Salt Lake County Community Resources

Optum Salt Lake County Recovery and Resiliency
Resource Guide

• Link to access Optum Salt Lake County Community Resource Guide
  https://www.optumhealthslco.com/content/ops-optslcty/salt-lake-county/en.html
Community Resource Guide

Community Resources

The definition of Recovery according to SAMHSA is:

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Dr. Larry Davidson of the Yale Program for Recovery and community Health describes it as a process of “Minimizing the illness and its deleterious effects on the person’s life over time” and “reclaiming his or her right to a safe, dignified, and personally meaningful and gratifying life in the community.”

We have put together a list of resources below, that may be helpful in working toward your recovery and living to your full potential.

"Quitting tobacco can help your Recovery"

If you or someone else you know is interested in tobacco cessation and for help to live tobacco free, click RECOVERY PLUS or call 1-800-QUIT-NOW or visit utahquithelp.com.

Optum Resources

- Client Grievance Procedure 2016 (476.67 KB)
- Consumer and Family Handbook 2016 (912.16 KB)
- Crisis Intervention Resources_20161003.pdf (339.45 KB)
- Domestic Violence Resources 2016 (472.19 KB)
- Education Resources_20161003.pdf (487.31 KB)
- Emergency Contacts_20161003.pdf (535.43 KB)
- Family Resource Facilitators_20161003.pdf (492.5 KB)
- Legal Resources_20161003.pdf (673.6 KB)
- LGBT Resources_20161003.pdf (440.01 KB)
- Mental Health First Aid (577.35 KB)
- Prescription Assistance Programs_20161003.pdf (543.62 KB)
- QPR 2016 (641.17 KB)
Community Resource Guide

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• Resources listed by categories:
  – Crisis lines
  – Grief Services
  – Legal Matters
  – Family Support
  – Substance Abuse Services
  – Homeless or Displaced
  – Consumer and Family Run Organizations
  – Suicide Prevention
  – Financial
  – Employment / Volunteering
  – Domestic Violence/ Rape/ Crime
  – Healthcare and Insurance Assistance
  – Children and Youth Resources
  – Women’s Services
  – Food Services
  – Seniors and Veterans
  – Services for People with Disabilities
  – Education
  – LGBTQ Resources
  – Transportation
Crisis Services

• UNI Crisis Line-
  – 24 hour phone service staffed by mental health professionals.

• Mobile Crisis Outreach Team (MCOT)
  – Team of mental health professionals including peer support available 24/7 to help anyone in crisis wherever they are.

• UNI Receiving Center (RC)
  – A safe, supportive, and welcoming place open to individuals in crisis for a maximum of 23 hours.

• UNI Wellness Recovery Center (WRC)
  – A place to go for a few days to get support from mental health professionals including peer support as you work through your psychiatric or emotional crisis.

• UNI Warm Line
  – Non-crisis support line available 9am.-10 pm. 365 days a year. Staffed by peers who have dealt with their own mental health issues and are now in recovery.
Crisis Services for Children

Family Support Center Crisis Nurseries

Crisis nursery care for children 0-11. Can be used for family emergencies and other crisis situations.

Youth Services Juvenile Receiving Center (JRC)

24 hour short term facility for youth 8-17. They offer free crisis counseling, referrals, and a break away from family when needed.
Grief

- The Sharing Place - 801-466-6730
  - A grief support program for children.
- NAMI Suicide Survivors support group - 801-323-9900
  - Support group for families and friends who have lost a loved one to suicide.
- Caring Connections - 801-585-9522
  - University of Utah College of Nursing bereavement care program.
Healthcare and Insurance Assistance

- Medicaid eligibility-
  - Darcie Bakhouche – 801-263-6367
  - Aida Moreno – 385-468-4708
- CHIP (Children’s Health Insurance Program)
- Indian Walk-In Center
- Prescription assistance programs
- Salt Lake County Donated Dental Services
- WIC (Women, Infants, and Children)
Legal Matters

- C3 Court (Coordination of Care Court)
- Disability Law Center
- Family Justice Center
- Landlord/Tenant Mediation Program (CAP)
- Legal Aid Society of Salt Lake Inc. (Family Law)
- Utah Crime Victims Legal Clinic
- Free Legal Clinics
- Drug Court
- SLCo. Mental Health Court
Children and Youth Resources

- Journey Up Mentor Project (JUMP)  
  – 801-755-3735
- Wrightslaw – [www.wrightslaw.com](http://www.wrightslaw.com)
- Youth Move – NAMI  
  – 801-323-9900
- Family Resource Facilitators-  
  – Mary Gully- 801-631-1066, 385-468-4548
- Family Support Center
- Utah Parent Center
- VOA Homeless Youth Resource Center
- Children’s Service Society
Family Support

• Allies With Families
• Latino Behavioral Services
• NAMI Utah
• USARA (Utah Support Advocates for Recovery Awareness)
• Utah Parent Center
Women’s Services

- Pregnancy Resource Center
- Planned Parenthood Association of Utah
- Welcome Baby
Substance Abuse Services

- Catholic Community Services
- Assessment and Referral Services (ARS)
- Youth Support Systems
- Al-Anon/Alateen
- Nicotine Anonymous
- Utah Tobacco Quit Line
Food Services

• Food Pantries (18)
• Prepared meals (6)
• DROPS (Delivery Redistribution of Produce and Surplus)
• WIC (Women, Infants and Children)
Homeless or Displaced

- Crossroads Urban Center
- Family Promise (Salt Lake)
- Shelters
- Community Action Program
- HARP (Housing Assistance Rental Project)
- Good Samaritan Program
- VOA Homeless Outreach Program
Seniors and Veterans

- Caregiver Support Program
- Neighborhood House
- Friends for Sight
- DSDHH Sanderson Community Center
- Bart Davis, Utah State Benefits Advisor
- VA Access Crisis Team (ACT)
- Valor House
Domestic Violence / Rape / Crime

- Family Justice Center
- Family Support Center
- Victim Advocate / Assistance Program
- Rape Recovery Center
Consumer and Family Run Organizations

- Allies With Families
- NAMI Utah
- USARA (Utah Support Advocates for Recovery Awareness)
- Utah Family Voices
- Latino Behavioral Services
Services for People with Disabilities

- RISE
- Neighborhood House
- Columbus Community Center
- Access Utah Network
Suicide Prevention

- AFSP Utah (American Foundation for Suicide Prevention)
- National Suicide Prevention Lifeline
- The Trevor Project Lifeline
- UNI Crisis line
- MCOT (Mobile Crisis Outreach Team)
- UNI Warm Line
Education

- Children and Adults with ADHD (CHADD) Utah Chapter
- Children’s Service Society
- Family Support Center
- Jordan Family Education Center
- University of Utah Center for Disability Services
- Planned Parenthood Association of Utah Education
Financial

- Internal Revenue Service Taxpayer Advocate
- Utah AARP Tax-Aide
- Volunteer Income Tax Assistance (VITA)
LGBTQ Resources

- PFLAG Salt Lake City
- Pride Counseling
- Utah Pride Center
Employment / Volunteering

• Voc Rehab

• Indian Training Education Center (ITEC)

• Labor Ready

• RISE

• People Helping People

• 211 Utah Eagle Scout Projects

• Habitat for Humanity

• Salt Lake County Retired Senior Volunteer Program
Transportation

- UTA
- Aging Services- Rides for Wellness Program
- The Bicycle Collective
Questions

- We would be happy to take suggestions you have for additional resources to be added to the book.
Thank you

Optum Salt Lake County
Recovery and Resiliency
Julie Hardle Manager
801-982-3217
Julie.hardle@optum.com