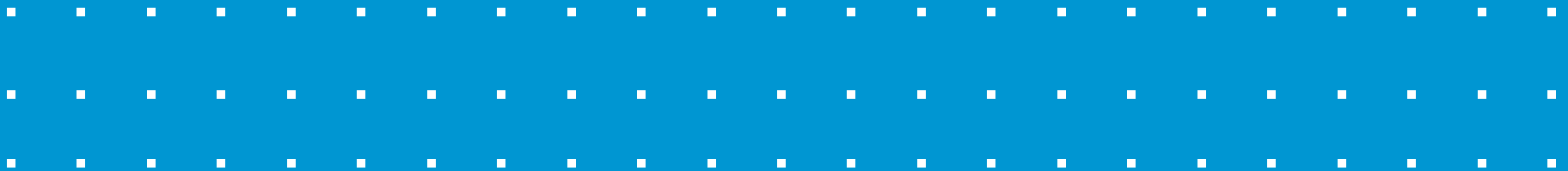


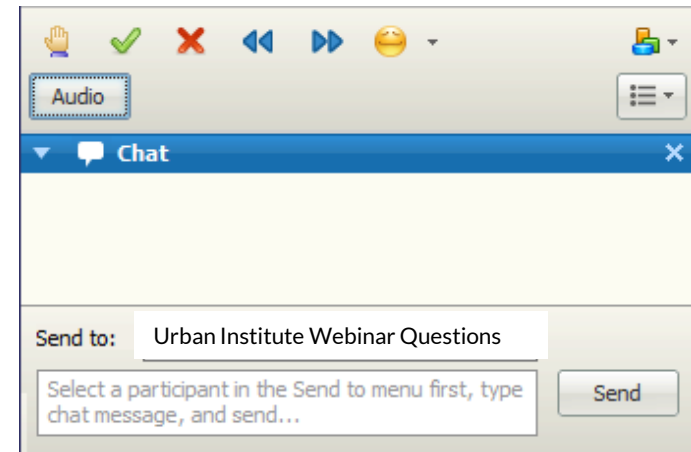
Family Interventions:

What Do We Know about What
Works to Address Youth
Homelessness?



Webinar Housekeeping

- ❑ Webinar is being recorded.
- ❑ Slides will be sent out after the webcast.
- ❑ All participants are muted
- ❑ Type your **questions** into the chat box to **Urban Institute Webinar Questions**



Webinar Hosts



Jasmine Hayes

**U.S. Interagency Council on
Homelessness**

Project Findings

Mike Pergamit

Senior Fellow, Urban Institute

Amanda Benton

Social Science Analyst, ASPE

Methods: Literature Review

- Systematic literature review
 - Search engines, “grey literature,” call for submissions
 - Considered 1,300 studies
 - Identified 87 studies, 49 interventions
- Classified interventions as evidence-based, evidence-informed, promising, emerging, or of interest
- Prevention, reunification, reconnection

Examples of Intervention Classification Criteria

	Criteria
Evidence-based	Multiple RCTs, at least one with youth experiencing homelessness.
Evidence-informed	Multiple high-quality RCTs. Did not include youth experiencing homelessness. or Single high-quality RCT. Included youth experiencing homelessness.
Promising	Single RCT with moderate study quality; included youth experiencing homelessness. or Single RCT of theoretical relevance, but did not primarily consist of youth experiencing.
Emerging	Single case design (pre-post comparison) pilot study.
Of interest	Of theoretical relevance; may include interventions with no outcomes evaluations.

Methods: Key Informants

- 10 organizations representing advocates, practitioners, researchers, and TA providers
 - Detail about programs and implementation
 - Focus on some key gaps in the literature
 - Views on research needs
- Small number means their perspectives are not a complete picture of the field

Intervention Type by Evidence Level

	Evidence-based	Evidence-informed	Promising	Emerging	Of interest	Total
Prevention	0	2	7	13	12	34
Reunification	0	0	0	3	3	6
Reconnection	2	2	3	0	2	9
Total	2	4	10	16	17	49

Key Findings: Interventions

- 2 Evidence-Based Interventions (evaluated for youth experiencing homelessness)
 - Ecologically Based Family Therapy
 - Functional Family Therapy
- 4 Evidence-Informed Interventions
 - Multidimensional Family Therapy
 - Multisystemic Therapy
 - Treatment Foster Care Oregon (formerly Multidimensional Treatment Foster Care)
 - Support to Reunite, Involve, & Value Each Other (STRIVE) (included youth experiencing homelessness)

Key Findings: Core Components

- Home-Based Services
- Clinical Services and Parent Training
- Multiple Intensive Sessions
- Graduate-Level Therapists

Key Findings: Evidence Gaps

- Few rigorous evaluations of family interventions for youth experiencing homelessness
- Few interventions track housing/homelessness outcomes
- Cross-sector learning/collaboration with child welfare & juvenile justice could strengthen services
- Few interventions address the specific needs of LGBTQ youth or racial/ethnic minorities
- Closer links to schools could create additional opportunities
- More work on screening tool design/assessment

Implementation Lessons

Thoughtfully engage parents

- Parental engagement helps facilitate youth participation
- Identify and address potential barriers up front
- “Work with – not against – parents”
- Consider separate staff or special training

Make decisions as a team

- Multiple perspectives can increase the effectiveness of case management plans
- Doesn't require long-term service participation
- Youth and families set and commit to own goals
- “Family” defined broadly, by youth

Offer multiple locations & sessions

- Let parents choose the setting
- Youth experiencing homelessness may actually prefer family sessions occur in the family home
- Creative options identified to support multiple sessions

Provide ongoing support

- Sustain conflict resolution or other skills learned
- Duration and frequency may vary
- Takes time to build trust between youth and family

Implementation Challenges

- May be difficult to implement in RHY settings
- Hard to choose an intervention
- Evidence-based and evidence-informed interventions may be costly
- Improving family functioning may not be enough

Takeaways

- Interventions ready for evaluation
- Providers might consider
 - Offering services in the home
 - Engaging youth/family in case plan
 - Running multiple sessions
 - Providing evidence-based/informed clinical services by trained professionals when possible
 - Providing follow-up supports
- Value of cross-sector learning

Kimberly Waller

Family and Youth Services Bureau

Runaway and Homeless Youth Act (RHYA)

- The RHYA provides authority for three major grant programs:
 - Basic Center Program (BCP)
 - Transitional Living Program (TLP) including the Maternity Group Home (MGH)
 - Street Outreach Program (SOP)
- It also provides authority for demonstration programs, a national communications system, data collection, research, program monitoring, training and technical assistance and the development and dissemination of other resources to support RHY funded programs.

RHY Data Collection Efforts

- Street Outreach Program Data Collection Study
 - Purpose to better understand the service needs of street youth
 - 11 SOP grantees collected interview data from 656 youth and focus group data from 217 youth ages 14-21
- Homeless Experience
 - 74% reported kicked out or left due to family conflict
 - Average length of time homeless was 23 months
 - Average age of first experience with homelessness is 15 years
- The Report can be found at:
<http://www.acf.hhs.gov/programs/fysb/resource/street-outreach-program-data-collection-study>

RHY Data Collection Efforts

- Where do youth go when they leave our programs?
 - Between 2000 and 2014, Basic Center Programs served 623,887 youth under 18
 - 409,461 of those youth (66%) exited the BCP program to their parent or legal guardian's home
 - And many more received reunification services before ever having to enter the shelter

Family Interventions and Reunification

- The Runaway and Homeless Youth Program has a 40-year history of working to prevent and end youth homelessness
- This research can help RHY providers and all youth homelessness programs better respond to the growing emphasis on identifying and integrating evidence-based practice into their work

Continue to Learn About What Works

- This is just the beginning!
- Transitional Living Program Evaluation Project
 - Study of long-term outcomes for youth who are served through the Transitional Living Program
 - Participating transitional living programs will be interviewed about organizational structure, service delivery models, and outcome goals as well as their frameworks for implementing positive youth development strategies
 - A randomized control trial design will also collect direct youth feedback by phone and online at 6, 12 and 18 months to assess long-term outcomes for housing, employment, and social and emotional wellness

Resources

- Family and Youth Services Bureau Website: <http://www.acf.hhs.gov/fysb>
- Runaway and Homeless Youth Training and Technical Assistance Center (RHYTTAC): <http://www.rhyttac.net/> (includes additional material on evidence-based practices)
- National Runaway Safeline: <http://www.1800runaway.org/>
- National Clearinghouse on Families and Youth: <http://ncfy.acf.hhs.gov/>

Contact Information

Christopher Holloway, Program Manager - Christopher.Holloway@acf.hhs.gov

Kimberly Waller, Policy Advisor - kimberly.waller@acf.hhs.gov

Sharon McDonald

**National Alliance to End
Homelessness**

Amy Louttit

National Network for Youth

Q&A

Find the report at:

<http://www.urban.org/policy-centers/center-labor-human-services-and-population/projects/family-interventions-youth-homelessness>

Includes

- full report
- 3 shorter briefs focusing on selected parts of the report of interest to policymakers, researchers, and practitioners
- a list of all the interventions with descriptions and references.

The report can also be found at:

<https://aspe.hhs.gov/family-interventions-youth-experiencing-or-risk-homelessness>

Contact Information

Mike Pergamit

Urban Institute

mpergamit@urban.org

Amanda Benton

Office of the Assistant Secretary for Planning and Evaluation

U.S. Department of Health and Human Services

Amanda.Benton@hhs.gov



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Thank you!

