



Ogden: 2760 Adams Ave | Ogden, UT 84403
St. George: 340 E Tabernacle St | St. George, UT 84770
Cedar City: 133 South 100 West | Cedar City, UT 84720
801.528.1214 | info@yfut.org | www.YouthFuturesUtah.org

2022 Annual Report

Grant funding received by charitable foundations, corporations and individuals in 2022 provided emergency overnight services and temporary residential beds in our low-barrier shelter facilities (44 between Ogden, St. George and Cedar City) for runaway and homeless youth (RHY) in Utah. We provide ongoing supportive services to assist these youth in reuniting with families or finding safe housing options. Youth Futures officially opened Utah's first Residential Temporary Youth Shelter in Ogden on February 20, 2015. A second location was opened in St. George, Utah, on October 20, 2018, and a third in Cedar City on May 20, 2022. In August of 2022 (located directly across from our Cedar City Shelter), we opened our first transitional living program (TLP).

Youth Futures programming creates a world where homeless youth can access a safe, supportive and affirming place to call home while aligning their lives in a more positive direction. As a result of their homelessness, unaccompanied youth face devastating harm and barriers in life. RHY are at a higher risk for mental health problems, physical abuse, substance abuse, sexual exploitation, trafficking, suicide attempts and death. We provide services and interventions that take youth off the streets and helps them avoid needing to engage in risky behaviors to survive.

We were established in 2011 to lower rates of youth homelessness and suicide, build youth self-sufficiency and resiliency, improve mental health, and increase the rates of education and employment among homeless youth as they approach adulthood. Youth Futures is the only licensed organization in Utah providing shelter and drop-in services specifically to minors and young adults ages 12-18. As part of our programming, we provide personal care items, meals, intensive case management, therapy, life skills classes, group activities and connections to community resources. We have six strategic goals which align with our programming and mission:

1. Assess and meet the immediate needs of youth, ages 12 to 18, experiencing homelessness or in crisis (Stabilization)
2. Design and deliver interventions that encourage permanent self-sufficiency for youth (Intervention)
3. Provide follow-up and aftercare services to prevent shelter youth recidivism or future homelessness by increasing youth self-sufficiency (Aftercare)
4. Conduct outreach to build relationships with target youth population in Northern and Southern Utah (Street Outreach)
5. Develop strategic partnerships with community organizations and service providers to increase awareness about programming (Community Awareness)
6. Ensure financial resources are available to support organizational sustainability and program growth (Capacity Building)

Youth Futures is Growing and Expanding

We are so thankful and pleased to have opened the first and only youth shelter (16 beds) and transitional living program (nine units) in Cedar City. We are honored to have worked with youth service providers in Iron County to extend these services to RHY youth ages 12-18 and to youth between the ages of 18-24 who need extra help and additional skills to live independently and successfully, not returning to homelessness. The community put its arms around us and provided many donations and services, enabling us to open both facilities. We continue to grow and expand and are in discussions with other counties and donors around the state about opening more facilities to meet community needs.

Program Impact

Our shelter's front door is always the right door! We are open 365 days a year, 24 hours a day. We welcome youth to our shelters with a hot meal and a tour of the facility. Our staff shows them where they will sleep and where they can keep their personal belongings. Each resident who intakes receives several screenings, including a suicide assessment from a licensed therapist. They are introduced to staff and given any necessary items they require; all of this happens within the first 24 hours of the youth coming to one of our shelters. We serve youth 12-18 regardless of circumstance and never charge for services.

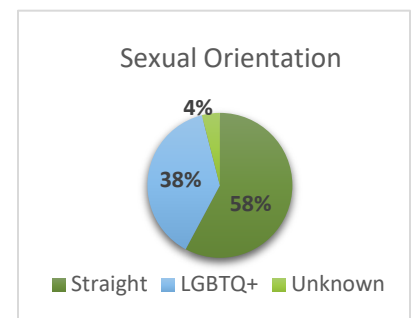
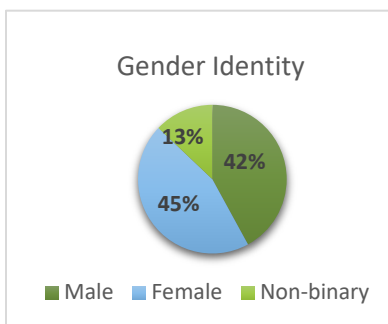
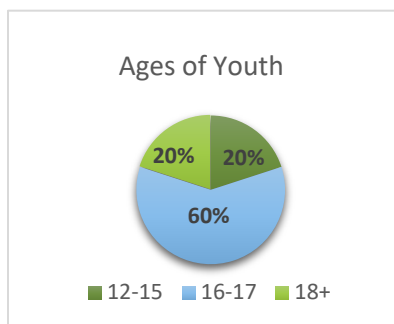
Youth Story #1

For months this resident felt like she was on a wild emotional rollercoaster. She came to the Cedar City shelter, having nowhere else to turn. Just after arriving at the shelter, she found out she was pregnant and struggled significantly with her mental health. Shortly after, this resident miscarried and subsequently lost her job; this put her in an emotional spiral. With the help of shelter staff, she overcame those challenges. Seeing her resilience and watching her advocate for her needs in therapy and case management was incredible. Her Youth Futures therapist always made time for her when she needed it. This resident took time to heal and became aware of her emotions. After moving into our Transitional Living Program, staff continued to check in with her daily and watched her progress toward full-time employment, even with the challenge of finding work in a little town like Cedar City. In October 2022, she decided she wanted to join the military. She left for boot camp in December of 2022. We cannot wait to see her progress. She has assured us that she will let us know when she returns.

Youth Story #2

We had a youth who had been in shelter multiple times, both in Ogden and Saint George. Their mom refused to let them come home due to their struggles with addiction and the fact that there were younger siblings at home. Their mom was concerned that she would lose custody of her younger kids if her daughter came home and brought substances into the house. This youth had nowhere else to go, so they turned to our low-barrier shelter. In addition to substance misuse, this youth has Schizoaffective Disorder, which gave them horrible hallucinations wherein they would watch their siblings and others they loved to be murdered. Their struggle with addiction affected how well their antipsychotic medications worked and made them less stable. This youth battled suicidal ideation and hopelessness. We were able to get them into a bed at a detox program for eight weeks with a promise of residential mental health treatment afterward. The youth did not want to leave the people they had grown to trust and love in the shelter, but once we got them to the facility, they agreed to stay and understood the importance of treatment even though it was scary for them. We are so glad they are finally getting the help they need.

Demographics of the 170 Youth Sheltered by Youth Futures



The causes reported to us by youth as to why they are homeless tend to fall into three interrelated categories: family problems, financial crisis or residential instability. The number one reason RHY listed for leaving home and coming to Youth Futures was family discord (61.8%). Alleged parental substance misuse, abuse or neglect

was reported by 16.5% of RHY, with 7.1% having a homeless parent/financial insecurity and 14.7% presenting for other reasons. About 22.5% of youth who entered shelter reported suicidal ideation and previous suicide attempts.

A primary goal of our programming, whenever possible, is to reunite the youth with their family or with kinship care. In 2022, 38.2% of youth were reunified or placed with family, and 10.6% moved to an independent living situation or joined Job Corps, 2.9% were transferred to our Transitional Living Program, 1.8% entered a group home, 4.1% were placed in Foster care or State custody, 8.2% were transferred to a different Youth Futures shelter, and 2.4% were still staying at the shelter (at the end of the data cycle). Reforms to the Utah Juvenile Justice System in 2018 increased the number of citations a youth must receive to be placed in detention, which, when combined with community awareness, has increased the number of RHY with a higher prevalence of mental health diagnosis and substance misuse disorders accessing shelter. Last year, 2.4% of RHY exited shelter by entering detention or being asked to leave the program due to violent behaviors, 5.9% were admitted to the hospital due to suicidal ideation or self-harm or a substance abuse treatment facility, 5.3% moved to a different homeless shelter, and 18.2% returned to the streets or another unsafe situation.

Program Performance Measures

Approximately 800 RHY are served annually by Youth Futures Utah through the shelter, aftercare and drop-in programs in Ogden, Cedar City and St. George. We estimate that an additional 3,400 youth and community members are reached through community outreach tabling and school presentations.

MEASURE	OGDEN	ST. GEORGE	CEDAR CITY	TOTAL
RHY Sheltered	87	55	28	170
Shelter Nights	3,039	2,028	824	5,891
Average Shelter Nights per RHY	34.9	36.9	29.4	34.7
Case Management and Goal-Setting Sessions	735	765	366	1,866
RHY Aftercare Contacts	167	131	23	321
Drop-In Incidences	694	233	115	1,042
Meals Served	5,244	4,772	1,499	11,515
Resource Room Access	781	462	133	1,376
RHY Encountered on Street (<i>ages 12-24</i>)	104	78	N/A	182
Street Outreach Hours	524	148	N/A	672
RHY Diverted from Shelter	27	14	3	44

The numbers below are statistics from 2021 to 2022 operational years at Youth Futures:

- Number of youth sheltered increased by 11.1% (153 RYH to 170 RHY)
- Total shelter nights increased by 10.5% (from 5,330 nights to 5,891 nights)
- Case management and goal-setting sessions increased by 108.9% (from 893 sessions to 1,866 sessions)
- Mental health therapy increased by 72.3% (from 235 sessions to 405 sessions)
- Average meals served increased by 25.8% (from 9,153 meals to 11,515 meals)
- Number of youth aftercare contacts increased by 72.6% (from 186 contacts to 321 contacts)
- Drop-in services increased by 38% (from 755 services to 1,042 services)
- Direct street outreach hours decreased by 33.3% (from 1,007 hours to 672 hours)

Youth Futures continues to make a conscientious effort to minimize the time a youth stays in shelter through focused case management. We help each youth create exit and safety plans early on during their stay. Case managers and therapists have direct and open conversations with RHY during intake to quickly address education, medical, mental health and substance misuse issues. They then offer connections to community resources to help the youth learn positive coping strategies. Our staff quickly builds rapport with each youth who accesses services by using trauma-informed approaches and positive youth development methods when interacting. We see great success in speaking to youth "where they are" and on their level.

Grateful to Our Staff

During the past year, we felt the "labor shortage" strain. In response, we raised starting wages, offered a comprehensive insurance and retirement plan and paid for wellness incentives like gym memberships. Our goal is to have healthy, resourceful and hard-working staff. The staff has felt the pressure of coverage and working overtime to ensure the RHY in our care are given the skills and resources to leave the shelter and successfully transition to living with family or living independently. Our fantastic staff members are committed to helping the homeless population. We are grateful for the staff and management team who made it through 2022, showing incredible strength, determination and resiliency.

2022 Financials

Youth Futures continues building a strong foundation of diversified funding to better stabilize the organization and strengthen long-term relationships with funders. In 2022, the organization had total audited revenues of \$2,505,362, with \$1,151,522 from contributed revenues (46.0%), \$1,099,021 from government grants (43.9%), \$11,063 from earned income (0.4%) and \$243,756 from in-kind donations (9.7%). Total audited expenses in 2022 were \$2,693,487, which were allocated as \$2,304,265 to programs (85.5%), \$201,431 to management and general (7.5%) and \$187,791 to development/fundraising (7.0%). *[Audit conducted by Bountiful Peak Advisors and released on November 10, 2023.]*