

Homelessness and Housing Insecurity Resource Guide



During a single night in 2020, at least 580,000 people experienced literal homelessness across the United States, a majority of them in urban areas. Under a slightly broader definition, nearly 1.39 million K-12 students experienced homelessness at some point in 2019. Among college and university students that year, 17% had experienced homelessness in the previous 12 months. Across all these groups, homelessness disproportionately affects people of color--especially Black and Indigenous communities--as a result of past and current systemic racism.

Homelessness and housing insecurity affect college and university students, employees, and their families and communities, especially in urban areas. Urban-serving institutions have a unique and critical role to play in studying, explaining, and addressing these issues. As part of this work, CUMU invited **Portland State University's Homelessness Research & Action Collaborative** to lead a series of conversations and events on homelessness and housing insecurity. This resource guide was created as a result of those sessions, providing frequently-requested materials and showcasing new research and emerging best practices from CUMU member institutions.

The guide is organized into the following sections:

- ◆ **Survey tools** to help you understand the scope of basic needs insecurity among your students and employees
- ◆ **National studies** on basic needs insecurity at colleges and universities
- ◆ **Studies on academic impacts** of basic needs insecurity among students
- ◆ **Research centers** studying homelessness and housing insecurity at CUMU member institutions
- ◆ **Housing program** examples to address homelessness and housing insecurity at CUMU member institutions
- ◆ **Videos** from CUMU events on homelessness and housing insecurity summit and follow-on activities
- ◆ **Additional resources**, including several with a specific focus on incorporating equity in research and operations

We hope that you'll use these resources to engage in conversation, guide future research, and take action in support of your students, employees, and community.

THIS RESOURCE GUIDE WAS MADE POSSIBLE BECAUSE OF



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Meet the Research Team

The Coalition of Urban and Metropolitan Universities (CUMU) selected the **Homelessness Research and Action Collaborative at Portland State University** as a CUMU research fellow in 2019 to lead CUMU's work in this critical area. The HRAC team has facilitated a community of practice for leaders across the Coalition, designed and implemented a virtual summit during the summer of 2021, and published this resource guide. CUMU is indebted to Marisa and Jacen for their work to date and commitment to partner with us going forward as we support members across our network in research and practice to address homelessness and housing insecurity on our campuses and in our communities.

This partnership will help us collaborate with universities and researchers around the country to identify how we can better address homelessness, particularly for people of color, on campuses and in communities through research and action."

— **Dr. Marisa Zapata**, Director,
Homelessness Research & Action
Collaborative

About the Homelessness Research & Action Collaborative

The Homelessness Research & Action Collaborative brings together expertise and skills from across Portland State University and the country to collaborate with people experiencing homelessness, advocates, service providers, leaders, and other stakeholders.

Our goal is to reduce homelessness and its negative impact on individuals, families and communities with an emphasis on communities of color through solutions-oriented research and evidence-based science.



Dr. Marisa Zapata

Associate Professor, Portland State University
Director, Homelessness Research & Action
Collaborative



Jacen Greene

Co-founder, Assistant Director, Homelessness
Research & Action Collaborative

Survey tools

Housing insecurity, homelessness, and food insecurity are widespread among U.S. college and university students, even at prestigious institutions. Understanding the scope of these issues at your institution is key to addressing them effectively. These tools and resources offer guidance on conducting surveys of basic needs insecurity and evaluations of basic needs programs.

Guide to Assessing Basic Needs Insecurity in Higher Education

Sara Goldrick-Rab, Jed Richardson and Peter Kinsley, The Hope Center, Temple University

This guide describes how to perform two types of studies: Surveys to assess basic needs security; and opportunistic small scale experiments to evaluate the effectiveness of programs meant to address basic needs security

Researching Basic Needs in Higher Education

Rashida Crutchfield and Jennifer Maguire, Office of the Chancellor, California State University

Qualitative and quantitative instruments to explore a holistic understanding of food and housing insecurity

Housing & Food Insecurity at Portland State - Students

Greg Townley, Marisa Zapata, Katricia Stewart and Jacen Greene, Portland State University

Basic needs survey tool for university students

Housing and Food Insecurity at Portland State - Employees

Greg Townley, Marisa Zapata, Katricia Stewart, and Jacen Greene, Portland State University

Basic needs survey tool for campus employees: administrators, faculty, and staff

Experiences of Housing Insecurity and Homelessness Among Students of Auraria Campus

Randi Smith, Metropolitan State University of Denver

Housing insecurity and homelessness survey for college/university students

USDA Food Security Surveys and Tools

U.S. Department of Agriculture

Survey tools that “allow researchers to adapt the module to their survey context, edit and code responses, and calculate household summary measures of food security.”

National studies

A number of institutional or state-level basic needs surveys are available online, but these national surveys give an idea of the overall prevalence of basic needs insecurity among college and university students and employees.



Hunger On Campus: The Challenge of Food Insecurity for College Students

James Dubick, Brandon Mathews, and Clare Cady; 2016

College and University Food Bank Alliance, National Student Campaign Against Hunger and Homelessness, Student Government Resource Center, Student Public Interest Research Groups



Food Insecurity: Better Information Could Help Eligible College Students Access Federal Food Assistance Benefits

Kathryn Larin, et al.; 2018

U.S. Government Accountability Office



An Army of Temps: AFT 2020 Adjunct Faculty Quality of Work/Life Report

Randi Weingarten, Lorretta Johnson, and Evelyn DeJesus; 2020

American Federation of Teachers



#RealCollege 2021: Basic Needs Insecurity During the Ongoing Pandemic

Christy Baker-Smith, et al.; 2021

The Hope Center for College, Community, and Justice

Studies on academic impacts

Basic needs insecurity has been shown to cause extensive mental and emotional harm to students, as well as significant impacts on academic success and retention. These studies focus on the academic impacts of basic needs insecurity.

- Crutchfield, R. M. & Maguire, J. (2018). Study of student basic needs. The California State University Basic Needs Initiative. https://www.calstate.edu/impact-of-the-csu/student-success/basic-needs-initiative/Documents/BasicNeeds-Study_phasel1_withAccessibilityComments.pdf.
- El Zein, A., Shelnutt, K., Colby, S., Olfert, M., Kattelman, K., Brown, ... Mathews, A. (2017). Socio-demographic correlates and predictors of food insecurity among first-year college students. *Journal of the Academy of Nutrition and Dietetics*, 117(10), A146. <https://doi.org/10.1016/j.jand.2017.08.102>.
- Hagedorn, R. L. & Olfert, M. D. (2018). Food insecurity and behavioral characteristics for academic success in young adults attending an Appalachian university. *Nutrients*, 10(3), 361. <https://doi.org/10.3390/nu10030361>.
- Leung, C. W., Farooqui, S., Wolfson, J. A., & Cohen, A. J. (2021). Understanding the Cumulative Burden of Basic Needs Insecurities: Associations With Health and Academic Achievement Among College Students. *American Journal of Health Promotion*, 35(2), 275–278. <https://doi.org/10.1177/0890117120946210>.
- Martinez, S. M., Frongillo, E. A., Leung, C., & Ritchie, L. (2020). No food for thought: Food insecurity is related to poor mental health and lower academic performance among students in California's public university system. *Journal of Health Psychology*, 25(12), 1930–1939. <https://doi.org/10.1177/1359105318783028>.
- Maroto, M.E., Snelling, A., & Linck, H. (2014). Food Insecurity Among Community College Students: Prevalence and Association With Grade Point Average. *Community College Journal of Research and Practice*, 39:6, 515-526. <https://doi.org/10.1080/10668926.2013.850758>.
- Patton-López, M. M., López-Cevallos, D. F., Cancel-Tirado, D. I., & Vazquez, L. (2014). Prevalence and correlates of food insecurity among students attending a midsize rural university in Oregon. *Journal of Nutrition Education and Behavior*, 46(3), 209-214. <https://doi.org/10.1016/j.jneb.2013.10.007>.
- Silva, M. R., et al. (2017). The Relationship Between Food Security, Housing Stability, and School Performance Among College Students in an Urban University. *Journal of College Student Retention: Research, Theory & Practice*, 19(3), 284–299. <https://doi.org/10.1177/1521025115621918>.
- Wood, J.L., & Harris, F. (2020). Differences in self-reported GPA for students experiencing insecurities. *Community College Journal of Research and Practice*. <https://doi.org/10.1080/10668926.2020.1835746>.

Research centers

Across the CUMU network, member institutions have launched research centers working to better understand and address homelessness on campus and in the broader community. These centers develop promising new approaches, spotlight established best practices, and share essential information.



Homelessness Research & Action Collaborative

Portland State University



Urgent Challenges Collective

University of San Diego



Ruff Institute of Global Homelessness

DePaul University



Center for Housing and Homelessness Research

University of Denver



Hope Center for College, Community, and Justice

Temple University

Housing programs

These guides and examples from CUMU member institutions showcase best practices and promising new approaches to addressing housing insecurity and homelessness among students.



Beyond the Food Pantry: Meeting Student Housing Needs and Addressing Student Homelessness

Temple University

Comprehensive guide to best practices and effective examples of addressing student basic needs insecurity.



Dax House

DePaul University

Housing and wraparound services for DePaul students experiencing homelessness.



Affordable Rents for College Students

College Housing Northwest, Portland State University, Portland Community College, New Avenues for Youth

Subsidized housing, low barriers to entry, and supports for students experiencing homelessness or housing insecurity.



Basic Needs Center

University of Michigan Homeshare opportunities and legal services for students.



CCP / PHA partnership

Community College of Philadelphia

Partnership with Philadelphia Housing Authority to provide low-cost housing to housing insecure students.



HOPE Scholars

University of Nevada, Las Vegas

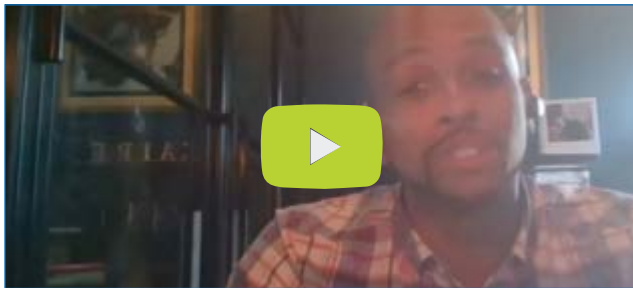
Partnership with the Clark County School District (CCSD) Title I HOPE Office and Nevada Partnership for Homeless Youth to provide housing and supports to housing insecure students.

Videos

In 2021, CUMU's Summer Action Summit focused on the growing challenges of housing insecurity and homelessness among students, employees, and community members—all through an equity lens.

The first day focused on housing insecurity and homelessness on campus, with an emphasis on effectively addressing student needs through institutional action and external partnerships. The second day addressed the role of higher education institutions in understanding and addressing homelessness in the wider community, with sessions focused on the role of evictions; alternative policing and first response programs; public attitudes and education; and racial equity and anti-racist practices. Recordings of the full group sessions are available here, offering an overview of key questions, best practices, and the latest research in the field.

DAY 1



Housing Insecurity and Homelessness on Campus

SPEAKERS

- ◆ Ed Smith, Program Officer, Kresge Foundation
- ◆ Olya Glantsman, Program Director, Community Psychology MS Program; Sr. Professional Lecturer, DePaul University
- ◆ Kayleigh Zinter, student, DePaul University
- ◆ Thomas Hilliard, Hope Center
- ◆ Emily Leickly, student, Portland State University
- ◆ Joshua Bates, Portland/Multnomah County Joint Office of Homeless Services
- ◆ C.J. Appleton, student, George Mason University
- ◆ Alexandra Appleton, Portland/Multnomah County Joint Office of Homeless Services
- ◆ Jennifer Lee-Anderson, student, Portland State University
- ◆ Ryan Sturley, Development Manager, College Housing NW
- ◆ Marisa Zapata, Associate Professor, Director, HRAC, Portland State University
- ◆ Bobbie Laur, Executive Director, Coalition of Urban and Metropolitan Universities
- ◆ Sean Morris, Research Analyst, Community College of Philadelphia
- ◆ Emily Riemer, Senior Program Coordinator, Homelessness Initiative, Tulane University
- ◆ Rian Satterwhite, Director of the Office of Service Learning and Leadership, University of Nevada, Las Vegas
- ◆ Greg Townley, Associate Professor, Research Director, HRAC, Portland State University
- ◆ Jacen Greene, Assistant Director, HRAC, Portland State University
- ◆ Tacoma CHAP
- ◆ Mike Walsh, Dean of Student Life, Portland State University

DAY 2



The Role of Higher Education Institutions in the Broader Community

SPEAKERS

- ◆ Charles Rutheiser, Senior Associate, Annie E. Casey Foundation
- ◆ Marisa Zapata, Associate Professor, Director, HRAC, Portland State University
- ◆ Colleen, Don't Evict PDX
- ◆ Lisa Bates, Associate Professor, Portland State University
- ◆ Tim Thomas, Research Director, University of California Berkeley
- ◆ Greg Townley, Associate Professor, Research Director, HRAC, Portland State University
- ◆ Maude Hines, Associate Professor, Portland State University
- ◆ Lydia Stazen, Director, Institute of Global Homelessness
- ◆ Mike Williams, Professor; Director, Changemaker Hub University of San Diego
- ◆ Kate DeConinck, Adjunct Assistant Professor, University of San Diego
- ◆ Janet Cowal, Senior Instructor and Undergraduate Advisor, Portland State University
- ◆ Kacy McKinney, Critical Feminist Geographer and Visual Artist, Portland State University

Note: breakout room speakers and sessions were not recorded

Videos

During the 2021 Fall Learning & Sharing Virtual Series, faculty from Portland State University and University of San Diego shared research on discourses around homelessness, the stigmatization faced by people experiencing homelessness, and promising approaches to public education and changing harmful narratives.



Changing the narrative of homelessness

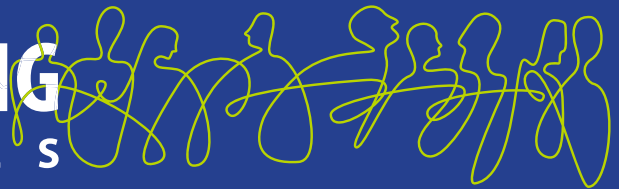
SPEAKERS

- ◆ Kate DeConinck, University of San Diego
- ◆ Mike Williams, University of San Diego
- ◆ Maude Hines, Portland State University

In San Diego, Drs. Williams and DeConinck are co-directors of the University of San Diego Urgent Challenges Collective, which provides new opportunities for studying and addressing homelessness and affordable housing in the local community. Their research has investigated the forms and consequences of stigmatization encountered by people experiencing homelessness, and created toolkits for volunteers and service organizations to address stigmatization.

In Portland, Dr. Maude Hines leads the “Changing Narratives, Creating Action” research area at Portland State University’s Homelessness Research & Action Collaborative. Dr. Hines has led a set of projects studying the impact of discourses on homelessness and working to introduce homelessness as a research and teaching topic in the humanities.

LEARNING & SHARING VIRTUAL SERIES



The CUMU Learning & Sharing Virtual Series is a free, CUMU members-only program focused on critical dialogue with practical takeaways that create action. This virtual series brings together CUMU administrators, faculty, staff, students, and community partners to learn from one another and share challenges and successes on a set of discrete issue areas.

This virtual series is offered at no-cost to CUMU members and their partners.

In partnership with HRAC, CUMU will continue to publish resources on the Homelessness and Housing Insecurity web page.

Additional resources

Addressing Student Housing Insecurity

Campus Compact Knowledge Hub

Supporting Retention Through Food and Housing Security.

Resource Library

The Hope Center, Temple University

Guides, tools, and webinars on addressing student basic needs.

Creating an Equity Lens at Institutions for Higher Education

Marisa Zapata, Portland State University

Guide to developing an equity lens for an institution, center, or program.

Homelessness Research

Homelessness Research & Action Collaborative, Portland State University

Homelessness research guide for students and faculty.

Storytellers Bill of Rights

Homelessness Research & Action Collaborative, Portland State University

An example “bill of rights” for individuals sharing their stories for publications or social media.

Appendix

1	OPENING	URL
	Portland State University's Homelessness Research & Action Collaborative	https://www.pdx.edu/homelessness/
2	MEET THE RESEARCH TEAM	URL
	Homelessness Research and Action Collaborative	https://www.pdx.edu/homelessness/homelessness-research
	Portland State University	https://www.pdx.edu/
2	ABOUT THE HRAC	URL
	Dr. Marisa Zapata	https://www.pdx.edu/homelessness/profile/marisa-zapata
	Jacen Greene	https://www.pdx.edu/homelessness/profile/jacen-greene
3	SURVEY TOOLS	URL
	Guide to Assessing Basic Needs Insecurity in Higher Education	https://hope4college.com/wp-content/uploads/2018/09/Basic-Needs-Insecurity-College-Students.pdf
	Researching Basic Needs in Higher Education	https://drive.google.com/file/d/1XdGuXB7PXmO4RL1aIRnckR2j0HLyt455/view?usp=sharing
	Housing & Food Insecurity at Portland State - Students	https://docs.google.com/document/d/1gsEcXpmsa1-ss43PpLJy4atYVw845U-5/edit?usp=sharing&oid=100727703012876896599&rtpof=true&sd=true
	Housing and Food Insecurity at Portland State - Employees	https://docs.google.com/document/d/1mJLXrP0CIP8tKIU8n0fpyU_BHxMjvH/edit?usp=sharing&oid=100727703012876896599&rtpof=true&sd=true
	Experiences of Housing Insecurity and Homelessness Among Students of Auraria Campus	https://docs.google.com/document/d/1-o5SZQIGNrcowzSScFY6qxXvw5GZCvL/edit?usp=sharing&oid=100727703012876896599&rtpof=true&sd=true
	USDA Food Security Surveys and Tools	https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools/
4	NATIONAL STUDIES	URL
	Hunger On Campus: The Challenge of Food Insecurity for College Students	https://studentsagainsthunger.org/hunger-on-campus/
	Food Insecurity: Better Information Could Help Eligible College Students Access Federal Food Assistance Benefits	https://www.gao.gov/products/gao-19-95
	An Army of Temps: AFT 2020 Adjunct Faculty Quality of Work/Life Report	https://www.aft.org/sites/default/files/adjuncts_qualityworklife2020.pdf
	#RealCollege 2021: Basic Needs Insecurity During the Ongoing Pandemic	https://hope4college.com/rc2021-bni-during-the-ongoing-pandemic/

Appendix

5 STUDIES ON ACADEMIC IMPACTS	URL
Study of student basic needs.	https://www.calstate.edu/impact-of-the-csu/student-success/basic-needs-initiative/Documents/BasicNeeds-Study_phasell_withAccessibilityComments.pdf
Socio-demographic correlates and predictors of food insecurity among first-year college students.	https://doi.org/10.1016/j.jand.2017.08.102
Food insecurity and behavioral characteristics for academic success in young adults attending an Appalachian university.	https://doi.org/10.3390/nu10030361
Understanding the Cumulative Burden of Basic Needs Insecurities: Associations With Health and Academic Achievement Among College Students	https://doi.org/10.1177/0890117120946210
No food for thought: Food insecurity is related to poor mental health and lower academic performance among students in California's public university system	https://doi.org/10.1177/1359105318783028
Food Insecurity Among Community College Students: Prevalence and Association With Grade Point Average	https://doi.org/10.1080/10668926.2013.850758
Prevalence and correlates of food insecurity among students attending a midsize rural university in Oregon	https://doi.org/10.1016/j.jneb.2013.10.007
The Relationship Between Food Security, Housing Stability, and School Performance Among College Students in an Urban University	https://doi.org/10.1177/1521025115621918
Differences in self-reported GPA for students experiencing insecurities	https://doi.org/10.1080/10668926.2020.1835746
6 RESEARCH CENTERS	URL
Homelessness Research & Action Collaborative	https://www.pdx.edu/homelessness/
Urgent Challenges Collective	https://www.sandiego.edu/homelessness/
Ruff Institute of Global Homelessness	https://ighomelessness.org/
Center for Housing and Homelessness Research	https://socialwork.du.edu/chhr
Hope Center for College, Community, and Justice	https://hope4college.com/
7 RESEARCH CENTERS	URL
Beyond the Food Pantry: Meeting Student Housing Needs and Addressing Student Homelessness	https://hope4college.com/wp-content/uploads/2021/08/Meeting-Student-Housing-Needs.pdf
Dax House	https://depaulusa.org/programs/chicago/
Affordable Rents for College Students	https://chnw.org/arcs/
Basic Needs Center	https://basicneeds.studentlife.umich.edu/category/housing-transportation/
CCP / PHA partnership	https://www.ccp.edu/about-us/news/press-release/community-college-philadelphia-pha-partner-provide-housing-students-who-are-housing-insecure
HOPE Scholars	https://www.unlv.edu/sll/scholarships/unlv-hope-scholars

Appendix

8	VIDEOS	URL
	Housing Insecurity and Homelessness on Campus	https://vimeo.com/582151510/7bba4aeaae
	The Role of Higher Education Institutions in the Broader Community	https://vimeo.com/585499464/1eb253b47d
9	VIDEOS	URL
	Changing the narrative of homelessness	https://vimeo.com/648692846/5bbf0e44eb
	Learning & Sharing Virtual Series	https://www.cumuonline.org/cumu-programming/cumu-learning-sharing-virtual-series/
	CUMU members	https://www.cumuonline.org/cumu-members/
	Homelessness and Housing Insecurity	https://www.cumuonline.org/cumu-initiatives/addressing-homelessness-housing-insecurity/
10	ADDITIONAL RESOURCES	URL
	Addressing Student Housing Insecurity	https://compact.org/resource-posts/addressing-student-housing-insecurity/
	Resource Library	https://hope4college.com/resources/
	Creating an Equity Lens at Institutions for Higher Education	https://works.bepress.com/marisa-zapata/10/
	Homelessness Research	https://guides.library.pdx.edu/homelessness
	Storytellers Bill of Rights	https://drive.google.com/file/d/1OPmGGwduN34wF-CBJOYsKTiThnuZeYGR/view?usp=sharing