

# Paving the Way for a More Prosperous Future for Young Adults: Results of an Outcomes Study of the Chelsea Foyer at the Christopher

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**Paving the way for a prosperous future for young people means making sure that they have access to opportunities that help them successfully navigate the transition from adolescence to adulthood.** This transition can be a difficult one, and for some, it happens in a context of even greater challenges. Young people who are aging out of foster care, who are homeless, or are struggling with mental illness require unique supports to help make this transition more productive, focused and successful. Supportive housing programs that combine housing and targeted services have been shown to be a promising intervention for a variety of at-risk populations.

Thanks to a unique collaboration between Good Shepherd Services and the Center for Innovation through Data Intelligence (CIDI), researchers were able to compare several outcomes among participants in a supportive housing program – the Chelsea Foyer at the Christopher – to the outcomes of a comparison group of individuals who applied for and were eligible for supportive housing, but who were not placed in supportive housing. This work was made possible with generous support from the Larson Family Foundation.

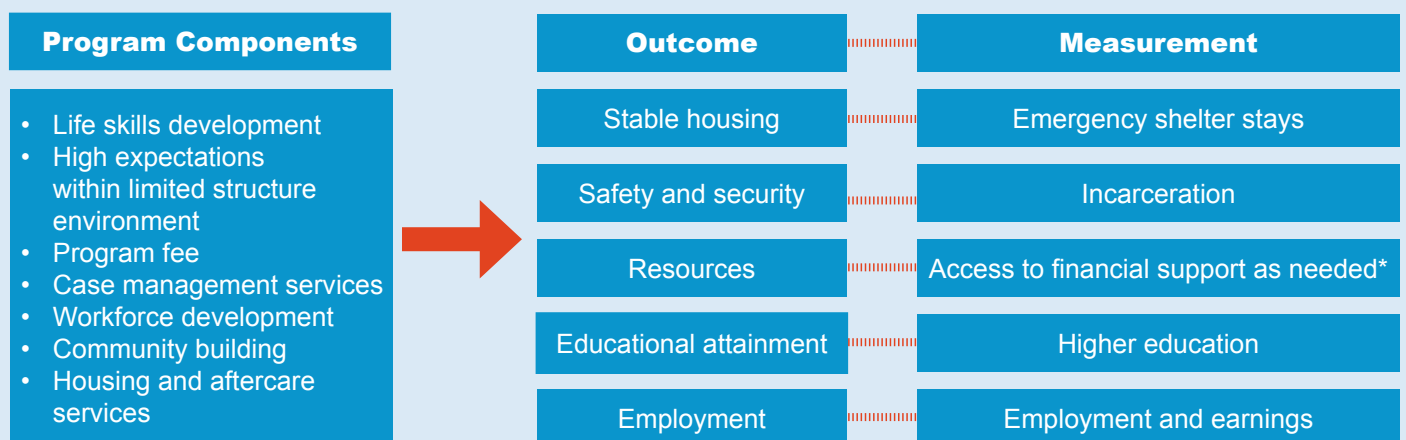
## Key Findings

Within the two years after entry:

- participants were **36% less likely** than the comparison group to have a stay in a single adult shelter.
- participants were **55% less likely** than the comparison group to go to jail.
- the percentage of participants employed increased to **91%**.
- the percentage of participants enrolled in college increased to **40%**.

**About the Chelsea Foyer at the Christopher:** The Chelsea Foyer at the Christopher, developed by Good Shepherd Services, is an innovative youth development and trauma-informed supportive housing model that serves 40 young adults between the ages of 18-25 years who are aging out of foster care, homeless, and/or at risk of becoming homeless. Residents can live at the Foyer for up to two years and access an array of services, including workshops on life skills, finance, and employment to prepare them for independence.

## Logic Model of Expected Linkages between Program Components and Intended Outcomes



\*Includes government benefit and assistance programs: Supplemental Nutrition Assistance Program, Cash Assistance, Medicaid, Social Security Income

**Project Partners:**



[www.goodshepherds.org](http://www.goodshepherds.org)

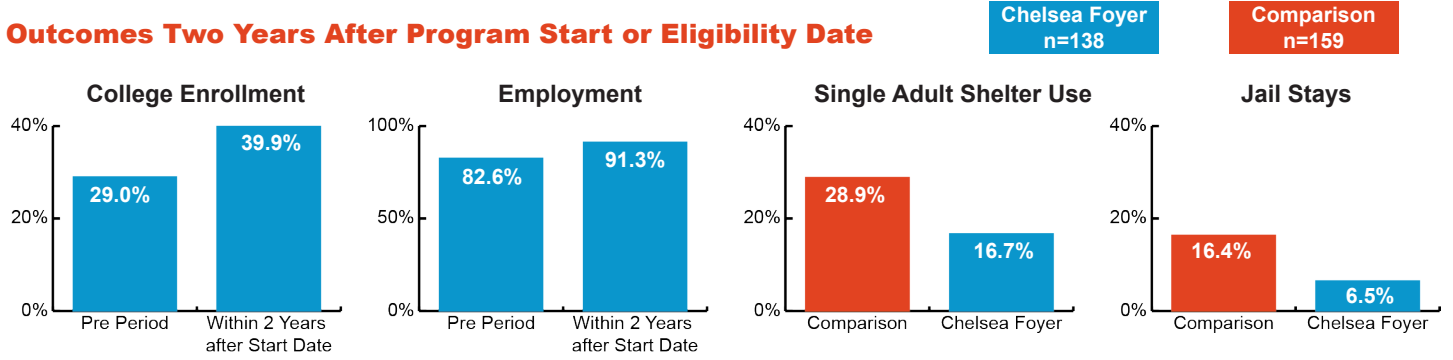


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**Results:** Statistically significant differences between the Foyer and comparison groups were found in single adult shelter stays and jail stays during the two years after program start. Although participants can stay at the Foyer for up to two years, 90% of participants exit the program prior to this. Therefore, this period includes time when participants are in the program and after they exit. Statistically significant increases in employment and education were also found within the Foyer group during the two years prior to starting the program compared to the two years after starting the program. Due to data availability, employment and education outcomes could not be compared between the two groups.



**The proportion of Foyer participants enrolled in college increased by 37.6% during the two years after program start compared to the two years prior to program start (“pre period”).** The percentage of Chelsea Foyer participants enrolled in college increased from 29.0% to 39.9%.

**The proportion of Foyer participants employed increased by 10.5% during the two years after program start compared to the pre period.** 91.3% of Chelsea Foyer participants were employed during the two years after program start compared to 82.6% in the pre-period.

**Foyer participants had significantly lower rates of shelter use than the comparison group.** 28.9% of the comparison group used a Department of Homeless Services single adult shelter, while 16.7% of Foyer participants were in a shelter at some point. Controlling for other factors, Foyer participants were 36% less likely to have a stay in the single adult shelter system.

**Foyer participants had significantly lower rates of jail stays than the comparison group.** 16.4% of the comparison group were in a Department of Correction jail during this period, compared to 6.5% of the Foyer participants. Controlling for other factors, Foyer participants were 55% less likely to go to jail during this time period.

**Implications:** The results from this evaluation have promising implications. The lower rates of homeless shelter and jail stays for Foyer participants relative to their comparison group peers, and the high rates of employment and college enrollment for the Foyer group point to the benefits of this program model for young adults. To expand the program, however, funding streams need to be designed to finance comprehensive models through city, state and federal agreements. This study also exemplifies how administrative data can be used to track participant outcomes, even for smaller scale programs. Using administrative data allows programs to measure participant outcomes across multiple systems and provides the basis for a meaningful index of the well-being of participants after program exit.

**Evaluation Design:** This study uses a quasi-experimental study design to compare the outcomes of individuals who participated in the Chelsea Foyer from 2006 to 2013 to the outcomes of individuals who were eligible for supportive housing because they were aging out of foster care, but were not placed due to program availability. The groups were matched using propensity score matching on demographic variables and service use two years prior to program entry. Outcomes were measured for two years from the program entry date or first eligibility date. Chi-square tests were used to determine whether differences in service use between the Foyer participants and comparison group were statistically significant. A multivariate statistical method, Poisson regression, was used to understand if significant differences were the result of enrollment in the Foyer or some other factors. Additionally, McNemar’s tests were used to determine whether differences in employment or higher education enrollment from the pre-period to the two years after program start were statistically significant for the Foyer group.

This research was conducted in collaboration with:

NYC Agencies. Human Resources Administration, Administration for Children’s Services, Department of Homeless Services, Department of Correction  
Consultants. Amy Dworsky, Senior Researcher, Chapin Hall at the University of Chicago; Timothy Ross, Managing Partner, Action Research Partners

*Good Shepherd Services is a leading multi-service organization in New York City that operates over 80 programs in neighborhoods where children, youth and families face the greatest challenges to provide the support they need to succeed. To learn more about Good Shepherd Services’ Chelsea Foyer, please contact Elizabeth Garcia, Division Director at [Elizabeth\\_Garcia@goodshepherds.org](mailto:Elizabeth_Garcia@goodshepherds.org) or visit [www.goodshepherds.org](http://www.goodshepherds.org). This report was written by the Program Evaluation and Planning Department at Good Shepherd Services and the Center for Innovation through Data Intelligence.*