Winter 2026

Point-In-Time count report

With Housing Inventory Count

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FREDERICKSBURG REGIONAL
CONTINUUM OF CARE
partners ending homelessness

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Introduction

What is the Point-in-Time count?

The Point-in-Time (PIT) Count is a count of people experiencing homelessness on a single night in January. Each year, the Department of Housing and Urban Development (HUD) requires Continuum of Cares (CoC) across the country to conduct this annual count of people experiencing homelessness in the geographic area that they serve, which includes people in emergency shelter, transitional housing, and safe havens as well as those experiencing unsheltered homelessness. Each count is planned, coordinated, and carried out locally.

Why is the Point-in-Time count conducted?

PIT counts provide a snapshot of the number of people experiencing homelessness, which frames the dimensions of the problem of homelessness and helps policymakers and program administrators track progress toward the goal of ending homelessness. The first of these counts was conducted across the country starting in 2005. HUD uses information from the local point-in-time counts, among other data sources, in the congressionally mandated Annual Homeless Assessment Report to Congress (AHAR). This report informs Congress about the number of people experiencing homelessness in the U.S. and the effectiveness of HUD's programs and policies in decreasing those numbers.

PIT Count data helps to:

- Measure community progress toward ending homelessness
- Effectively target programs and services to needs of population
- Inform street outreach efforts
- Raise public awareness about the issue of homelessness

Who is included in the count?

Those included in the count have to meet the HUD criteria of homelessness, which includes individuals and families who are:

- Sheltered, or "living in a supervised publicly or privately operated shelter designated to provide temporary living arrangement (including congregate shelters, transitional housing, and hotels and motels paid for by charitable organizations or by federal, state, or local government programs for low-income individuals)," or

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- Unsheltered, "with a primary nighttime residence that is a public or private place not designated for or ordinarily used as a regular sleeping accommodation for human beings, including a car, park, abandoned building, bus or train station, airport, or camping ground."

HUD defines a household as "any group of persons who, if they were able to attain permanent housing, would choose to live together; and, shared the same sleeping arrangements on the night of the count." Households include adults and children under 18 (families), households without children (individuals), and households with only children under 18 (unaccompanied youth).

What information is collected?

CoCs are required, to the extent possible, to collect data regarding the respondent's status, including any children, age, race/ethnicity, gender, homelessness history, and other variables. In addition, HUD surveys target specific subpopulations, such as individuals fleeing domestic violence, veterans, and households experiencing chronic homelessness.

Who conducts the count?

The CoC is responsible for planning the count. However, preparation requires feedback from a wide range of community partners in order to ensure that the count is targeted to most of those experiencing homelessness. Conducting the enumeration also requires extensive efforts by dozens of staff and volunteers in the community. Approximately 60 individuals are trained annually to conduct the count and record the results of the PIT survey. These volunteers go out into the community to find people sleeping outdoors and to area service locations where those experiencing homelessness may frequent. The CoC also relies on the data from homeless services providers in the region. In the most recent PIT count, 7 agencies reported data from more than 10 projects, which was deduplicated to produce the final totals.

What is the Housing Inventory Count?

The Housing Inventory Count (HIC) is a point-in-time inventory beds and units dedicated to serve people experiencing homelessness within the CoC's region. Emergency shelter, transitional housing, rapid rehousing, permanent supportive housing, and other permanent housing projects are included in the HIC. The HIC provides information on the region's shelter and housing capacity. When compared to the PIT Count, the HIC helps to tell the story of how the capacity impacts homelessness. In the most recent HIC, 8 agencies reported capacity data for more than 25 projects.

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Methodology

On Thursday, January 28, 2026, members of the Fredericksburg Regional CoC conducted its local PIT count of the homeless population. Over a 7-day period, service providers and volunteers visited emergency shelters, known encampment locations, and other service sites to gather information from people who may be experiencing homelessness in Planning District 16. In addition, McKinney-Vento homeless liaisons from the region's school districts coordinated with the CoC to report the number of children identified as homeless in region's schools. Though the McKinney-Vento families are not included in final PIT count numbers, this information is used to understand and support services targeted to McKinney-Vento eligible households in the region.

The 2026 Point-in-Time (PIT) count provides information on the number of people experiencing unsheltered homelessness in the region, as well as the number of people utilizing emergency shelter programs on the night of the count. The PIT data also provides information on the extent to which persons experiencing homelessness in each jurisdiction live with disabling conditions or whose special needs are represented among various subpopulations. There is no "one size fits all" housing solution, and the region's CoC, a public-private partnership designed to coordinate a response to a person's housing crisis, responds with different housing types and services to meet residents' unique needs.

The Fredericksburg Regional Continuum of Care serves all 5 jurisdictions of PD-16. The participating jurisdictions are:

- Caroline County
- City of Fredericksburg
- King George County
- Spotsylvania County
- Stafford County

The CoC uses a Homeless Management Information System (HMIS) to count those experiencing homelessness, in addition to other methodologies. HMIS is an electronic data collection system that is used to produce an unduplicated count of people experiencing homelessness, improve program operations, measure program performance, and coordinate services community-wide. HMIS data was used to capture 77% of the data collected for the count and 100% of all sheltered data. Client level surveys were used to collect data for those experiencing unsheltered homelessness and aggregate provider-level data was used to collect data for those enrolled in the region's domestic violence projects.

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Key Findings

Summary

On January 28, 2026, 178 people throughout the Fredericksburg region indicated that they were experiencing homelessness, a 6% decrease from 2025. Of those identified as homeless on the night of the Point-in-Time count, 18 people were identified as living unsheltered, a 33% decrease from 2025. Of those living outside, one household with children was identified. The CoC would like to mention that the weather on the night of the count was unseasonably cold with severe inclement weather, which likely had an impact on the overall number of unsheltered individuals identified within the region as less areas were able to be canvassed. The CoC relied largely on agency staff for this yera's count.

Profile of homelessness

AGE: 31% Children (under 18); 6% Young Adult (18-24); 60% Adults
GENDER: 53% Male; 46% Female; 1% Gender nonconforming
RACE/ETHNICITY: 2% Asian or Asian American; 37% Black, African America, or African; 3% Hispanic or Latina/o; 1% Middle Eastern or North African; 4% Native Hawaiian or Pasific Islander and Hispanic/Latina/o; 37% White; 2% White and Hispanic/Latina/o; 9% Multi-Racial
VETERANS: 6%
CHRONIC HOMELESSNESS: 19%
DOMESTIC VIOLENCE: 7%

Locality of Origin

Each of those surveyed were asked the address of their last permanent address (both locality and zip code). Of the responses received, people identified being from the following areas:

Caroline County: 5%
Fredericksburg City: 21%
King George County: 3%
Spotsylvania County: 17%
Stafford County: 17%
Other VA: 15%
Out of State: 15%

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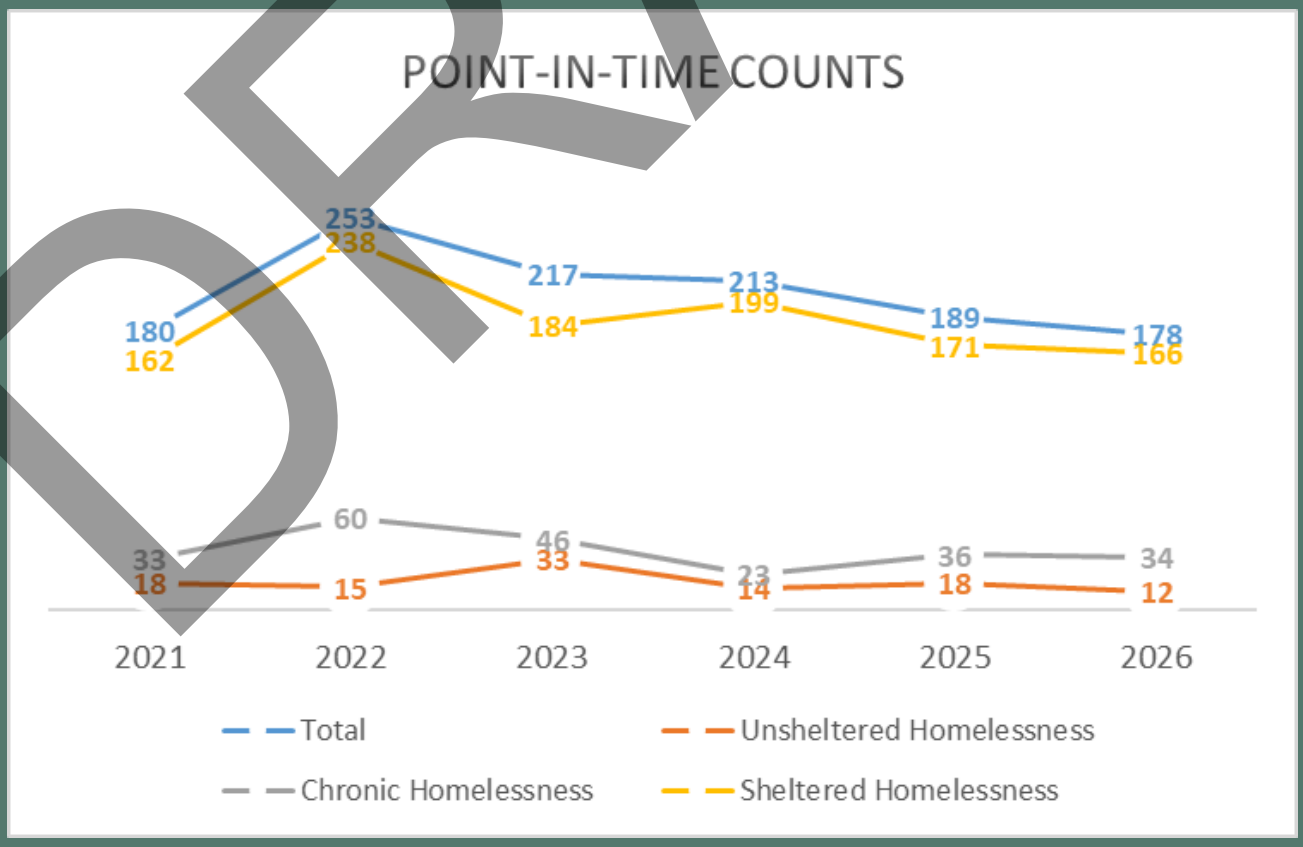
Trends in Homelessness

Overall Homelessness

For the past 10 years, Point-in-Time count numbers have remained relatively level, hovering around 200 people. During the pandemic (2021-2022), the CoC saw a slight dip followed by a spike in homelessness and some of the lowest unsheltered numbers ever recorded. With total numbers from this year's PIT count remaining consistent with 2023 data, numbers continue to mirror what was seen in January 2020 (pre-pandemic).

While the pandemic brought in additional resources on a level never experienced before, these funding sources where time-limited and have expired over the last two years, dropping emergency shelter and housing capacity of the homeless response system. The system balancing out back to pre-pandemic capacity has attributed to PIT count numbers looking similar to pre-pandemic counts. In addition, the housing market has continued to be more and more challenging to navigate, specifically for those with low to extremely-low incomes. High housing costs and low vacancy rates has meant more and more of the population is struggling to find affordable housing options that allow them the ability to have enough income left over after housing expenses to pay for other necessities such as transportation, healthcare, and food.



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CHRONIC HOMELESSNESS

Chronic homelessness refers to an individual or family where the head of household has a disability and has been continuously homeless for a year or more or has experienced at least four episodes of homelessness in the last three years where the combined length of time homeless was at least 12 months. Chronic homelessness is challenging in that individuals and families in this category typically have a physical or mental illness, substance use disorder, or other underlying barriers that have resulted in their homelessness and require intense service interventions.

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individuals counted as chronically homeless; in Winter 2025 there were 36 chronically homeless individuals identified.

The CoC continues to focus on expanding housing options for those experiencing homelessness by partnering with other community providers to bring additional subsidies and units online. However, with the increase in housing costs and limited shelter opportunities, short term and long term placement of those who are chronically homeless remains challenging and likely are contributing to the increase in those experiencing chronic homelessness counted for the Winter 2026 PIT count. The CoC has partnered closely with Central Virginia Housing Coalition for housing vouchers and is partnering with Micah Ministries, Virginia Supportive Housing, the City of Fredericksburg, and Mary Washington Healthcare to bring a 120 unit housing project online in the years to come.

VETERANS HOMELESSNESS

In Winter 2026, there were 10 veterans counted, none of which were unsheltered. Over the past 10 years, the number of veterans experiencing homelessness has remained relatively stable year over year. Virginia was the first state to functionally end veteran homelessness in 2015 and the community continues efforts to maintain as few veterans homeless as possible and ensure that each veteran is on a path to permanent housing as quickly as possible. The CoC partnered with the VA and many veterans organizations for the second year for the PIT Count to provide same day services for veterans identifed.

FAMILY HOMELESSNESS

The 2026 Point-in-Time Count identified 85 people in 23 households with at least one child. This is an increase from the 2025 PIT count numbers, where 59 people in 16 households were identified. Challenges in providing family shelter continue this year with barriers to accessing some area shelters and the continuing high cost of available housing, especially for larger families. However, the increased number of beds provided by Loisann's Hope House and the continued support offered by the Cold Weather Shelter to support families in non-congregate settings has provided a safety net for many families that would have otherwise been unsheltered.

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McKinney-Vento Data

The Every Student Succeeds Act requires that schools provide students experiencing homelessness with school access and support their academic success. In these cases, homelessness is defined as living in the following places due to a lack of a fixed, regular, and adequate nighttime residence:

- In an emergency or transitional shelter
- In a motel, hotel, or campground due to lack of an adequate alternative
- In a car, park, public place, bus or train station, or abandoned building
- Doubled up with relatives or friends due to loss of housing or economic hardship
- In the above conditions and is a migratory child or youth

Children and youth living in these settings meet criteria for the McKinney-Vento definition of homelessness and have special educational rights.

Each year during the Point-in-Time Count, the CoC collects the number of children that have been identified as McKinney-Vento in each of the school districts in the region. Between 2025 and 2026, the region saw a 16% decrease in the total number of McKinney-Vento students, a 35% decrease in students who were unsheltered, a 12% decrease in students in hotels or motels, but saw a 3% increase in students in emergency shelter on the night of the PIT count.

2026 McKinney-Vento Students

	Doubled Up	Emergency Shelter	Hotel/Motel	Unsheltered	Unaccompanied Youth
Caroline County	11	5	12	0	1
Fredericksburg City	22	42	45	0	8
King George County	30	3	17	1	3
Spotsylvania County	208	13	110	4	48
Stafford County	113	12	99	6	7
Total	384	75	283	11	67

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2026 Housing Inventory Count

The Housing Inventory Count provides a snapshot of a CoC's available shelter and housing options on the night of the Point-in-Time count. The report tallies the number of beds available on the night of the count by program type, and includes beds dedicated to serve persons who are homeless as well as persons in permanent housing. The 2026 Housing Inventory Count was completed on Wednesday, January 27, 2026 along with the PIT count.

ProjectType	Organization	Project	Total Beds Available	PIT Count	Utilization
ES	Empowerhouse	DV Shelter	32	29	91%
ES	FAHASS	Hotel Voucher	0	0	100%
ES	Loisann's Hope House	Emergency Shelter	55	47	85%
ES	Micah Ministries	Cold Weather Shelter	61	61	100%
ES	Micah Ministries	Hotel Vouchers	10	10	100%
ES	Micah Ministries	Respite Shelter	8	4	50%
ES	Volunteers of America	Hotel Vouchers	6	6	100%
Emergency Shelter Total			172	157	88%
RRH	Empowerhouse	HUD - CoC	28	28	100%
RRH	Empowerhouse	HUD - CoC Rural SNOFO	7	7	100%
RRH	Empowerhouse	VHSP	9	9	100%
RRH	Loisann's Hope House	VHSP	20	20	100%
RRH	Loisann's Hope House	Housing Trust Fund	8	8	100%
RRH	Micah Ministries	Housing Trust Fund	5	5	100%
RRH	Micah Ministries	Unsheltered	5	5	100%
RRH	Micah Ministries	VHSP	17	17	100%
RRH	Micah Ministries	Hesed House	14	9	64%
RRH	Volunteers of America	SSVF	8	8	100%
Rapid Rehousing Total			121	116	96%
PSH	McGuire VA Center	HUD - VASH	79	74	94%
PSH	Micah Ministries	FISH	30	11	37%
PSH	Micah Ministries	Housing Trust	35	34	97%
PSH	RACSB	PSH for SMI	91	76	84%
Permanent Supportive Housing Total			235	195	78%

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Appendix A: FULL PIT Survey

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Where did you sleep on the night of January 27, 2026?

Empowerhouse	Domestic Violence Shelter	29	7 %
Loisann's Hope House	Emergency Shelter	47	21 %
Micah Ministries	Cold Weather Shelter	61	42 %
Micah Ministries	Respite Shelter	4	3 %
Micah Ministries	Hesed House	9	6 %
Volunteers of America	Hotel Vouchers	6	0 %
Unsheltered	Outdoors/Campsite/Car	18	8 %
Total		**178**	

Gender

Female	77	41 %
Male	110	58 %
Transgender	0	0 %
Gender Fluid or Non-Conforming	1	0.5 %
Total	**178**	

Hispanic/Latino?

Yes	17	9 %
No	172	91 %
Total	**178**	

Race

American Indian, Alaskan Native, or Indigenous	0	0 %
Asian or Asian American	2	1 %
Black, African American, or African	80	42 %
Hispanic/Latina/e/o	7	4 %
Middle Eastern or North African	0	0 %
Native Hawaiian or Pacific Islander	0	0 %
White	87	46 %
Multi-Racial (all other)	15	8 %
Total	**178**	

*Survey respondents only. Please note, some survey respondents did not respond to all of these fields. The total number, equates to the total number of surveys conducted overall.

Do you abuse or been told you abuse alcohol?	
Yes	15
No	86
Total	**109**

Do you abuse or been told you abuse drugs (including drugs not prescribed to you)?	
Yes	11
No	89
Total	**109**

Do you have any ongoing health problems or medical conditions (such as diabetes, cancer, heart disease)?	
Yes	38
No	63
Total	**109**

Do you have Post-Traumatic Stress Disorder or PTSD?	
Yes	40
No	60
Total	**109**

Do you have psychiatric or emotional conditions such as depression, bipolar, or schizophrenia?	
Yes	56
No	44
Total	**109**

Do you have a permanent physical disability?	
Yes	22
No	76
Total	**109**

Have you had a serious brain injury or head trauma that required hospitalization or surgery?	
Yes	20
No	80
Total	**109**

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Do any of the situations we just discussed keep you from holding a job or living in stable housing?

Yes	41
No	58
Total	**109**

Have you ever received special education (special ed.) services or attended special classes for more than 6 months?

Yes	30
No	68
Total	**109**

Do you have AIDS or an HIV-related illness?

Yes	2
No	96
Total	**109**

Are you currently experiencing homelessness because you are fleeing domestic violence, dating violence, sexual assault, or stalking?

Yes	14
No	86
Total	**109**

Do you receive any disability benefits such as Social Security Income (SSI), Social Security Disability Income (SSDI), or Veteran Disability Benefits?

Yes	19
No	81
Total	**109**

Have you served on active duty in the U.S. Armed Forces (e.g. full time in the Army, Navy, Air Force, Marine Corps, or Coast Guard)?

Yes	8
No	92
Total	**109**

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Were you ever called into active duty as a member of the National Guard or as a Reservist?

Yes	0
No	8
Total	**109**

Is this the first time you have been homeless?

Yes	36
No	64
Total	**109**

How long have you been on the street or in a shelter this time?

A week or less	6
More than 1 week and less than 1 month	5
1-3 months	22
4-6 months	13
7-11 months	14
12 months or more	41
Total	**109**

Including this time, how many separate times have you been homeless in the past three years?

1	58
2	20
3	5
4 or more	15
Total	**109**

If you add up the time you have been in a shelter, car, on the street, etc. in the past three years, how long is that in months?

Less than 1 month	8
1-3 months	13
4-6 months	13
7-11 months	14
12 months or more	52
Total	**109**

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What is your PRIMARY means of transportation (for distances over 1 mile)?

Walk/On Foot	37
Public Transportation	30
Cab/Taxi	6
Car	25
Bike	3
Total	**109**

What is the highest degree or level of school you have completed? If currently enrolled, highest degree received.

Less than High School	9
Some high school, no diploma	18
High School Graduate, diploma or GED	44
Trade/technical/vocational training	2
Some college, no degree	17
Associates Degree	2
Bachelor's Degree	6
Master's Degree or higher	3
Total	**109**

Do you have a steady monthly income?

Yes	34
No	65
Total	**109**

What best describes your current employment status?

Full-Time (greater than 30 hr/week)	6
Part-Time (less than 30 hr/week)	19
Self-Employed	1
Out of work and looking for work	41
Out of work but not currently looking for work	12
Retired	2
Unable to work	20
Total	**109**

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Primary reason for coming to the area (PD16)?

Born here/Grew up here	40
Family/Friends	30
Job/Work	8
Fleeing Domestic Violence/Abusive situation	4
Released from an institution (hospital, jail, etc.)	1
Traveling/Got stuck here	3
Homeless services	7
Other	6
Total	**109**

What factors contributed to becoming homeless? *multiple answers allowed*

Criminal Background	3
Divorce/Breakup	8
Domestic Violence	6
Eviction/Foreclosure	14
Illness	6
Substance Abuse	6
Unemployment	20
Low Wages/Underemployment	14
Total	**109**

Were you homeless as a child?

Yes	18
No	82
Total	**1099**

Have you ever been in foster care?

Yes	10
No	88
Total	**109**

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What kind of Health Insurance do you have, if any?
multiple answers allowed

None	22
Medicaid	64
Medicare	12
Private Insurance	3
VA	1
Total	**109**

How many times have you been to the Emergency Room in the past three months?

0	50
1	23
2	9
3	4
4	2
5 or more	10
Total	**109**

How many times have you been an inpatient (admitted/check-in) in the hospital in the past year?

0	66
1	15
2	7
3	1
4	1
5 or more	7
Total	**109**

Where do you go when you need to see a doctor? *multiple answers allowed*

Hospital/ ER	52
Urgent Care	31
Primary Care	14
RACSB	1
Nowhere/Do not go to doctor	1
Total	**109**

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CoC Staff:

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Community Partners:

Central Rappahannock Library
County Sheriff's Departments
Department of Social Services
Empowerhouse
Fredericksburg Area Health And Support Services
Fredericksburg Regional Food Bank
Fredericksburg Police Department
Germanna Community College
Loisann's Hope House
McGuire VA Medical Center
McKinney - Vento Liaisons
Micah Ecumenical Ministries
Rappahannock Area Community Service Board
University of Mary Washington
Volunteers of America - Chesapeake

PIT Count Volunteers:

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Kerry McKenney
Isabelle Doty
Ely Younger
Craig Graziano
Jannan Holmes
Rosemary Davis
Jan Erkert
Sevonia Williams
Kate Gibson

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Contact

Fredericksburg Regional Continuum of Care
George Washington Regional Commission
406 Princess Anne St, Fredericksburg, VA 22401
Continuum of Care: 540-642-1578
Homelessness Helpline: 540-358-5801

info@fredericksburgcoc.org
www.fredericksburgcoc.org
facebook.com/fredericksburgcoc
@fredregioncoc