

YMCA of Greater Seattle

Therapeutic Housing Program

Population Served

The Therapeutic Housing Program serves homeless young adults (ages 18-25) who struggle with chemical dependency and/or mental health problems. Because this population generally faces many barriers to obtaining and maintaining housing, the YMCA provides both general and clinical supportive services (provided through a partnership with Sound Mental Health) to ensure that young adults can locate and successfully maintain housing.

Program Information

Annual Amount of Five-Year King County HHSF Award	\$188,132
Disabled Clients Served	100 %
Program Start Date	April 2008
Target Population	Young Adults
Geographic Location	Countywide

Program Outcomes

Clients housed	Percent that maintained housing for at least one year	Top reasons clients left permanent housing
8	One-year benchmark not yet reached	N/A

Impact of Funding

- Creates 20 units of permanent housing for homeless young adults
- Services are paired with 20 Section 8 subsidies from King County (10) and Seattle (10) Housing Authorities
- 100% of young adult clients have remained in housing since placement
- Subsidies ensure housing stability as clients engage in treatment and work towards educational and employment goals
- The partnership with Sound Mental Health provides a comprehensive array of clinical services to this unique population



Casi lives in East King County and volunteers in the community

Client Story

ZamZam was homeless for a year and a half, and spent her nights sleeping under a bridge with other homeless youth. Since entering the Therapeutic Housing Program, ZamZam has moved into her own apartment in South King County and has since maintained her housing for several months. She is now able to focus on her other goals and has been working regularly with her YMCA case manager to pass her high school equivalency exam, increase her income, and maintain housing. ZamZam has accessed regular counseling through Sound Mental Health, and states that it has been "very helpful to have someone to talk to".