

# Assessing the Effectiveness of Housing First (HF) Models on Transitional-Aged Youth (TAY) Experiencing Homelessness: A Systematized Review

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*This study examined current Housing First interventions and principles utilized in housing programs for young adults ages 18-25 experiencing homelessness and assessed their effectiveness based on a review of the research using a systematized review strategy.*

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## Introduction

Youth homelessness is a national crisis, with 1 in 10 young adults (18–25) experiencing homelessness each year. Transitional-age youth face heightened risks of violence, trauma, and unsafe environments during a critical developmental period, requiring targeted supports beyond housing alone. While Housing First has shown strong outcomes for adults, less is known about its effectiveness for TAY. This review examines Housing First principles and interventions for this population to inform future policy and practice.

## Current Housing Models

### What are Housing First Models?

Immediate, low-barrier housing with no preconditions, paired with voluntary, choice-based supports.

#### ➤ Permanent Supportive Housing

Long-term housing with ongoing supports for individuals with complex needs, focused on stability and wellbeing.

#### ➤ Rapid Re-Housing

Short-term support to quickly exit homelessness through housing assistance and time-limited services.

#### ➤ Transitional Living Programs

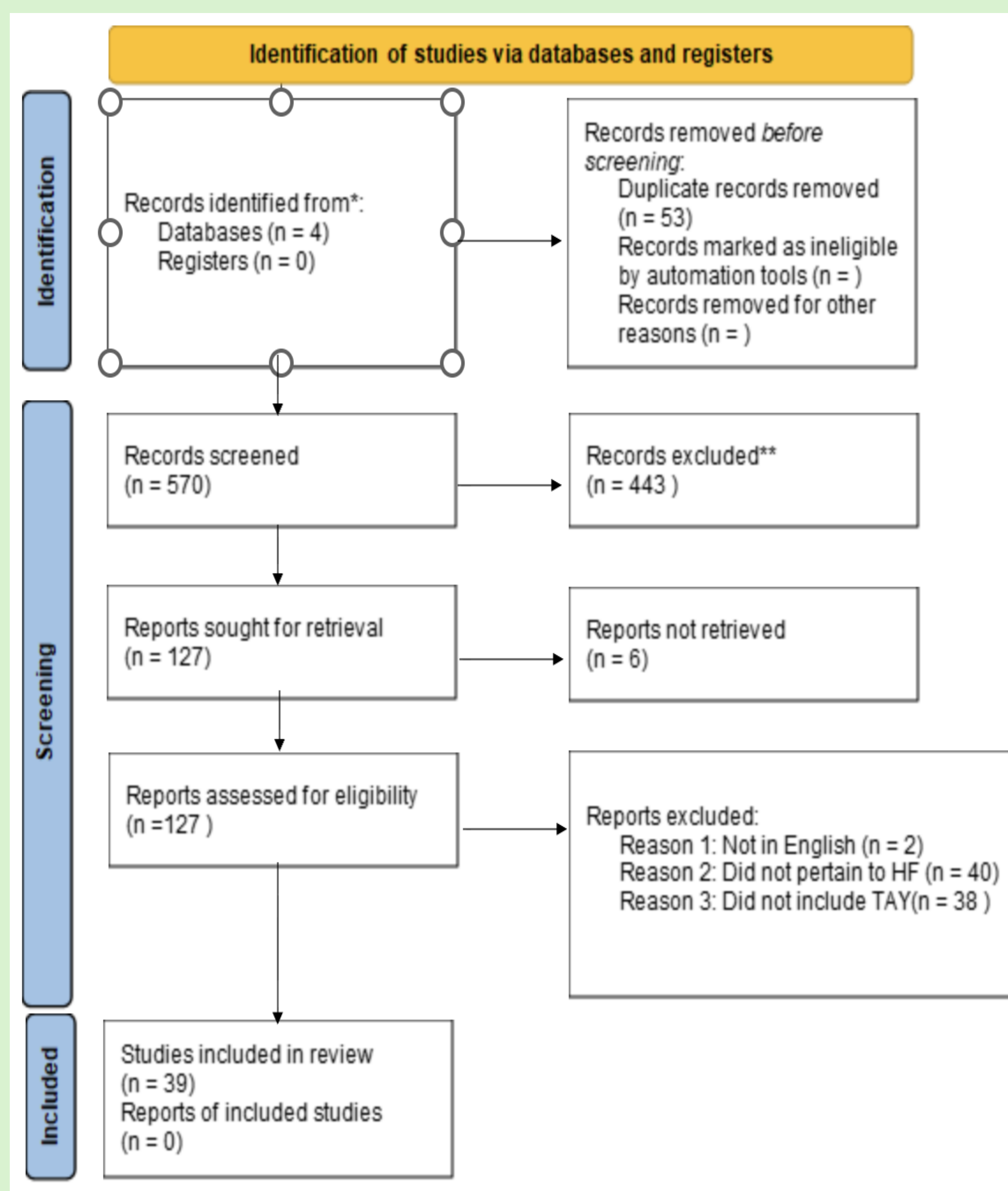
Structured, time-limited housing with life skills and support services to help youth transition to independence.

## Research Question

**How do Housing First principals and interventions impact housing stability and overall well-being for Transitional-Aged Youth (ages 18-25) experiencing homelessness?**

## Methodology

The following four databases were screened for peer-reviewed articles:  
EBSCOhost, JSTOR, PubMed, Scopus



## Findings

### Core Benefits

- High housing stability & reduced returns to homelessness
- Improved quality of life
- Increased independence
- Improved physical and emotional health
- Stronger community and social connections

### What Makes HF Work?

- Centering youth choice, autonomy, and self-determination
- Trust and consistency with service providers

### What Limits Impact

- Limited housing options
- Misalignment with youth developmental needs
- Systemic barriers

## Discussion

### Implications for Practice

- Integrate youth-tailored HF models with developmental supports alongside housing
- Prioritize relationship-based, nonjudgmental care and long-term stability outcomes.

### Limitations

- Limited research specifically on TAY populations
- Variability across program models and study designs