

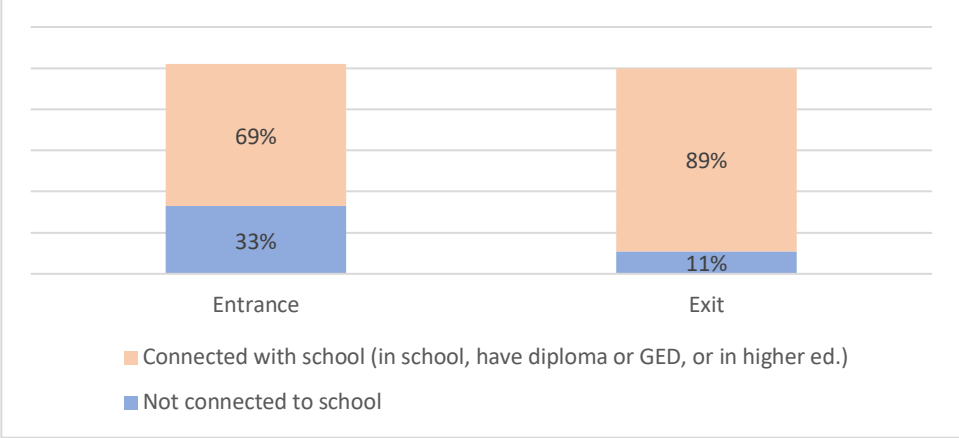


# The Dibble Institute

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## Mind Matters with Youth-in-Care

<b>Organization:</b>	Salt Lake County Youth Services, Salt Lake City, UT
<b>URL:</b>	<a href="https://www.slco.org/youth">https://www.slco.org/youth</a> <a href="https://slco.org/youth/programs/milestone-transitional-living-program/">https://slco.org/youth/programs/milestone-transitional-living-program/</a>
<b>Program Name:</b>	Milestone Transitional Living Program (MLTP)
<b>Funding:</b>	Family Youth Services Bureau /Runaway Homeless Youth, Salt Lake County, and State Medicaid
<b>What problem is being solved?</b>	Mind Matters is used to build the young people's social and emotional well-being. This includes teaching coping skills and self-care including how to make themselves a priority and building their awareness that their needs are important.
<b>Curricula Used:</b>	<u><a href="#">Mind Matters: Overcoming Adversity and Building Resilience</a></u>
<b>Curricula Benefits:</b>	Evidence-based, adaptable, relevant, hand-on, and self-directed through participant journal
<b>Target Audience:</b>	Youth experiencing homelessness
<b>Audience Demographics:</b>	Young adults ages 18-22, 21% Hispanic and 79% non-Hispanic, 26% black or African American 5% Asian 2% Native Hawaiian or other Pacific Islander  LGBTGIA+
<b>Class Size:</b>	4-5 participants at each of four houses
<b>Program Setting:</b>	Residential group homes
<b>Location of Instruction:</b>	Salt Lake City at each of the four residential group homes.

<b>Length of Instruction (# of Sessions and hours per session):</b>	Sundays – Two groups a month for 60 to 90 minutes.									
<b>Instructors:</b>	Lorri Lake, CMHC, Mental Health Therapist and Program Therapist; (Staff assistant/house manager) Mina Koplin, LCSW, Program Manager Salt Lake County MTLP									
<b>Were any cultural adaptations made?</b>	Mind Matters works well for a variety cultures so cultural adaptations were not necessary.									
<b>Student Workbooks:</b>	A mental health assessment is given when youth come into program. All youth are given a Mind Matters participant journal at that point.									
<b>Incentives to Students:</b>	Snacks and coffee are at each session. The change made during Covid was to give \$5 gift cards. Currently participants receive a \$10 gift card after they attend two group sessions.									
<b>Observable Outcomes:</b>	<ul style="list-style-type: none"> <li>• The longer a young person is in program the more they grow in social well-being.</li> <li>• Youth in the Milestone Program gain more self-awareness, are slower to anger, and find their way to self-regulation.</li> <li>• Another benefit from sessions is participants can voice what’s going on in their lives because they know support is available.</li> </ul>									
<b>Educational Outcomes</b>	 <table border="1" data-bbox="456 1325 1409 1759"> <thead> <tr> <th>Stage</th> <th>Not connected to school</th> <th>Connected with school (in school, have diploma or GED, or in higher ed.)</th> </tr> </thead> <tbody> <tr> <td>Entrance</td> <td>33%</td> <td>69%</td> </tr> <tr> <td>Exit</td> <td>11%</td> <td>89%</td> </tr> </tbody> </table> <p>Upon exit 88% have Ansel-Casey Life Skills Mastery.</p>	Stage	Not connected to school	Connected with school (in school, have diploma or GED, or in higher ed.)	Entrance	33%	69%	Exit	11%	89%
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<b>Challenges:</b>	<ul style="list-style-type: none"><li>• Some of the challenges we encounter are that some youth who have had a lot of therapy, may see sessions as just more of the same. We encourage them to own what they are learning and fit it into the parts of their life that they want to change.</li><li>• Negative attitudes are addressed right away.</li><li>• There are also some learning challenges, like reading level, writing ability.</li><li>• Covid is also another challenge, and we addressed this by moving sessions to smaller groups in each home rather than large groups.</li></ul>
<b>Tips:</b>	<ul style="list-style-type: none"><li>• Consider the best days and times to allow for the most participants to attend.</li><li>• Provide opportunity for youth to give feedback on sessions and topics in order to hear them out for what is working.</li><li>• We also give a tip of the month for all (i.e. Give yourself three affirmations a day in February.)</li></ul>