



## Whole Health & Community Resilience: *Cultivating Health, Healing & Wholeness*

The Department of Veterans' Services (DVS) is committed to the wellbeing and mental health of New York City's service members, and their families.

We recognize the social stigma and high cost associated with clinical mental health treatment. At DVS, we're working to eradicate the stigma and social exclusion veterans with mental health conditions face. We're taking a holistic approach to build out community-based programs to achieve and sustain a stigma-free safe space to treat mental health conditions.

**For more information about *VetsThriveNYC*, please contact us at [Vetsthrevenyc@veterans.nyc.gov](mailto:Vetsthrevenyc@veterans.nyc.gov)**

The Whole Health & Community Resilience team at DVS matches veterans and their families with opportunities to connect, to heal, to grow, and to thrive. Through the *VetsThriveNYC* Whole Health Program, DVS:

- Links New York City veterans and their families to a comprehensive array of life services offered by providers in all sectors
- Partners with the Hidden Heroes Initiative to engage American military caregivers and families
- Offers free certification in Mental Health First Aid for Veterans, a training specifically designed for veterans, family members, and personnel who want to learn how to help a veteran who may be experiencing a mental health-related crisis or problem.

**Learn more at: [www.nyc.gov/vets](http://www.nyc.gov/vets)**

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# Core4 Whole Health Model™

The Core4 Whole Health Model™ is a community and peer-based approach to veteran wellbeing. Relying on City-wide outreach and family engagement, the Core4 approach focuses on increasing connections for veterans and their families beyond clinical settings.

## The Core4 Whole Health Model™ incorporates:

- **Culture:** Education and Engagement through Cultural Initiatives and arts (C1)
- **Connection:** Peer Intervention and Social Support (C2)
- **Community:** Holistic Services (C3)
- **Clinical:** Treatment & Medical Care (C4)

