

NATIONAL  
HEALTH CARE  
*for the*  
HOMELESS  
COUNCIL

# OPENING ACCESS TO WELLNESS:

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## Integrative Health for People Experiencing Homelessness

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Albert Miller

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# VALUE OF INTEGRATIVE APPROACHES

- COMPLEMENTS EXISTING SERVICES
- IMPROVES CLINICAL OUTCOMES
- INCREASES COMMUNITY PARTNERSHIPS
- ELEVATES STAFF MORALE







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# OUR POVERTY POLICY PODCAST



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*iTunes*, and *SoundCloud*

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MARCH 18

Episode 4: Yoga

Join us to hear from three special guests on the connection between yoga, poverty, and policy.

Yogi Albert, Yoga instructor and advocate in Baltimore, MD. <https://anchor.fm/albert-miller>

Deirdre Hoey, LCSW-C, Therapist at Health Care for the Homeless in Baltimore, MD.  
[www.hchmd.org](http://www.hchmd.org)

Barbara DiPietro, PhD, Senior Director of Policy at the National Health Care for the Homeless Council in Baltimore, MD. [www.nhchc.org](http://www.nhchc.org)



Play  
22 min



# STEPS TO CONSIDER

A faint, light-colored silhouette of a person sitting in a meditative pose (lotus or similar) is centered in the background of the slide. The person's arms are extended outwards, and their hands are resting on their knees in a mudra. The silhouette is semi-transparent, allowing the text to be read over it.

1. Expand your own definition of health care
2. Invite community partnerships
3. Actively pitch opportunities (at every turn!)
4. Create safe spaces
5. Build a tribe of support



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