



Frequently Asked Questions

Q: I need rent assistance for this month and next. Can VBthrive help?

A: Individuals enrolled in the program may receive direct financial support with rent, mortgage or utilities. This relief is dependent upon individual goals and specific eligibility criteria. To receive housing relief, individuals must be actively engaged in the program and complete certain steps. These steps will be explained to you in detail at your first meeting.

Q: I work 40 hours a week and need to be at home in the evenings with my kids. Can I still participate in the program?

A: Participating in VBthrive is a commitment, but our intention is to provide a low-barrier, person-centered model. Our case managers and mentors provide supports at times and locations that meet the needs of our participants. You and your case manager or mentor will work together on scheduling meetings and services that work best for you, whether that means meeting early in the morning, evening time, or on the weekends.

Q: I have an eviction notice, what do I do since I am not eligible for VBthrive?

A: We encourage you to call the Regional Housing Crisis Hotline at 757-587-4202 for housing resources and 2-1-1 for information on other resources for which you may be eligible. We also encourage you to reapply for VBthrive once you are no longer facing eviction.

Q: What is considered income from benefits?

A: Income from benefits can include unemployment compensation, workers' compensation, social security, supplemental security income, public assistance, veterans' payments, survivor benefits, disability benefits, pension or retirement income, interest, dividends, rents, royalties, estates and trusts, educational assistance, alimony, and child support.

Q: What is the cost?

A: There is absolutely NO cost to you to apply, enroll and participate in VBthrive.

Q: How long is this program?

A: The length of program enrollment is different for individuals in short-term case management services and long-term mobility mentoring services. For either program, you can expect to meet with your mentor or case manager once a week for the first month. In the long-term program, you will work with your mentor to set both short- and long-term goals in your journey towards self-sufficiency. Time enrolled in the program is heavily dependent on your commitment to our program and may last up to one year. In the short-term program, you will be linked to resources and programs in the community to address your needs. Enrollment in short-term case management may last three to six months.

Q: What is self-sufficiency and how do I know if I am self-sufficient?

A: Self-sufficiency is the ability for individuals or families to have sufficient and stable income to consistently meet their basic needs. VBthrive incorporates assessment tools to help determine your current level of self-sufficiency, where you want to be, and the steps you can take to get there. These assessment tools focus on the areas of family stability, wellbeing, financial management and employment.