

HOUSING



Housing insecurity including individuals experiencing homelessness*, trouble paying rent, overcrowding, moving frequently, or spending the bulk of household income on housing has been linked to substance use.¹

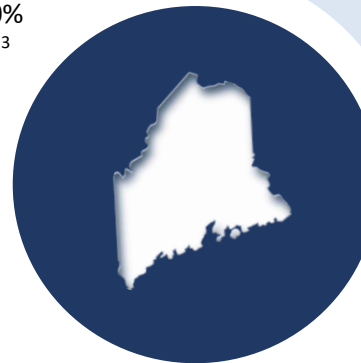
More than 4,000 Mainers experienced some form of homelessness* in 2022. The majority of people experiencing homelessness were staying in a hotel, motel, or a shelter.²

Unsheltered	164
Transitional	956
Shelter, Hotel, or Motel	3276



About one in seven renters in Maine (14.4%) spend 30% or more of their monthly income on rent (2016-2020).³

Almost half of all Maine families who experienced homelessness in 2022 had at least one child and about 4% of Mainers experiencing homelessness were unaccompanied teens.²



Housing insecurity is a risk factor for substance use. Individuals may use substances to cope with the stress and trauma associated with housing instability.

SUBSTANCE USE



Of the 470 fatal drug overdoses in Maine during 2020, 69 people were experiencing homelessness (15%).⁴

Young adults experiencing homelessness are six times more likely than their peers to report a substance use disorder.⁵

6x

CONTRIBUTING FACTORS



Though youth's pathways to homelessness and housing insecurity vary, they are often preceded by trauma, family instability, and lack of positive social support.⁶



1. [Healthy People 2030](#)
 2. [Maine Point In Time Survey](#)
 3. [American Community Survey](#)
 4. [SUDORS Dashboard](#)
 5. [Maine's Coordinated Community Plan to Prevent and End Youth and Young Adult](#)

6. [Chapin Hall](#)
 7. [The Trevor Project](#)
 8. [Maine Integrated Youth Health Survey**](#)
 9. [Saewyc et al. \(2017\)](#)
 **Self-reported

*Homelessness is defined as an individual that is unsheltered or in transitional housing.

SPOTLIGHT: LGBTQ YOUTH

Nationally, LGBTQ youth are more than twice as likely to experience homelessness compared to their peers.⁶ When experiencing homelessness, LGBTQ youth are also more likely to report substance use compared to their peers.⁷



Transgender youth in Maine are especially vulnerable to housing insecurity, as they are eight times more likely than cisgender youth to have slept someplace other than their parent's or guardian's home in the last month.⁸

LGBTQ youth experiencing homelessness report more incidences of injury or non-consensual sex due to substance use than their peers.⁹



High school students who reported they did not usually sleep at their parent's/guardian's home or school housing were 13 times as likely to have ever used cocaine, nine times as likely to have ever used methamphetamine, and eight times as likely to have misused prescription drugs in the past 30 days.⁸

Substance Use Among Youth Experiencing Housing Insecurity, by Substance Type

