GET INVOLVED!14,15

Youth
- If you’re considering running away, talk to a trusted adult before you make any decisions.
- Seek youth friendly homeless or drop-in shelters in your area.

Parents
- Preserve family connections when safe and appropriate.
- Engage runaway youth before they become street-involved.
- Preserve family connections when youth identifies as LGBTQ.
- Discuss changes occurring in the family with youth.

School Personnel
- Eliminate barriers to enrollment, attendance, and success in school.
- Provide workshops for teachers and staff members to inform and address the unique needs of homeless students.
- Maintain a school district liaison to work with homeless students and families.

Community
- Support early intervention programs needed to prevent family conflict and abuse from leading to youth homelessness.

References and More!
Please visit http://www.houstontx.gov/health/hdhs-profiles for a full list of references.

Other Titles in This Series:

- Teen Pregnancy & Prevention
- Youth Suicide Prevention
- Youth Mental Health
- Youth Violence Prevention
- Teen Dating Violence Prevention
- Youth Immunizations
- Youth Obesity & Prevention
- Youth Sexual Health, STIs & HIV
- Youth Substance Abuse & Prevention
- Youth Bullying & Prevention
- Overall Summary of Youth Health

For more information, please contact Adolescent Health and Injury Prevention (AHIP) via the Houston Youth Voice, Health, Safety Coalition at: 4youthvoice@houstontx.gov
Facebook: @Youthvoicehouston Twitter: @4youthvoice

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Produced July 2015.

Youth Homelessness in Harris County8

The data below are from Youth Count 2.0, a community-based research study focusing on homeless youth ages 13-24 in Harris County. Of the 436 completed surveys, the study identified the following:7

- 24% have children
- 50% completed high school
- 6% are pregnant
- 28% are still in school
- 68% were previously homeless
- 22% currently work
- 75% are minority youth
- 23% attempted suicide
- 25% identify as lesbian, gay, bisexual, transgender or queer (LGBTQ)
- 41% have been physically abused

Youth homelessness is largely a reflection of family breakdown, and youth often flee homes due to abuse, neglect, severe conflict and crisis.5

DEMOGRAPHIC SNAPSHOT OF YOUTH14

Below is a snapshot of the demographics for youth living in Houston and Harris County.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Houston:</th>
<th>Harris County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>51%</td>
<td>Male: 51%</td>
</tr>
<tr>
<td>Female</td>
<td>49%</td>
<td>Female: 49%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Houston:</th>
<th>Harris County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 5 years:</td>
<td>28%</td>
<td>27%</td>
</tr>
<tr>
<td>5 to 9 years:</td>
<td>25%</td>
<td>25%</td>
</tr>
<tr>
<td>10 to 14 years:</td>
<td>23%</td>
<td>24%</td>
</tr>
<tr>
<td>15 to 19 years:</td>
<td>24%</td>
<td>24%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Houston:</th>
<th>Harris County:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic:</td>
<td>51%</td>
<td>50%</td>
</tr>
<tr>
<td>White:</td>
<td>23%</td>
<td>23%</td>
</tr>
<tr>
<td>Black:</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>Other:</td>
<td>7%</td>
<td>7%</td>
</tr>
</tbody>
</table>

* Percentages youth under the age of 19 are representative of the total Houston/Harris County population.

14 Youth Homelessness in Houston. 15 Youth Count 2.0: A Community-Based Research Study. 7 The 2013 percentages are based on total populations of Houston and/or Harris County under the age of 24, while the 2014 percentages are based on a representative sample of the youth population aged 13-24 in 2014.
From the 2014 Houston/Harris County Point in Time Count (snapshot collected on January 31, 2014).

For those youth under age 18 who are not accompanied by an adult:

- Unsheltered = 52
- Sheltered = 19

There was a total of 81, which is an increase from the total in 2013.

Many homeless youth are between the ages of 18-21.

10,933 children were registered as homeless in Harris County school districts for the 2011-2012 school year which includes families living together and at risk for homelessness.

Covenant House Texas, is the largest Harris County youth emergency shelter. In 2014, over 3,000 unduplicated youth were served in its programs. Over 8,206 contacts were made with homeless youth in the Houston area alone.

“You can spend the money on new housing for poor people and the homeless, or you can spend it on a football stadium or a golf course.” — Jello Biafra

### Homelessness in Houston/Harris County

- From the 2014 Houston/Harris County Point in Time Count (snapshot collected on January 31, 2014):
  - For those youth under age 18 who are not accompanied by an adult:
    - Unsheltered = 52
    - Sheltered = 19
  - There was a total of 81, which is an increase from the total in 2013.
  - Many homeless youth are between the ages of 18-21.

- 10,933 children were registered as homeless in Harris County school districts for the 2011-2012 school year which includes families living together and at risk for homelessness.

### Number of homeless young adults

<table>
<thead>
<tr>
<th>Category</th>
<th>Estimated Number of Young Adults</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transitional</td>
<td>122,000</td>
<td>81%</td>
</tr>
<tr>
<td>Episodic</td>
<td>13,000</td>
<td>9%</td>
</tr>
<tr>
<td>Chronic</td>
<td>15,000</td>
<td>10%</td>
</tr>
<tr>
<td>Total</td>
<td>150,000</td>
<td>100%</td>
</tr>
</tbody>
</table>

### WHAT WORKS?

The programs listed below are a compilation of initiatives, campaigns, and programs that are research informed, apply best practices and have the potential to be implemented in various settings. Below are some examples of these types of programs for homelessness.

<table>
<thead>
<tr>
<th>Program</th>
<th>What Is It?</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOMEBUILDERS: Intensive Family Preservation Services*</td>
<td>Homebuilders is a short-term, intensive, family-based program implemented by child welfare systems. It is designed to reunite families when an out-of-home placement or runaway situation is imminent.</td>
<td><a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=277">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=277</a></td>
</tr>
<tr>
<td>National Campaign for Youth Shelter</td>
<td>The National Campaign for Youth Shelter is a collaborative effort to build a grassroots movement demanding a national commitment to house all the homeless youth in the country.</td>
<td><a href="http://nationalhomeless.org/campaigns/national-campaign-youth-shelter/">http://nationalhomeless.org/campaigns/national-campaign-youth-shelter/</a></td>
</tr>
<tr>
<td>CORE (Case Management, Outreach, Referral, and Education)</td>
<td>The CORE program targets families with children (ages 0-19 years) in transition. The purpose is to improve the stability and well-being for children and families by providing a wide range of wrap-around services to improve conditions that place children and families living in transition at-risk for health, social, psychological, and safety concerns.</td>
<td><a href="http://www.ccebc4cw.org/program/case-management-outreach-referral-and-education/">http://www.ccebc4cw.org/program/case-management-outreach-referral-and-education/</a></td>
</tr>
</tbody>
</table>

*Denotes evidence-based program as listed by SAMHSA—National Registry of Evidence-based Programs and Practices.

### Recommendations

- Expand shelter services for youth/young adults.
  - Broaden age restriction to include youth younger than 18 and older than 21.
  - Develop more youth-/young adult-specific services.
- Connect youth with tangible supports for educational and vocational training.
- Utilize public systems such as schools, child welfare, and juvenile justice as a point of early intervention and prevention.
- Increase access to comprehensive health services through drop-in and one-stop shop approaches.

### Related Policies and Policy Implications:

- In 2009, about $4.175 billion nationwide was spent on homelessness assistance, mostly coming from HUD ($3.391 billion; 81% of total spending), but less than 1% ($195 million) out of $4.175 billion was targeted to unaccompanied homeless youth.13
- **Runaway and Homeless Youth Act** requires runaway and homeless youth service providers to use a positive youth development approach to:
  - Help youth achieve education and employment goals.
  - Provide financial assistance to address basic and mental health needs.
  - Address long-term residential services and street outreach.
- **Education for Homeless Children and Youth Act** provides the right to:
  - Immediate enrollment even when records are not present.
  - Remain in the school of origin, if in the student’s best interest.
  - Receive transportation to the school of origin.