

# NEWSLETTER

## Q&A with Eddy Zheng, President and Founder of the New Breath Foundation

*You are the President and Founder of the New Breath Foundation, which focuses on supporting Asian American, Native Hawaiian, and Pacific Islander (AANHPI) immigrants and refugees, people impacted by incarceration and deportation, and survivors of violence.*

*Through your own journey of incarceration and integration back into the community, what most motivates you to do this work?*



I was isolated for 21 years of my life—discarded because of a crime I committed at 16. Once you enter the criminal legal system, there is very little support, especially for AANHPI people. Our experience is invisible to the majority, though our communities suffer from the trauma perpetuated by mass incarceration, deportation, and violence.

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## Pathways Home: Disrupting the Homelessness-to-Prison Cycle

Many individuals experiencing homelessness have a history of incarceration or criminal justice system involvement, and homelessness itself leaves people at an elevated risk of further justice involvement. At Heartland Alliance Health (HAH), breaking this vicious cycle by providing healthcare

to people experiencing homelessness is a core mission. At HAH, a Federally Qualified Health Center, a deeply relational approach informs everything they do in engaging and serving Chicago's unhoused population, including the operation of their housing program, Pathways Home. The approach of traditional housing models is often paternalistic; individuals receiving services frequently feel that decisions are made for them rather than by or with them. In contrast, Pathways Home levels the care dynamic, employing a relational pivot for effective clinical intervention that results in sustained engagement.

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## The Importance of Wellness in Peer Support

Peer support workers are a vital resource for individuals with mental and substance use disorders working to achieve and maintain recovery. Peers serve as advocates, build community and relationships, share information and connections, and support people as they make big life transitions and small steps toward recovery.



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## Flashback on Trauma-Informed Courts



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[Trauma-Informed Courthouses: Providing a Restorative Human Experience within the Justice System](#) | May 2017



[A Holistic Trauma-Informed Approach for Every Treatment Court Role: Maximizing Team Member's Effectiveness in Interpersonal Interactions](#) | December 2022