

N Street Village Mid Cycle Grant Report – Holy Trinity

Grant Amount: \$10,000

Project: The Wellness Center

Due: January 1, 2021 – Describe work, challenges, and achievements

Outcomes

The goals of the Wellness Center at N Street Village are to promote health and prevent disease in women experiencing homelessness in the District of Columbia. These goals are achieved through offering a holistic approach to Wellness. The Wellness Center staff and volunteers endeavor to offer services that are age appropriate and responsive to the diversity of clients served (i.e. sexual orientation, gender identity, race/ethnicity, language preference, etc.).

The top 3 goals for the Wellness Center included in the grant proposal included:

- The Wellness Center will offer over 1,250 hours of mental and physical health promotion classes
- At least 800 women will participate in physical health programming
- At least 250 women will participate in mental health programming

The above goals were predicted outcomes for FY20 (July 1, 2019 through June 30, 2020) which ended shortly after the grant was awarded. As a result of COVID-19, the Wellness Center was closed from late March until June 2020. Some classes were offered virtually and in July 2020 the Wellness Center re-opened two afternoons a week for in-person services. The Wellness Center was on track to surpass the projected outcomes for FY20 before the pandemic and therefore, despite the disruption in services, achieved or nearly achieved all of them.

The Wellness Center achieved the following outputs and outcomes in FY20:

- The Wellness Center offered over 849 hours of mental and physical health promotion classes
- 450 women participated in physical health programming
- 314 women made the Unity Health Clinic at the Wellness Center their medical home
- 242 women participated in mental health programming
- 10 women participated in a trauma-specific recovery group (TIMBo)

Since July 1, 2020, health services have been offered at the Wellness Center two afternoons a week and virtually. Between September and December 2020, the Wellness center provided 10 unique individuals over the counter medications and/or medical services an average of 8 times.

In July and August the organization invested in expanding in its capacity to deliver HIPPA compliant remote case management and behavioral health services. Since then, Village staff, as well as partner agencies, provide educational and therapeutic groups on topics such as; living with HIV/AIDS, breast health, relapse prevention and 12-step meetings, and diabetes. Mental health education, support groups, and crisis intervention are provided. In addition, the Wellness Center offers multiple classes for self-expression such as art, journaling, and poetry.

Challenges / Programming Update

Because so many of the women served by N Street Village are considered to be at higher risk for COVID19 due to age, health, or physical proximity to others, protection of this vulnerable population has become the organization's central purpose. Protective measures have been put into place to meet basic needs and keep the Village a safe resource and alternative to living on the streets. In addition to maintaining the health of clients and staff, increased needs and shifts made to Village programming and operations include a change to primarily virtual programming including mental health case management and refocusing programs to meet clients' most urgent needs such as food and access to services.

Moving forward, the Center will continue to offer a holistic approach to wellness and addresses critical and complex needs for homeless and low-income women through integrated health, addiction, and trauma recovery services offered in person and through tele-health. The center is on track to achieve the following FY21 goals:

- The Wellness Center will offer over 1,250 hours of mental health promotion classes
- At least 250 women will participate in mental health programming