

May Newsletter

From the Desk of the Community Manager

May is Mental Health Awareness Month. At Family Promise of Sussex County, we are raising awareness of the effects that housing instability has on an individual's mental health.

Homelessness has a profound and often devastating impact on a person's mental health. The constant stress of not knowing where you'll sleep, if you'll be safe, or how to provide for you or your family creates an overwhelming sense of instability. This can lead to - or worsen - conditions such as anxiety, depression, PTSD, and feelings of hopelessness.

Without access to consistent care or a safe environment, it becomes even harder to manage mental health challenges. The stigma of homelessness can also cause social isolation and loss of self-esteem, creating a cycle that's difficult to break.

For children and families, the effects are especially severe - disrupting emotional development, education, and a sense of security. Simply put, housing is more than a roof over someone's head, it's a foundation for mental, emotional, and physical well-being.

Homelessness is not just the absence of a home - it's the loss of safety, security, and routine. At Family Promise of Sussex County, we provide wraparound services that help individuals and families navigate housing crises, access mental health support resources, and build a sustainable future.

When someone walks through our doors, they're often carrying the weight of trauma, anxiety, and uncertainty. Our case management and housing stability programs help lift that burden - meeting people where they are and walking alongside them on their journey to stability.

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2025 Casino Night

Family Promise of Sussex County's BIGGEST fundraiser of the year is here!

5/22/2025 5:00pm - 10:00pm

The Conservatory at the Sussex County Fairgrounds

Family Promise of Sussex County's 2025 Casino Night fundraiser will benefit our Housing Hope Emergency Shelter program and other housing stability programs.

When the agency was founded in 1997, and up until the 2020 Covid-19 Pandemic, the agency used a rotational shelter model.

Since the pandemic, FPSC switched to an apartment shelter model which provides far more stability and privacy for clients than the other shelter models and allows them to focus on managing barriers and finding stable housing so that they can exit homelessness as soon as possible.



May is National Mental Health Awareness Month.

Here are some tips to take care of your mental health:

Deep Breathing

Engaging in breathing techniques can be a useful way to calm your body and your mind

Mindful Coloring

A coloring book can be a great tool to refocus on the present and reduce stress

Exercise

Whether it's high intensity training, stretching, or yoga, exercise is a great way to reduce stress and anxiety

Learn Something New

Be creative and challenge yourself to learn something new

Talk to someone you trust



Do activities that you enjoy



Look after your physical health



Mental health

MAY

AWARENESS MONTH

Know Your Rights!

Check out our **FREE**
Eviction Prevention Classes
on our YouTube Channel



@FamilyPromiseSussexCounty

These classes will cover the eviction process from a tenant's point of view, helping those facing eviction understand their rights and how to navigate the process!



Topics Covered In STEPP Classes

Housing Discrimination Rent Increases Habitability
Familiarizing Yourself With The Law Lease Termination
Renting Your New Home and Understanding Your Lease
Eviction (Specific to Landlords)
Property Retrieval: Post-Eviction
Rooms, Boarding Houses, and Mobile Homes
Local Resources and Special Programs

Join us for our **BIGGEST**
Fundraiser of the year!



Betting on a Better Future

Casino Night

All in to End Homelessness

The proceeds from Family Promise of Sussex County's 2025 Casino Night fundraiser will benefit our Housing Hope Emergency Shelter program.

Buy your tickets on our website before they sell out!