trauma during their military service, and that's only compounded by homelessness. Learn about the trauma-informed resources and programs VA uses to treat Veterans with the sensitivity they deserve:

- [SAMHSA Concept of Trauma and Guidance for a Trauma-Informed Approach](#)
- [NCHAV Fact Sheet on Trauma-Informed Care for Working with Homeless Veterans](#)
- [NCHAV Housing Interventions & Practices Website](#)
- [NCHAV Health Care Interventions Website](#)
- [VA National Center for PTSD Trauma-Informed Care Website](#)



The 2024
CHALENG survey
on Veteran



[Take the Project CHALENG Survey](#)

Help us better serve America's homeless Veterans!



Help us better serve America's homeless veterans. Take six minutes to complete the annual Project CHALLENGE survey and tell us what you think we're doing right and what we could do better. For 30 years, this initiative has brought together providers, Veterans, and other concerned citizens to identify and meet the needs of homeless Veterans nationwide. [Take the survey.](#)

[Navy Veteran Turns His Life Around with a Second Chance from VA](#)

No one knows the value of second chances more than Navy Veteran Tim Healy. This [National Second Chance Month](#), learn how Healy went from facing a life sentence to helping other Veterans battling substance abuse problems as a VA peer specialist. [Read Healy's story.](#)



[Office for Victims of Crime \(OVC\) Anti-Trafficking Housing Assistance Program](#)

This program was created to develop, expand, and/or strengthen funded organizations so they can provide housing and associated support services to victims of human trafficking. Applicants are invited to apply under two program purpose areas, including Developing Capacity to Serve Human Trafficking Victims and

Enhancing Scope of Housing Assistance for Human Trafficking Victims. The deadlines to apply are May 6, 2024, on Grants.gov, and May 20, 2024, on JustGrants. [Learn more.](#)

[Brush with Homelessness Leads Air Force Veteran on a Path to Helping Others](#)

When her landlord abruptly ended her lease, Air Force Veteran and dedicated volunteer Pat James-Booker was left without a home. She was able to quickly connect with VA homeless services to find an apartment, and her positive experience inspired her to double down on her volunteer work with other Veterans. [Read the blog.](#)



[Supportive Services for Veteran Families \(SSVF\) Shallow Subsidy Services](#)

SSVF's Shallow Subsidy services provide a set amount of rental help for a longer period than other support programs—as long as two years. Veterans enrolled in SSVF are eligible to apply for this rental assistance



CVT are eligible to apply for this rental assistance. [Learn more.](#)

[Decoding VA Abbreviations](#)

Do you feel like you're swimming in alphabet soup when it comes to VA terminology? Use this guide to help you decode VA's most common abbreviations. [Check out the guide.](#)



Health Update

Counselors play an important role in helping Veterans manage stress and maintain mental health and wellbeing. During National Counseling Awareness Month and National Stress Awareness Month, in addition to counseling, take time to [manage your stress](#) by:



- Being active
- Eating a healthy diet
- Avoiding unhealthy habits
- Meditating
- Laughing more
- Connecting with others
- Asserting yourself
- Getting enough sleep
- Keeping a journal

Counselors at VA work across all care settings, including hospitals, residential programs, and outpatient clinics. [Find counseling and mental health support services near you.](#)

HPO Staff Spotlight: Katy Dhein

This year, we're spotlighting VA's Housing First approach through a series of interviews with VA employees and taking a look at how they're working to end Veteran homelessness through Housing First. [Learn more about Housing First.](#)

Why does HUD-VASH senior social worker Katy Dhein love VA's Housing First approach to Veteran homelessness? With the flexibility to develop solutions tailored to each individual, Dhein has more chances to say yes to the Veterans she works with—and that's a good feeling. [Read the full spotlight.](#)

