



SALT LAKE
COUNTY

YOUTH
SERVICES

YOUTH
SERVICES
OVERVIEW



We strive to be the leader in empowering youth and families by reducing risk factors, providing safe spaces, fostering supportive communities, and creating a pathway to a more positive future.

CRISIS CARE PROGRAMS

Crisis Care Programs offer walk-in support and free crisis counseling, referrals, and short-term placement for youth ages 8-17 in crisis. Youth meet with a case manager upon entrance, receive an initial assessment and crisis plan. Average length of stay is 2 hours. If crisis teams suggest a longer stay, client is moved to Crisis Residential located in South Salt Lake. Any youth in Salt Lake County can access these services regardless of income, race, religion, sexual orientation, gender identity and/or legal status. Youth can come alone, with parent or by law enforcement. Homeless youth can access food, laundry and shelter through Juvenile Receiving Center Homeless Walk-in Program. All services are offered free of charge at two locations: 1) South Salt Lake (177 W. Price Avenue) open 24/7, and 2) West Jordan (8781 S Redwood Rd) open 8am-8pm, M-F. Crisis Residential emergency shelter and case management for youth ages 10-17 is available at the South Salt Lake campus and provides overnight stay when recommended by Juvenile Receiving Center crisis team or counseling team. Maximum capacity is 24 youth, average stay is 24-48 hours.

SHELTER CARE PROGRAMS

Shelter Care Programs are open 24/7 and in 2023 served 507 youth. Shelter Care offers temporary housing for youth who are in custody of the Division of Child and Family Services (DCFS) and provides safety and support. Youth remain until they can return home or a permanent foster home or kinship placement can be found. There is no cost to the family or child for these services. Shelter care is provided at Christmas Box House for youth ages 0-21 who score low on the risk assessment given at intake. Maximum capacity is 24 youth. The average length of stay is 2-4 weeks. Particular care is given to housing siblings together, when possible, at the Christmas Box House. The Shelter Group Homes are also located in South Salt Lake provide emergency residential placement for youth ages 11-21 who are in DCFS custody or in need of specialized shelter placement because of abuse/neglect. Maximum capacity is 12 in each of the two Shelter Group Homes.

COUNSELING SERVICES

Counseling Services include immediate crisis counseling for youth and families, as well as short-term 60-day counseling intervention, and longer-term mental health counseling. Children, teens, families and young adults up to age 25 can access mental health counseling services or substance use counseling services. Between the South Salt Lake and West Jordan offices, therapists offer appointments during the day and evening, either in-person or via telehealth. Appointments with Spanish-speaking therapists are available.

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This place was great for me a few years back as an extremely troubled youth. I'm 20 years old now and still live by stuff my therapist told me during our sessions.

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FAMILY PEER SUPPORT SPECIALISTS

Family Peer Support Specialists (FPSS) mission is to help parents and/or primary caregivers with children experiencing mental health and/or substance abuse challenges which are resulting in trouble at school, with the law and/or that put the child at risk of out-of-home placement. FPSS act as peer support for families and offer a unique perspective, having utilized the mental health system either themselves or for a family member. Services and support include information to access community resources and local support groups and are provided at no cost to the families.

Each certified FPSS receives standardized training and has utilized the mental health system either themselves or for a family member offering a unique and credible perspective. They advocate for families navigating mental health and/or substance abuse challenges with youth and empower families to work towards independence through individualized and strength-based goal setting. FPSS work collaboratively with families and child-serving agencies throughout Salt Lake County.

AFTERSCHOOL PROGRAM

Afterschool Programs provide a safe and positive environment where youth grow academically, socially, and emotionally by building positive relationships through adult mentorship, in 11 different sites, K-12, in West Valley City, Magna, and Kearns. On average the Afterschool Program serves 900 youth each year. The programs are held on site at each school, working closely with school administration to ensure staff are helping to make positive change within the communities. The program is run in collaboration with Granite School District, Community Coalitions, United Way, USU Extension, Utah Food Bank and various other partners. The Afterschool Program offers summer program at different schools in the district.



MILESTONE PROGRAM

Milestone's mission is to provide services for young adults 18-21 who are experiencing homelessness. Milestone has 3 houses in Sandy, 3 apartments in West Valley City and a new building in Millcreek. Milestone can serve up to 37 young adults at a time. Milestone served 55 young adults from September 30, 2023, through September 30, 2024. Milestone is pleased to report, 29 of the 35 (83%) of the young adults that exited the program were positive exits (defined as housed and employed or in school). Of Milestone's positive exits, 85% did not return to homelessness after 24 months (defined as being re-entered into Utah Homeless Management Information

System after exit). Milestone provides the young adults with safe housing, helps to stabilize employment, build skills, connect them with ongoing resources and support within the community, and help them become self-sufficient so that they can start their lives and break the cycle of homelessness and dependency. Milestone works with Youth Services' Youth Action Board in their mission to end youth homelessness. The Youth Action Board and Milestone program in working with community partners and the Salt Lake Rotary Club received \$5.65 million in grant funding to expand the Milestone Program and funding for youth experiencing hopelessness in Salt Lake County.

SUBSTANCE USE DISORDER PROGRAM (WEST JORDAN OFFICE)

Every youth and their family are unique and just like them our services are customized to fit their unique individualized needs and situation. This includes a substance use assessment to determine the most beneficial level of care, and then provide outpatient services that include individual, family and group therapeutic sessions.

SUBSTANCE USE PREVENTION PROGRAMS

Prevention offers free, interactive psycho-educational groups for teens and families that increase protective factors and prepare kids to stay out of trouble. Prevention currently offers multiple evidence-based prevention workshops to the community for no cost. Workshops are currently being offered online.

- Guiding Good Choices is a program for parents of children ages 9-14, a 5-week group session to strengthen family bonds and reduce the risk factors associated with teenage drug use. Participants learn to manage family conflict in a way that maintains and strengthens bonds with their children.
- Staying Connected with Your Teen is for parents of children ages 12-17. In this 5-week group, parents learn how to improve communication with their teen and strengthen bonds between them.
- ME Time works with youth ages 13-17 with mild depressive symptoms. It is a 6-week group that focuses on changing thinking, changing doing, feeling good and developing skills to manage future life stressors with confidence.
- The Body Project is a four-session group-based intervention that provides a forum for girls ages 15 and up to confront unrealistic appearance ideals and develop healthy body image and self-esteem. It has been shown to effectively reduce body dissatisfaction, negative mood, unhealthy dieting, and disordered eating.
- Stress Busters is a ten-session group for kids ages 10-12 designed to reduce depressive symptoms and anxiety as well as teach them strategies for coping with stress and problems in everyday life. It helps children build their emotional competence and promotes positive and realistic thinking.

The recent addition of 1.5 merit employees to the Prevention Program will allow us to expand the much-needed evidence-based programming to more of our community. We continue to look for additional funding sources to bring in new programming that helps to reduce risk factors and increase protective factors for teens and parents of teens.

