



## Youth Testimonials 2023

### Youth Testimonial#1

"I found Youth Futures when I was in the worst place I could possibly be. I felt like there was no way to get out of my situation. The mom of one of my friends knew I was homeless and needed help. She looked up Youth Futures on the Internet and got me connected. During the month I lived at the Ogden shelter, they provided me with the emotional and physical stability I needed to get to the next chapter in my life. The Youth Futures program connected me with the tools and resources I needed to get to the next phase in young adulthood. Even now, after being gone for a long time, they still help me. I recognize that I never want to return to the terrible state I was in. I never want to be homeless again. Thanks to them, I am now on a productive path. I have a job, I can think about school, and most importantly, I have the courage I need to make healthy decisions that keep me going in the right direction. I know that I have been through the worst and I can persevere. They built that foundation. For me, Youth Futures was and still is, a godsend."

### Youth Testimonial#2

"I got involved with Youth Futures because I came to Ogden to be with my family, but they did not want me and would not allow me to live with them. That left me, at the age of 17, homeless, living with some guy, and we were both sleeping in his car. We were doing drugs and a bunch of other dumb things. He knew about Youth Futures and dropped me off. Youth Futures is so welcoming for teens. I had been in group homes since I was 15 years old. Youth Futures was different than anywhere else I had been. I liked their system because it was not carefree and was not a lockdown. It was my choice to stay there and participate in their programs, and that was cool. They had great food. I could cook and have snacks. They had everything I needed, and I never went without. They were there if I needed anything. Youth Futures was the best place I had ever been. They made sure I had medical and dental care. The workers did everything from their hearts, not because they HAD to. Youth Futures got me on a path to sober living."

### 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 was able to overcome 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 left for boot camp in December of 2022. We cannot wait to see her progress. She has assured us that she will let us know when she returns.