Introduction

To prevent and end homelessness in America, we need to have a clear understanding of who is at risk of homelessness and who experiences homelessness. We also need to be attentive to differences within and between subpopulations of people who are at risk or are experiencing homelessness. In our Homelessness in America series, we summarize the most relevant data and research regarding different subpopulations to help inform the work we must do, together, across the federal government, states, and local communities, to end homelessness once and for all.

In this Focus on Families with Children brief, we review data and information that help us answer the following questions:

- What is the scale of family homelessness?
- What do we know about the families with children who experience homelessness?
- What do we know about patterns of homelessness among families with children?
- What do we know about families’ risks for experiencing homelessness?
- What are the most significant gaps in available data and our current understanding of families with children who experience homelessness?

Other briefs in this series focus on Veterans, individual adults, people experiencing chronic homelessness, and unaccompanied youth.

What is the scale of family homelessness?

Families with children1 experiencing homelessness represent one-third of all people experiencing homelessness on a given night - and 59% of people experiencing homelessness in families are children under the age of 18. Approximately 58,000 family households experience unsheltered or sheltered homelessness in America on a given night, according to Point-in-Time (PIT) counts conducted in January 2017 by communities across the country. That household estimate is made up of 184,661 individual people, including 109,719 children. About one in eight people experiencing homelessness in families (9,436 parents and 12,152 children) were in families with a parent under age 25.

Of the 184,661 people counted in family households in the 2017 PIT count, more than 90% were staying in an emergency shelter or transitional housing program, while 9.2% (16,938 people) were staying in unsheltered locations. Five percent of people were in households with chronic patterns of homelessness (8,457), and these families were more likely to be unsheltered (29% or 2,477 people), compared to other families experiencing homelessness.2

Compared to the 2010 PIT count, the 2017 PIT count represents a reduction by approximately two-thirds in the number of families with children who were counted as unsheltered—sleeping in cars, parks, or on the streets.3

---

1 For purposes of reporting information about families experiencing homelessness, a family consists of at least one adult and at least one child.
3 Ibid
Overall, the number of family households experiencing homelessness at a point in time declined by 27% between 2010 and 2017.4

Over the course of FY 2016, homelessness services programs across America provided emergency shelter or transitional housing to 147,355 family households, including 292,697 children under age 18, according to HUD’s Homeless Management Information System (HMIS) data. The total number of people who experienced sheltered homelessness in families over the course of the year declined by 15% between FY 2010 and FY 2016, from 567,334 to 481,410. It is important to note that these figures do not include families fleeing domestic violence who stay in shelters or housing programs operated by victim service providers that are prohibited by law from reporting identifying client information into HMIS. Nationwide, there are approximately 41,300 beds in emergency shelter, safe haven, or transitional housing programs that are dedicated to families fleeing domestic violence.5

While the PIT and HMIS data reflect encouraging progress in the reduction of the overall number of families experiencing unsheltered or sheltered homelessness, data reported by school districts reflect an increase in the number of students identified as experiencing homelessness at some point during the school year. These data include children and youth who meet the Department of Education’s (ED) definition of homelessness, including those who are living in shelters, those who are unsheltered, and students staying in motels or in homeless doubled-up arrangements. Public schools reported that 1,304,803 students – 91% of whom were part of a family (as opposed to unaccompanied) – identified as experiencing homelessness at some point during the 2015-2016 school year were enrolled in their districts. This reporting represented an increase of 4% (5,996 students) since the 2013-2014 school year, when controlling for a state error in data reporting. More than three in four (75.8%) students identified were “doubled up” in housing with extended family, friends, or others, because of loss of housing, economic hardship, or similar reasons; 14.4% were in shelters, transitional housing, and awaiting foster care; 6.5% were living in hotels or motels; and 3.3% were unsheltered.6

What do we know about the families with children who experience homelessness?

Information regarding the demographic characteristics of families with children who experience homelessness comes primarily from data obtained from PIT counts, HMIS data, and from performance data reported in ED’s annual federal data summary of its annual school year Education for Homeless Children and Youth report. Other research and reports referenced here help provide a deeper understanding of the characteristics and challenges of families experiencing homelessness:

---

Women made up three-quarters of the adults counted as experiencing family homelessness in the 2017 PIT data.

---

4 Ibid
5 U.S. Department of Housing and Urban Development. (December 2017). The 2016 Annual Homeless Assessment Report (AHAR) to Congress Part 2
Gender and age representation: Women represented three-quarters (77.6%) of the adults counted as experiencing homelessness in families with children in the 2017 PIT data.\(^7\) HMIS data indicates that most families who experienced sheltered homelessness during 2016 were young; about half of adults experiencing homelessness during 2016 as part of a family were between the ages of 18 and 30 (51.3%). Among people in families who experienced sheltered homelessness during 2016, only 1.5% were adults over 50 years old, a much lower percentage than in all families with children in the country (8.9%) and among families living in poverty (6%). About three in five (59%) people who experienced sheltered homelessness as part of a family during 2016 were children; about half of those children were younger than age 6 (49.6%) and about one in nine (10.7%) were infants less than one year old.\(^8\) The age at which a person in the United States is most likely to stay in a homeless shelter is infancy.\(^9\)

Household composition: Families who experience homelessness include single-parent families, two-parent families, and multi-generational families. Many families experiencing homelessness are made up of a young mother with one or two children under age six. About half of the people in families experiencing homelessness are in households with two or three people, but about a quarter are in larger households with five or more people.\(^10\)

Racial demographics: According to HMIS data, about three-quarters of people in families with children experiencing sheltered homelessness in 2016 (78.3%) identified as non-white or white and Hispanic, a proportion much larger than that among people experiencing sheltered homelessness as individuals (54.5%).\(^11\)

- Just over half of people in families with children who used shelter in 2016 identified as African American or Black (51.7%). This proportion is 3.8 times higher than that of African Americans among all families with children in the U.S. (13.6%) and more than double the proportion of African American families with children in the U.S. who are living in poverty (23.4%).\(^12\) According to the PIT data, African Americans represented an estimated 21% of the people in unsheltered families with children on a single night in 2017.\(^13\)

- About a third (35%) of sheltered people in families with children were white, while people identifying as white accounted for 59% of the unsheltered population in the PIT data, compared to 77% of families with

---

\(^7\) 2017 AHAR part 1  
\(^8\) 2016 AHAR part 2 and 2017 AHAR part 1  
\(^10\) 2016 AHAR part 2  
\(^11\) Ibid  
\(^12\) Ibid  
\(^13\) 2017 AHAR part 1
children in the general population.14 Among people in families who used shelter at some time during 2016, nearly one in four (22%) were white, non-Hispanic, and one in six (16%) were white and Hispanic.15

- More than one in four (27%) people experiencing homelessness in families with children, including 28% of sheltered people in families, and 22% of unsheltered people in families, identified as Hispanic or Latino. This is comparable to the proportion of Hispanics among all families with children in U.S., (22%) but lower than their proportion among families with children living in poverty in the country (32%).16

- One out of 40 (2.5%) of the people in families experiencing homelessness, and more than one out of 30 (3.6%) of those in families experiencing unsheltered homelessness identified as Native American compared to 1.7% in the general population who identify as American Indian or Alaska Native (alone or in combination with other races).17

- Among people in families experiencing homelessness who identify as Pacific Islanders, nearly one in three (31.3%, or 1,348 out of 4,302 people) were experiencing unsheltered homelessness.18 People who identify as Native Hawaiian and Pacific Islander comprise 0.2% of the general population and 2.3% of all people in families who experience homelessness.19

Disabilities and health conditions: Among the adults in families with children experiencing sheltered homelessness in 2016, more than one in five (21.9%) had a disability, a rate 2.6 times higher than the disability rate among adults in families in the U.S. (8.4%) and 1.5 times higher than among adults in families with children who are living in poverty (15%).20 Disability rates are also higher among children and youth experiencing homelessness compared to their peers. During the 2015-2016 school year, the average rate of an identified disability among students experiencing homelessness was 21%, compared to approximately 13% of the overall student population in public schools. 21

Compared to their peers, children experiencing homelessness and housing instability are more vulnerable to and experience higher rates of mental health problems, developmental delays, poor cognitive outcomes, and depression.22 Children without stable housing are also more likely to use emergency department services due to a lack of a regular health care provider.23

---

15 2016 AHAR part 2
17 2017 AHAR part 1 and 2010 Census Briefs obtained at https://www.census.gov/history/pdf/c2010br-10.pdf
18 2017 AHAR part 1
20 2016 AHAR part 2
Adverse Childhood Experiences: When families experience homelessness and housing instability, it impacts a range of child outcomes. One study examined data from the Adverse Childhood Experiences (ACEs) study to better understand the connections among residential mobility, ACEs, and health risks and negative health outcomes. After adjusting for demographic variables, researchers found that the average number of childhood moves was greater for those who had been exposed to any type of ACE, including childhood abuse, neglect, witnessing domestic violence, and others. As the frequency of residential moves increased, the likelihood for each of the ACEs also increased. Similarly, as the number of adverse experiences (ACE score) increased, residential mobility (the number of moves during childhood) increased. There was a strong relationship between residential mobility and the odds for reporting negative health outcomes including depression, smoking, attempted suicide, alcoholism, and teenage pregnancy.

Geographic locations: More than half of all people experiencing homelessness in families with children at a point in time in 2017 were in four states: New York, California, Massachusetts, and Florida. In fact, nearly 30% of all people experiencing homelessness in families with children at that time were in the state of New York, with nearly all (99.9%) of these families staying in emergency shelters or transitional housing, as opposed to being unsheltered. Nearly two-thirds of families with children experiencing unsheltered homelessness were counted in four states: California, Florida, Oregon, and Colorado. Compared to major cities or more urban areas, the percentage of families with children reported as experiencing unsheltered homelessness is generally higher in smaller cities, counties, and regional or statewide Continuums of Care.

Engagement with other services and systems: Families experiencing homelessness for the first time are likely to have been interacting with mainstream systems on an ongoing basis, but service utilization and associated costs rise immediately prior to the homelessness episode and peak immediately following homelessness. Most costs are associated with basic safety net benefits and services (income support, food stamps/SNAP benefits, Medicaid benefits), but increased costs may be associated with a health or behavioral health crisis related to homelessness or use of acute care services for routine or avoidable health needs during an episode of homelessness. For a small percentage of families with the most significant challenges, there are additional costs associated with involvement in the criminal justice and/or child welfare systems. These families may experience repeat episodes of homelessness, and extended periods of housing instability and/or family instability during “gaps” between stays in shelters or transitional housing programs, with potential costs for services in mainstream systems and/or poor outcomes for child well-being, with potential long-term consequences.

For example, additional analysis from the Family Options Study found that families experiencing homelessness receive public benefits (TANF, SNAP, Medicaid, or other publicly funded health insurance) at rates that are equal to or greater than other families in deep poverty. Younger parents were more likely to receive TANF cash assistance and SNAP benefits than older parents. While the exact direction of the relationship between housing stability and participation in public benefits is unclear, continued housing instability after leaving emergency

25 2017 AHAR part 1
26 Ibid
27 Ibid
shelter is associated with lower participation in SNAP and publicly funded health insurance.29 Families experiencing homelessness or housing instability interact with the child welfare system at higher rates than low-income families with stable housing. Housing instability or lack of housing can be a contributing factor to family separations, including placement of children in out-of-home care, as well as delays in reunification.30

What do we know about patterns of homelessness among families with children?

For many families with children living in deep poverty, episodes of homelessness are part of a cycle of housing instability that includes living in precarious housing that is unaffordable and/or unsafe, involuntary moves, and doubling up with family or friends. Among families with children who experience sheltered homelessness each year, most (57.6%) had been living in housing prior to entering a shelter or transitional housing program. Nearly half of these families (48.1%) had been staying with family, a quarter of them were staying in housing where they were renters (25.5%), and another quarter had stayed with friends (24.7%).31

For many families with children, homelessness is a temporary, one-time experience.32 Of those families who experienced sheltered homelessness during 2016, nearly four in five (78.5%) stayed only in emergency shelters, while about one in six (16.9%) stayed only in transitional housing, and about one in twenty (4.7%) used both emergency shelter and transitional housing programs. In 2016, the median length of stay in emergency shelters for families with children was 49 nights, while the median stay in transitional housing was 140 nights (about four and a half months) during the year.33

But for many families with children, housing instability and risk of future episodes of homelessness continue after they leave emergency shelter. Among families with young children who participated in the Family Options Study, 41% reported experiencing homelessness, doubling up, or moving at least once during the six-month period between 14 and 20 months following a shelter stay.34 Families may double up after they leave shelter, living with family or friends out of economic necessity. While these arrangements may be supportive, they can also be stressful because of the lack of privacy, permanence, and autonomy, and may result in overcrowding, conflict, exploitation, and frequent moves.35 Families who had doubled up before entering shelter are more likely than other families to double up again, and families that have experienced multiple episodes of sheltered homelessness are more likely than other families to return to emergency shelters. Younger heads of household double up more frequently, while older heads of household are more likely to return to emergency shelter when experiencing another housing crisis.36

31 2016 AHAR part 2
33 2016 AHAR part 2
36 Ibid
The 2017 PIT count data estimates that there were 2,767 family households, representing about 5% of people experiencing homelessness in families with children, who met the definition of experiencing chronic homelessness on a single night in 2017. Most (71% or 5,980 people) of these families were staying in shelters, but families experiencing chronic homelessness were more likely to be unsheltered (29% or 2,477 people) at the time of the PIT count, compared to other families experiencing homelessness. Unlike individuals who experience chronic homelessness, families with children who experience chronic patterns of homelessness are not more likely to have mental illness, substance use disorders, or involvement in the child welfare system, compared to families who experience shorter episodes of homelessness. Because most families who experience chronic homelessness are in shelters, it is possible that many families who have long stays in these programs are engaged in services, willing and able to comply with program rules, and waiting to “graduate,” while families with greater challenges may leave shelters but continue to experience housing instability. Parents with significant mental health or substance use problems may become separated from their children when they experience extended or repeated periods of homelessness, and these parents may become individuals experiencing chronic homelessness while their children are in foster care or living with relatives.

What do we know about families’ risks for experiencing homelessness?

For most families with children who experience homelessness, a driving factor is the shortage of rental housing that is affordable to them, given their income from employment, benefits, or other sources. When people are paying too large a share of their income for rent, even a minor crisis or setback, such as a reduction in work hours or an unexpected expense, can be de-stabilizing and result in the loss of housing. A recent survey found that nearly one in five renters with annual incomes below $30,000 were unable to pay rent within the past three months.

Worst-case housing needs: Households with worst case housing needs are renters who have very low incomes (no more than 50% of Area Median Income) who do not receive government housing assistance and who pay more than half of their income for rent, live in severely inadequate conditions, or both. In 2015, 2.9 million family households with children were renters with worst case housing needs, reflecting an increase of 32% since 2007. Among very low income renters in 2015, only about one in four families with children (24.8%) received

---

37 For families with children, the definition of chronic homelessness is a family with an adult or minor head of household who meets the definition of a chronically homeless individual, a person with disabilities who experiences homelessness sleeping in shelters or in unsheltered location for at least a year or in four episodes of homelessness that add up to at least 12 months during the last three years.
38 2017 AHAR part 1 page 34
41 Nearly all (98 %) of renter households with worst case needs) pay more than half of their income for rent.
housing assistance, while more than 4 in 10 (41.5%) had worst case housing needs. These 2.9 million households with children are at significant risk of experiencing homelessness or housing instability.

Of those experiencing worst case needs, 45.5% were non-Hispanic white renters, 25.3% were Hispanic renters, 21.7% were non-Hispanic Black renters, and 7.5% were renters of other races and ethnicities. When compared to representation in the general public, that data indicates significant over-representation of: non-Hispanic Black persons, who represent approximately 13% of the total population, but 21.7% of renters experiencing worst case housing needs; and Hispanic persons, who represent approximately 16% of the total population, but 25.3% of renters experiencing worst case housing needs. The shares of very low income renters with worst case needs also increased more quickly between 2013 and 2015 for non-Hispanic Black renters (up 1.9 points) and Hispanic renters (up 3.3 points) than for non-Hispanic white renters (up 0.6 points).43

**Evictions:** Families with children were more likely to have difficulty paying rent, and twice as likely to face the threat of eviction, compared to households without children. Black households were more than twice as likely to face eviction, compared to white households.44 Families with children face higher rates of eviction, compared to households without children, for a variety of reasons that may include financial hardships that face parents who find it difficult to balance work and caregiving responsibilities without reliable or affordable childcare, and lease violations related to overcrowding, damages, noise, or complaints about children’s behavior. Families often experience significant barriers when they search for housing after they have been evicted, and they may have to move in with other households, or relocate to lower quality housing, or neighborhoods that are more unsafe or distressed, resulting in a cascading set of hardships, risks, and harms that contribute to prolonged instability or homelessness, lost employment opportunities for parents, and health risks and poor school performance for children.45

**Family violence:** The connections between homelessness and family violence, conflict, and trauma are complex.Domestic violence creates vulnerability to homelessness, and this impact is seen predominantly for women and children, particularly for those who have very limited economic resources and don’t have access to safe housing and networks of social support. Many families experience homelessness when they are fleeing domestic violence or family conflict, and more than 80% of women with children who experience homelessness have experienced domestic violence.46 Unfortunately, both housed and homeless low-income mothers and their children are exposed to very high rates of conflict and violence, and the risks and trauma associated with family violence contribute to lifetime impacts on health, stability, and opportunities for children and families.

---

43 Ibid
44 Ibid
**Adverse Childhood Experiences:** Adverse Childhood Experiences, particularly physical or sexual abuse and inadequate parental care, are recognized as risk factors that have contributed to homelessness among adults.⁴⁷ Among adults in households with children, higher levels of childhood adversity (when these adults were children) are associated with greater likelihood of experiencing homelessness in adulthood, leading to a dynamic that has been described as “the intergenerational transmission of risk.”⁴⁸ Research using data from the State of Washington found that the proportion of households experiencing homelessness increased steadily as the number of childhood adversities experienced by the adults in those households (childhood adversity score) increased. Each one-point increase in childhood adversity score increased both the risk of having experienced a single episode of homelessness and the risk of having experienced multiple episodes of homelessness by more than 50%.⁴⁹

**What are the most significant gaps in available data and our current understanding of families with children who experience homelessness?**

There continues to be a concerted effort to more closely align existing data on families with children to better understand the scope, scale, and characteristics of family homelessness. Federal agencies and states and communities continue to use the data they have to better understand and respond to local needs. There remains a need, however, for a more detailed understanding of which families with children fall into homelessness and precipitating causes. There is also a need for expanded evidence regarding the impact of housing and services interventions on a range of family- and child-level outcomes and on achieving sustained and stable exits from homelessness.

Additional areas where further data and research are needed include:

- Greater understanding of which families are most at risk of experiencing homelessness, in order to tailor prevention and diversion strategies, and better understanding of which families who do experience homelessness are at greatest risk for experiencing chronic homelessness.

- Analysis of the thoroughness of PIT, HMIS, and school district data sources in identifying family households experiencing housing needs and homelessness and the degree to which family households are being appropriately identified and included across multiple data sets.

- Longitudinal studies of families with children to identify patterns of housing instability and homelessness, characteristics of the most vulnerable families and children, and patterns of service utilization and outcomes, to inform the design of interventions that might identify and more effectively serve those at greatest risk for homelessness and housing instability.

- Improved documentation of the patterns and trajectories of homelessness among families living in rural areas.

- Deeper understanding of the impact of race, gender, and other demographic factors on entries into and exits from homelessness.

---


⁴⁹ ibid
• Expanded understanding of the potential impact of long-term outcomes of rapid re-housing programs and the optimal level and duration of rent subsidies in different economic environments for families to sustain housing stability over the longer term.

• Better documentation of the relationship between the incarceration of heads of households on housing stability and homelessness among families with children.

• Identification of the characteristics of families with children currently living in permanent supportive housing and determination of which families will benefit the most from that housing model compared to housing vouchers and related supports.

• Greater understanding of effective strategies for supporting families to increase their employment and income enough to exit from homelessness and move out of deep poverty.

• Expanded understanding of the impact on long-term educational outcomes of maintaining children and youth exiting homelessness in their schools of origin.