

# MILESTONE

## TRANSITIONAL LIVING PROGRAM EXPANSION

### MILESTONE MISSION

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. Milestone TLP serves up to 19 young adults at a time ages 18 to 21 who are experiencing homelessness in Salt Lake County.

# WHAT IS MILESTONE?

- Transitional living program for youth experiencing homelessness
- Staffing: Program Manager, Therapist, 2 Case Managers, and 3 House Managers
- 4 Homes: 3 in Sandy and 1 four-plex in West Valley City
- Young adults can stay in the program for up to 18 months; average length of stay is between 9 and 11 months
- Collaborative model focused on self-sufficiency through education and employment
- Trauma Informed Care model
- Utilizes best practices

# COMMUNITY NEED

More than 120 youth “age out” of foster care in Utah every year



Within 2 years, 34% are incarcerated or experiencing homelessness

50% have higher rates of mental illness than their peers



74% of youth who age out live in poverty

Youth involved in child welfare services are 3-5 times more likely to commit suicide



# MILESTONE SUCCESS

- 2012 Milestone opened with 2 homes housing 9 young adults
- 2016 Milestone added an additional home housing a total of 14 young adults
- 2020 Milestone expanded again with another home that included the case managers office housing a total of 19 young adults
- 2020 Milestone was recognized with an Achievement Award from the National Association of Counties (NaCo)
- 2021 Milestone served 42 young adults
  - 23 youth exited the program
    - 82% were positive exits (housed and employed or in school)
    - 92% were housed
- 2012-2022, Milestone served over 250 young adults



# THE OPPORTUNITY

- Additional safe housing programs are needed for youth experiencing homelessness in Salt Lake County
- Salt Lake Rotary is willing to raise \$3.5 million to purchase and renovate 2 five-plex properties including:
  - 8 apartment units
  - Housing 16 young adults (25 young adults a year)
  - On-site office in each five-plex for support staff
- This expansion would almost double the current capacity providing 35 total beds
- The properties would be donated to Salt Lake County



# PARTNER ROLES

## SALT LAKE COUNTY YOUTH SERVICES

- Continued collaboration with community partners to support the young adults
- Ongoing operational costs including:
  - Program Manager
  - 2 Case Managers
  - Therapist
  - House Managers



## SALT LAKE ROTARY

- Develop marketing plan to fundraise \$3.5 million dollars
- Purchase and renovate 2 five-plex homes
- Donate homes to Salt Lake County for Milestone Program



# PARTNERSHIPS

Milestone TLP fully embraces the Trauma Informed Care model of community services and is in regular contact

with health providers, mental health providers, social services, substance use treatment, education, employment

and welfare agencies.

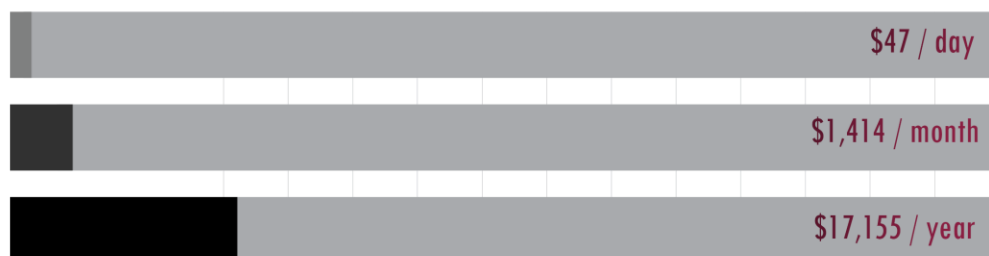


The United States Interagency Council on Homelessness notes:

*“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.”*

### COST COMPARISON FOR SALT LAKE COUNTY PER PERSON

Milestone Transitional Living Program



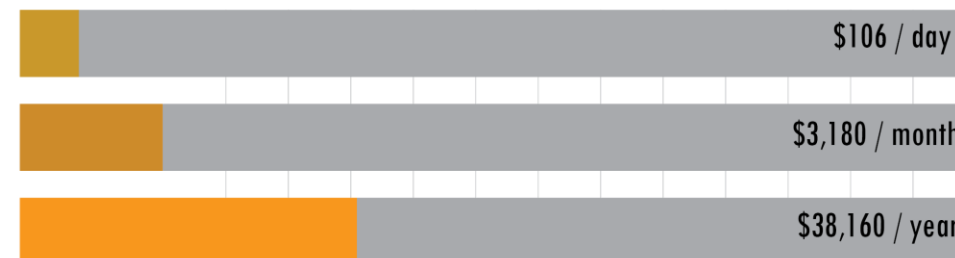
Salt Lake Valley Juvenile Detention Center



Salt Lake Nonprofit Hospital



Salt Lake County Jail





# THE FUTURE OF YOUTH SERVICES - PREVENTION

## PREVENTION

- Currently runs 5 evidenced-based programs
- In 2021 Prevention spent \$190,561 in direct programming costs and served 434 families. This is estimated to generate long-term return on investment of \$1,770,312.<sup>1</sup>
- Future Prevention expansion includes:
  - Performing a community analysis to identify needs and gaps in services
  - Expanding programming
  - Expanding the number of youth and families served



Universal preventative parenting programs are estimated to generate long-term returns on investment of up to **\$9.29** for every **\$1** spent.<sup>1</sup>

1. The Economic Case for the Prevention of Mental Illness David McDaid, A-La Park, Kristian Wahlbeck  
Annual Review of Public Health 2019 40:1, 373-389

# THE FUTURE OF YOUTH SERVICES - COUNSELING

*“Combined with an uptick in gun violence, a reckoning on racial justice, a climate emergency and a divisive political landscape, the coronavirus-related hardships have taken a toll on young Americans’ mental health at a time when it was already in decline.”*

*Paul, Maria Luisa 2021 Washington Post, A youth mental health crisis was already brewing. The pandemic made it worse, surgeon general says.*

*“The demand for youth services is increasing. Suicide was the leading cause of death for Utahns ages 10 to 24 in 2017. Almost 60% of Utah’s depressed youth age 12-17 did not receive treatment for depression.”*

*Utah’s Mental Health System Report 2020 -A collaborative endeavor of the Kem C. Gardner Policy Institute and the Utah Hospital Association*

## COUNSELING

- Focus on early intervention treatment to avoid court and out-of-home placements
- Hire specialized therapists
- Expand partner agencies to provide treatment coordination
- Currently 15 therapists
- Minimize barriers to services
- Maximize funding

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# Thank You

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