



# MILESTONE TRANSITIONAL LIVING PROGRAM EXPANSION



## BACKGROUND

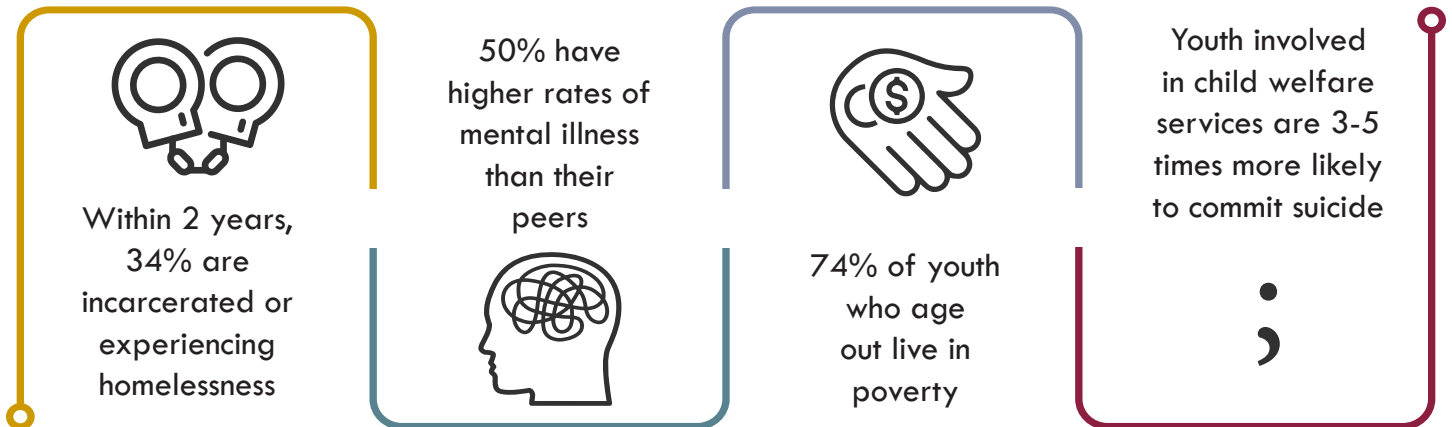
The Salt Lake County Youth Services Milestone Transitional Living Program (TLP) assists in ending the cycle of homelessness and dependency by helping young adults become self-sufficient through access to safe housing, stable employment and connections to ongoing support and resources. Prior to the expansion, Milestone served up to 19 young adults at a time ages 18 to 21 who were experiencing homelessness in Salt Lake County. With this expansion, Milestone now has an additional 18 beds to serve up to 37 young adults.

## MILESTONE IS A GOOD INVESTMENT

The United States Inter-agency Council on Homelessness notes, "People experiencing chronic homelessness cost the public between \$30,000 and \$50,000 per person per year through their repeated use of emergency rooms, hospitals, jails, psychiatric centers, detox, and other crisis services." For young adults experiencing homelessness, the financial burden to the public is no different but the personal cost is vast. None of these facilities are designed as long-term solutions for a youth experiencing homelessness, resulting in deeply detrimental emotional and physical trauma. These risks can include human trafficking, criminal activity, and drug use.

More than 100 youth "age out" of foster care in Utah every year (the majority of which are in the Salt Lake Region), meaning they are no longer in state custody and are at higher risk for homelessness and other negative outcomes.

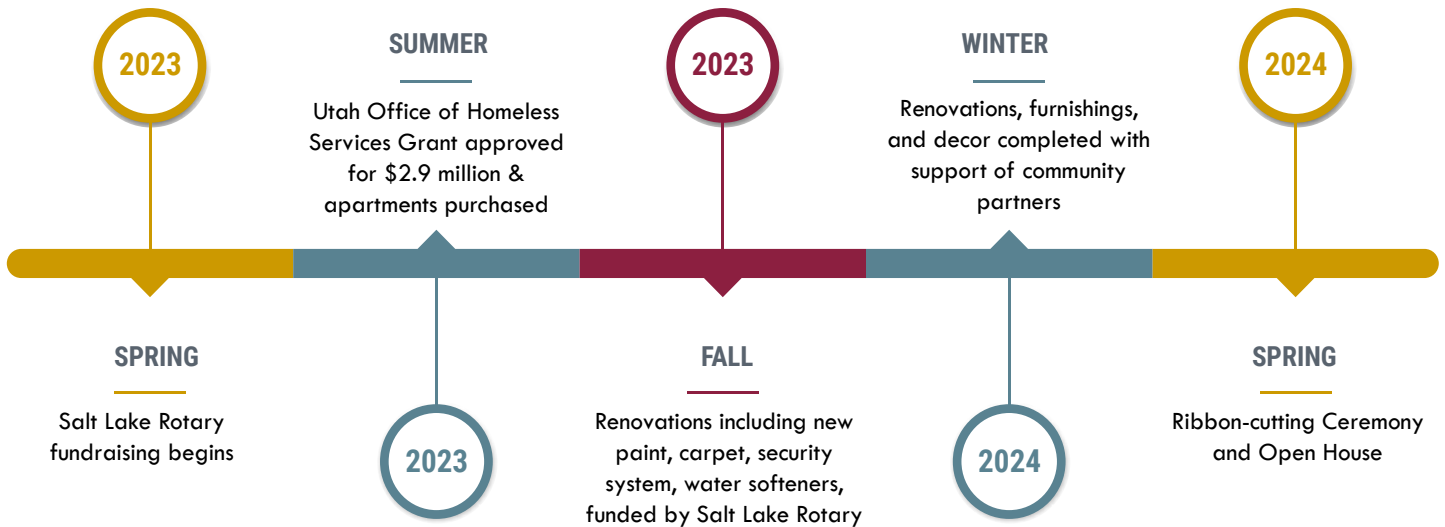
## YOUTH AGING OUT OF FOSTER CARE:



Youth Services has worked to address these issues by providing transitional housing for vulnerable youth. Since opening Milestone in 2012, more than 300 young adults have benefited. In 2023, Milestone served 39 young adults from January 1, 2023 through December 31, 2023. Milestone is pleased to report that 16 of the 20 (80%) young adults that exited our program had positive exits (defined as housed and employed or in school). To teach budgeting, the Milestone program has participants pay monthly program fees. Upon exiting the program, the funds are returned to them as they transition into stable housing. Frequently, these funds are used as a down payment for their first apartment.

## THE PARTNERSHIP

To address the increase in need for additional support for youth experiencing homelessness, Salt Lake Rotary and Salt Lake County Youth Services joined in a public-private partnership. In 2023, Salt Lake Rotary raised over \$250,000 from private donors, and secured a \$2.9 million grant through the Utah Office of Homeless Services. These funds were used to purchase and renovate an eight-unit apartment complex in Millcreek. These units will house an additional 18 young adults at a time (25 youth per year), an on-site house manager, and an office for staff. Salt Lake Rotary and Salt Lake County signed a no-cost 50-year lease agreement.



Built in 2020, each unit has 3 bedrooms, 2 bathrooms, a laundry room, and a spacious kitchen that will be used as the young adults practice their life skills during their time in Milestone. There is a common area outside the apartments to support the participants and provide a quiet and calm safe space.

## SALT LAKE COUNTY YOUTH SERVICES

Youth Services is providing operational costs in the annual budget for all Milestone staff including a program manager, case managers, a therapist, and a residential house manager. Milestone staff engage with community partners to support the young adults with resources and services.



Milestone fully embraces the Trauma Informed Care model of community services and is in regular contact with health and behavioral health treatment providers, social services, education, employment, welfare agencies, and law enforcement. A significant amount of inter-agency contact occurs when staff refer youth to partnering agencies for service and vice versa.

Youth are referred to Milestone by Volunteers of America, Youth Services Basic Center Program (BCP), Workforce Services, McKinney-Vento Liaisons, Division of Child and Family Services after-care case workers, Asian Association, Milestone's website, word of mouth, and other community partners. Salt Lake County Youth Services Milestone program oversees the placement of young adults in the housing facility. The Milestone team is dedicated and vested in the success of youth. Case managers have caseloads that allow them to spend the necessary time with each client to help them meet their needs through evidence-based practices and collaborative case management. Referrals are made for young adults to access medical, dental, mental health or substance abuse treatment as needed. Youth Services has a "no wrong door" approach and works to connect youth with appropriate services and resources. Milestone staff work in collaboration with the Youth Services BCP to ensure all interested and eligible 16 and 17-year-old homeless youth are referred to Milestone for development of safe placement options.

Milestone provides:

#### **LIFE SKILLS GROUPS**

Milestone house managers are passionate about the young adults served and teach them life skills. These skills include budget planning and money management, cooking, study groups, healthy menu planning and grocery shopping, house cleaning and laundry, tax preparation, etc.

#### **COUNSELING SERVICES**

A skilled therapist provides an assessment, evidence-based groups, and treatment for the young adults in the program. Each participant is given a Risky Behaviors Questionnaire and ACES (Adverse Childhood Experiences) at assessment. These services will identify and help young adults with past or present challenges including trafficking, mental health issues, relationship issues, etc.

#### **RELATIONSHIP GROUPS**

Young adults work with their case manager to identify connections in their lives. While in the program they create and maintain contact with individuals in their lives to build permanent, healthy, interpersonal relationships with family, friends, and community.

#### **CASE MANAGEMENT**

Case managers meet with each client at the beginning of the month to create a budget, employment, education, and housing plan utilizing SMART goals.

#### **SERVICE PROJECTS**

Young adults participate in monthly volunteer service through ongoing community opportunities. These service opportunities are focused on helping with homelessness issues and building community.

*“Honestly, Milestone is awesome. The people are so kind and helpful, it's a great chance to learn new skills and get your life together.”*

– Milestone Participant

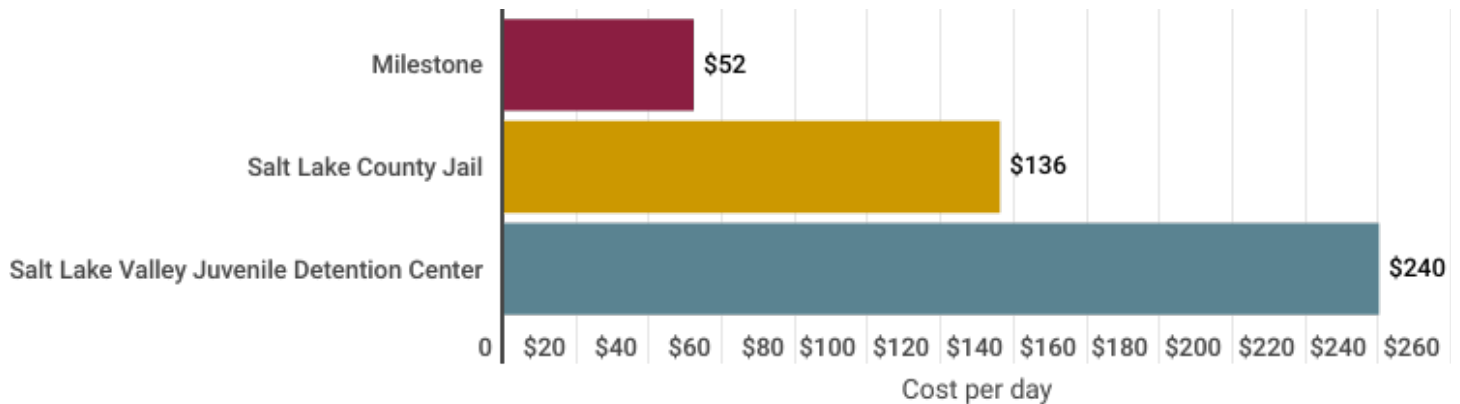
## MILESTONE IS A GOOD INVESTMENT, SAVING MONEY & LIVES

As Salt Lake Rotary is providing the housing, Salt Lake County Youth Services is providing the ongoing operational costs. The Milestone 2024 expansion budget is \$482,719. This operational budget is funded utilizing strategic planning, prudent fiscal management, and creative solutions. Youth Services is maximizing existing services and resources to address the rising need for programming for youth experiencing homelessness.

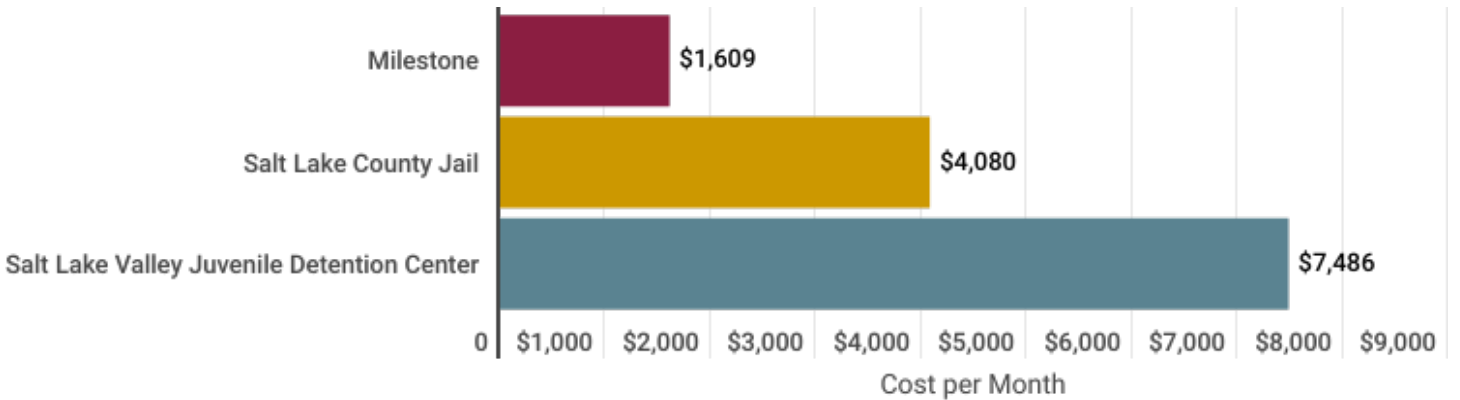
The budget includes computers, supplies, utilities, internet, food provisions, activities, and the maintenance needed for the building. Additionally, the funds support salary and benefit costs for staff to administer the program. This program, by preventing homelessness, provides an average cost savings of \$267,275 to \$767,275 (for 25 young adults) per year by preventing homelessness to the public based on The United States Inter-agency Council on Homelessness.

Investing in Milestone now for our youth provides safety, skills and supports needed for positive futures. Without these supports, youth may otherwise experience homelessness or criminal activity which could have long-term negative consequences to the youth and be more costly to County systems.

### Daily Cost per Person



### Monthly Cost per Person



“Milestone changed my life. I wouldn't ever ask to experience the events leading up to my move in, but I know I was meant to be here. Thank you, Milestone!”

[SLCO.TO/MILESTONE](https://slco.to/milestone)

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