

**Horizonte Instruction and Training Center**

# **Student Handbook**



**2022-23 School Year**

*"As far as the eye can see; as far as the mind can reach."*

# Table of Contents

|   |              |
|---|--------------|
| <b>Horizonte Expectations</b> .....       | <b>2</b>     |
| <b>Bell Schedule</b> .....                | <b>3</b>     |
| <b>Term Schedule</b> .....                | <b>3</b>     |
| <b>Calendar</b> .....                     | <b>4</b>     |
| <b>Attendance Policy</b> .....            | <b>5-11</b>  |
| <b>Teacher Emails</b> .....               | <b>12</b>    |
| <b>Keys to Success</b> .....              | <b>13</b>    |
| <b>Important Phone Numbers</b> .....      | <b>14</b>    |
| <b>Horizonte Resource List</b> .....      | <b>15-16</b> |
| <b>Mental Health Resources</b> .....      | <b>17-29</b> |
| Crisis Support.....                       | 17-18        |
| Community Mental Health Counseling .....  | 18-21        |
| Domestic Violence Resources .....         | 21-22        |
| Early Childhood Resources.....            | 23           |
| Grief and Loss Resources .....            | 23           |
| In-Home Mental Health Resources.....      | 23-24        |
| LGBTQ Resources .....                     | 24-25        |
| Homelessness Resources.....               | 25-26        |
| Immigrant Resources .....                 | 26-27        |
| Medication Management Resources.....      | 27           |
| Parent Support & Education Resources..... | 27-29        |

AT HORIZONTE WE EXPECT  
YOU TO BE YOUR

**BEST**

SELF!

 **B**ELIEVE IN YOURSELF

 **E**NGAGE IN YOUR LEARNING

 **S**HOW KINDNESS

 **T**AKE RESPONSIBILITY

# Horizonte Bell and Term Schedules

## Bell Schedules

| Regular Schedule |               | Early Out Schedule |             |
|------------------|---------------|--------------------|-------------|
| <b>Period 1</b>  | 8:45 – 9:37   | <b>Period 1</b>    | 8:45-9:20   |
| <b>Period 2</b>  | 9:40 – 10:32  | <b>Period 2</b>    | 9:23-9:58   |
| <b>Period 3</b>  | 10:35 – 11:27 | <b>Period 3</b>    | 10:01-10:36 |
| <b>Advisory</b>  | 11:30 – 12:00 | <b>Period 4</b>    | 10:39-11:14 |
| <b>Lunch</b>     | 12:00 – 12:30 | <b>Advisory</b>    | 11:17-11:44 |
| <b>Period 4</b>  | 12:33 – 1:25  | <b>Lunch</b>       | 11:44-12:14 |
| <b>Period 5</b>  | 1:28 – 2:20   | <b>Period 5</b>    | 12:17-12:52 |
| <b>Period 6</b>  | 2:23 – 3:15   | <b>Period 6</b>    | 12:55-1:30  |

## Term Dates

|               |                   |
|---------------|-------------------|
| <b>Term 1</b> | Aug. 30 – Oct. 12 |
| <b>Term 2</b> | Oct. 17 – Dec. 2  |
| <b>Term 3</b> | Dec. 5 – Jan. 26  |
| <b>Term 4</b> | Jan. 30 – Mar. 10 |
| <b>Term 5</b> | Mar. 13 – Apr. 27 |
| <b>Term 6</b> | May 1 – Jun. 9    |



# Horizonte 2022-23 Calendar

## **August 2022**

30 – First Day of School

## **September 2022**

2 – Early Out

5 – Labor Day (No School)

8 – Back to School Night

16 – Early Out

30 – Non-Student Day

## **October 2022**

7 – Early Out

13-14 – Fall Recess (No School)

21 – Early Out

27 – Parent Teacher Conference

## **November 2022**

1 – At-Home Learning Day

4 – Early Out

18 – Early Out

23 – Non-Student Day

24-25 – Thanksgiving Recess (No School)

## **December 2022**

2 – Early Out

9 – Early Out

23 – Early Out

26-Jan 6 – Winter Recess (No School)

## **January 2023**

13 – Early Out

16 – Martin Luther King, Jr. Day (No School)

27 – Early Out

## **February 2023**

2 – Parent Teacher Conference

3 – Early Out

17 – At-Home Learning Day

20 – President's Day (No School)

24 – Early Out

## **March 2023**

3 – Non-Student Day

16 – Parent Teacher Conference

17 – Early Out

27-31 – Spring Recess (No School)

## **April 2023**

7 – Early Out

19- Parent Teacher Conference

21 – At-Home Learning Day

## **May 2023**

4 – Parent Teacher Conference

5 – Early Out

19 – Early Out

29 – Memorial Day (No School)

## **June 2023**

9 – Last Day of School/Graduation

# SLCSD Attendance Policy

## DEFINITIONS

- **Absence:** The failure of a school-age child assigned to a class or class period to attend a class or class period. "Absence" or "absent" does not mean multiple tardies used to calculate an absence for the sake of truancy.
- **Excused Absence:** An absence from school that is accompanied by a valid excuse which may include a physical or mental illness, family death, family event, observance of a religious holiday, an approved school activity, or an excuse consistent with the student's IEP or Section 504 accommodation plan.
- **Truant:** A condition in which a school-age child, without a valid excuse, is absent for at least half the day. A school-age child may not be considered truant more than one time during the day.
- **Parent:** For purposes of these administrative procedures and the corresponding board policy, "parent" means:
  - a biological or adoptive parent;
  - a legal guardian or other individual legally authorized to make educational decisions for the child;
  - an individual, with whom the child lives, who is acting as a parent in the absence of a natural parent or a guardian;
  - a foster parent if the authority of the biological or adoptive parents to make educational decisions on the child's behalf has been terminated or specifically limited by a court order;
  - in the absence of any individual qualified under parts A-D, a surrogate parent appointed pursuant to the Individuals with Disabilities Education Act; and/or
  - a stepparent if the stepparent is present on a day-to-day basis with the natural parent and child, and the other parent is absent from the home. A stepparent who is not present on a day-to-day basis in the home of the child does not have rights under Family Educational Rights and Privacy Act (FERPA) with respect to the child's education records. Stepparents without guardianship of a child do not have the authority to enroll or register a child in school.
- "Parent" does not include the state or any political subdivision of government.
- **School day:** The portion of a day that school is in session in which a school-age child is required to be in school for purposes of receiving instruction.
- **School-age child:** A minor who is at least six years old but younger than 18 years old; and is not emancipated.
- **Truancy Notification:** Notification issued in accordance with state law to a student and his or her parent for truancy violations.
- **Unexcused Absence:** Any absence without a legitimate or valid excuse.

## PROCEDURES FOR IMPLEMENTATION

- **School-Wide Attendance Plan**
  - Upon registration, the school or district must provide parents and students with a copy of Board Policy S-4: Student Attendance and Exemption from School and these administrative procedures.

- Each school must widely publish the compulsory education notice in school newsletters, in other publications sent to the community and patrons, and on school/district websites.
- Each school must have a plan to monitor and track student attendance, and develop appropriate interventions, and incentives to help students who may have attendance issues and/or are truant from school. (See, Section V.)
- Teachers must accurately record student attendance daily for students in elementary schools, and during each class period at the secondary level.
- School staff will follow guidelines for absence reporting and coding, including resolving student absences, as established by the student information systems department. Absences are coded as "A" = Unexcused; "E" = Excused; "S" = Suspension; and "L" = Late.
- Teachers must provide make-up work and may not penalize students for work they missed when an absence is excused. Regardless of the type of absence, teachers are encouraged to allow their students to make-up missed assignments.
- **Attendance – In Person Learning**
  - Parents and their student(s) are jointly responsible for ensuring the student's regular attendance at school.
    - Students enrolled in home school or private school may also enroll in a district school for dual enrollment purposes. Students may be enrolled in only one school district; dual enrollment does not include simultaneous enrollment in two school districts.
  - Students may be excused from school attendance for valid and legitimate reasons, including: illness, which may be either mental or physical; the mental or behavioral health of a student; medical appointments; family emergencies; the death of family member or close friend; observance of religious holidays; family events; an approved school activity; or an absence permitted by a school-age child's individualized education plan, or accommodation plan.
  - School personnel must provide interpreter, translation, or other necessary services to parents in order to allow them to effectively communicate with the school regarding their students' absence(s). Level of English proficiency or other language barriers should not result in a student's absence being coded as unexcused.
  - All absences are considered unexcused until the parent communicates with the school regarding the student's absence, and the absence is resolved by the school staff.
  - Parents are encouraged to submit a written statement at least one school day before the scheduled absence, especially an extended absence.
- The school shall record an excused absence for a scheduled family event or a scheduled proactive visit to a health care provider when a parent provides the written statement.
  - Documentation from a medical professional is not required to substantiate a valid excuse of a mental or physical illness.
- Parents must excuse each day of their student's absence.

- Students with excused absences will be allowed the opportunity to make-up work and assignments, however it is their responsibility to obtain make-up work from their teachers. Teachers will maintain reasonable access and availability for students to obtain their make-up assignments.
- A 'no grade' ('NG') can replace a letter grade when a student has a long-term excused absence but cannot be used as a consequence for unexcused absences. A NG does not convey credit or affect a student's grade point average.
- Parents wishing to have their student participate in family travel or activities that will require the student to miss between four and 10 consecutive days of school, must notify the principal or designee to make prior arrangements with the principal for the student's absence.
  - The principal will determine if these extended absences will adversely impact the student's education. While some assignments may be made-up, some class experiences cannot be replicated, and a student's progress may suffer. Teachers may offer alternative assignments for classroom activities that cannot be replicated.
  - Regardless of prior arrangements, if a student's excused absence exceeds ten days, at the principal's discretion the student may be withdrawn from school.
    - A student who has been withdrawn by the principal may be re-enrolled when the student returns to school.
- If a parent fails to make prior arrangements with the principal for extended student absences and if the school cannot locate the parent or student to verify the reason for the student's prolonged absence, the student's absence is unexcused. **Under these circumstances, if a student's unexcused absence extends beyond 10 consecutive school days, the student's enrollment at the school will be withdrawn.**
  - Schools must send a written 10-day withdrawal notification to parents. This notification must be sent by certified mail or verification of personal delivery.
  - Schools should use the 10-day withdrawal form in PowerSchool to notify parents.
- A student who is currently enrolled in a district school, is confined to home or hospitalized, and has been absent or expects to be absent for more than 10 consecutive school days due to an illness, injury, or disability, may qualify for the district's hospital/homebound program. Parents should provide a written request for services signed by the student's attending physician to the district's student services department as soon as possible.
- Upon written request of a parent, a secondary student may be released for one instructional period so that the student may attend classes in religious instruction. Such requests should be provided to principal each school year that a release is being sought.
- The district shall annually report the following data to the Utah State Board of Education:
  - absences with a valid excuse; and
  - absences without a valid excuse.
- **Attendance in Online Middle School and High School Programs**



- State law and the district require that students participate regularly in all instructional activities offered through their online programs.
  - Regular participation in the district's online program is defined as a student logging into the appropriate Learning Management System (i.e., Canvas or SeeSaw) at least every two school days and making academic progress toward completing the course.
- If a student is not participating regularly in a particular course, the following will occur:
  - The teacher will inform the appropriate school personnel that the student has not logged into a course for three consecutive days or is falling behind in the expected work.
    - The student's parents will be contacted either by phone or email to discuss the student's participation in the program.
      - If the parent is unresponsive, a certified letter will be mailed to the parent outlining the situation.
    - The student may be connected with a teacher for tutoring, if necessary.
  - If the student does not log in or complete work after five days, the student will be referred to the student's designated case manager.
  - The student will be dropped from the course after ten consecutive days of non-participation.
- **Learner Validated Enrollment Plan**
  - When a student is being educated through a remote/virtual learning environment at the school the student typically attends in person, the district will track the student's attendance at live or synchronous sessions and through the completion of independent or asynchronous work.
    - Teachers are expected to take and reconcile attendance each day.
    - Students will be required to complete an assignment that demonstrates their understanding of the days' learning.
    - Teachers will record attendance weekly but will be able to update the attendance logs for any student completing the required assignment(s) within ten school days. Once ten school days has passed, the student will be marked absent for any day during which they did not demonstrate attendance.
    - In a hybrid learning environment (both in-person and remote learning environments), we will also include in-person class attendance as part of the measurement.
    - Parents can review their student's attendance record in the PowerSchool Parent Portal and can also observe their student's daily activity in Canvas.
- **Efforts to Resolve Chronic Absenteeism**
  - School administrators will work with students and parents to resolve chronic absenteeism. School administrators will work with office staff, counselors, and classroom teachers to ensure a welcoming environment for students with chronic absenteeism and their parents. School wide responses should encourage classroom connectedness activities.
  - Efforts to resolve chronic absenteeism of a school-age child shall include, as reasonably feasible:

- school-wide responses that encourage classroom connectedness activities;
  - student buddy systems at recess and/or lunch that support building classroom relationships, and increase a student's motivation to attend;
  - counseling of the student by teacher, school counselor, social worker, and/or administrators;
  - consulting with school student services council to design interventions;
  - making any necessary adjustment to the curriculum and schedule to meet special needs of the student;
  - considering alternatives proposed by a parent;
  - monitoring the student's school attendance and providing positive reinforcement for improvement;
  - school administration will schedule a meeting with the parent and student to discuss the attendance issues;
  - voluntary participation in mediation, if available; and
  - providing the student's parent, upon request, with a list of resources available to assist the parent in resolving the student's chronic absenteeism.
- In addition to the efforts described above, the district may enlist the assistance of community and law enforcement agencies in resolving attendance problems, only as appropriate and reasonably feasible.
  - Each school will review attendance data annually to evaluate whether the school is effectively implementing attendance interventions.
- **Truancy Notification and Peer Court Referral Process**
    - In accordance with state law, a school administrator, his or her designee, or a truancy specialist (hereafter collectively referred to as "school administrator") may issue a truancy notification to a student and the student's parent for chronic unexcused absences.
    - A school/district administrator may impose administrative penalties on a school-age child who is:
      - in grade 7 or above, unless the child is less than 12 years old; and
      - truant.
    - The school administrator may issue a First Truancy Notification to students in grades 7 and above, who are at least 12 years old, and who have been truant at least five times during the school year.
      - Weekly attendance reviews through PowerSchool and PowerBI will identify students who have accumulated five unexcused absences.
      - The list should be reviewed to verify the accuracy of the information regarding student absences, and to determine whether a First Truancy Notification should be sent.
      - Student attendance will be monitored for students who receive a truancy notification and the school administrator will implement interventions as designated in the school plan.
    - The school administrator will issue a Second Truancy Notification to students who have 10 or more days of unexcused absences.
      - The school administrator will implement at least three interventions (see, section III.B.) as designated in the school plan.

- School student services council meetings and peer court may be utilized if this intervention is deemed appropriate for the student and family.
  - The school administrator will issue a Third Truancy Notification to students who have 15 or more days of unexcused absences. This notification will be sent by certified mail or verification of personal delivery.
    - School administration will meet with parent and student to develop an attendance plan and monitor for 14 school days.
      - School administration will contact the district family school collaboration coordinator to review interventions and determine next steps if the final intervention was unsuccessful.
    - School administration and/or counselors will attempt at least one home visit prior to a court referral or a 10 day withdrawal.
    - If a student under the age of 18 continues to be absent after meeting with the school administrator, a court referral may be filed with assistance from the district family and school collaboration coordinator.
- **Appeals Process for Truancy and Compulsory Education Notifications**
  - The student and parent will have the right to appeal any truancy notification or compulsory education notification by requesting a hearing with the school's Student Services Council (SSC). This request must be made in writing and mailed or delivered to the school principal where the student is enrolled within 10 school days of receipt of the notification.
  - The SSC will hold a hearing within 20 school days and render a decision within 20 school days following the hearing.
  - If the decision of the SSC is not satisfactory to the student and/or parent, the decision may be appealed to a review committee appointed by the director of student services.
  - This appeal must be made in writing and mailed or delivered to the director of student services within 20 school days of the decision of the school SSC.
  - A review committee appointed by the director of student services may, at its option, hold a second hearing. A final administrative decision on the appeal will be rendered within 20 school days.
- **Exemption from School Attendance - Other**
  - A parent of a student over the age of 16 and who has completed the eighth grade may request that the student be granted a partial release or exemption from attending school by submitting a request to the principal. The student must attend school for part of the day or be home schooled.
  - On an annual basis, the parent of a student over the age of 16 may request that the student be granted a full release from attending school or the principal may recommend such an exemption for any one of the following reasons:
    - The student has already completed the work required for graduation from high school, or has demonstrated mastery of the required skills and competencies.
    - The student is employed, and the employment provides proper influences and adequate opportunities for his or her education.
    - The student has a physical or mental condition that renders the student's attendance impracticable, as certified by a physician.

- Proper influences and adequate opportunities for education are provided in connection with the school-age child's employment.
  - The student is unable to benefit from attendance at school because of inability or a continuing negative attitude toward school regulations and discipline.
- Before recommending a student's exemption or full release from school, the school's student services committee (SSC) must review the exemption request to ensure that interventions to help the student remain in school have been attempted and documented.
- When a parent requests an exemption or when a principal recommends that a student be exempt, the principal or designee must contact the student's parent and attempt to schedule a parent conference.
- A copy of all student exemption forms must be sent to the family school collaboration coordinator or director of educational equity and access.
- If an exempted student later wishes to return to a district school and the student's class has not yet graduated, the student must contact the principal to gain readmission.
  - If the student or parent is not satisfied with the principal's decision, the student or parent may appeal the principal's decision to the director of student services.
- Students 16 to 18 years old must withdraw permanently from school and be exempted from school attendance in order to take a high school equivalency exam. See, Board Policy I-2: Credit and Graduation Requirements, and its accompanying administrative procedures for details.
- If the superintendent determines that a student over the age of 16 is unable to profit from attendance at school because of inability or a continuing negative attitude toward school regulations and discipline, the student may be exempt from school attendance.
- **Students with Qualified Disabilities**
  - If students with disabilities under the Individuals with Disabilities Education Act, or students protected under either Section 504 of the Rehabilitation Act or the Americans with Disabilities Act have excessive absences and fall within the criteria of these procedures, the appropriate team will ensure that these procedures are applied in a manner consistent with all applicable state and federal laws and regulations.

## Teacher & Counselor Emails

| Name                          | Subject                   | Email                           |
|-------------------------------|---------------------------|---------------------------------|
| <b>Eleanor Chase</b>          | <i>Counselor</i>          | eleanor.chase@slcschools.org    |
| <b>Joey Peterson</b>          | <i>Counselor</i>          | joseph.peterson@slcschools.org  |
| <b>Nisie (Denise) Antacle</b> | <i>Math</i>               | denise.antacle@slcschools.org   |
| <b>Aaron Geery</b>            | <i>Math</i>               | aaron.geery@slcschools.org      |
| <b>Stacey Seeger</b>          | <i>Math</i>               | stacey.seeger@slcschools.org    |
| <b>Melanie Aiono</b>          | <i>Language Arts</i>      | melanie.aiono@slcschools.org    |
| <b>Emma Metos</b>             | <i>Language Arts</i>      | emma.metos@slcschools.org       |
| <b>Erin Newsome</b>           | <i>Language Arts</i>      | erin.newsome@slcschools.org     |
| <b>Patrick Gardner</b>        | <i>Science</i>            | patrick.gardner@slcschools.org  |
| <b>Mo (Gregory) Mohammed</b>  | <i>Science</i>            | gregory.mohammed@slcschools.org |
| <b>Ursula Martinez</b>        | <i>Social Studies</i>     | ursula.martinez@slcschools.org  |
| <b>Marisa Wilson</b>          | <i>Social Studies</i>     | marisa.wilson@slcschools.org    |
| <b>Mark Regier</b>            | <i>PE/Health</i>          | mark.regier@slcschools.org      |
| <b>James Morse</b>            | <i>Financial Literacy</i> | james.morse@slcschools.org      |
| <b>Steven Langman</b>         | <i>Computer/CTE</i>       | steven.langman@slcschools.org   |
| <b>Jake Helling</b>           | <i>ELD</i>                | jake.helling@slcschools.org     |
| <b>Randy Tousley</b>          | <i>South City Site</i>    | randy.tousley@slcschools.org    |
| <b>John Coconis</b>           | <i>YIC</i>                | john.coconis@slcschools.org     |
| <b>Ryan Rhineer</b>           | <i>YIC</i>                | ryan.rhineer@slcschools.org     |

# Keys to Success

## **What is Keys to Success?**

Keys to Success Student Account is a college and career readiness tool for students in junior high to high school! Students can find scholarships, internships, and opportunities that match their career interests. Counselors have the ability to work one-on-one with students to review their progress on Keys to Success.

As students interact with opportunities and meet their academic goals, they receive points for prizes!

## **How to Create an Account**

1. For mobile devices, download the *Keys to Success Utah* app from the Apple Store or Google Play.
2. If you are signing up from a computer, go to [ktsutah.org](https://ktsutah.org) and click "log in" and then press "sign up."
3. Set your account type as "Student"
4. Fill in the required information. For School, select "HORIZONTE INSTR AND TRN CTR – YOUTH"



# Important Phone Numbers

**Horizonte Front Desk:** 801-578-8574

**Horizonte Administration:** 801-578-8574 extension 2000 or 2600

Tracy Sjostrom: Principal

Moliki Mulitalo: Assistant Principal

Emina Ceribasic: Assistant Principal

Administrative Secretary: Taulaai Maea West

**Horizonte School Counseling Center:** 801-578-8574 extension 4100

Eleanor Chase: Counselor- extension 4140

Joey Peterson: Counselor- extension 4460

**Rose Park Site:** 801-578-5099

**UNI Crisis Line:** 801-587-3000

The UNI CrisisLine is staffed by mental health professionals, provides 24/7 crisis services locally and statewide as the Utah center for the National Lifeline Network. These specialists provide prompt and compassionate crisis intervention, suicide prevention, information, referral services, support and assistance to individuals experiencing emotional distress or psychiatric crisis.

**General Resources in Salt Lake: 2-1-1**

2-1-1 provides people with ways to get help and give help. By simply dialing 2-1-1, callers can connect to health and human resources they need, as well as find meaningful volunteer opportunities.

# 2022-2023 Horizonte Resource List

## **Horizonte Food Pantry**

Horizonte partners with the Utah Food Bank to bring our food pantry to all Horizonte families.

## **Behavioral Health Services**

Behavioral health services are provided on a referral basis through the school counseling department.

## **In-School Workshops**

The school counselors and outside resources provide this service on a need basis during school hours. Workshops may include grief groups, depression and anxiety groups, substance abuse groups, and socialization/life skills groups. Students are referred through self-referral, parent request, or through our restorative justice committee. Times and dates for these workshops are to be determined.

## **After School Workshops**

\*INSIGHT provides an Anger Management and Substance Abuse group after school for youth and their parents. You must have a referral from your school or district for this program.

## **Winter Break Workshop**

Horizonte is open for a few days during our Christmas Break to allow for Horizonte families to have access to the food pantry and to provide families some fun and entertainment during those long two weeks. Some of the activities have included, movies, games, arts and crafts, field trips, and tutoring. Lunch is also provided. Dates and times are to be determined.

## **Care Fair**



Each summer the Junior League of Salt Lake holds a healthcare fair for our community at Horizonte. Children, parents, and community members may get free health care at this event.

### **Deseret Industries Vouchers**

The Salt Lake District provides Deseret Industries Vouchers for clothing and other household items through our Counseling Department. Please contact the counseling department for Assistance.

### **Vision Vouchers and Emergency Dental**

The Salt Lake Education Foundation provides vision vouchers and emergency dental. Please contact the counseling department to get referred.

***For other resources, please see our Counseling Department for assistance.***

# Mental Health Resources

## **Crisis Support Resources**

---

### **University Neuropsychiatric Institute (UNI)**

501 Chipeta Way

Salt Lake City, UT 84115

801-587-3000

Youth in immediate crisis and those who have complex mental health issues are treated in an inpatient treatment unit. The Child Unit (ages 5–12) and the Adolescent Units (ages 13–18) address the patient's medical, psychological, and social needs in a safe, protected environment.

Following a comprehensive diagnostic evaluation, a team of child-adolescent psychiatrists, social workers, psychologists, and nurses develop an individual treatment plan centered on: stabilization, solution-focused treatment, and triage to a less restrictive level of care. Treatment also includes individual and family therapy, medication management, and experiential therapies.

Kidstar is a daily treatment program for children 5–12 years of age that assists in clarifying the diagnosis of children with emotional and behavioral challenges. The treatment team includes board certified child/adolescent psychiatrists, psychologists, social workers, expressive therapists, and an education specialist. Together they create an individualized treatment plan for each child.

Payment: Medicaid and most health insurance plans

### **UNI Crisis Line**

P-801-587-3000

Services are available 24/7 both locally and statewide as the Utah affiliate for the National Suicide Prevention Lifeline (1-800-273-8255). Our licensed clinicians provide: prompt and compassionate crisis intervention, suicide prevention, information and referrals, follow-up services, emotional support and assistance to individuals experiencing emotional distress or psychiatric crisis

### **UNI Mobile Crisis Outreach Team (MCOT)**

P-801-587-3000

Triaged through the CrisisLine, UNI MCOT provides a free, prompt, face-to-face response to any resident of Salt Lake County who is experiencing a behavioral health crisis.

Youth and adult services teams are available 24/7 and offer consultation and support to: individuals, families, schools, treatment providers, and first responders

## **National Suicide Prevention Lifeline**

P: 1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

## **Family Support Center**

1760 West 4805 South

Taylorsville, UT 84129

P-801-955-9110

The Family Support Center is happy to offer FREE Crisis Nursery care for children ages 0-11 in three locations: Sugarhouse, Midvale and West Valley. Reasons for care can include: child(ren) at risk of abuse or neglect, family crisis/emergencies, stress/respice breaks, treatment, medical appointments, legal appointments, work obligations and more.

## **Youth Services Safe Place Program**

177 West Price Avenue (3610 S)

Salt Lake City, UT 84115

P- 385-468-4528

Youth Services manages the nationwide program called Safe Place in Utah, which is dedicated to helping youth in trouble with a safe place to go for help and/or shelter.

More than 90 Safe Place sites are spread throughout Salt Lake County in public places such as libraries, fire stations and recreation centers. Locations can be spotted by the yellow Safe Place sign on the building or in the window. Employees at Safe Place sites are trained to call Youth Services if a youth is asking for help. A Youth Services employee will speak with the youth on the phone and if desired transport the youth to our facilities.

Any youth can access this help either by going to a Safe Place site or coming directly to the Youth Services Juvenile Receiving Center, or text SAFE and their location to 69866.

## **Community Mental Health Counseling**

---

### **Jewish Family Services**

495 East 4500 South, Suite 100

Salt Lake City, Utah 84107

P- 801-746-4334

Counseling is the cornerstone of Jewish Family Service's programs. We provide mental health services on a sliding fee scale allowing us to reach people at all income levels. Counseling continues safely by virtual meetings.

Payment: sliding fee scale

### **Maliheh Clinic**

941 East 3300 South

P-801-266-3700

Salt Lake City, UT 84106

We provide a broad range of medical and mental health services with a primary focus on Routine Health Maintenance, Patient Education, and Preventative Care. We are the primary care providers for over 5000 individuals in our community, providing regular visits, labs, screenings, childhood immunizations and patient education.

Payment: To be eligible for services the child must be uninsured (no Medicaid, Medicare or PCN) and have a household income of under 150% of Federal Poverty Level

### **NAMI Utah**

1600 West 2200 South, Suite 202

West Valley City, UT 84119

P-801-323-9900

For parents of youth and teens with a mental health condition. Basics is a free, 6-week course for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics provides the opportunity to connect with others in similar circumstances.

NAMI Family & Friends is a free 90-minute seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. The seminar is led by trained people with lived experience of supporting a family member with a mental health condition.

### **Salt Lake County Youth Services**

177 West Price Avenue (3610 S)

Salt Lake City, UT 84115

P-385-468-4500

Counseling Services include immediate crisis counseling for youth and families, as well as short-term 60-day counseling intervention, and longer-term mental health counseling. Ongoing mental health counseling for youth and families needing longer term services are available for Medicaid qualified youth. This service is available both as a facility-based service and as an intensive home-based service.

Teen and Family Counseling is available at the Salt Lake and Riverton Offices. Family therapists are generally available Monday-Friday from Noon to 8 PM. Limited weekend appointments.

Payment: sliding fee scale; no-one is turned away for services

### **Valley Behavioral Health**

1141 East 3900 South

Salt Lake City, UT 84124

P-888-949-4864

Children's Outpatient Services are available for youth with a mental health diagnosis from infancy through age 18. For clients aged 12 and older, we also offer substance use services including those focused on co-occurring disorders. Outpatient services offered include assessments, family, individual and group therapy, crisis intervention, abuse and trauma treatment and medication management. We also work closely with DCFS for assessment and treatment.

Payment: sliding fee scale and grants to cover unfunded children

### **Volunteers of America (VOA) Cornerstone Counseling**

447 West Bearcat Drive

Salt Lake City, UT 84115

P-801-355-2846

Volunteers of America, Utah offers individual, dyad, and family therapy for young children, tweens, and teens. Our goal is to provide support in helping to build strong family relationships between parents and children. And, to reduce behavior problems both at school and in your home.

Payment: child must have Medicaid to be eligible for services

### **Family Counseling Center**

650 E 4500 S Suite 300

Murray, Utah 84107

P-801-261-3500

The Family Counseling Center provides affordable, professional, outpatient mental health services to individuals, couples and families. It is the only agency in Salt Lake County whose mission is to serve the mental health and substance abuse needs of low to no-income, uninsured clients. Through its "Community Cares" program, services are offered on a sliding fee scale based on annual income, allowing each person to pay what he or she can afford. A majority of Family Counseling Center clients are the uninsured, middle-income or "working poor" families who are ineligible for welfare services or similar programs because they are employed but are still unable to afford the expense of counseling.

Payment: Medicaid, private insurance or sliding fee scale

### **Latino Behavioral Health Services**

3471 South West Temple

Salt Lake City, UT 84115

P-801-355-4447

LBHS offers professional, low cost therapy in Spanish and English. These services include child, individual, couples, and family counseling and substance use disorder treatment. Professional therapy helps many clients with grief from separation or loss, divorce, relationship problems, anxiety, depression, post-traumatic stress disorder, bipolar disorder, and other problems.

Payment: Medicaid and sliding fee scale

### **The Church of Jesus Christ of Latter-Day Saints Family Counseling**

724 East 2100 South

Salt Lake City, UT 84106

P-801-487-0499

Family Services provides short-term professional counseling for individuals, couples, and families. Services need to be authorized by a bishop, stake president, or mission president.

### **Sacred Circle Healthcare**

660 South 200 East Suite 250

Salt Lake City, Utah 84111

P-801-359-2256

Sacred Circle Healthcare is a health division of the Confederated Tribes of the Goshute Reservation. Sacred Circle Healthcare is proudly owned and operated by the Goshutes. We work with patients who struggle with ADHD, alcohol problems, anger, addiction, depression, stress, PTSD, acculturation, weight issues and much more. Medicaid provides the most coverage for mental health of all the different programs. That means you don't have to worry about getting the treatment you need.

Payment: Medicaid, Medicare and flexible payment options for non-insured individuals

### **Domestic Violence Resources**

---

#### **LINKline**

1-800-897-LINK (5465)

The Statewide Domestic Violence Info-line will LINK you to free help, including counseling, shelter, transportation, advocacy, and other services. Free and confidential

help and support for victims and survivors of domestic and intimate partner violence is available 24/7:

**Holy Cross Ministries**

860 East 4500 South, Suite 204

Salt Lake City, UT 84107

P-385-257-2406

Immigrant victims of domestic abuse form an especially vulnerable segment of our community due to various factors which can be further exacerbated by the individual's immigration status. In response to this need, and with the support of the Utah Office for Victims of Crime, Holy Cross Ministries' bilingual, bi-cultural therapists support victims of crime on their paths to recovery by providing holistic support through counseling services.

**Salt Lake Area Family Justice Center at the YWCA**

310 East 300 South

Salt Lake City, UT 84111

Monday-Friday 9-4pm

Free, confidential walk-in services for victims of domestic violence, sexual assault, elder abuse, and stalking. We offer crisis intervention, protective orders, victim's legal assistance, safety planning, sexual assault nurse exams, short-term counseling, housing support, refugee advocacy services, immigration assistance, economic empowerment, case management, and more.

**Women in Jeopardy Crisis Shelter at the YWCA**

24 Hour Crisis Line 801-537-8600 or Toll-Free 855-992-2752

A safe, confidential, 181-bed licensed shelter with private family or double rooms, providing supportive services including meals, case management, support groups, and access to community resources. Services offered to women with or without dependent children.

**Utah Legal Aid Society**

205 N. 400 W.

Salt Lake City, UT 84103

P-801-328-8849

We are a law firm giving low-income families affordable legal representation and assistance in divorce, parentage (custody), guardianship, and orders of protection with special programs for victims of domestic violence.

**Early Childhood Resources**

---

**Centro de la Familia de Utah**

525 South 300 West  
Salt Lake City, Utah 84101  
P-801- 521-4473

Centro offers a variety of Head Start programs with different enrollment qualifications. Our dedicated Family Service Specialists will work personally to understand your family's needs and identify the best enrollment options. To speak to a Family Service Specialist please call our offices at 801-521-4473 or email us at [info@cldf.org](mailto:info@cldf.org)

### **The Children's Center**

350 South 400 East  
Salt Lake City, Utah 84111  
P- 801-582-5534

The Children's Center's clinical team provides care for parents and caregivers who are concerned about toileting accidents, sleep and appetite issues, and early speech and language delays. In addition, we see children who are struggling to manage their emotions and exhibit prolonged temper outbursts; children who are unable to get along with peers in childcare or preschool, or families struggling to get back on track during or after a separation or divorce. The Children's Center provides comprehensive mental health care to enhance the emotional well-being of infants, toddlers, preschoolers, and their families.

### **Grief and Loss Resources**

---

#### **The Sharing Place**

1695 East 3300 South  
Salt Lake City, UT 84106  
P-801-466-6730

Grief support groups meet twice a month for 90 minutes per session. Groups are organized by ages and circumstances, which are identified during the initial family consultation. TSP currently hosts grief support groups at three locations: The Sharing Place, Sharing Place West in Taylorsville, and Mount Jordan Middle School. These three locations serve more than 500 children, teens and their parents each year. The Sharing Place operates at capacity, and therefore may have to place the family on a waiting list.

Payment: free

### **In-Home Mental Health Resources**

---

#### **Hopeful Beginnings**

3280 W. 3500 S.  
West Valley City, UT 84119



P-801-979-1351

Hopeful Beginnings specializes in providing world-class counseling, therapeutic services and case management services within the convenience and comfort of our client's home. We will work with you to coordinate the highest level of care and attention in conjunction with you and your family's schedule.

Hopeful Day Treatment is a short-term, intensive day treatment program that provides therapeutic behavioral skills training and reinforcement, cognitive behavioral therapy, and wrap around client and family support.

Payment: ??

### **Utah Youth Village**

5800 South Highland Drive

Salt Lake City, Utah 84121

P-801- 272-9980

Families First is Utah's premier evidence-based, in-home, parent skill-based intervention designed to teach parents and youth skills to change the unwanted behaviors occurring in the home, and to improve family functioning. Through its service, Families First seeks to promote child safety, child permanency, child well-being and adult well-being. In addition to contracted referrals from Utah Juvenile Courts, Division of Child and Family Services (DCFS), Juvenile Justice Services (JJS), insurance companies, many of the referrals we receive are from healthy families who are simply looking for more effective ways to communicate and impact their children and their behaviors.

Payment: sliding fee scale and scholarships available

### **LGBTQ Resources**

---

#### **Encircle**

331 S. 600 E.

Salt Lake City, UT 84102

[encircletogether.org](http://encircletogether.org)

P-801-610-672

Is an LBGQT + family resource center that seeks to deepen and enrich the conversation among communities of faith and LGBTQ+ people. By teaching individuals to love themselves and empowering families, Encircle helps cultivate an environment where LGBTQ+ individuals can thrive. Our programs and services meet people wherever they are in their lives with cultural competency and sensitivity, using community partnerships, best practices, and innovative techniques. Programs include a safe space, therapy, friendship circles and writing/art workshops.

**The Family Acceptance Project** [Error! Hyperlink reference not valid. email-fap@sfsu.edu](mailto:email-fap@sfsu.edu)

The Family Acceptance Project® is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children.

### **Utah Pride Center**

1380 S. Main Street

Salt Lake City, UT 84115

801-539-8800

The Community Counseling Center specializes in psychotherapy for LGBTQ+ people and welcomes all cultures, ethnicities, sexual orientations and gender identities. We also host a variety of discussion, support and 12-step groups. To make an appointment or for more information, please email: [therapy@utahpridecenter.org](mailto:therapy@utahpridecenter.org)

Payment: most insurance plans are accepted and offer our services on a sliding scale, based on ability to pay.

### **Homelessness Resources**

---

#### **Youth Services**

Homeless Program

177 West Price Avenue (3610 S)

Salt Lake City, UT 84115

P-385-468-4487

The Homeless Youth Walk-In Program is located at the west entrance of the Juvenile Receiving Center. The program provides 24-hour services to homeless youth. No ID is required to access the free services. 24-hour services available to youth up to age 17 include: overnight shelter, food, laundry and shower facilities and counseling. Contact: JD Green, Crisis Services Program Manager at 385-468-4487.

#### **Volunteers of America**

Youth Resource Center

888 South 400 West

Salt Lake City, UT 84101

P-801-364-0744

Volunteers of America, Utah's Youth Resource Center is a drop-in resource center and emergency shelter for all youth aged 15-22 at-risk or experiencing homelessness. The center provides essential basic need items, 3 hot meals a day, pantry food, showers,

laundry, life-skills groups, housing and employment case management, dental and medical care assistance, with access to mental health services on-site.

## **Immigrant Resources**

---

### **Comunidades Unidas (CU)**

1750 W. Research Way, Suite 102

West Valley City, UT 84119

Phone: (801) 487-4143

CU clients receive personalized and affordable immigration services from our DOJ (Department of Justice) certified representatives. The clinic offers a range of services and support for those looking to apply, renew, or update their immigration status. We offer immigration services at a low cost, some fee waivers might be available.

### **Holy Cross Ministries**

860 East 4500 South, Suite 204

Salt Lake City, UT 84107

P-801-261-3440

Holy Cross Ministries is dedicated to helping immigrant families participate in the community and gain self-sufficiency. Recognizing that there are limited accessible resources for low-income families in Utah, The Legal Immigration Program operates Utah's first and largest U visa program for victims of crime and has helped over 10,000 men, women and children gain some type of legal status since opening in 2000.

### **International Rescue Committee**

221 South 400 West

Salt Lake City, Utah

P-801-328-1091

The International Rescue Committee provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture, and other immigrants to thrive in America.

### **Utah Health & Human Rights**

650 E. 4500 South, Suite 220

Murray, UT 84107

P- 801-363-4596

UHHR is the only organization in Utah to provide co-located and highly-specialized mental health, medical, legal, and case management services to refugees and asylum seekers who have survived torture and severe war trauma. UHHR's Torture and Severe War Trauma Treatment Program helps improve physical and mental health, encourages social integration, and assists survivors in becoming self-sufficient

## **Utah Immigration Collaborative (UIC)**

P-801-382-9027

Monday-Thursday 8-4

The UIC strives to streamline and improve access to legal assistance for low-income refugees, asylees, immigrants and other displaced persons currently living in Salt Lake County.

## **Medication Management Resources**

---

### **Impact Mental Health**

515 East 4500 South

Suite G220

Salt Lake City, UT 84107

P-801-590-9557

Impact Mental Health provides: psychiatric evaluations, medication management and limited therapy and referrals to additional community resources. Although Impact Mental Health provides timely access to services we are not a crisis center. New clients call the main number and select option 2 to complete an intake Monday through Thursday 8am to 8pm and Friday 8am to 2pm.

Payment: To qualify for services as an Impact Mental Health patient you must be uninsured (no Medicaid, Medicare or PCN) and have a household income at or below 150% of Federal Poverty Level.

## **Parent Support & Education Resources**

---

### **Centro de la Familia de Utah**

525 South 300 West

Salt Lake City, Utah 84101

P-801- 521-4473

Nuevo Día is an after-school program targeting Hispanic youth ages 9-12 from at-risk backgrounds, and their parents. This six-month program includes a preventive curriculum which establishes life-skills training and increases parent-child communication to minimize the risks of gang participation. This program operates twice a year.

Sponsored by the Utah Health Department, Safe Dates provides students 13 to 18 years of age with the tools and knowledge necessary to have healthy relationships as well as to recognize and know what steps to take when relationships are abusive.

### **Family Support Center**

1760 West 4805 South

Taylorsville, UT 84129

P-801-955-9110

Family Support Center offers free emergency care for children, free in-home parenting support, community classes on parenting and step-families, low-cost individual and family counseling, and much more!

Payment: Medicaid and United Behavioral Health and have a limited sliding-fee scale for those without insurance who meet financial criteria.

### **Jordan Family Education Center**

Located at River's Edge School

319 West 11000 South

South Jordan, UT 84095

P-801-565-7442

The JFEC offers free parenting classes to anyone in the community, counseling is only for students of Jordan Valley School District. The Jordan Family Education Center offers many classes on Tuesday, Wednesday and Thursday evenings. The topics include: anger, anxiety, attention deficit, autism, blended families, parenting skills, suicide prevention, grief and dealing with adolescences.

### **Utah Family Voices**

**Error! Hyperlink reference not valid.**

P-801-272-1068

Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. We can provide you with one-on-one assistance as well as resources and information sheets.

### **Utah Parent Center**

230 West 200 South

Salt Lake City, UT 84101

P-801-272-1051

The mission of the Utah Parent Center (UPC or Center) is to help parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community.

We accomplish our mission by providing accurate information, empathetic peer support, valuable training and effective advocacy based on the concept of parents helping parents. \*The term parent is broadly defined to include anyone serving in that role.

### **Youth Services**

177 West Price Avenue (3610 S)

Salt Lake City, UT 84115

P-385-468-4500