

Home is Healing Webinar Insights and Highlights

CONVERSATION OVERVIEW

As part of Mental Health Awareness Month, the Parikh Giving Alliance hosted *Home Is Healing: Where Housing Meets Mental Health*, bringing together Ellen O'Connor, CEO of Dave's House; Lisa Portelli, Senior Advisor to the Orlando Mayor for Homelessness and Social Services; and Dr. Kara Boyer, Associate Chief of Staff, Mental Health Service, VA Orlando Healthcare.

Moderated by Dr. Beena Parikh, Co-Founder of the Parikh Giving Alliance, the conversation explored the intersection of housing stability and mental health, highlighting the importance of cross-sector collaboration in advancing supportive housing, access to care and long-term well-being.

KEY CONVERSATION THEMES

- Housing as a Foundation for Wellness

  Safe, stable housing plays an essential role in supporting mental health, recovery, dignity and long-term well-being.
- Connecting Systems of Care

  Housing providers, healthcare organizations, local government and community partners each play an important role in connecting individuals with appropriate resources and support.
- Addressing Gaps and Barriers

  Individuals and families often face challenges navigating housing assistance, mental health services and ongoing care. Greater coordination can help address these barriers.
- The Power of Collaboration

  Partnerships across government, healthcare and nonprofit organizations can help advance sustainable supportive housing solutions.

INSIGHTS & OPPORTUNITIES FOR ACTION

1. Continue the Conversation

Encourage ongoing dialogue among nonprofit, healthcare and government partners addressing housing insecurity and mental health.

2. Strengthen Community Connections

Identify opportunities to connect organizations, share resources and improve awareness of existing housing and mental health services.

3. Elevate Awareness

Share insights and resources from the conversation to help community stakeholders better understand the relationship between housing stability and mental wellness.

4. Encourage Cross-Sector Collaboration

Explore opportunities to improve coordination, address service gaps and strengthen support for individuals experiencing housing instability and mental health challenges.

Resources from the Panel:

- Marni's Call to Action: LEARN AND VOTE - August 18 and Encourage others to VOTE
- Ellen's Call to Action: Be an advocate for someone who needs permanent supportive housing
- Lisa's Call to Action: Learn about and Support Orlando Shelters
- Orange County Mental Health and Homelessness
- Dave's House at Celery - New permanent supportive housing community in Orlando
- Mental Health Association of Central Florida - Mental Health Awareness Month Line Up
- Homeless Services Network - Point In Time Results
- City of Orlando Community Response Team
- City of Orlando Caring for Those Experiencing Homelessness
- Coalition for the Homeless of Central Florida