

# What You Need To Know About Youth Homelessness

## **Conversions of mental health are crucial for youth.**

The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

## **Access to therapy builds resiliency.**

Therapy and trauma-informed support provides an opportunity for youth to explore their thoughts, feelings, and patterns of behavior, and learn new coping techniques to better manage the daily stressors and symptoms they experience.

## **Homeless youth are not disobedient and people we need to fear.**

Youth have needs that were not being met and are using survival skills that are protecting them from more trauma. We need to see youth as individual humans with complex needs and goals.

## **At YESS, youth are safe.**

We have evolved into understanding the youth journey and addressing trauma to be healthier and supported as they are integrated back into the community. The youth journey is collaborative and at their pace.

## **Healing is dependent on relationship building.**

The stigma around youth behaviours is changing and the stigma around family involvement is changing and moving into more trauma-informed discussions.

## **A single youth does not exist in a bubble, but are part of a community.**

Pain and suffering are not siloed, when any member of our society struggles it affects us all in direct or indirect ways. If we help meet the needs of our most vulnerable, then we lift the entire community at the same time.

## **Investing in the prevention of youth homeless is crucial at ending the cycle of homelessness.**

It currently costs just over \$9,719 to serve one youth at YESS for one year, compared to the over \$100,000/year



**YESS**  
youth empowerment & support services

