THE VILLAGE VIEW

N STREET VILLAGE

Spring 2026

nstreetvillage.org

Meeting Women Where They Are: Mental Health Care at the Village

At N Street Village, addressing mental health is critical to helping women stabilize, heal, and rebuild their lives.

The Behavioral Health Services team, led by Clinical Director Adebukola Olufotebi, takes a trauma-informed approach to its work. This approach recognizes the widespread impact of trauma—including abuse, violence, and neglect—and incorporates that understanding into programs, policies, and interactions to avoid re-traumatization and create a safe, supportive environment for healing. Rather than asking, "what's wrong with you," the team approaches care by asking "what happened to you?"

The most common types of mental illnesses affecting women at the Village are PTSD, anxiety, mood disorders such as bipolar disorder, and schizoaffective disorders. To treat these concerns, the BHS team offers individual therapy, group therapy, psychiatric medication management, and crisis stabilization.

Olufotebi says every single client she has worked with has experienced significant childhood trauma that continues to shape their lives. She explained that trauma deeply affects mental health, which in turn can impact emotional regulation and behavior — including how women respond to stress, build relationships, and navigate daily life.

"Trauma has a direct impact on the body and brain. A lot of times when people experience trauma, there's less executive functioning, so they're not able to think as logically or rationally about decisions that they're making," she explained.

Over the last year, N Street Village has seen an increase in severe behavioral health challenges among the women it serves. Many women are navigating complex challenges that require a level of care and support no single person can provide alone. The team supports women through individual and group therapy while providing a consistent, safe space where women can feel genuinely cared for and supported — sometimes for the first time. The Village becomes a source of stability that many women may not experience elsewhere.

The BHS team also recognizes that, according to Maslow's hierarchy of needs, women must have their basic needs like shelter, food, and physical security met before they can fully focus on addressing their mental health. Meaning, recovery is often a long journey that requires stabilization before healing can begin.

LaQuarion Bradley, the Village's Assistant Clinical Director, says she is continually inspired by the tenacity, courage, and resilience of the women as they navigate the difficult path toward healing. "Some of these women have been through really horrific things and they still show up... they show up boldly and it's enlightening. It's fulfilling to see," she says.

This Mental Health Awareness Month, we recognize that mental health touches everyone — whether through personal experience or through someone they know. Behind every person is a story we may not fully see or understand, which is why compassion, empathy, and human connection are foundational at the Village.



Assistant Clinical Director LaQuarion Bradley (left) and Clinical Director Adebukola Olufotebi (right)

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A Message from THE CEO

Read reflections from our CEO on the challenges and opportunities shaping the Village. Her message offers both perspective and gratitude for the community that makes our work possible.

Dear Village Friend,

We begin the new fiscal year in a rapidly shifting environment, where needs are growing and the pathways to securing resources are becoming increasingly complex. While we do not have control over every external factor, the Village will continue to do what we have done for more than five decades. We will continue to welcome every woman with care and compassion.

The vision for the Village emerged during a time of turmoil in the city, as volunteers stepped up to provide simple meals like baked potatoes and a safe place to sleep for vulnerable neighbors. N Street Village has grown and evolved over the last fifty years—both in the number of women we serve and the types of supportive services we provide.

Addiction and mental health challenges are two of the leading drivers of homelessness, and we have recently added key staff to our Behavioral Health Services team. Nearly all of us know someone who has faced one or both struggles—and, in many cases, they were able to access the care and support needed to heal. But for too many women, that help never comes. They face these same challenges without a safety net, family support, or consistent access to care. These are the women we serve.

Each day, we witness the power of our Village in action. Whether it's a woman taking her first courageous step through our doors, a volunteer serving breakfast, or a donor investing in long-term solutions, every act of connection strengthens the foundation for a brighter future.

This past year, your generosity enabled us to provide essential housing and wraparound services to hundreds of women across the city. From emergency shelter to permanent supportive housing, and from job readiness training to wellness programs, your partnership ensures that every woman who comes to us has the opportunity to move forward with strength and dignity.

The road ahead will bring challenges. As federal priorities evolve and long-standing funding streams become less certain, organizations like ours are being asked to do more—with less. Yet, we remain steadfast. Every day, our team opens the doors, prepares meals, leads wellness groups, offers case management, and holds space for healing and hope.

In the midst of change, one constant remains: your support. You remind us that we are not in this alone. We are a Village, and that is both beautiful and powerful. Together, we are focused on meeting the moment to ensure we can continue providing the safe housing and life-changing programs on which our community relies.

We're still here—because you are. In an era of ongoing change, your ongoing commitment remains our greatest source of stability. This community has always been the backbone of our work, and that truth has never been more evident than now. Thank you for all the ways you are standing with us and helping ensure N Street Village continues to provide a welcoming space for every woman who walks through our doors.

With gratitude,



Portia

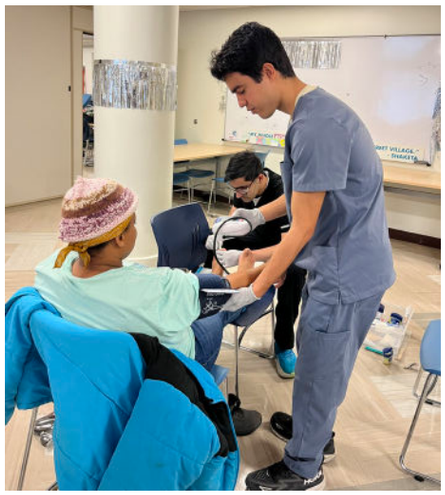
Portia Robertson Migas
President & CEO, N Street Village

Voices of the Village SPOTLIGHT

From the women we serve, who are navigating homelessness with courage and resilience, to the volunteers and donors whose generosity fuels our mission, these are the voices that inspire hope and create change every day.

Helping Women Find Their Footing at the Village

Bethany Women's Center recently hosted a Foot Care Clinic, led by students from the Georgetown School of Medicine. With supervision from a local podiatrist, the students provided compassionate, hands-on care to support the foot health of women at N Street Village. They offered individualized treatments, including foot washing, nail cutting, and wound treatment. Women also had the opportunity to take home shoes and Dr. Scholl's inserts as needed.



Kristin Turner, a leader of the clinic, explained that foot health can often be overlooked. "People don't always think 'I should get my feet checked out,' but it's actually kind of a window into things like early symptoms of diabetes and manifestations of high blood pressure. So, I think it can be an important thing to bring to the community as something people aren't thinking of themselves."

Ali Qadri, a podiatrist based in Southern Maryland, dedicates his time to overseeing the HOYA clinic because he knows that foot care can make a meaningful impact on the daily lives of women experiencing homelessness. He explained that these women often walk long distances in their daily lives.



"If we can keep them on their feet for as long as possible, pain free, that's the best thing we're providing for them," he said. By helping clients improve their mobility, the clinic helps improve their quality of life.

The care these students provide through this clinic is aligned with the Georgetown School of Medicine motto: cura personalis, which is Latin for "care of the whole person." Twisha Kurlagunda, another student, believes that phrase is especially relevant to the students' experience at N Street Village. She says, "the person is not just the medical conditions that they come in for, they are also the circumstances that end up leading them there." This attention to holistic care complements N Street Village's approach to helping women heal and regain stability.

Reflecting on their work at Bethany Women's Center, the students shared how they were positively impacted as well. Co-leader of the clinic, Anoushka Kathiravan said, "This site, in particular, has been really fulfilling for us because everyone who's come in has just been so sweet and lovely, and you can tell when you're making a difference. You can tell when you've given someone something that's able to alleviate their pain or just make them feel more comfortable throughout the day."



N STREET VILLAGE

a community of empowerment and recovery for women

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United Way #8281 | CFC #90946

N Street Village is a community of empowerment and recovery for women experiencing homelessness, housing instability, or low income in Washington, D.C. With comprehensive services addressing both emergency and long-term needs, N Street Village partners with women to achieve stability and make meaningful gains in their housing, income, employment, mental health, physical health, and addiction recovery.

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The Village Shines with Your Support!



In gratitude for his remarkable generosity and enduring partnership, N Street Village dedicated our conference meeting room to Leonard Egan.



The Ambassadors Council assembled snack packs at Bethany Women's Day Center to help keep clients nourished on the go.



Bloomberg assembled 500 toiletry bags filled with essential items that bring dignity and care to the women we serve.