

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

The Youth Hub offers 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. 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 the Youth Hub. All services are offered free of charge in South Salt Lake (177 W. Price Avenue) and our doors are open 24/7. Crisis Residential emergency shelter and case management for youth ages 10-17 provides overnight stay when recommended by Youth Hub's 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 2025 served 409 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. The maximum capacity is 12 in each of the two Shelter Group Homes.

COUNSELING SERVICES

Our Counseling Services team is made up of licensed therapists who support Salt Lake County youth ages 5–20. We provide immediate crisis counseling, short-term 60-day intervention, longer-term mental health counseling for those who qualify, and substance use treatment. All services are offered at no cost to youth and their families.

Therapists at our South Salt Lake and West Jordan offices offer daytime and evening appointments and are available in person or via telehealth. Spanish-speaking therapists are also available.

SUBSTANCE USE DISORDER PROGRAM (WEST JORDAN OFFICE)

Every youth and their family is unique, and just like them, our services are customized to fit their unique, individual 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.

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 on accessing community resources and local support groups, and are provided at no cost to 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.

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.

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 help make positive change in 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 programs at different schools in the district.

SUBSTANCE USE PREVENTION PROGRAMS

Prevention offers free, interactive psycho-educational groups that help parents and youth gain skills to navigate the challenges of adolescence. Groups are offered online or in-person at locations throughout Salt Lake County.

- Guiding Good Choices is a 5-week program for parents of children ages 9-14 designed to strengthen family bonds and reduce the risk factors associated with teenage drug use. Participants learn to manage family conflict in ways that maintain and strengthen 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 teens and strengthen their bonds.
- Me Time is a 6-week group for youth ages 13-17 with mild depressive symptoms. The focus is on changing our thoughts and our actions to improve our mood and have more control over our emotions. Teens develop skills to manage future life stressors with confidence.
- Stress Busters is a 10-session group for kids ages 10-12 designed to reduce depressive symptoms and anxiety as well as teach strategies for coping with stress and problems in everyday life. It helps children build their emotional competence and promotes positive and realistic thinking.

MILESTONE PROGRAM

Milestone's mission is to provide services for young adults 18-21 who are experiencing homelessness. Milestone has 3 houses in Sandy, a 4-plex in West Valley City, and an 8-unit building in Millcreek. Milestone can serve up to 36 young adults at a time. Milestone served 60 young adults in 2025. Milestone is pleased to report that 29 of the 30 (96%) of the young adults who exited the program were positive exits (defined as housed and employed or in school). Of Milestone's positive exits, 87% 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 to help them become self-sufficient so that they can start their lives and make homelessness rare, brief, and non-reoccurring. Milestone works with Youth Services' Youth Action Board in their mission to end youth homelessness. Milestone, in partnership with the Youth Action Board, HomeAid

Utah, and Good Shepherd Lutheran Church, is collaborating on the renovation of a Milestone home in Sandy. This project will transform the space into a safe, welcoming, and thoughtfully designed environment where youth can heal, grow, and build stability. With the support of community leaders and donors, this renovation represents a meaningful investment in the well-being of young people and a shared commitment to creating lasting impact.

For more information visit: slco.to/youth or call 385-468-4500