
Newsletter

May– Mental Health Awareness Month

Compassion, Connection, and Community Support

Each May, we recognize Mental Health Awareness Month—a time to reflect on the importance of emotional well-being, destigmatize mental illness, and uplift those living with mental health challenges. At Sojourners' Alliance, mental health isn't just an issue we acknowledge once a year—it's a core component of the work we do every day.

Many of the individuals and families we serve at Sojourners are not only facing homelessness, but also the deep and complex emotional toll that comes with it. Anxiety, depression, PTSD, and trauma-related conditions are all too common in populations experiencing housing insecurity. That's why Sojourners takes a holistic approach, offering not just shelter and basic needs, but also compassionate case management and support services that treat each client as a whole person—not just a statistic.

Through our Transitional Housing Program, screenings, and Lived Experience Panels (LEPs), we see firsthand how crucial mental health care is in the journey toward stability and healing. By connecting residents with resources, offering space for their stories to be heard, and creating an environment of dignity and respect, we affirm the message that mental health matters—and everyone deserves the chance to heal and grow.

This Mental Health Awareness Month, we encourage our supporters and community members to check in on themselves and others, learn more about local mental health resources, and continue fostering empathy for those facing invisible struggles. At Sojourners' Alliance, we're proud to stand with those who are healing—and we're honored to walk beside them in the process.



Employee Spotlight:

Welcome to the Family!

Erika Miner is the newest member of Sojourners' staff. As of April, Erika now works as the Regional Access Point Specialist.

Erika graduated from Boise State University in 2021, with a Bachelor in Business. She was recruited to work in Dallas, Texas, where she held a similar position for three years before moving back to Idaho to be closer to her family.

When Erika found the opportunity to work at Sojourner's, she was thrilled.

**"It was exactly what I was looking for.
It helps a population that I love and
hold dear to my heart!"**

Erika describes herself as a workaholic, and feels lucky that she has found a work environment with great coworkers and a wonderful culture.

At the Access Point, Erika works as the first point of contact with homeless people, and she assists them with achieving the resources they need.

**"Be ready to work hard, be ready to
love your job, and be ready to go home
knowing that you helped the people
who are most in need"**

- Erika, on advice in the
field of social work



Erika Miner
Regional Access
Point Specialist

Outside of work, Erika prioritizes her family and her faith. She enjoys camping in the beautiful outdoors, reading just about anything, and she has an obsession with tiny homes!