



new destiny
housing

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CONTACT: Eli Judge, ejudge@groupgordon.com, 608-332-3940

Aftercare Services Give Domestic Violence Survivors a Real Chance at Safety, Stability, and Healing

A new report, released by New Destiny Housing, shows that domestic violence survivors strongly benefit from individualized case management services and mental health counseling post housing placement

NEW YORK – October 29, 2025 – Today, [New Destiny Housing](#), a New York-based nonprofit dedicated to creating housing for survivors of domestic violence, [released a report](#) evaluating the effectiveness of its innovative Emergency Housing Voucher (EHV) Aftercare Program. Launched in January 2022, the EHV Aftercare Program was a large-scale initiative that offered voluntary “light touch” case management services to all domestic violence survivors who received a special EHV Section 8 rental subsidy and layered on mental health services for survivors and their children who needed the additional support to find stability.

The EHV Program provided rental assistance to people across the country struggling to make rent due to the economic hardships inflicted by the COVID-19 pandemic. The U.S. Department of Housing and Urban Development (HUD) issued 70,000 of these EHV vouchers nationally and then gave localities the discretion to direct these vouchers to the homeless and at-risk individuals and families who were most devastated by the pandemic. In New York City, 1,168 of these vouchers were designated for individuals and families fleeing abuse. New Destiny, as the local subcontractor to find housing for these domestic violence households, paired this federal funding with philanthropic dollars to add the case management and clinical mental health services needed to ensure that the survivors in this program received the support needed to maintain their housing and find health and stability.

Domestic violence survivors often need tailored support to achieve housing stability because of the physical, mental, and emotional trauma of abusive interpersonal relationships, especially when the home’s finances have been wrecked by a controlling perpetrator. The EHV Aftercare Program provided services such as education counseling, financial help, technical assistance with the often complicated and emotionally burdensome voucher recertification process, and mental health support.

The report revealed statistically significant improvements in a host of areas of EHV Aftercare participants’ lives, including housing stability; their ability to meet basic needs such as food, medication, and childcare; and notably, an increase in safety-related empowerment—a measure used by social scientists to assess perceived agency and resourcefulness when dealing with abuse. The evaluation also found improvements in intimate partner violence incidence.

EHV Aftercare had tremendous utilization, with 99.5% of participants interacting with an Aftercare Coordinator an average of nine times, with a high-demand cohort of 8.3% that had up to 57 touchpoints. At the conclusion of the evaluation period, the overwhelming majority (87%) of participants said they would recommend the services to someone they cared about.

Hundreds of referrals resulted in over 2,600 individual therapy sessions with a clinician, with therapy engagement superseding a year in some instances. Clinical mental health therapy resulted in participants' perceived ability to deal more effectively with daily problems (83.4%), control their lives (78.9%), deal with crises (84.2%), take care of their needs (88.9%), handle when things go wrong (72.2%), and identify "red flags" in their romantic relationships (66.6.%). Nearly 20% of participants also reported that they had increased their education level while engaging in EHV Aftercare.

University Settlement, a social services agency in New York City, offered mental health therapy to referred participants. This program was designed by New Destiny and made possible with private funds from The Leona M. and Harry B. Helmsley Charitable Trust, which included the funding for the evaluation released today. The evaluation was conducted by Kristie A. Thomas, PhD, MSW, and a team of researchers at Simmons University. A full copy of the report can be [found at this link](#).

"When designing the EHV Aftercare Program, we knew that providing a suite of tailored aftercare services for survivors of domestic violence, could greatly affect their ability to maintain stable housing as they worked to recover from the trauma of abuse. This report shows that there's a roadmap for how services and housing can be combined to permanently change a family's trajectory" said Nicole Branca, CEO of New Destiny Housing. "We want to thank our partners at the Department of Housing Preservation and Development, the New York City Housing Authority and the Mayor's Office to End Domestic and Gender-Based Violence; the funder of the EHV program, the U.S. Department of Housing and Urban Development; our aftercare funder, The Helmsley Charitable Trust; and Dr. Thomas and her team for this extensive evaluation of the program."

"This report details the first phase of our robust, multi-method evaluation of the EHV Aftercare Program, an innovative intervention developed to support a successful transition into safer, more stable housing for domestic violence survivors with Emergency Housing Vouchers. This collaborative program, which was informed by research, theory, and practice wisdom, provided tailored case management and long-term mental health therapy services to any voucher holder who wanted to participate," said Dr. Kristie A. Thomas, professor at Simmons University and lead evaluator of this study. "We found that the aftercare services delivered in this program were highly desired, utilized, and appreciated by voucher holders with histories of domestic violence and housing instability—two distinct forms of trauma that coalesce to create a range of challenges that are nearly impossible to overcome without formal support. Moreover, our findings indicate that the program holds considerable promise for effectively improving a range of outcomes associated with housing stability. We are currently analyzing the quantitative and qualitative data from the second phase of the evaluation, and we hope to add more conclusive empirical support

underscoring how essential housing and aftercare is for the long-term wellbeing of domestic violence survivors and their children.”

“We’re proud to have provided Emergency Housing Vouchers and robust housing navigation support to survivors of domestic and gender-based violence through our successful partnership with New Destiny on the Emergency Housing Voucher Aftercare Program,” said Saloni Sethi, commissioner of the NYC Mayor’s Office to End Domestic and Gender-Based Violence (ENDGBV). “Access to safe, permanent, and affordable housing is critical, and New Destiny’s EHV Aftercare program delivers on that promise and ensures survivor safety while also addressing mental health, ongoing safety, financial empowerment, and other concerns that often arise after survivors move into their new homes. This type of holistic, survivor-centered approach is necessary to remove barriers and address the full spectrum of support many survivors need on their road to healing.”

"As the agency that oversees the largest network of domestic violence services in the country, we deeply applaud New Destiny Housing for its broad work creating and supporting the EHV Aftercare Program," said NYC Department of Social Services Commissioner Molly Wasow Park. "We know that domestic violence can trigger housing insecurity, and all too often homelessness. In a city with an extraordinarily low housing vacancy rate, the EHV Aftercare Program seeks to reverse that trend by helping survivors not only achieve housing stability with rental subsidies but also rebuild their lives with aftercare services."

"For survivors of domestic violence who have unstable housing, getting back on your feet often means navigating the housing system, recovering your finances, supporting your family, and living safely on your own — all while managing your own trauma," said Tracy Perrizo, New York City Program Officer at the Helmsley Charitable Trust. "This study shows that making housing vouchers and navigation easily available are one important part of the solution —but they must be paired with relevant aftercare services, that include trauma-informed mental health supports, to help domestic violence survivors achieve and maintain health and housing stability, and self-sufficiency. At Helmsley, we believe in health-supported housing and will continue to champion innovative programs like New Destiny’s that offer vulnerable New Yorkers the holistic, quality care they need."

“We are proud to have to partnered with New Destiny Housing in this important, effective study,” said Melissa Aase / Mary Adams, University Settlement. “We know that for many survivors of intimate partner and domestic violence, finding safe housing is vital, but is often just the first step toward recovery. This report demonstrates that by joining efforts to create a streamlined and supportive referral process connecting survivors to University Settlement’s comprehensive continuum of mental health care supports, we created space for people to heal. People are complex and their challenges are multifaceted, but too often direct services are siloed away from one another, so we are particularly grateful to have had the opportunity to imagine effective and holistic new approaches together, and to the private and government funders who support this sort of multidisciplinary collaboration.”

About New Destiny Housing

New Destiny's mission is to end the cycle of domestic violence and homelessness for low-income families and individuals by developing and connecting them to safe, permanent, affordable housing and services. Thirty years ago, New Destiny was founded on the understanding that shelter alone cannot put an end to this cycle and have remained steadfast in our focus on permanent housing as the solution for families fleeing abuse with nowhere safe to go. New Destiny builds and manages permanent supportive housing for survivors; helps survivors find safe affordable apartments throughout the city and provides them with the aftercare support they need to remain housed and thrive; and is a leading advocate in the effort to end family homelessness in New York. For additional information, visit our website at www.newdestinyhousing.org, and follow us on [Bluesky](#), [Facebook](#), [Threads](#), , and [Instagram](#).

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