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Resident Spotlight: Thomas King

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Image



CHA's new HCV Health and Wellness Program offers support to participants who are experiencing life stressors that place them at risk of housing instability or other situations that create difficulties in

their daily lives. While public housing residents have historically had access to mental health support services through the agency's third-party service providers, this program is a first for the agency's HCV participants. It represents a fresh focus for CHA that addresses mental health issues and utilizes trauma-informed counseling that is intentional and strategic specifically for those in the HCV program.

Participant Thomas King credits the program with getting him back on track after a rough spell that followed the isolation of the pandemic. "I'm so glad I found it," he said. "For me it's the reinforcing ideas of mindfulness and allowing me to talk about things that are going on. It's really important to have someone to talk with about things that we're not necessarily comfortable talking about."

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