



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GIVING YOUTH A HOME

## YOUTH HOMELESSNESS SOLUTIONS | YMCA YOUTH & FAMILY SERVICES

Over the last 20 years, YMCA Youth & Family Services programs have supported youth in successfully exiting homelessness and pursuing their goals. The Y's participants increase their economic stability, educational attainment, and emotional well-being, putting them on a new trajectory toward independence.

**973 youth** experience homelessness in San Diego County.

Youth comprise **12%** of the region's overall homeless population.

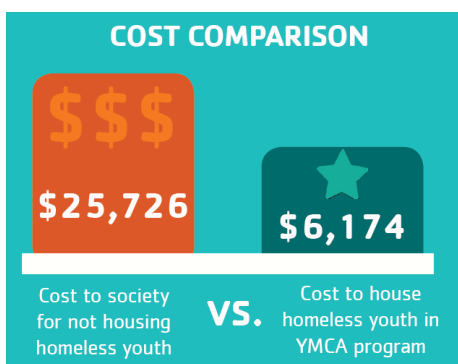
San Diego ranks **7th** in prevalence of youth homelessness among other large cities.

More than **50%** of youth experiencing homelessness become homeless for the first time because they were asked to leave home by a parent or caregiver.



The YMCA Transitional Housing Program provides transitional housing for **youth, ages 18-24**, and any accompanying children, up to age 5.

Services are available for youth who face any form of housing instability or meet the federal definition of homelessness, including sheltered, unsheltered, or occupying any arrangement not meant for regular habitation.



Youth homelessness is solvable, and the YMCA's experience providing intensive case management, employment and education services, mental and physical health services, and guidance in building relationships are key to helping homeless youth successfully transition to independence.

*Data from San Diego Regional Taskforce on the Homeless and National Network 4 Youth*

## THE Y's RESPONSE

The YMCA catches homeless youth at a tipping point where immediate access to safe shelter and services can be the difference between sliding into chronic homelessness and reliance on public systems. On average, 85% of program participants go on to secure stable housing and become productive members of society. The following supportive services will prevent, reduce, and end an individual's homeless experience:

**Low-barrier access to housing and basic needs:** When youth know they can enjoy a healthy meal and sleep safely at night, they are better able to set and achieve goals for long-term self-sufficiency. Residents in YMCA housing programs live in fully furnished apartments with subsidized rent and on-site supervision.

**Case management and planning:** Each resident works with a case manager to develop an individualized case management plan that informs the services accessed during residence, drives activities to accomplish agreed-upon goals, and prepares the youth for independent living after exit.

**Clinical Services:** More than 60% of youth experiencing homelessness face mental health challenges, which pose a significant barrier to successfully ending a homeless experience. Residents in YMCA programs have access to onsite therapy to address any barriers that keep them from succeeding in school, work, or relationships with others.

**Education and employment services:** Participants set and work toward achieving education and/or employment goals that will contribute to their economic stability and mobility to prevent a relapse into homelessness.

**Permanent Connections:** Participants learn the elements of maintaining healthy relationships so they can successfully live with others and remain connected to supportive adults who will help them through the journey of adulthood.

**Workshops:** Youth participate in skill-building workshops to prepare for independent living, including a obtaining and maintaining employment, managing personal finances, and other independent living skills.

**Follow-up services:** YMCA staff maintain contact with youth once youth exit the program and are able to offer support in times of crisis to ensure youth are able to sustain their independence.

*Data across 5 housing programs from FY2018*

## OUR IMPACT

Provided more than  
**400 nights** of  
emergency shelter

**128**  
youth served

**100%** of youth  
demonstrated self-  
sufficiency and improved  
well-being

**82%** exited our  
programs to safe and  
stable housing

**73%** of youth  
served increased  
their income