



Optum Salt Lake County

Quality Assurance and Performance Improvement

Resource Guide

December 1, 2022

Supportive resources for members

<p>Utah Parent Center The Utah Parent Center's is to help parents support their children and young adults with disabilities in living productive lives as members of their communities. Supports available to parents:</p> <ul style="list-style-type: none">• Autism Spectrum Disorder resources• Support with educational resources (IEPs and 504 plans)• Mental health resources• Transitional living• Workforce entry	<p>5296 Commerce Drive, Suite 302 Murray, UT 84107 1-801-272-1051</p> <p>utahparentcenter.org</p>
<p>Sharing Place The mission of the Sharing Place is to provide a safe and caring environment for grieving families to share their feelings while they are healing.</p>	<p>1695 East 3300 South Salt Lake City, UT 84106 1-801-466-6730</p> <p>thesharingplace.org</p>
<p>NAMI (National Alliance on Mental Illness) NAMI Utah's mission is to ensure dignity and improve the lives of those affected by mental health illness through support, education, and advocacy. Mental health education is offered at no cost.</p>	<p>1600 West 2200 South #202 West Valley City, UT 84119 1-801-323-9900 or 1-877-230-6264</p> <p>namiut.org</p>
<p>Alliance House Alliance House exists to provide a supportive environment where adults with severe, persistent mental illness (SPMI) can rebuild their self-respect, dignity, and abilities through education, productive work, and meaningful relationships. Alliance House</p>	<p>1724 South Main Street Salt Lake City, UT 84115 1-801-486-5012</p> <p>alliancehouse.org/</p>

<p>does this by helping members complete educational goals, develop necessary work skills to return to productive employment in the community, and where needed, help members find and secure affordable housing.</p>	
<p>Bradley Center Bradley Center provides grief support to youth, adults, and families through peer support groups and education</p>	<p>11100 South Redwood Road South Jordan, UT 84095 1-801-302-0220</p> <p>bradleycentergrief.org</p>
<p>Family Support Center- Crisis Nursery Family Support Center offers free Crisis Nursery care for children ages 0-11 in three locations throughout the Salt Lake Valley. Reasons for care can include:</p> <ul style="list-style-type: none"> • Children at risk of abuse or neglect • Family crisis/emergencies • Stress/respite breaks • Treatment/medical appointments • Legal/work obligations 	<p>Sugar House Crisis Nursery- 2020 South Lake Street Salt Lake City, UT 84105 1-801-487-7778</p> <p>West Valley Crisis Nursery- 3663 South 3600 West West Valley City, UT 84119 1-801-967-4259</p> <p>Midvale Crisis Nursery – 777 West Center Street Midvale, UT 84047 1-801-255-6881</p> <p>1-801-967-4259 to schedule immediate crisis and emergency childcare</p> <p>familysupportcenter.org</p>
<p>Grandfamilies and Kinship Care Services available to caregivers of relatives:</p> <ul style="list-style-type: none"> • Guardianship help • Financial assistance • Mental health support • Support groups for adults and youth. 	<p>655 East 4500 South Ste 200 Salt Lake City, UT 84107 1-801-326-4409</p> <p>grandfamilies.org</p>
<p>USARA (Utah Support Advocates for Recovery Awareness) USARA spearheads Utah’s advocacy efforts to provide education around substance use disorders and recovery for policy makers and the community. USARA also hosts social events for those impacted by SUD. USARA provides support groups, resources, educational classes and much more.</p>	<p>180 East 2100 South #100 Salt Lake City, UT 84115 1-385-210-0320</p> <p>myusara.com</p>
<p>VOA Homeless Youth Resource Center VOA Homeless Youth Resource Center provides meals, emergency shelter, case management, and support for homeless and at-risk teens ages 15-22.</p>	<p>888 South 400 West Salt Lake City, UT 84101 1-801-364-0744</p> <p>voaut.org/ycr</p>

<p>YESS Programs (Youth Empowered Solutions to Succeed) provide services to youth ages 16-25 who have serious mental health illness and are homeless or at risk of homelessness.</p> <p>Young Men’s Transition Home provides a path for young men ages 18-24 experiencing homelessness, that minimizes the likelihood of them entering adulthood as homeless.</p>	
<p>Fit to Recover Fit To Recover is a community that helps people in sobriety connect with one another and seek balance in their lives through our core foundational pillars of Fitness, Nutrition, Community Service, and Creative Arts.</p>	<p>789 West 1390 South Salt Lake City, UT 84104 1-801-410-8988</p> <p>fit2recover.org</p>
<p>Utah Warm Line Utah Warm Line supports individuals who need a listening ear as they heal and recover from their own personal struggles. Utah residents who need connection from others who have walked similar paths may call the Utah Warm Line for that support. The Warm Line is staffed 8am-11pm, 7 days a week, 365 days a year at no cost. The Warm Line works closely with the Utah Crisis Line and the Mobile Crisis Outreach Team (MCOT) to ensure the best support is provided.</p>	<p>1-833-SPEAKUT (toll free) 1-801-587-1055 (local)</p> <p>healthcare.utah.edu/hmhi/programs/crisis-diversion/#utahwarmline</p>