



State of Connecticut Annual Point-In-Time Count of Individuals and Families Experiencing Homelessness

2026

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Introduction:

As part of the application process for federal homeless assistance grants, the Department of Housing and Urban Development (HUD) requires that all funding recipients across the country conduct a count of the number of people experiencing homelessness on a single night within the last ten days in the month of January.

On **Tuesday, January 27, 2026**, the State of Connecticut conducted its annual statewide Point-in-Time (PIT) Count of people experiencing homelessness. This includes the number of people who were in Emergency shelter, Transitional Housing and Safe Havens as well as those who were unsheltered, meaning living in places not meant for human habitation such as in cars, under bridges, or on the streets.

The State of Connecticut has been conducting an annual PIT Count of people experiencing homelessness since 2007. Until recently, the methodology for that count had remained relatively consistent. However, due to the global COVID-19 pandemic, in 2021, HUD offered flexibility to communities in how or whether they conduct an unsheltered count. Connecticut used this flexibility and significantly altered its methodology for conducting the unsheltered count in 2021, while the sheltered count methodology remained relatively consistent. Information on the previous methodology can be found in the introduction section of the 2024 PIT Count report -- [2024 CT Point In Time Count Report](#)

Since 2021, Connecticut has been relying on the Homeless Management Information System (HMIS). HMIS is the statewide database used to collect data and coordinate care for those who are homeless. HMIS is used to compile data entered by outreach teams serving people experiencing unsheltered homelessness.

However, not every outreach team, shelter program and housing program use HMIS. To collect and aggregate all data from the night of the PIT count, the State of Connecticut also uses a PIT database. This is a web-based platform developed and managed by Nutmeg Consulting to collect and confirm the PIT data from HMIS as well as the data that is collected external to HMIS. This data is combined into reports used for submitting results of the count to HUD and the state.

The integration of HMIS data with the PIT count process allows us to develop a profile of the individuals and families counted in emergency shelter or street outreach as well as any of the other program types whose programs participate in HMIS. The integration of HMIS data with the PIT count process allows case managers to have a fuller profile of the individuals and families counted in emergency shelter or street outreach as well as any of the other program types whose programs participate in HMIS. The information collected can help case managers to determine supports individuals and families need to bridge the gap between homelessness to housing. Standard data collection in HMIS includes whether a household has employment, non-employment income benefits, non-cash benefits, access to health insurance and/or disabling conditions. These data points can help case managers determine what resources a person has and what resources a person may be eligible for to assist in ending their housing crisis.

Summary and Key Findings:

There were **3,847** sheltered and unsheltered persons experiencing homelessness on the night of January 27th, 2026. Households with children totaled 994 people and households with adults only totaled 2,852 people. There was one unaccompanied child counted as well.

This is an overall increase of 112 (3%). Although the count did increase, this is a major improvement in the rate of increase counted in 2025 which saw an increase of 325 (10%) from the 2024 count.

The count of families with children has decreased from 334 households in 2025 down to 332 households in 2026. These 332 family households are made up of 994 people of which 591 were children. In 2025 these households were made up of 1,010 people of which 587 were children. This has been relatively flat across both metrics between the 2025 and 2026 counts.

There were 2,852 people in households with adults only counted in 2026, compared to 2,724 people in households with adults only counted in 2025. This is an increase of 128 people or 5%. This is a drop in the rate of increase when compared to the previous two counts which were 13% from 2023 to 2024 and 2024 to 2025 and 18%.

The counts for child-only households remained the same, 1 household of 1 child.

The best performing measure for 2026 has been a drop in the rate of increase in the number of homeless persons counted. Between both the households with children and households without children there has only been an increase of 3% and 5% respectively. This is a considerable reduction in the rate of increase compared to the 2023 through 2025 counts which have ranged from 10% to 13%.

The state continues to increase its bed inventory to meet the needs of people experiencing homelessness. The number of Emergency Shelter (ES), Safe Haven (SH) and Transitional Housing (TH) beds has increased from 3,358 in 2025 to 4,056 in 2026, a total increase of 698 beds (21%). The majority of this increase was due to an aggressive cold weather initiative which made over 400 hotel/motel beds available throughout the cold weather season. The number of Permanent Housing (PH) and Rapid Re-Housing (RRH) beds has increased from 10,285 in 2025 up to 10,762 in 2026, a total of 477 new beds. Unfortunately, the number of persons in need of either shelter or housing continues to outpace the number of available beds and units.

A new tool incorporated for this year's count was a mobile application called Engage. Engage allowed both HMIS and non-HMIS participating Seasonal Shelters to capture data as close to real time as possible. The Engage mobile app integrated with HMIS and the Point in Time Count Database. This allowed for several different options for data entry on the night of the count. As noted in the introduction, HMIS is the statewide data system used by the majority of homeless service providers as a tool to help those experiencing homelessness in Connecticut. Other than Domestic Violence programs, who are not permitted to use the statewide HMIS, 100% of year-round emergency shelter beds and several seasonal shelters are in HMIS. This translates to over 88% of all people counted in emergency shelter were enrolled in an HMIS based emergency shelter program.

HMIS street outreach participation is also strong, 72 out of the 73 year-round Street Outreach (SO) programs participated in HMIS on the night of the count. This translates to 99% of all people counted in SO were enrolled in an HMIS based SO program.

This level of participation in HMIS allows us to do a ‘where are they now’ review to see why the count seems to remain within this 3,000-person range year-over-year. In the tables below, for any person in an HMIS Emergency Shelter (ES) or HMIS Street Outreach (SO) program counted year over year from 2022 - 2026 we can see if they continue to experience homelessness. For example, in 2026 there were 295 people counted who were also counted on the PIT night back in 2022 and there were 339 people counted in 2026 who were also counted in 2023 and so on. The ‘location in 2026’ column in the table below tells us where those people were found during the 2026 count.

From this information we can see the following:

Counted in ES/SO in 2022		Counted in ES/SO in 2023		Counted in ES/SO in 2024		Counted in ES/SO in 2025	
Program Type	Location in 2026	Program Type	Location in 2026	Program Type	Location in 2026	Program Type	Location in 2026
Emergency Shelter	54	Emergency Shelter	87	Emergency Shelter	164	Emergency Shelter	348
Street Outreach	5	Street Outreach	19	Street Outreach	33	Street Outreach	79
Permanent Housing	223	Permanent Housing	255	Permanent Housing	375	Permanent Housing	369
Rapid Re-Housing	13	Rapid Re-Housing	38	Rapid Re-Housing	100	Rapid Re-Housing	294
Transitional/Safe Haven	0	Transitional/Safe Haven	0	Transitional/Safe Haven	1	Transitional/Safe Haven	9
Grand Total	295	Grand Total	399	Grand Total	673	Grand Total	1099

Counted in ES/SO in 2022 - 295 people counted in 2026 who were counted in ES/SO in 2022:

- 54(18%) were still found in an ES in 2026
- 5(2%) were still in an SO in 2026
- 236(77%) fortunately were counted in more stable situations in 2026, either PSH or RRH

Counted in ES/SO in 2023 - 399 people counted in 2026 who were counted in ES/SO in 2023:

- 87(22%) were still found in an ES program in 2026
- 19(5%) were found in an SO program in 2026
- 293(67%) fortunately were counted in more stable situations in 2026, either PSH or RRH

Counted in ES/SO in 2024 – 673 people counted in 2026 who were counted in ES/SO in 2024:

- 164(24%) were still found in an ES program in 2026
- 33(5%) were still found in an SO program in 2026 count
- 476(62%) fortunately were counted in more stable situations in 2026, either PSH, RRH or TH

Counted in ES/SO in 2025 – 1099 people counting in 2026 who were counted in ES/SO in 2025:

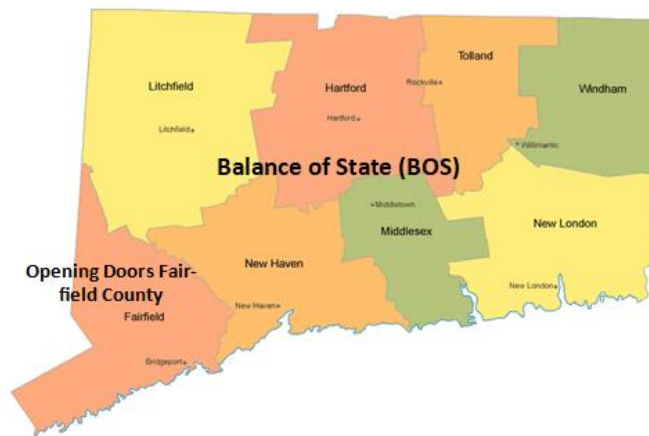
- 348(32%) were still found in an ES program in 2026
- 79(7%) were still found in an SO program in 2026
- 672(48%) fortunately were counted in more stable situations in 2026, either PSH, RRH or TH

From HMIS we can at least get a few pieces of the puzzle when we look at the homeless trends over time. From the 2022-2026 PIT counts there were 649 unduplicated persons who continue to be seen in an HMIS participating emergency shelter and/or homeless outreach program.

Though all these numbers seem daunting, it is important to note the continuous effort exhibited by all the services providers statewide. Since 2016, Connecticut has managed to add 3,649 Permanent Housing and Rapid Re-housing beds and maintain an inventory of 4,056 Emergency Shelter, Transitional Housing and Safe Haven beds (*ES and SH beds have increased, while TH beds have decreased keeping the overall count relatively flat year over year*).

Profile of Individuals and Families Experiencing Homelessness:

Below are profiles of individuals and families counted on the PIT night split out by the two Continuums of Care (CoC's) for Emergency Shelter and Street Outreach. The profile includes information on average income, non-cash benefits, health insurance and disabling conditions.



Balance of State (BOS):

HMIS Participating Emergency Shelter Programs – Households with adults and children profile:

There were 222 Households with children counted on the night of PIT comprised of 682 people. Of those, 171 households are in programs that participate in HMIS. The HMIS participating client data allows us to provide a profile of those 171 households made up of 555 people.

The average family size for HMIS participating programs was 3.24 people. This ratio is in line with the available beds per family unit counted in HMIS on the night of PIT which equated to 4.00 beds per unit. There were 109 out of 171 households (64%) who reported some type of income either via employment, SSI, SSDI or other financial assistance. The average income for these households with children was \$1,299.27/month. Households with income from employment averaged \$1,658/month while those whose income was not from employment i.e. SSI, SSDI or State Cash Assistance averaged \$913.00/month. There were 69 out of 171 households (40%) reported having zero income. Average income has dropped for the third year in a row for this group. In 2024 the average was \$1,472, 2025 was \$1,377 and for 2026 they are reporting \$1,299.27. This is an 11.75% drop in average income since 2024.

121 out of 171 households with children (71%) reported having non-cash benefits which includes services such as SNAP, WIC and TANF. 57 households (33%) reported no non-cash benefits. Of the 555 family members, 432 (78%) report having health insurance. 34 family members (6%) reported not having any health insurance and 69 family members (12%) showed as data not collected.

149 of the 555 people (27%) reported some type of disabling condition. This is up almost 10% from the 2025 count. A total of 56 of the 149 reported being diagnosed with more than one disabling condition. 386 of the 555 people reported no disabling conditions or data not collected.

HMIS Participating Emergency Shelter Programs – Households with adults only Profile:

There were 1,748 Households with adults only counted on the night of PIT comprised of 1,784 total people. Of those households, 1,570 were in programs that participated in HMIS. The HMIS participating client data allows us to provide a profile of those 1,570 households made up of 1,600 people.

These were predominantly 1 person households. There were only 516 out of 1,600 people (32%) who reported some amount of income either from SSI, SSDI, state benefits or employment. The average income for these individuals was \$1,285.21/month. People with income from employment averaged \$1,599/month while those whose income was not from employment averaged \$1,149/month. 811 out of the 1,600 people (50%) reported zero income and 273 were either data not collected, or information was missing.

Out of the 1,600 people in households with adults only, 598 (37%) reported having non-cash benefits which for this group included SNAP. 710 out of the 1,600 individuals (44%) reported no non-cash benefits and 278 were data not collected. Of the 1,600 people in households with adults only, 1,055 (66%) reported having health insurance, 180 (11%) reported no health insurance and 365 showed as data not collected.

Of the 1,600 individuals, 986 (62%) reported some type of disabling condition. This is up almost 10% from the 2025 count. A total of 687 of the 986 reported being diagnosed with more than one disabling condition. 354 of the 1,600 people (22%) reported no disabling conditions and 260 were data not collected.

HMIS Participating Street Outreach Program – Households with adults and children Profile:

There were no unsheltered households with children counted

HMIS Participating Street Outreach Program – Households with adults only Profile:

There were 379 individuals counted in street outreach on the night of PIT. Of those, 362 were in programs that participate in HMIS. This is a large drop from the number counted in 2025 of 697. The contributing factors to the decrease include the cold weather shelter initiative which made approximately 270 Motel vouchers available on or before the night of the PIT count and the governor's enactment of the severe weather protocol.

Of the 362 individuals, 104 (29%) reported some amount of income. The average income was \$1,335/month. There were 39 Persons with income from employment averaging \$1,648/month while 68 persons with income from sources other than employment averaged \$1,128/month. 257 people (71%) reported zero income and 40 people were data not collected.

Out of the 362 people in households with adults only, 137 (38%) reported having non-cash benefits which for this group included SNAP. 192 (53%) individuals reported no non-cash benefits, and 33 people were data collected. 290 people (80%) reported having health insurance while 42 (12%) reported no insurance and 30 were data not collected.

Of the 362 individuals, 294 (81%) reported some type of disabling condition. This is close to a 20% increase from the 2025 count. A total of 219 of the 294 reported being diagnosed with more than one disabling condition. 43 people (12%) reported no disabling conditions and 25 showed as data not collected.

Opening Doors Fairfield County (ODFC):

HMIS Participating Emergency Shelter Program – Households with adults and children Profile:

There were 62 Households with children counted on the night of PIT comprised of 177 people. Of those, 44 households are in programs that participate in HMIS. The HMIS participating client data allows us to provide a profile of those 44 households made up of approximately 130 people.

The average family size for HMIS participating programs was 3 people. This ratio is in line with the available beds per family unit counted in HMIS on the night of PIT which equated to 3 beds per unit. There were 25 out of 44 households (57%) who reported some type of income either via employment, SSI, SSDI or other financial assistance. The average income for these households with children was \$1,495/month. Households with income from employment averaged \$1,912.76/month while those whose income was not from employment averaged \$778.54/month. 24 out of 44 households (55%) reported having zero income. This is an increase of 10% from the 2025 count.

33 out of 44 households (75%) with children reported having non-cash benefits which includes services such SNAP, WIC and TANF. 11 out of 44 households (25%) reported no non-cash benefits. Of the 130 family members comprising these 44 HMIS based households with children, 115 family members (88%) report having health insurance. 10 family members (8%) reported not having any health insurance and 5 were data not collected.

40 people of the 130 household members (31%) reported some type of disabling condition. A total of 20 of the 40 reported being diagnosed with more than one disabling condition. 86 out of 130 household members (66%) reported no disabling conditions. This is a 14% increase from the 2025 count.

HMIS Participating Emergency Shelter Program – Households with adults only Profile:

There were 436 households with adults only counted on the night of PIT comprised of 443 people. Of those households, 419 were in programs that participate in HMIS. The HMIS participating client data allows us to provide a profile of those 419 households made up of 423 people.

These were predominantly 1 person households. There were only 138 out of 423 people (33%) who reported some amount of income. The average income was \$1,243.95/month. Persons with income from employment averaged \$1,641.33/month while those whose income was not from employment averaged \$1,074.42/month. 243 people (57%) reported zero income and 42 were data not collected.

Out of the 423 people in households with adults only, 146 (35%) reported having non-cash benefits which for this group included SNAP. 234 individuals (55%) reported no non-cash benefits and 43 showed as data not collected. Of the 423 people in households with adults only, 239 (57%) reported having health insurance while 102 individuals (24%) reported no health insurance and 82 (19%) showed as data not collected.

Of the 423 individuals, 264 (62%) reported some type of disabling condition. This is close to a 20% increase over the 2025 numbers. A total of 166 of the 264 reported being diagnosed with more than one disabling condition. 119 of the 423 people (28%) reported no disabling conditions and 40 showed as data not collected.

HMIS Participating Street Outreach Program – Households with adults only Profile:

There were 58 individuals counted in street outreach on the night of PIT. This is a large drop from the 134 counted as unsheltered in 2025. The decrease can be attributed to the cold weather shelter initiative which made approximately 131 Motel vouchers available on or before the night of the PIT count and the governor's enactment of the severe weather protocol.

Of these 58 individuals, 55 were in programs that participate in HMIS. 17 (31%) reported some amount of income. The average income was \$1,509/month. Persons with income from employment averaged \$1,865/month while those with income from sources other than employment averaged \$1,290.28/month. 31 people (56%) reported zero income and 7 were data not collected.

Out of the 55 people in households with adults only, 20 (36%) reported having non-cash benefits which for this group included SNAP. 31 individuals (56%) reported no non-cash benefits and 4 were data not collected. Of the 55 people in households with adults only, 39 (71%) reported having health insurance while 9 (16%) reported no insurance and 7 were data not collected.

Of the 55 individuals, 43 (78%) reported some type of disabling condition. This is a 35% increase over the 2025 numbers. A total of 28 of the 43 reported being diagnosed with more than one disabling condition. 8 of the 55 people reported no disabling conditions and 4 were data not collected.

HMIS Participating Street Outreach Program – Households with adults and children Profile:

There were 0 households of 0 people counted in street outreach on the night of PIT.

In summary, the average incomes for these groups range between \$1,243 - \$1,509 per month for households with and without children. Fair Market Rent prices for a one bedroom are up from an average of \$1,471 in 2025 to \$1,554 in 2026 and rent prices for a three bedroom are up from an average of \$2,254 in 2025 to \$2,351 in 2026. The minimum living wage range needed in Connecticut is from \$4,500/month for a single person up to \$12,000 per month for a household of 3. The agencies providing rent and support services to these groups must cover anywhere from 80 to 100% of the rent if/when they are able to find housing. Furthermore, they must also assist these households to find all the other support they will need to bridge the gap between what they can afford vs. what they need.

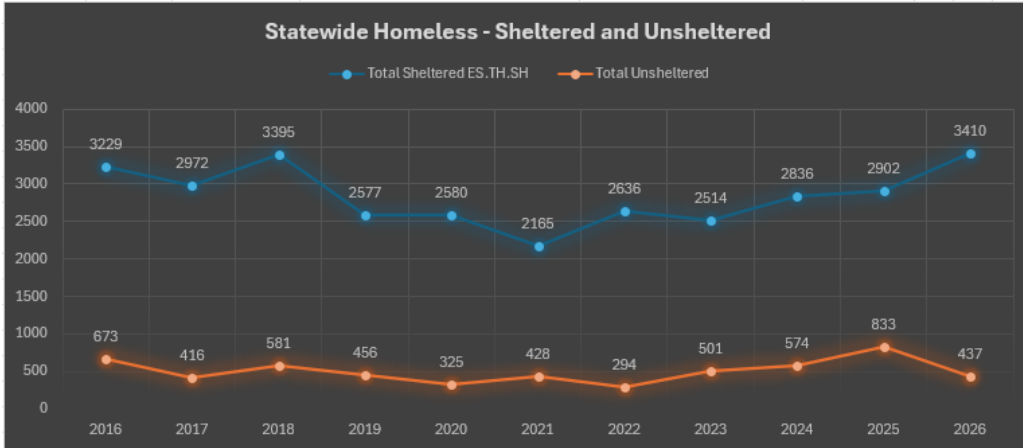
Results:

The annual Point-In-Time count provides an historic record as well as a future blueprint. It allows us to see how far we have come and how far we still need to go. Below are the graphs showing how the PIT count data has trended over time. The graphs categorize the data by Statewide, Balance of State (BOS) and by Opening Doors Fairfield County (ODFC). The categories include people counts, bed counts, household counts and demographics. Also included are veteran counts, domestic violence and disabling condition trends. For an interactive view of trends from 2016-2025 you may visit <https://cthmis.com/pit/pit-dashboard/>

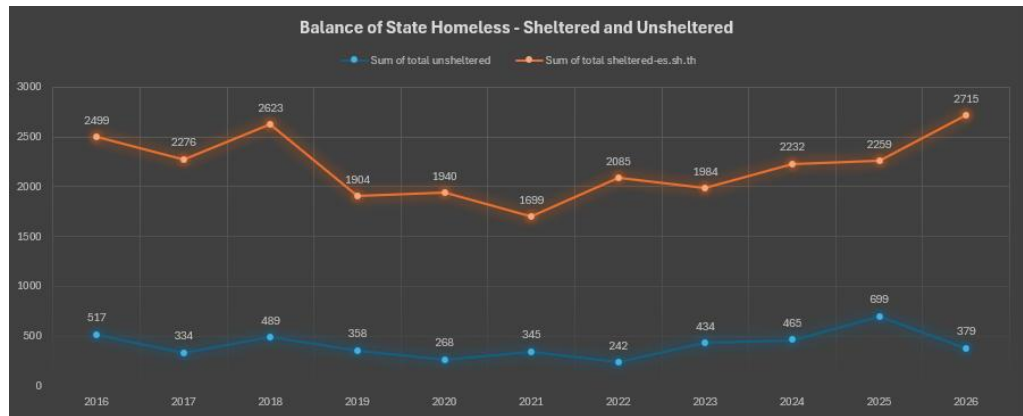
Since 2016 the total count of homeless persons has fluctuated. From 3,902 in 2016 to a spike up to 3,976 in 2018 down to a low of 2,593 in 2021. We continue to be on an up-swing from 2,930 in 2022 to 3,735 in 2025 and 3,847 in 2026. The largest contributor to this increase in 2026 was with the sheltered homeless, up 18% (2,902 in 2025 to 3,410 in 2026). On a positive note, the total count of those found unsheltered dropped by almost 50% (833 in 2025 to 437 in 2026). The most likely reason for this drop

was the aggressive cold weather initiative which made available a total of 401 Hotel/Motel beds and the governor’s enactment of the severe weather protocol.

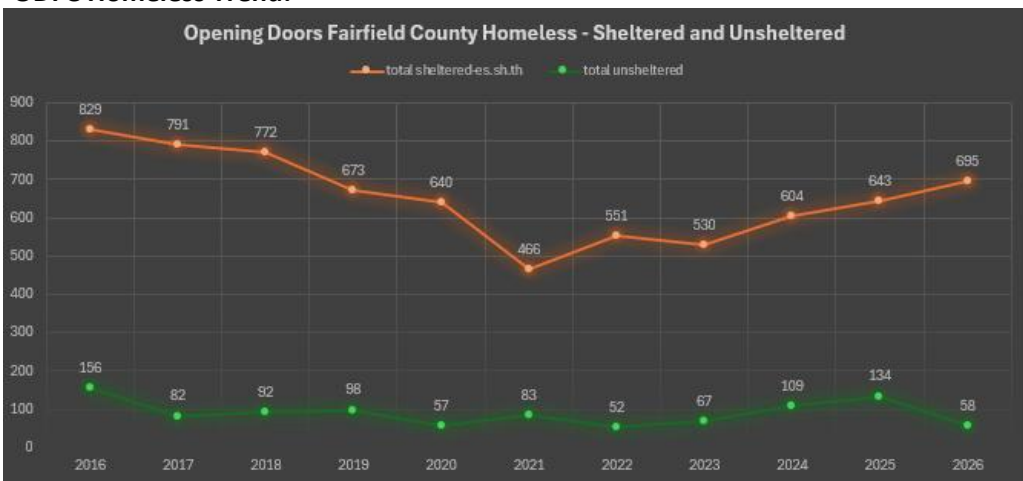
Statewide Homeless Trend:



BOS Homeless Trend:



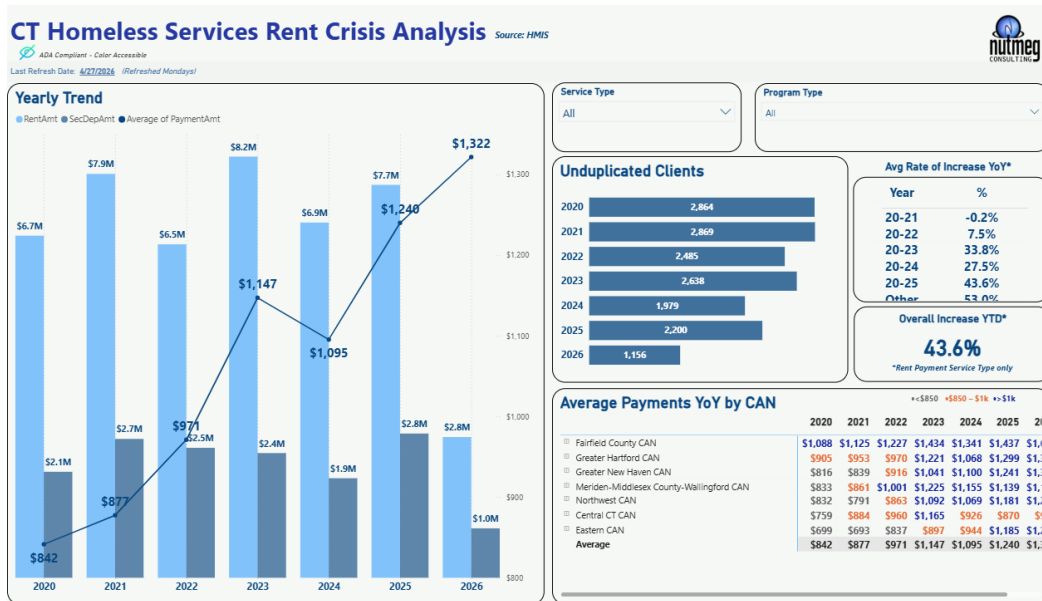
ODFC Homeless Trend:



These fluctuations are due to many factors. For one, this count is just a snapshot, a glance at the homeless situation over a single 24-hour period in January. Second, weather conditions on the night of the count play a role in where people are found and how many are found. Third, the methodology has changed over time.

From 2016-2020, the unsheltered counts were done by canvassing and paper surveys. Now, the unsheltered data is collected by the street outreach teams. There were 23 street outreach programs entering data in HMIS back in 2016. As of 2026, there were 73 HMIS street outreach programs and 1 non-HMIS street outreach programs collecting data on the night of the count. Over time Connecticut has increased its resources for finding and engaging with those who are experiencing unsheltered homelessness. There are also economic factors as rents in Connecticut continue to rise. The profile of individuals and families experiencing homelessness those with employment are only averaging \$1,900 per month and those with other income and some employment only average around \$1,400 per month. This is not adequate to secure housing and cover living expenses.

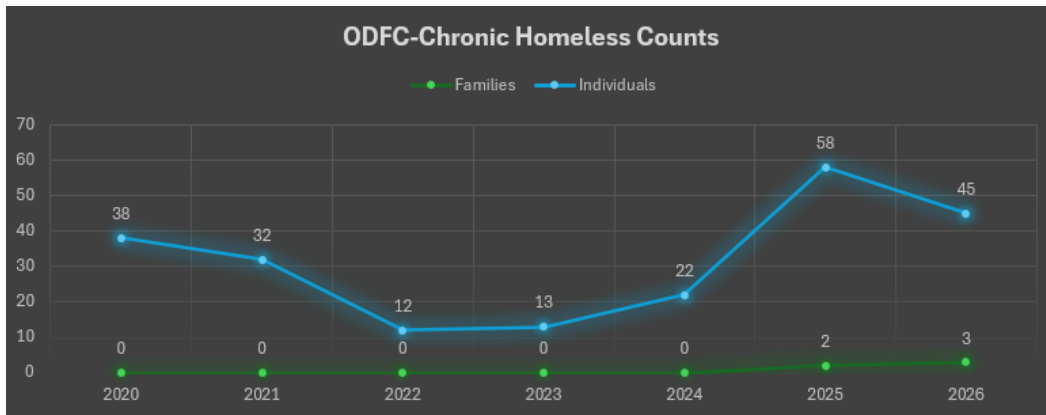
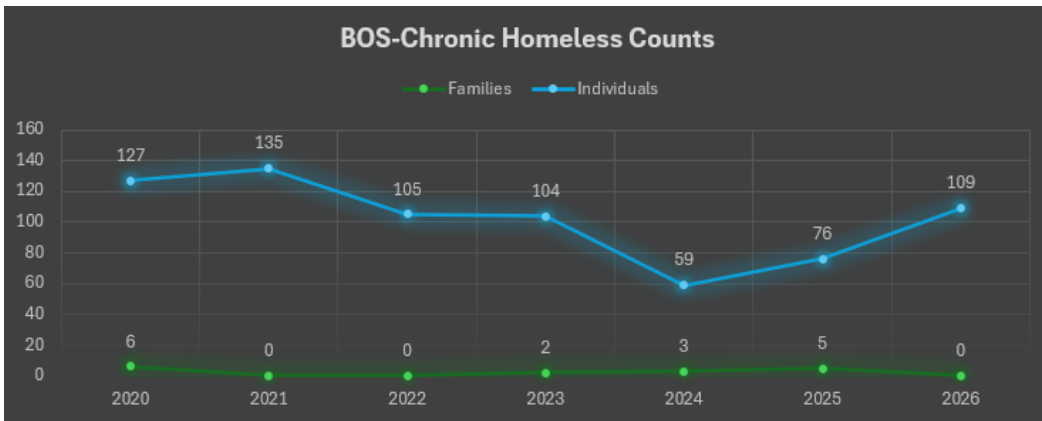
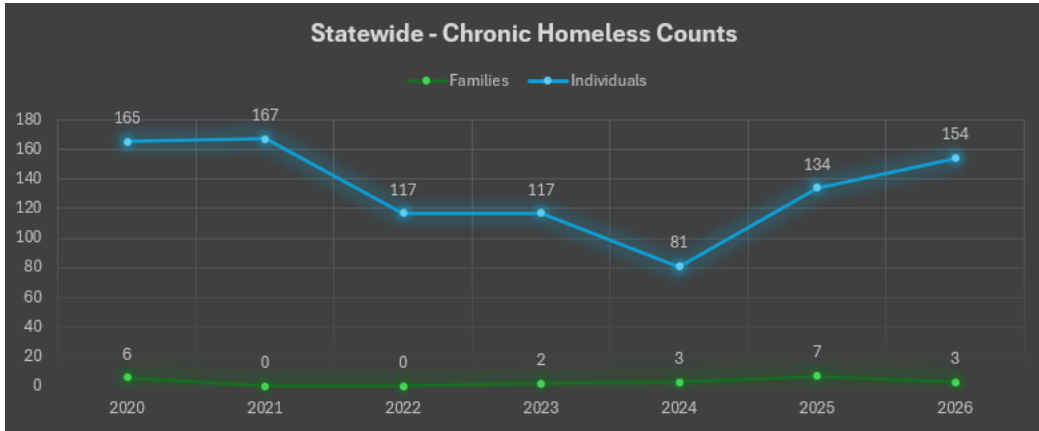
The rent crisis non-profit housing programs and homeless households are facing is illustrated on the table below which tracks rents for programs that enter rental data into HMIS . Agencies that provide rental subsidies (PH, PSH, RRH or Prevention) continue to face an uphill battle trying to bridge the gap from what someone can afford versus how much they can subsidize. Also there continues to be a struggle for the providers to find units whose rents are within the FMR and/or reasonable, thus further draining the pool of available and acceptable units. 2026 is just beginning and we can already see that as of 4/27/2026 we are tracking well above 2025. Link - [CTHMIS Rent Crisis Dashboard](#)



Chronic Homeless Trends:

To meet the federal definition, a chronically homeless person must have a disability and (a) have experienced homelessness, as defined as living in a place not meant for human habitation, in an emergency shelter, or a safe haven for the last 12 months continuously, or (b) have experienced homelessness on at least four occasions in the last three years where those occasions cumulatively total at least 12 months. The disabling condition must be of indefinite duration and impair the person’s ability to live independently.

The chronic homeless trend has been on the decline. We can attribute this to the increase in permanent housing units and the enhancement of the state’s Coordinated Access process which helps to connect the person to available housing opportunities. There has also been a more rigorous review of homeless history and disabling conditions aimed at prioritizing the most vulnerable persons with housing opportunities. The charts below go back to the 2020 count to reflect the start of when this enhancement process began.

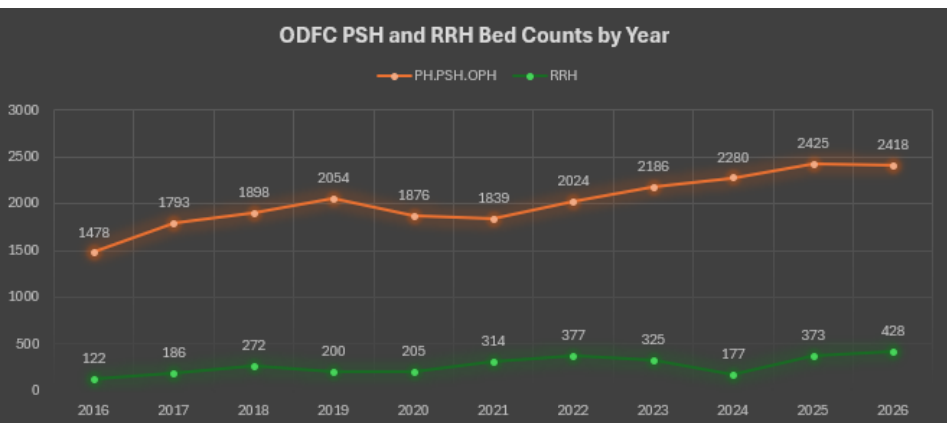
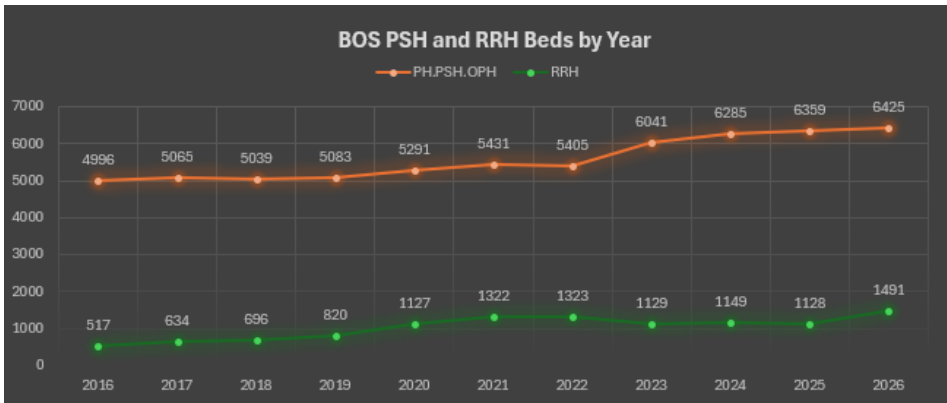
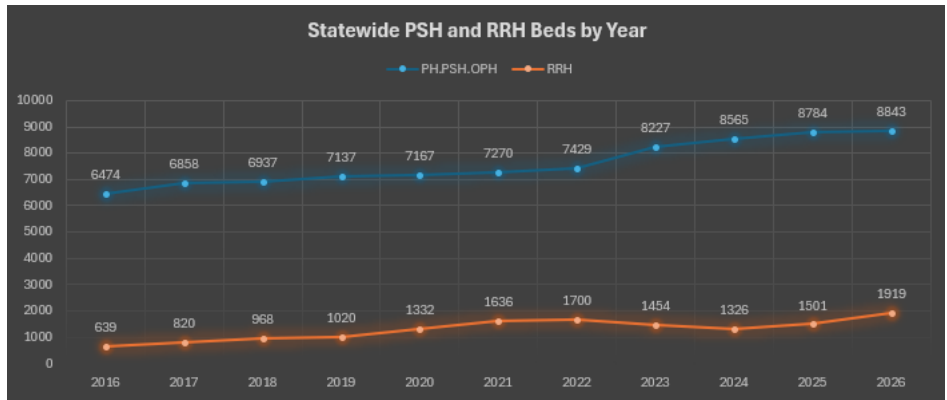


The CT Department of Housing, CT Department of Mental Health and Addictions services, statewide municipalities, the statewide private non-profit housing providers and partner organizations have worked diligently over the years to bring as much Permanent Housing and Rapid Re-Housing funding as possible into Connecticut.

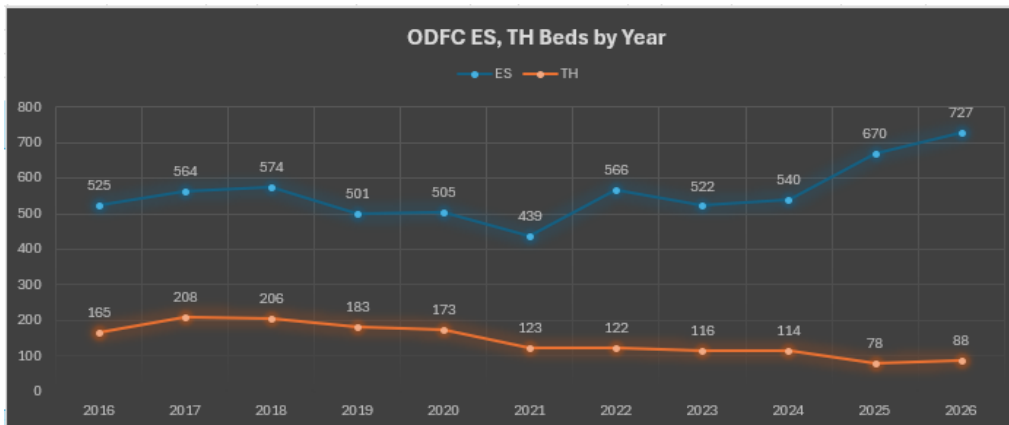
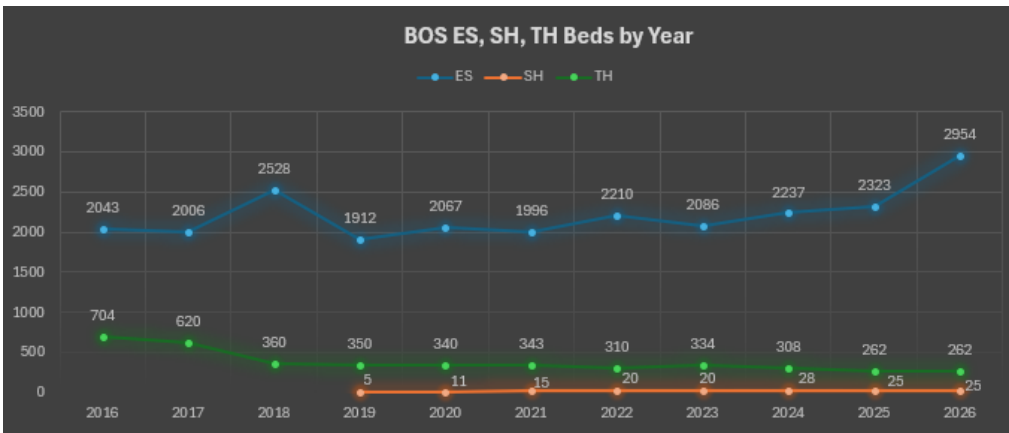
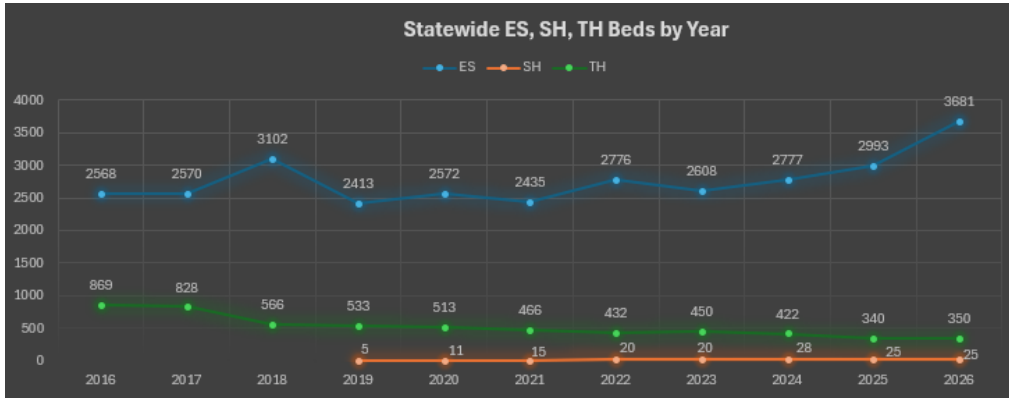
Since 2016, these partner organizations have increased Rapid Re-Housing bed counts from 639 up to 1,919 in 2026. That is a bed increase of 1,280 (200%). In this same period, Permanent Supportive Housing beds have gone from 6,474 up to 8,843. That is a bed increase of 2,369 (37%).

A new data point collected for 2025 was a reserved bed/unit count. We asked agencies that were not at 100% utilization for PSH beds to tell us how many of those beds were currently reserved. Meaning that a household has been identified for the unit or bed but will not be ready to occupy the space until after the night of the PIT count. In most cases the lease start date was after the night of the PIT Count. This year's results were 162 reserved individual and family beds on the night of the count up from 150 reserved beds in 2025.

The challenges as we move forward include continuing to expand permanent housing opportunities, slowing the influx of people experiencing homelessness for the first time, reducing the incidents of returns to homelessness, moving people on from PSH and RRH into independence and meeting the complex needs of older adults in both housed and unhoused situations. The Charts below show the counts of permanent housing and rapid re-housing beds going back to 2016.

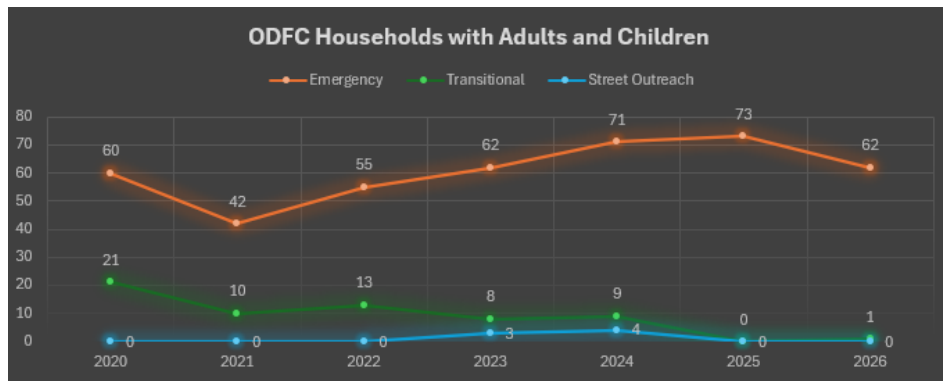
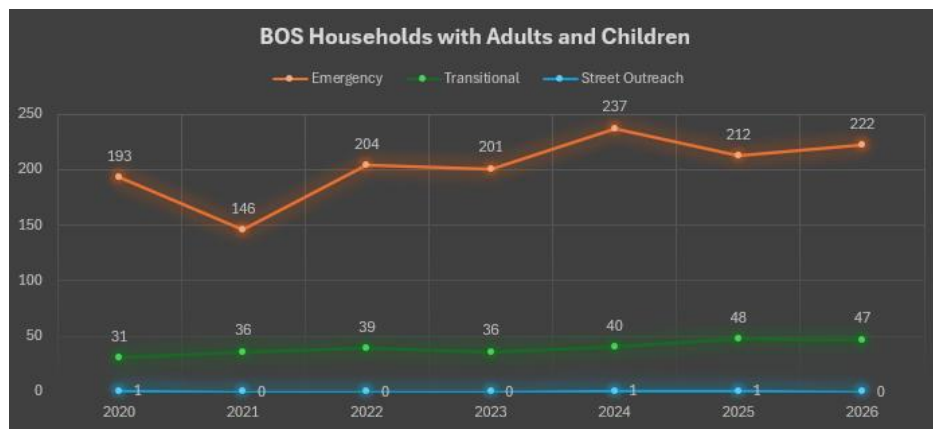
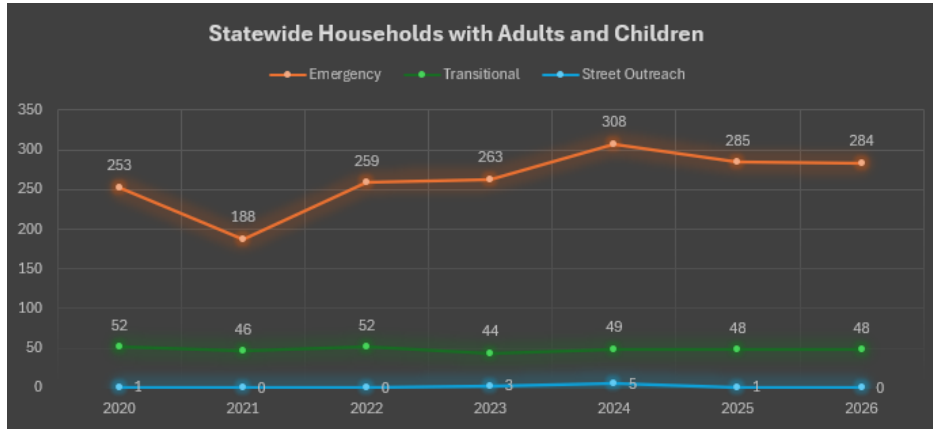


The following tables provide the history of Emergency Shelter (ES), Safe Haven (SH) and Transitional Housing (TH) beds counted during the Point-In-Time process. As above, the range is from 2016 to 2026. The only outlier was back in 2018 when FEMA injected 621 beds in support of those who were impacted by hurricane Sandy. The increase in ES beds from the 2026 count were predominantly due to the 401 Hotel/Motel vouchers from the state’s cold weather initiative.

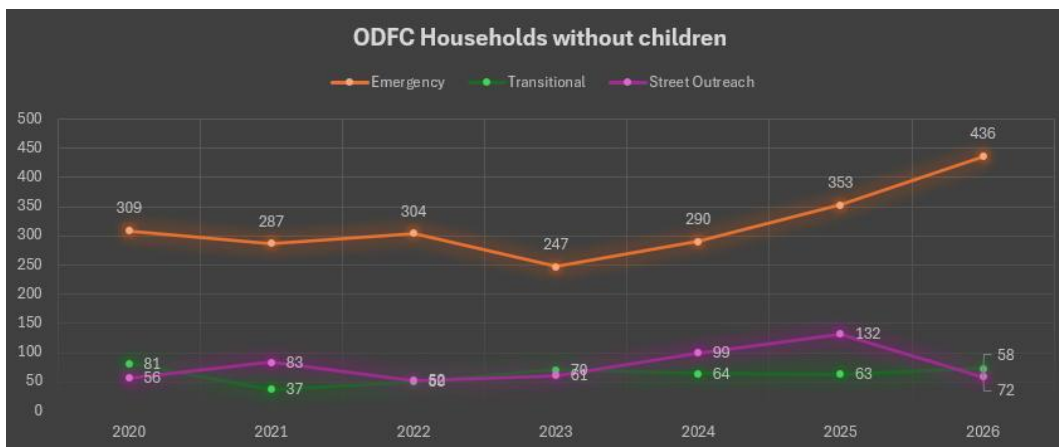
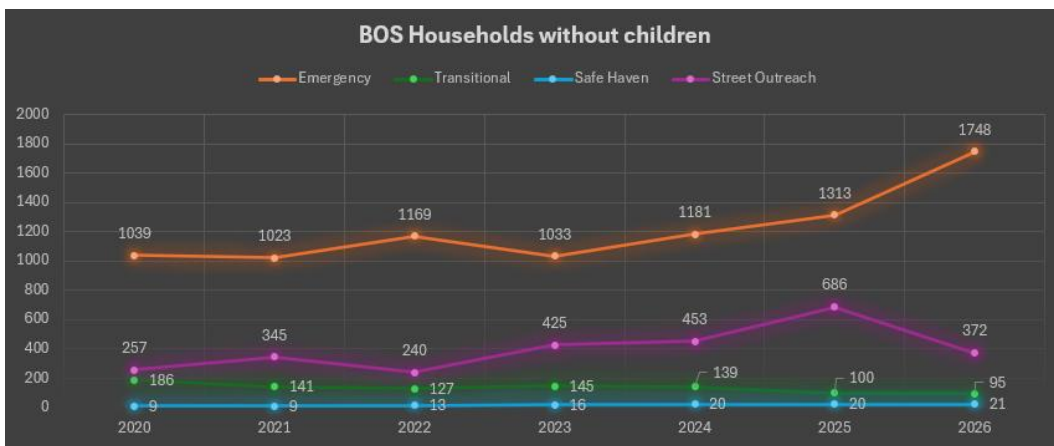
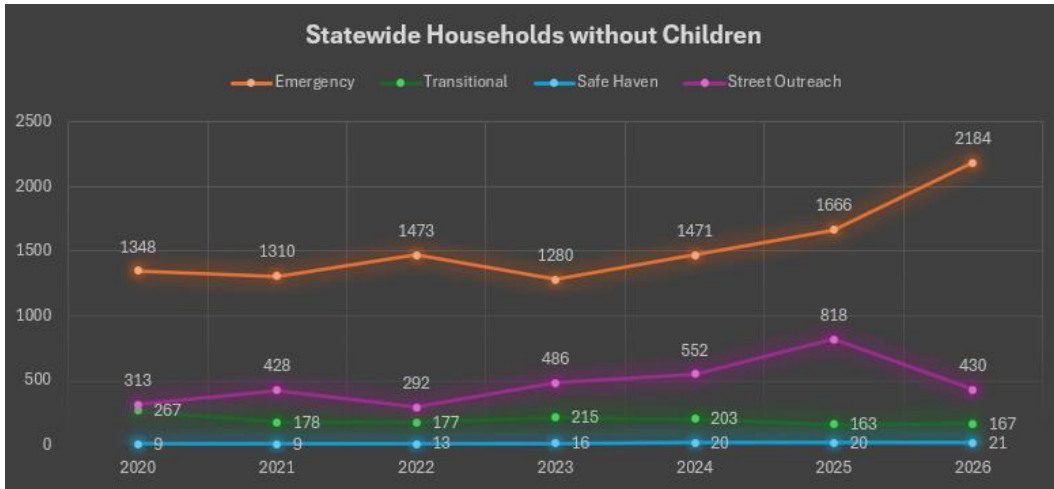


For the remainder of the trend comparisons, we will provide data going back to 2020. The graphs will show the trends for homeless households in Emergency Shelter, Transitional Housing and Street Outreach. **Street Outreach refers to those experiencing unsheltered homelessness.**

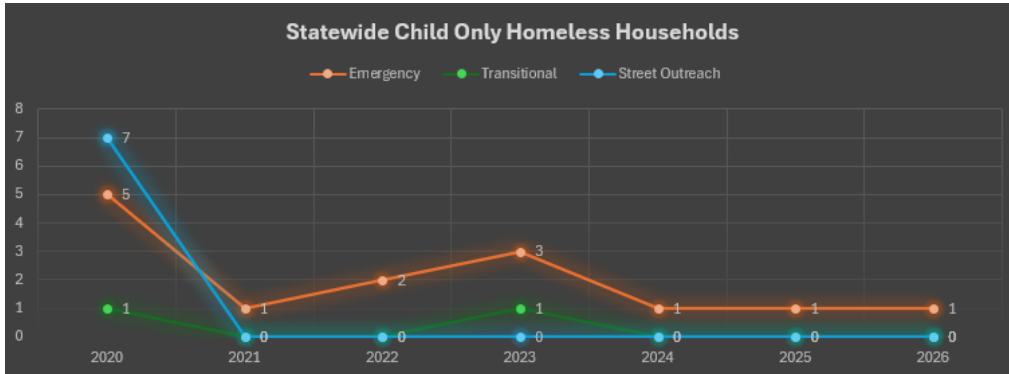
The first group are **Households with at least one adult and at least one child**. Per HUD definition, the household must have at least one family member 18 or older and at least one family member under 18. There were a total of 332 families experiencing homelessness, comprised of 994 people of which 591 were children. This is a household count decrease of 1% from 2025 (334) and a 8% drop from 2024 (362). This is the second consecutive count with a drop in homeless family households.



Households without Children, i.e. Adult Only Households can be of several combinations. It can represent 1 or more adults (persons 18 or over). These can be related or unrelated household members. This can also mean a household of a parent and their adult child. The primary rule is that there is no one under the age of 18 in the household. There were a total of 2,802 homeless Adult Only Households comprised of 2,852 people counted in 2026. This is an increase of about 5% from last year's count of 2,667 households made up of 2,724 people.

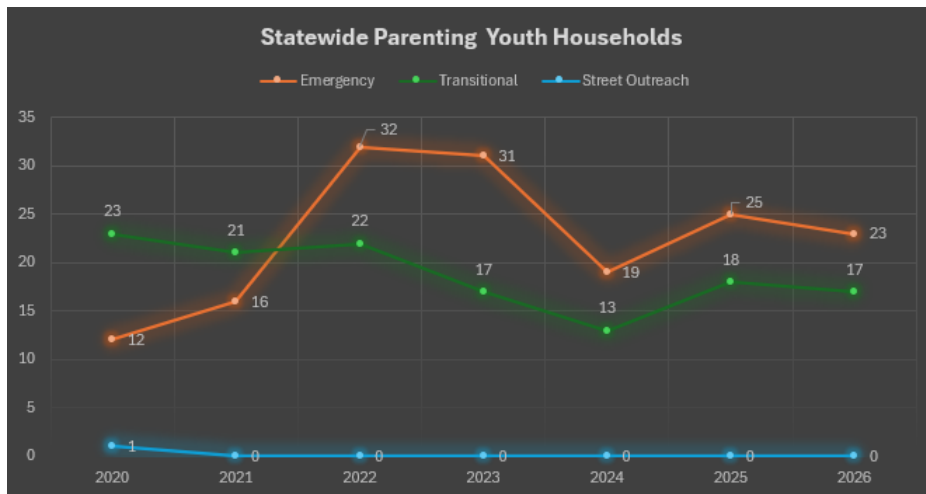


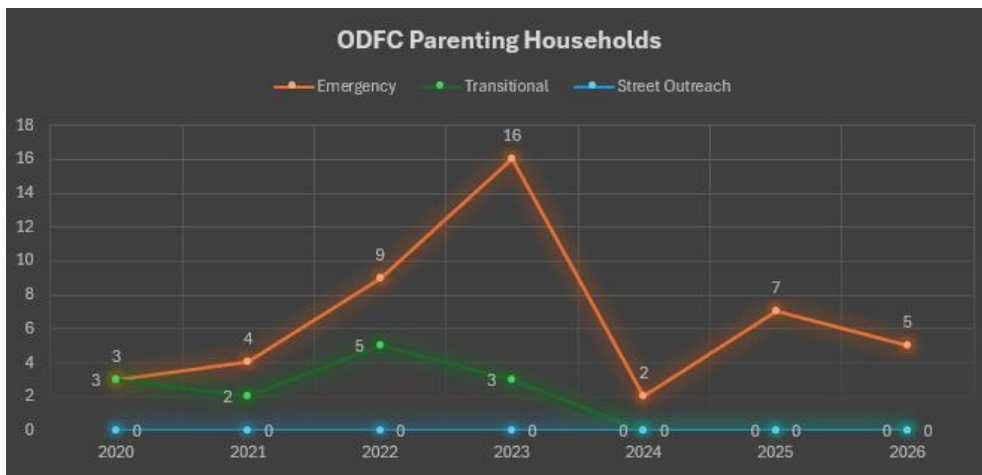
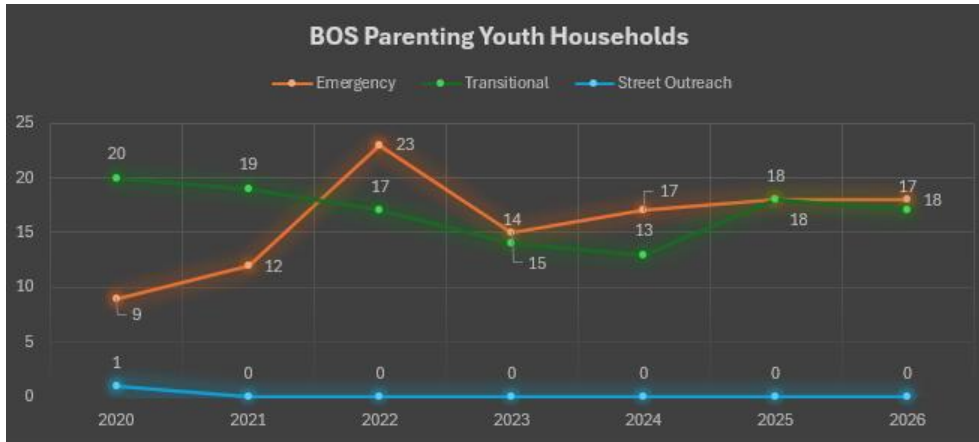
Child Only Household Data is represented statewide because the numbers separated by CoC are too small for meaningful review. Child Only Households refers to situations where all members of the household are under 18 and there is no one over 18 accompanying the child. These households are typically served by the Runaway Homeless Youth programs (RHY). There was only 1 Child Only Household comprised of 1 person counted.



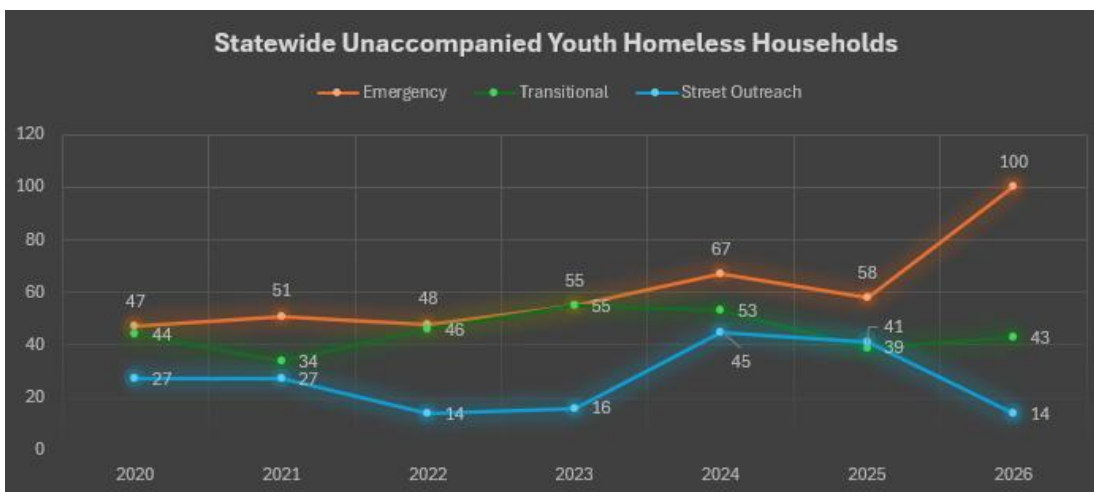
Unaccompanied Parenting Youth and **Unaccompanied Youth** are the next sets of data. Unaccompanied Parenting Youth translates to **Families where the parent or parents are between 18-24**. These are circumstances where no one in the household is over the age of 24 and there is at least one member under the age of 18 (child). This is a subset of the overall 'Family' Household data.

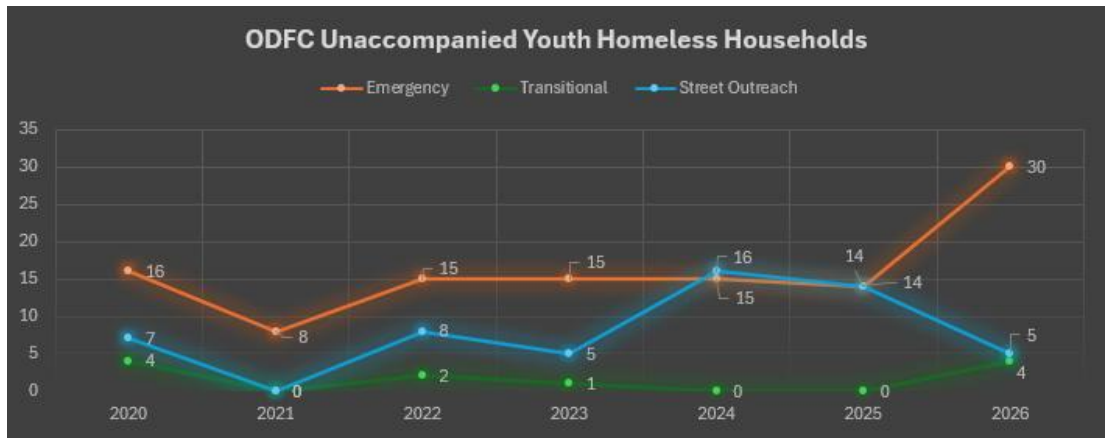
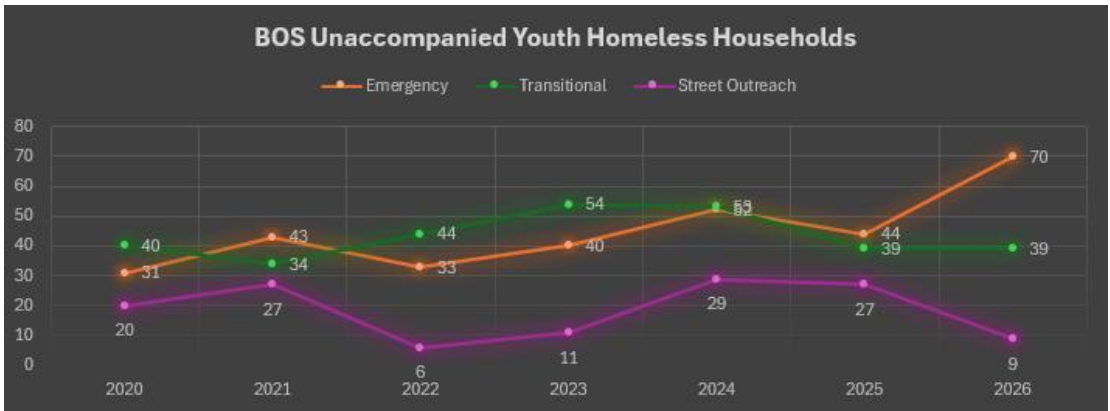
Unaccompanied Parenting youth family households: There were a total of 40 parenting youth family households experiencing homelessness, comprised of 101 people of which 56 were children counted in 2026. This is in line with the 2025 count of 43 households.



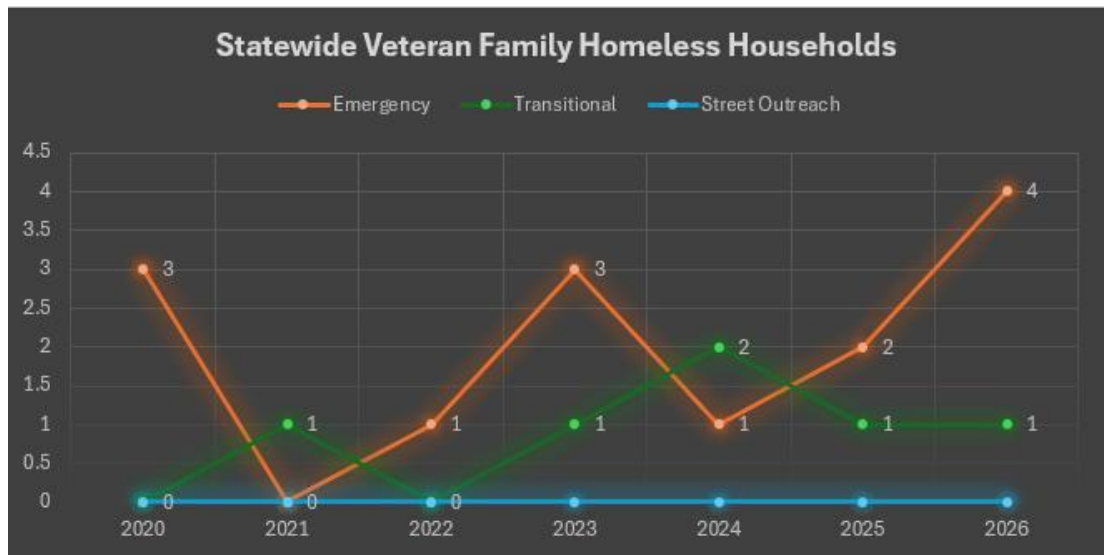


Unaccompanied Youth Households require that all members of the household are between the ages of 18-24. These can be individuals or two or more youth presenting together. There were a total of 157 homeless youth households comprised of 160 people counted in 2026. This is a 14% increase from 2025.

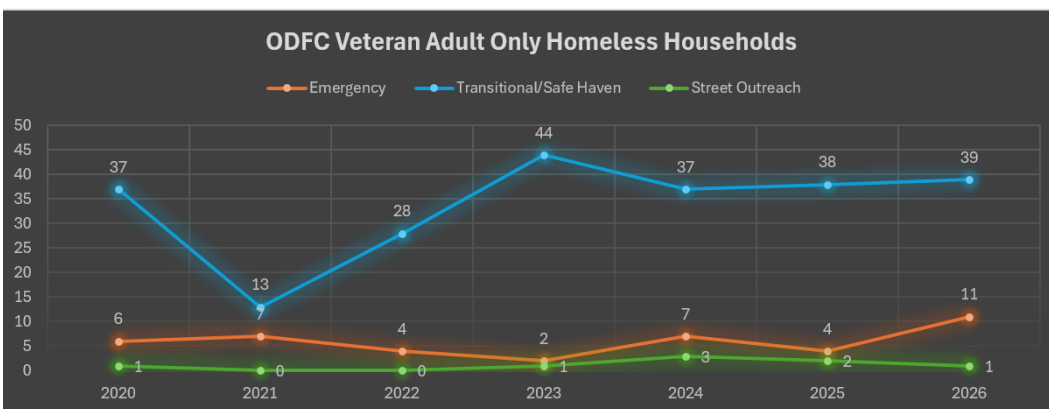
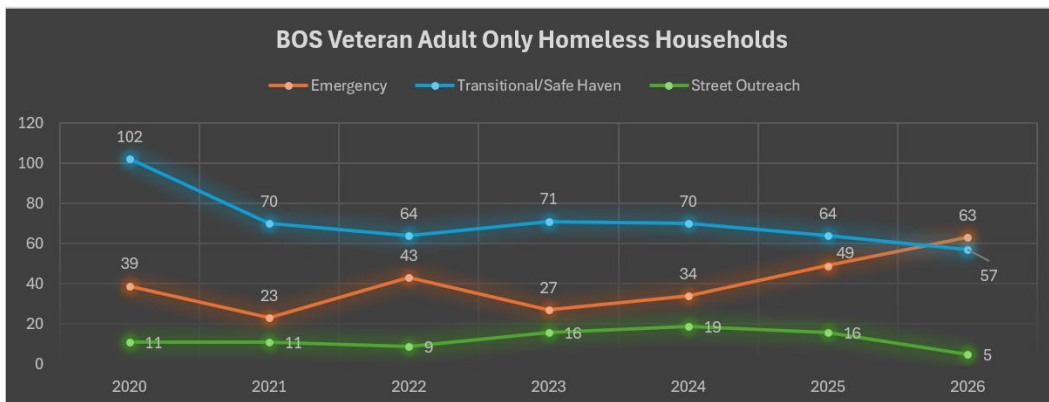
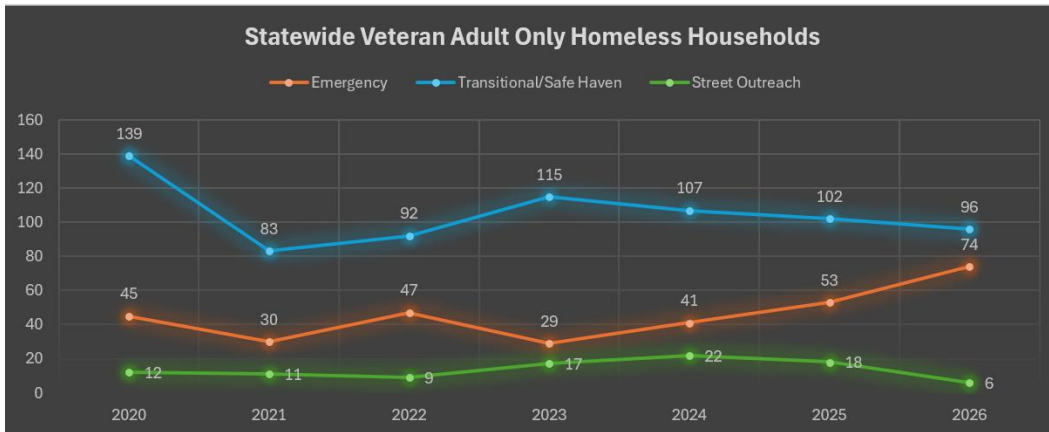




Veteran Households: All veteran household data was reviewed with the VA to ensure accuracy. Veteran family household numbers are very small, so the data is only being provided as a statewide graph. Veteran Adult Only Households will be displayed statewide and by CoC.



For **Veteran adult only households**, we combined the counts for Transitional Housing and Safe Havens to allow for a clear representation on the chart of those who were unsheltered. The Safe Haven and Street Outreach Line intersected too much to show a clear line for both.



Additional Homeless Populations: Statewide Homeless counts for Adults with Serious Mental Illness, HIV/AIDS, Substance Use Disorder and Domestic Violence. We know that these circumstances are major contributing factors to homelessness, specifically long-term chronic homelessness. It is not surprising that with an increase in the number of persons counted in 2026 we also see an increase in these categories. This data helps determine the types of support services required to meet the needs of the individuals and families experiencing homelessness.



Demographics – Sex, Race/Ethnicity, Age:

For the 2026 report the age and race/ethnicity categories will be a comparison between 2024 and 2025 primarily because there were no changes to these two categories between the 2024 and 2025 counts. The charts below show people counted in Emergency Shelter (ES), Safe Haven (SH), Transitional Housing (TH) and Street Outreach (SO) Programs. Note that people in Street Outreach programs counted here are experiencing unsheltered homelessness.

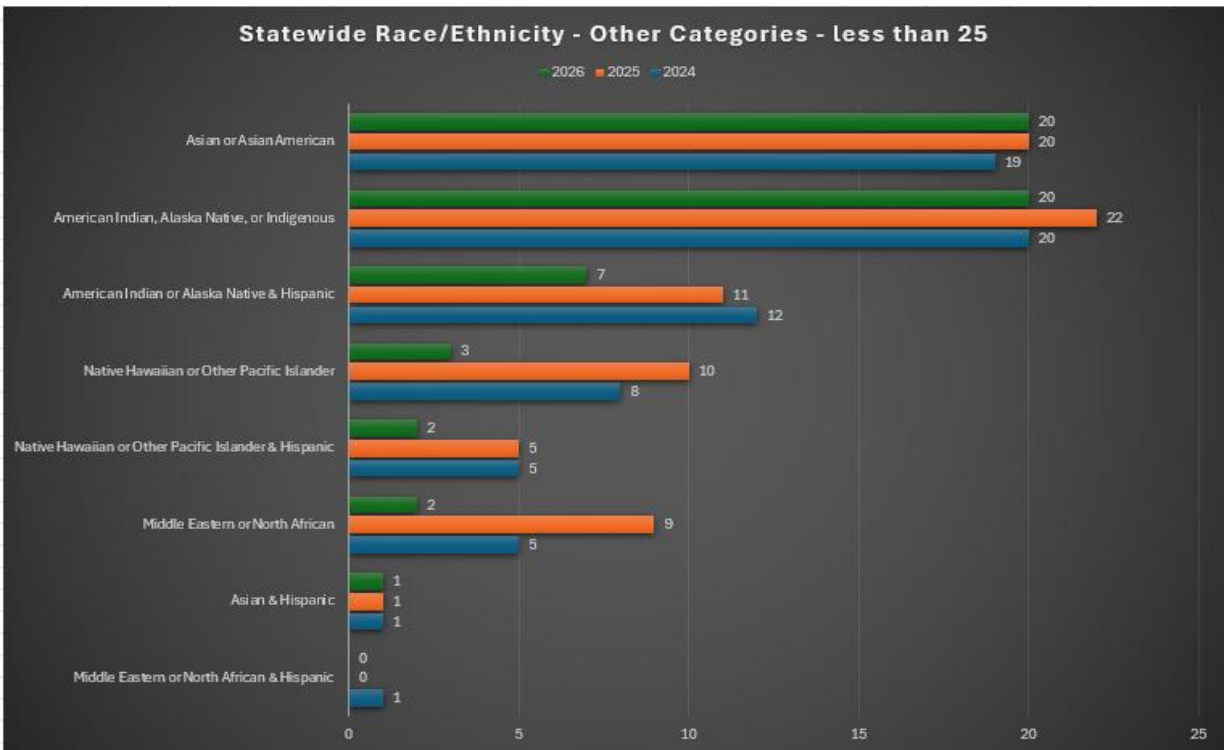
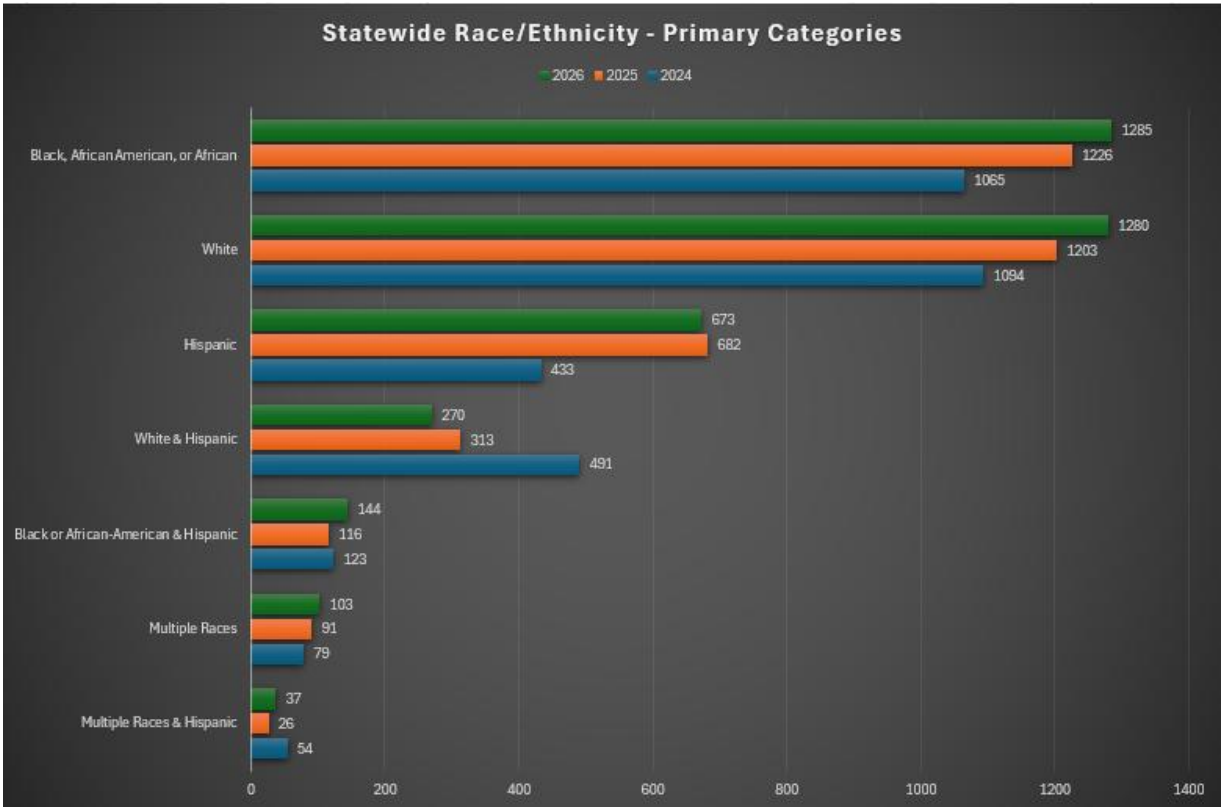
For gender, HUD has changed the categories almost every year going back to 2015. In 2025, HUD removed the data collection requirement for gender all together and changed the data label from gender to sex. The only substantive responses available on the night of the PIT count were male or female.

It is noted that the rate of transgender people in the US is approximately 1% nationally (<https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states/>). Given inconsistencies in data collection practices and other mitigating factors, the reported number is likely low. However, it is important to continue to consider gender variations because we know that gender identity can be a contributing factor to homelessness, substance use and mental health challenges.

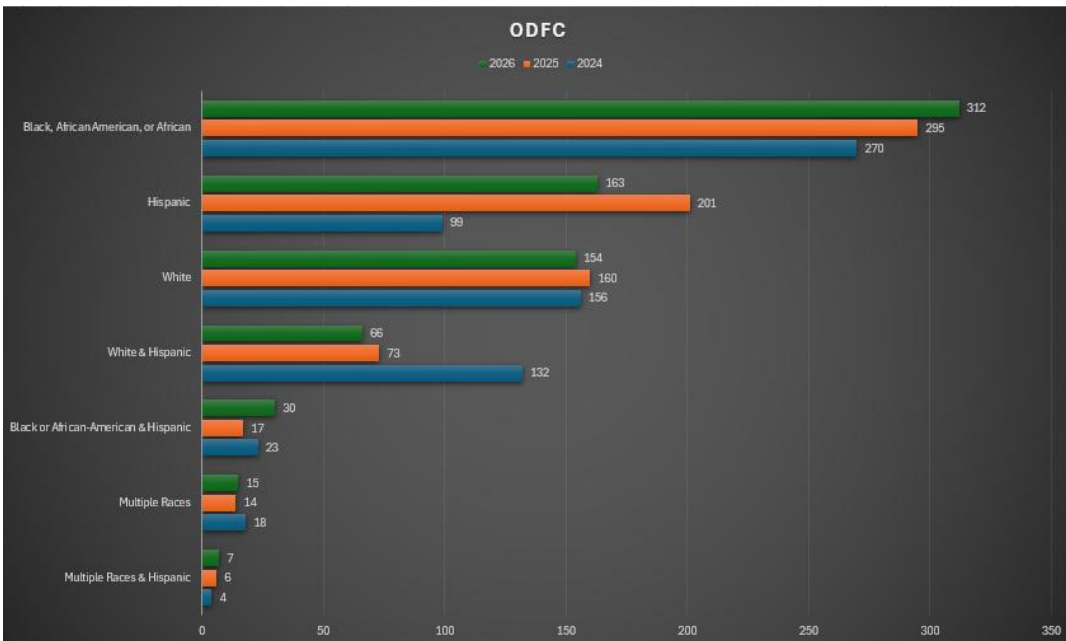
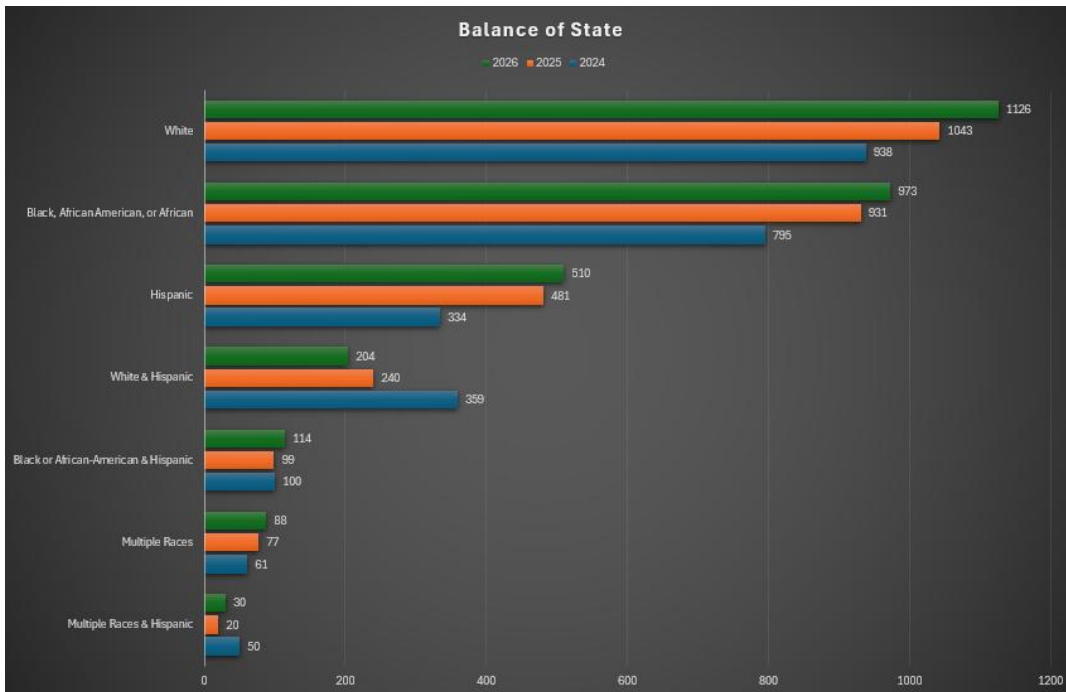


In 2024 HUD changed the Race categories and has combined Race with Ethnicity.

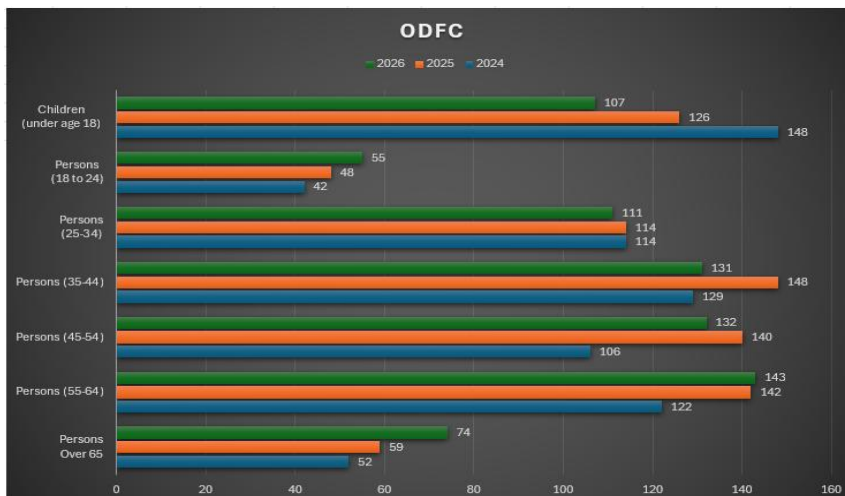
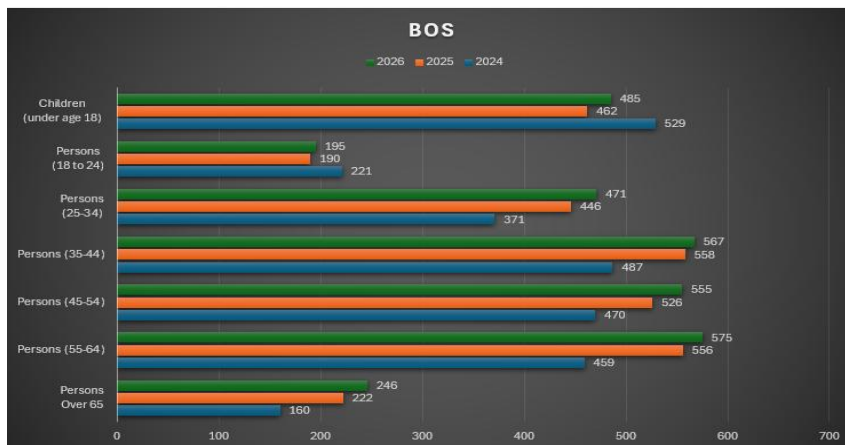
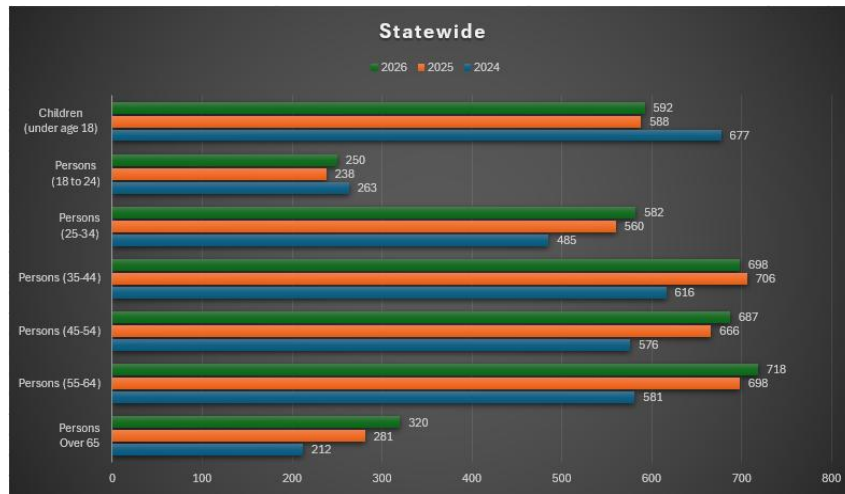
Statewide 2024-2026 new Race/Ethnicity Categories: Below are the counts by the new Race categories. We can see that those who identify as White continue to make up 33% and those who identify as Black, Indigenous and/or People of Color (BIPOC) make up the majority of persons experiencing homelessness at 67%. The bar graphs below will show the primary race/ethnicity categories, those with counts of 25 or more. A second statewide race/ethnicity table has been created to show the other categories with counts of 25 or fewer.



The bar graphs below will show the primary race/ethnicity categories by CoC.

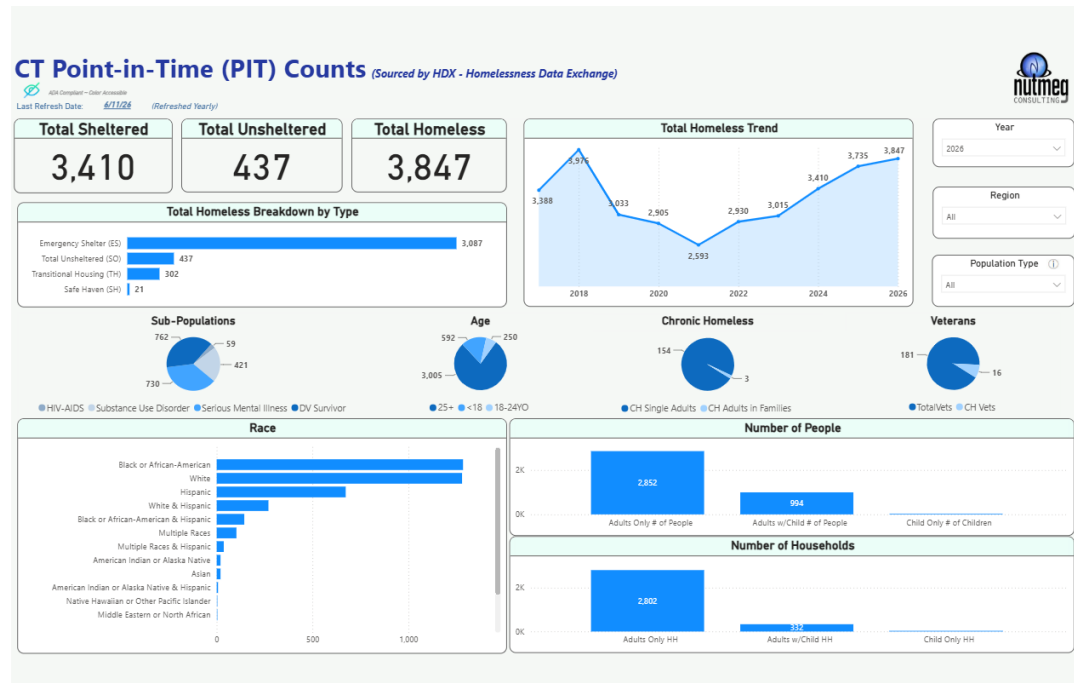


The charts below show all the age categories for the 2024 through 2026 counts. We are continuing to see an aging population as illustrated in the charts below. There has been a 24% increase in those 55-64 and 51% increase in those 65 and over since 2024.



References:

Nutmeg Consulting Point-In-Time Count Dashboard for an interactive view of trends from 2016-2026:
<https://cthmis.com/pit/pit-dashboard/>



Nutmeg Portal – Point-In-Time Count Application

- Counted PIT Client IDs
- HDX Homeless Populations (XLSX): CT-503 | CT-505
- HDX Homeless Populations (XLSX): CT-503 | CT-505

CTHMIS: <https://home.cthmis.com/cceh.caseworthy>

- APR FY 2024 v. 1.0 (Org) – Homeless Profile Reports, BOS and ODFC, ES and SO

HUD Data Exchange: <https://hudhdx2.info/>

- HIC Tables: https://modules.hudhdx2.info/hic/all?_ga=2.96255580.1572608990.1719499061-453298987.1710164298
- PIT Tables: <https://modules.hudhdx2.info/pit/all>

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The PIT Leadership Team:

- Lindsay Fabrizio, The Housing Collective, Opening Doors Fairfield County CoC
- Shannon Quinn-Sheeran, Housing Innovations, Balance of State CoC
- Lauren Pareti, Housing Innovations, Balance of State CoC
- Suzanne Wagner, Housing Innovations, Balance of State CoC
- Leigh Shields-Church, Department of Housing
- Mollie Machado, Department of Mental Health and Addiction Services
- Jackie Gardner, Advancing Connecticut Together
- Jim Bombaci, Nutmeg Consulting

We are grateful to everyone for their hard work, and we thank all agencies who contributed staffing resources to this endeavor.

Any questions related to this report, feel free to contact Jim Bombaci at Nutmeg Consulting jim@nutmegit.com

Glossary of Terms:

Continuum of Care (CoC): A regional or local planning body that coordinates housing and services funding for homeless families and individuals.

Coordinated Access: A standardized assessment and referral process to access community resources within a geographic region for people experiencing a housing crisis or homelessness. Connecticut has seven regional Coordinated Access Networks.

Department of Housing and Urban Development (HUD): The U.S. government agency which supports the housing market and homeownership.

Emergency Shelter (ES): A facility whose primary purpose is to provide temporary or transitional shelter for people experiencing homelessness.

Households with Adults and Children is HUD terminology and generally relates to **Families**. The key detail being that there must be at least one person over 18 and at least one person under 18 in the household.

Households with Adults only is HUD terminology that generally refers to those 18 and older. The Adult only household can be any of the combinations below:

- Single adult presenting alone
- Co-habiting adults – related or unrelated
- Parent with an adult child or children 18 or older

Households with children only is HUD terminology that refers to anyone under the age of 18 presenting alone or with other related or unrelated persons who are also under 18. This could also include a parenting child scenario where the parent is under 18.

Homeless Management Information System (HMIS) – this is the statewide database required by HUD for the purpose of handling all data related to homeless persons.

Permanent Supportive Housing (PSH): A form of housing offered at low, affordable rent. Tenants are provided services to help them build independence. There is no time limit on how long a person can stay.

Place Not Meant for Human Habitation: Abandoned buildings, under bridges, in a park, in a car, and similar.

Rapid re-housing: Rapidly connects families and individuals experiencing homelessness to permanent housing through a tailored package of assistance that may include the use of time-limited financial assistance and targeted supportive services. Rapid rehousing programs help families and individuals living on the streets or in emergency shelters solve the practical and immediate challenges to obtaining permanent housing while reducing the amount of time they experience homelessness, avoiding a near-term return to homelessness, and linking to community resources that enable them to achieve housing stability in the long-term.

Safe Haven: A form of supportive housing that serves hard-to-reach homeless persons with severe mental illness who are on the street and have been unable or unwilling to participate in supportive services.

Sheltered refers to those counted in Emergency Shelters (ES), Safe Havens (SH) or Transitional Housing (TH).

Street Outreach refers to specific programs designed to provide services and support to those experiencing unsheltered homelessness.

Transitional Housing (TH): A supportive, temporary accommodation meant to bridge the gap from homelessness to permanent housing by offering structure, supervision, support (for addictions and mental health, for instance), life skills, and, in some cases, education and training.

Unsheltered refers to those counted who were found in places not meant for habitation; parks, cars, abandoned buildings and/or encampments.

Non-Cash Benefits:

- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Nutrition Assistance Program (SNAP) (Previously known as Food Stamps)
- TANF Child Care Services
- TANF Transportation Services

Income Types:

- Earned Income
- General Assistance (GA)
- Pension or retirement income from a former job
- Private Disability Insurance
- Retirement Income from Social Security
- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Temporary Assistance for Needy Families (TANF)
- Unemployment Insurance
- VA Non-Service-Connected Disability Pension
- VA Service-Connected Disability Compensation
- Worker's Compensation

Data Not Collected: In HMIS if no information is collected for a data point it can be represented as 'Data Not Collected', 'Client Refused', 'Unknown' or 'Don't Know'. For the purpose of the report, Data Not Collected represents any of these conditions.