

# Family stability and prevention

A one-page brief connecting housing strain to family stability without overclaiming causation.

**76.4k-84.3k**

HOMES NEEDED BY 2030

**4.1%**

VACANCY 2019

**2.2%**

VACANCY 2025

## What I am telling people in Maine

- Housing belongs in this conversation only where it helps explain why families are carrying multiple forms of instability at once.
- Maine is projected to need roughly 76,400 to 84,300 homes by 2030, with the coastal region carrying the largest share of need.
- Southern Maine courts are handling major family caseloads while their surrounding communities are dealing with tight vacancy and eviction pressure.

## Primary records behind this brief

- State of Maine Housing Production Needs Study
- Maine's Housing Outlook, 2026
- FRED Rental Vacancy Rate for Maine
- 2025 Point in Time Count