



Youth Futures provides safe shelter, collaborative resources, respectful guidance and diverse support to homeless, unaccompanied, runaway and at-risk youth in Utah.

2023 ANNUAL REPORT

Funding received by contributed revenues and government grants in 2023 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 youths in building resiliency, 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. In the past 8 years, we have opened two additional "basic center programs" (BCP) shelters in St. George (October 2018) and Cedar City (May 2022). Our 9-unit Transitional Living Program (TLP) facility, located in Cedar City, opened in August 2022.

Our 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 help them avoid needing to engage in risky behaviors to survive.

Youth Futures was established to lower rates of youth homelessness and suicide, build youth self-sufficiency and resiliency, improve mental health outcomes, and increase the rates of education and employment among youth as they approach adulthood. As their safe place, we remain steadfast in our unwavering commitment to providing the support and resources they need to heal, grow and succeed, believing in their potential to overcome challenges and become resilient. Our goals are to reunite youth with their families, prevent youth from sleeping on the streets, provide trauma-informed care, and offer non-judgmental support over rejection. We instill hope in our youth so they believe they can succeed and move forward with strength to discover their authentic selves and follow their dreams. We have six strategic goals which align with our programming and mission:

Stabilization

Assess and meet the immediate needs of youth, ages 12 to 18, experiencing homelessness or in crisis

Intervention

Design and deliver interventions that encourage permanent self-sufficiency for youth

Aftercare

Provide follow-up and case management to decrease additional episodes of homelessness in youth

Outreach

Conduct outreach to build relationships with the youth population in Utah at risk of becoming homeless

Community Awareness

Seek partnerships with community organizations to decrease duplication and leverage services

Capacity Building

Ensure financial resources are available to support organizational sustainability and program growth

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 enters shelter, or 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.

BCP YOUTH STORY

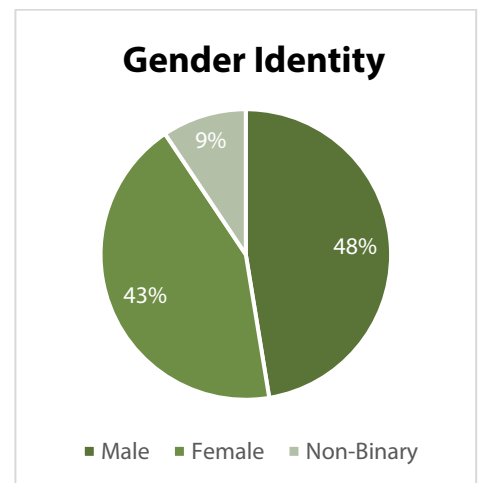
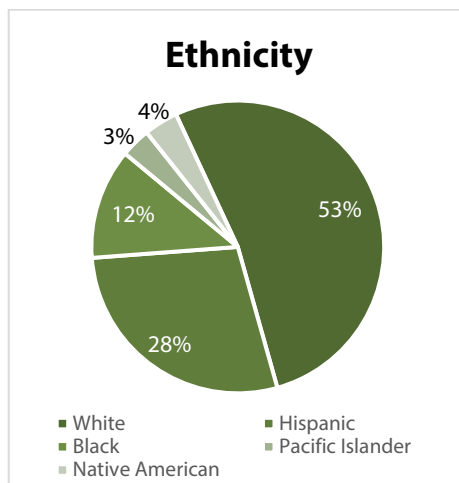
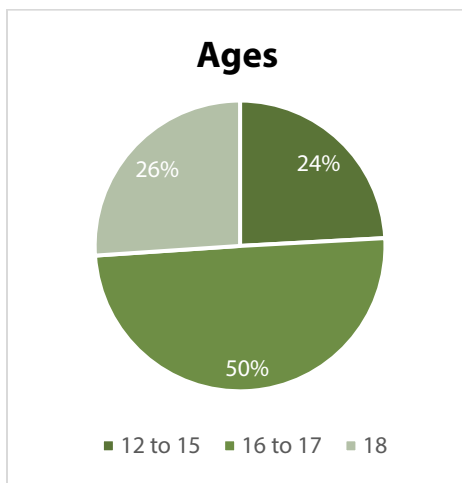
A 17-year-old came into shelter who reported that his mom was extremely controlling and neglectful. Before running away from home, he lived with his mom and her partner and reported being the victim of cruel and unnecessary punishments. He reported he had to work on chores at home for 12 hours straight each day, with constant activities assigned to occupy his time, like writing sections of Anne Frank's diary down on paper to organizing rocks in the yard.

He said that he was not allowed to have friends and wasn't even allowed contact with his one friend and confidant. He was supposed to work and go home. He reported that when he was in school, if he was missing an assignment his mom and girlfriend would put him on restriction, where he would be made to sit at the table for 12 hours. He had horrific stories dating back to junior high school. Earlier this year, he told a classmate about some abuse, and his sister, who is close to his mother, caught wind and told mom. His mom pulled him out of school, so he completed packets through the school's learning center until he graduated early.

He said there are cameras in the house so his mom could watch him while she was at work. He ended up ordering packages to be delivered to his neighbor's house and then used a broom to grab them so she couldn't see him get the package through the doorbell camera. He said things escalated when a package came home while he was at work. His mom became upset because he had accessed the internet to order it. An argument occurred and he ran from home.

Since coming into shelter, he has worked closely with staff to continue towards his goals to obtain higher education and stable housing. He works full-time at Walmart to build up his savings to exit the shelter and find permanent housing. With the encouragement of staff, he applied for college, submitted a request for financial aid and filled out a student housing application. He recently started his first semester of college while staying at Youth Futures. He is working with the college and hopes to move into student housing by the start of his next semester!

213 Youth Sheltered in 2023



Why Youth Leave Home

An estimated 5,000 youth experience homelessness in Utah each year. The causes for youth homelessness tend to fall into three interrelated categories: family problems, financial crisis or residential instability.

Reason for Seeking Shelter	Ogden	St. George	Cedar City	Total
Family Discord	57.8%	44.7%	42.6%	49.8%
Alleged Parental Substance Misuse, Neglect or Abuse	15.6%	30.3%	36.2%	25.4%
Homeless Parent	13.3%	7.9%	12.8%	11.3%
Financial Insecurity or Crisis	2.2%	2.6%	2.1%	2.3%
Other	11.1%	14.5%	4.3%	10.8%

BCP Program Performance Measures

As the only provider of low-barrier services specifically for RHY ages 12-18 in Utah, Youth Futures shelter homes have provided refuge to youth in crisis for over nine years. Services are provided free of charge to RHY. Shelter, aftercare and drop-in intervention directly serve about 800 RHY annually. We estimate that an additional 3,400 youth and community members are reached through community outreach and awareness activities.

BCP Measures	Ogden	St. George	Cedar City	Total
Total RHY Sheltered (<i>duplicated</i>)	90	76	47	213
Shelter Night Stays	2,307	2,517	2,030	6,854
Average Nights per RHY	25.6	33.1	43.2	32.2
Total Minors Sheltered (<i>duplicated</i>)	68	55	35	158
Minor Shelter Night Stays	1,939	1,776	1,429	5,144
Average Nights per Minor RHY	28.5	32.3	40.8	32.6
Percentage of Minor Nights	84.0%	70.6%	70.4%	75.1%
RHY Diversions	37	17	3	57
Service Plan Meetings (<i>Shelter</i>)	227	151	187	565
Case Management Incidences (<i>Shelter, Drop-In, Aftercare</i>)	638	295	325	1,258
Counseling/Therapy (<i>Shelter</i>)	124	77	50	251
Meals	4,275	2,601	2,456	9,332
Groups	47	50	49	146
Resource Room Access	311	330	146	787
Total RHY Accessing Drop-in	159	25	20	204
Drop-in Incidences	802	116	179	1,097
Total Aftercare RHY Accessing Drop-in	109	63	51	109
Aftercare Contacts	90	43	35	168
Community/School Presentations	32	12	23	67
Materials Distributed	8,587	1,189	3,583	13,359
Reunification Rate	36.7%	32.9%	40.4%	36.2%
Positive Placement Rate	53.3%	50.0%	55.3%	52.6%
Recurrence Rate (<i>duplicated</i>)	26.7%	19.7%	14.9%	21.6%

Transitional Living Program

A significant gap in Utah's homeless services is the lack of temporary supportive housing, also known as transitional living programs (TLP), for transition-aged youth (TAY) ages 16-22 who are living on the streets, residing in unsafe environments, or becoming parents at a young age. TAY often experience several challenges on their path to successful adulthood and/or parenthood. They have frequently lived in a state of "fight or flight" for long periods of time and are often not capable of successfully making the jump from homelessness, shelters, foster care or the juvenile justice system to an independent living situation without intensive life-skills development and supportive services. Their support systems are typically non-existent or weak and do not extend for a long enough period to stabilize them, often leading them to fall into homelessness.

TLPs provide an important continuation of services that adult emergency shelter programs do not have the capacity to provide to youth experiencing homelessness. In particular, adult shelters do not teach youth the skills needed to successfully enter adulthood and become self-sufficient. Our nine-unit TLP program gives TAY the security of not having to *only* think of sustaining their minimum basic needs, but rather envisioning a positive future. TLPs also provide a longer timeframe to create rapport, work towards achieving important life goals, utilize long-term case management and develop self-sufficiency skills. TAY, who apply and are accepted into the program, reside at the TLP for a continuous period of up to 24 months. Programming includes case management, daily living skills training, access to medical health care (including prenatal and pediatric care), supervision (as needed), parenting classes, therapy, mentoring and ongoing supportive services. We believe in this program's effectiveness, as it can bring about meaningful and lasting change in the lives of those we aim to support.

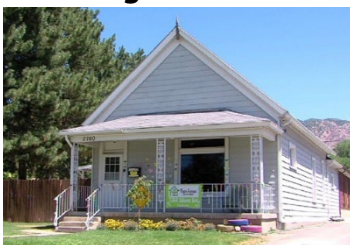
In 2023, 14 TAY (and 2 children) resided in the TLP for a total of 1,696 nights.

TLP YOUTH STORY

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 has since completed boot camp and is stationed stateside. She checks in with us often. We couldn't be more proud of her achievements!

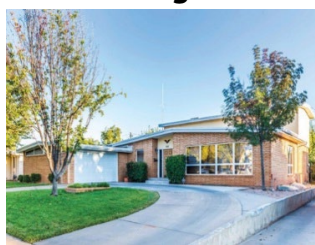
Youth Futures Facilities

Ogden BCP



2760 Adams Ave

St. George BCP



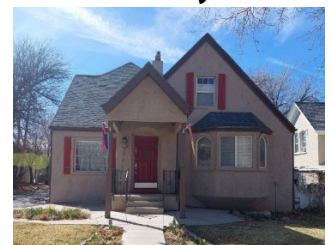
340 E Tabernacle St

Cedar City BCP



133 South 100 West

Cedar City TLP



140 South 100 West

Visit YouthFuturesUtah.org for additional information about our programs, services and events!