



# WHAT WORKS?

## Effective Services for Transition-Age Youth (TAY) in Transitional Housing

Findings from a Systematic Review



### RESEARCH QUESTION:

What supportive services in THPs are most effective in helping TAY achieve permanent housing?



**OVER 20,000**

youth exit foster care each year in the U.S. (AFCARS, 2023)

**36%**

of youth who age out of the foster care system become homeless.\* (Nevada DHHS, 2025)

\* Youth with a history of involvement with foster care

### SYSTEMATIC REVIEW



**7 studies** included



**TAY participants** across the studies



Studies from North America



Published between 2015 and 2025

### WHAT WE FOUND



Supportive services in transitional housing lead to better outcomes and stability for TAY.

All studies reported positive results across key areas of well-being and stability.

### TOP SERVICES THAT WORK



#### Financial Assistance

Reduces financial barriers and helps youth maintain housing stability.



#### Individualized Relationship-Based Case Management

Builds trust, connects youth to resources, and provides ongoing support.



#### Integrated Skill-Building and Mental Health

Promotes coping skills, life skills, and emotional well-being.



#### Vocational and Educational Empowerment

Supports career exploration, education completion, and long-term goals.

### KEY THEMES



Mental Health

**100%**

(7 of 7 studies)



Education Engagement

**86%**

(6 of 7 studies)



Employment/Income

**86%**

(6 of 7 studies)



Social Functioning & Relationships

**71%**

(5 of 7 studies)



**ALL 7 STUDIES**

showed at least one positive outcome, with the strongest effects seen in mental health and housing stability.

### OVERALL TAKEAWAY



A combination of housing support and youth-centered services, especially case management, mental health support, and education and employment assistance leads to meaningful improvements across multiple areas of life for TAY.

Longer program duration (9–24 months) is linked to more lasting results.

### WHAT THIS MEANS

- Invest in comprehensive, trauma-informed, youth-centered services
- Center youth voice, choice, and strengths
- Build partnerships across housing, health, education, and employment systems



### COMMUNITY PARTNER



Proud partner in supporting TAY on their path to stable housing, well-being, and independence.



### THE BOTTOM LINE

Supportive services in transitional housing help TAY thrive. When we invest in young people, we build stronger communities.

