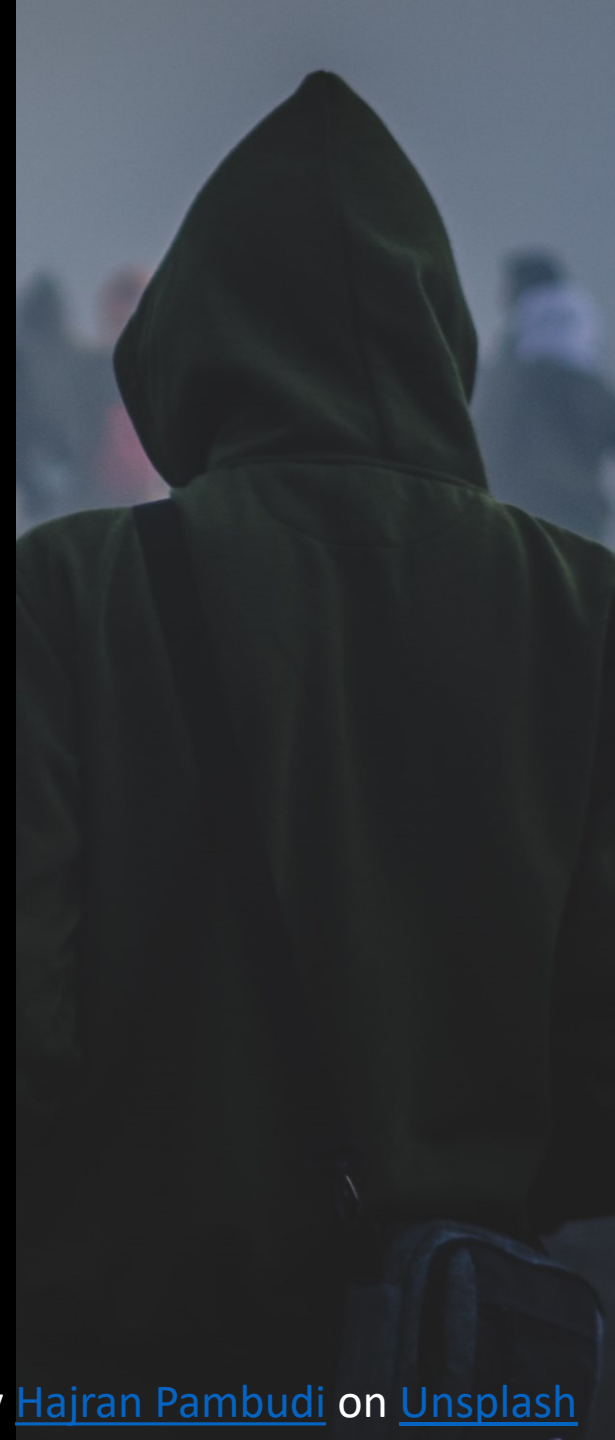


Housing is Health: The Health Needs of Youth Experiencing Homelessness

Janna Gewirtz O'Brien, MD, MPH
American Academy of Pediatrics - MN
Chapter

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> 13,000 youth

experience homelessness on their own annually in MN

Running away

Being thrown out

Rough sleeping

Staying in shelter

Couch-surfing



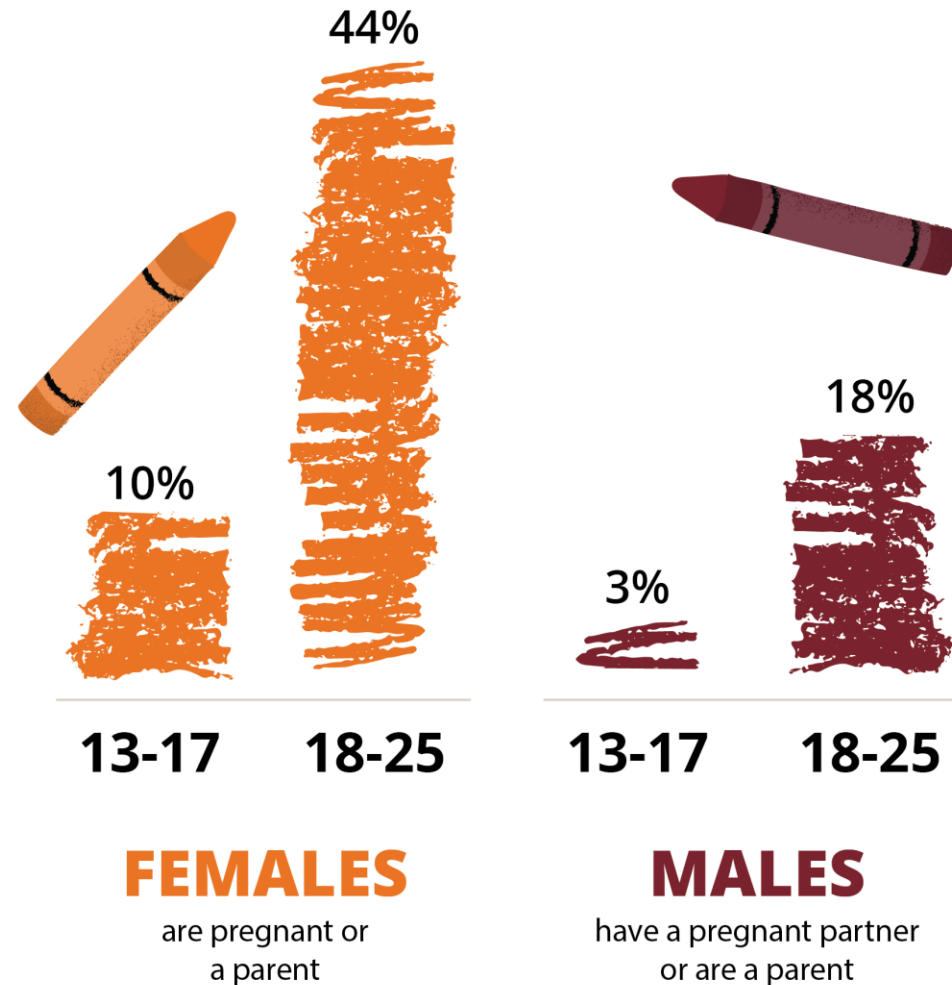
“Health begins where we live, learn, work and play.”

Youth experiencing homelessness hold diverse identities.

73% identify as BIPOC

23% identify as LGBTQ

Figure 1. Pregnancy and Parenthood are Common Among Youth Experiencing Homelessness

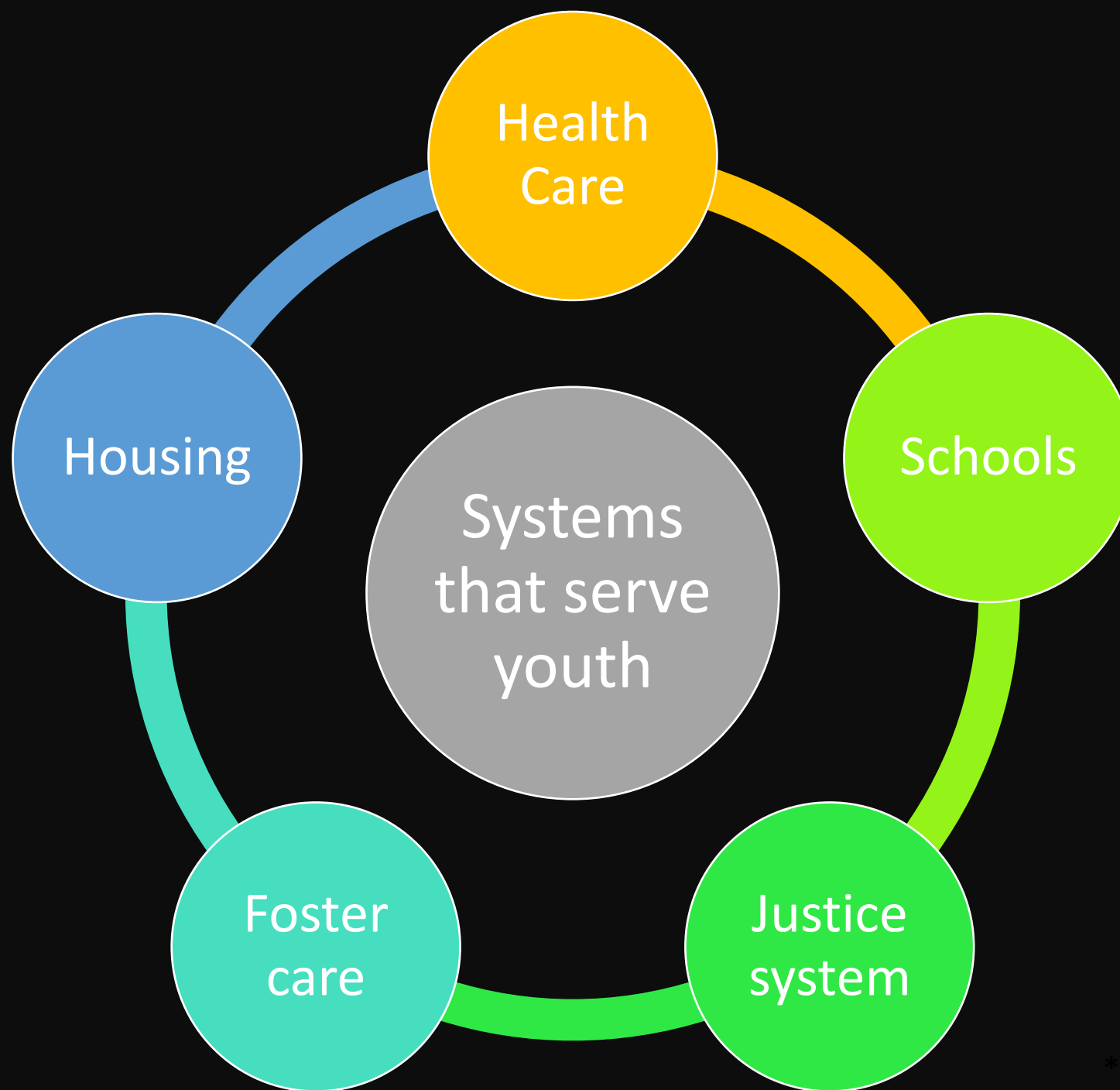


(Source: VoYC Brief Youth Survey)

Youth experiencing homelessness are remarkably resilient in the face of trauma.

Nearly half of MN youth have experienced **physical abuse** and approximately one third have experienced **sexual abuse**.

An estimated 20 to 40 % of youth have experienced **trafficking**.



*Not a comprehensive list

Health Risks Associated with
homelessness
exploitation
incarceration
foster care
Marginalization and Oppression

Trauma, violence, injury, abuse

Sexual health risk: STIs, pregnancy

Chronic untreated medical conditions

Mental health risk, suicide

Substance use

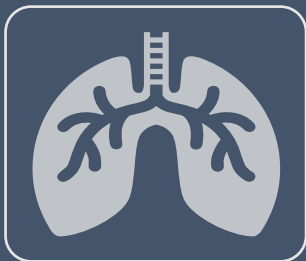
Barriers to care

Unmet basic needs (food, housing)

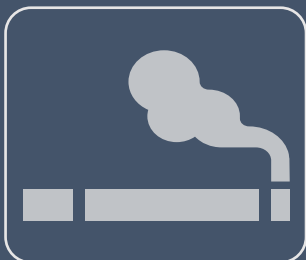
Minnesota Youth Experiencing Homelessness



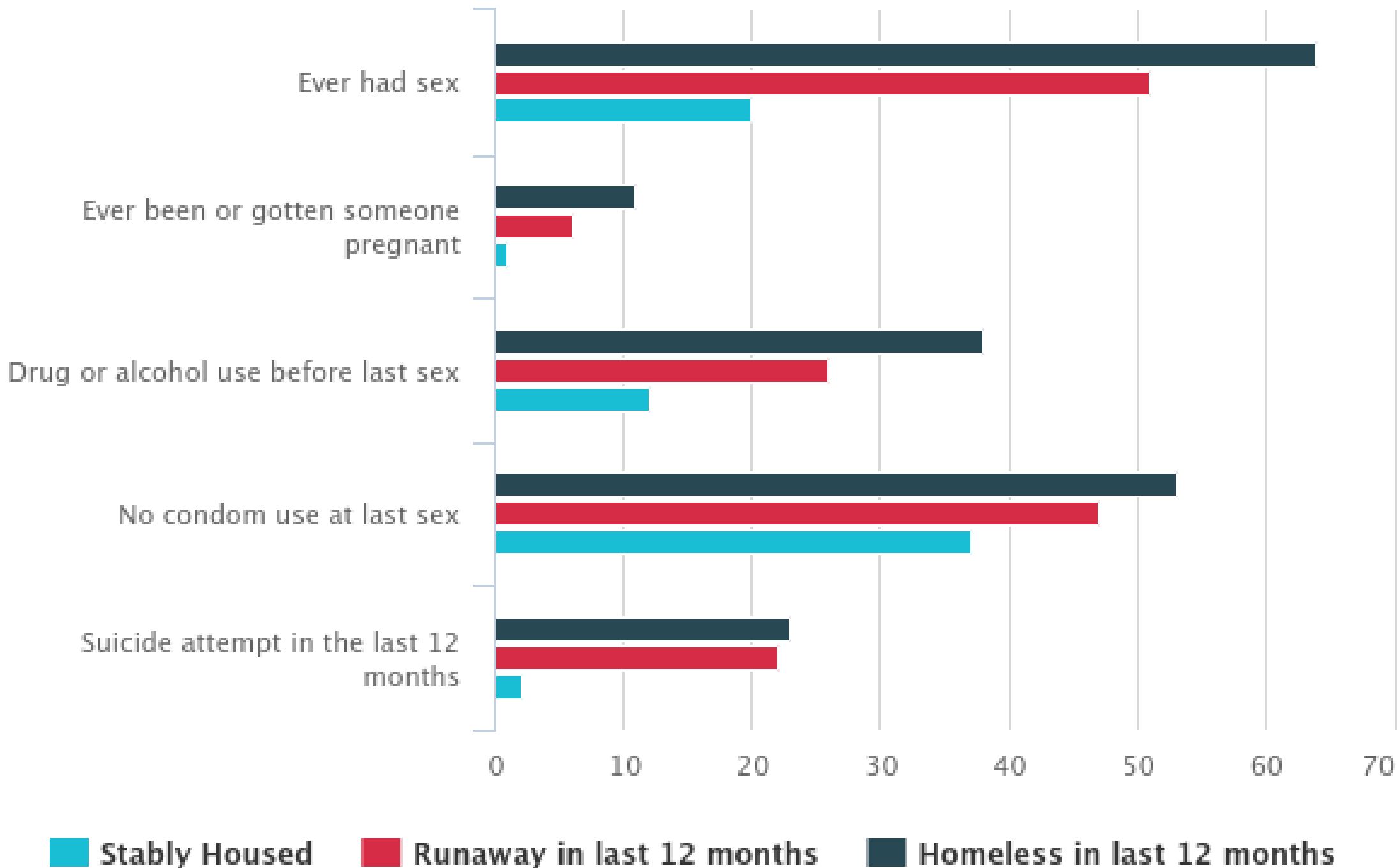
60% serious mental illness



33% physical health conditions



16% substance use disorder



Bolstering
Resilience:
Protective
Factors

Family connections

School connections

Community connections


Employment

Identification, vital records

Health and insurance information

A final note on cross-sector collaboration...



A top-down photograph of a diverse group of people, including men and women of various ethnicities, gathered in a circle. They are all looking down at their hands, which are stacked on top of each other in the center. Many of the individuals are wearing blue wristbands with the word "EMFASIS" printed on them in white. The scene is lit with a cool, blue-toned light, creating a sense of unity and teamwork. The background is dark and out of focus.

Effective
systems
work
together.

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Questions?
