

# VHA Homeless Programs - Self Care for Staff

The National Center on Homelessness among Veterans has developed a podcast series for VA staff working with Veterans experiencing homelessness or those at risk for homelessness or unstably housed.

## Podcast Host



**Dr. Roger Casey,**  
Director, Education & Dissemination, National Center on Homelessness among Veterans



Dr. Casey talks with experts from across the VHA on balancing personal professional life through wellness and self-care while working with Veterans experiencing homelessness.

## Podcast Series:



### Mindfulness Practices: A Discussion

Jeff Belton, Tai Chi/Qi Gong Instructor, Recreation Assistant, discusses the efficacy of Tai Chi, Qi Gong, and mindfulness practices on health and wellness.



### Helping Staff Help Themselves

Kristi Whiford, LCSW, HUD-VASH Supervisor, discusses virtual team-building activities to assist staff with feeling connected during uncertain times.



### Finding Camaraderie When Working Virtual

Dr. Michal Wilson, Medical Advisor, VHA Homeless Program Office, offers a reflective look at managing stress through emotional validation. Discussion includes tools to assist with finding a relaxing, calm state when faced with isolation, grief, and uncertainty.



### Caring for Yourself: Why it's Important

Dr. Brian Meyer, PTSD-SUD Specialist, Clinical Psychologist, discusses the importance of caring for yourself during times of uncertainty and offers specific tools for individual use.



### Informed Sleep Tips to Promote Self-care

Anne Wells, LCSW, Mental Health Licensed Clinical Social Worker, discusses management of sleep during times of increased stress. The discussion includes specific tools as well as informed tips associated with Cognitive Behavioral Therapy for Insomnia.



### Self-care: Recognition of Emotions

Dr. Matt Stimmel, National Training Director, Veterans Justice Programs, talks about the importance of self-care. The discussion focuses on impactful tools with recognition of reactions and associated emotions.



### Are You Making Yourself a Priority?

Tracey Noonan, LICSW, HUD-VASH Program Manager, discusses giving yourself the soothing gift of self-care, through the use of personal acknowledgement and informed tips associated with Acceptance Commitment Therapy.

## Podcast Series is Available on these platforms:

Tap the icon to listen on your preferred streaming site

