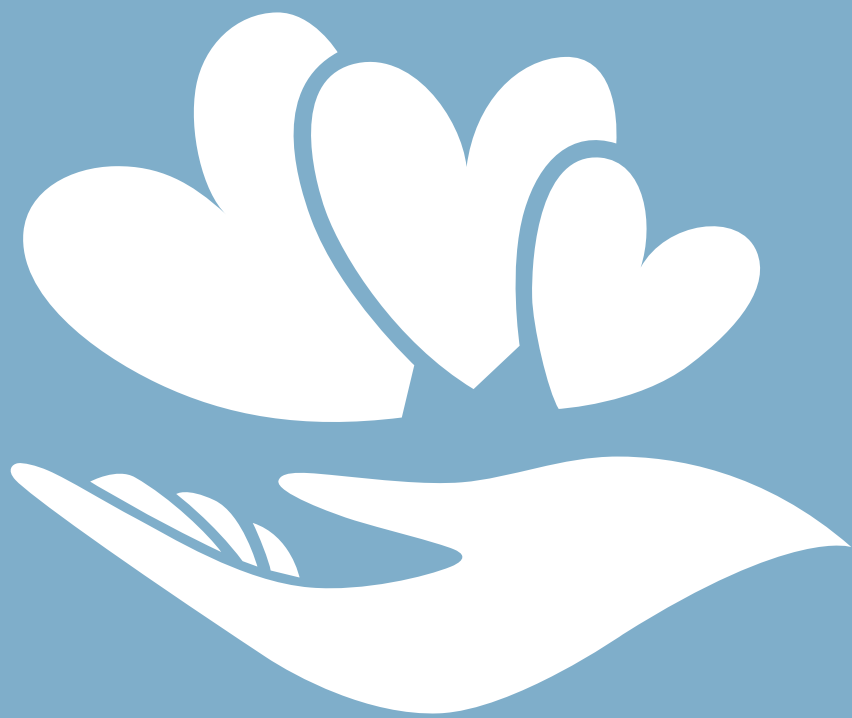


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/'karita:s/ (noun) love of humankind, charity

INSIDE:

PAGE 3

Liberating society from
child sexual abuse & its impact
• *Saprea*

PAGE 8

Offering a stepping stone toward
adulthood for at-risk youth
• *Milestone Transitional Living Program*

PAGE 12

Seeking a better way of life for
Weber County communities
• *Wasatch Peaks Foundation*



Volume 6 Issue 4

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The Giving Spirit is Especially Important During the Holidays

Bust out the ugly sweaters and the warm cups of cocoa (or eggnog) because the holiday season is finally here! As we enjoy the magical wonders of majestic decorations, beautiful winter weather, and precious time spent with our loved ones, it is essential to acknowledge and embrace the true essence of the holiday season: giving.

Giving is undoubtedly important all year round, but the holiday season represents a time of a special, spirited effort for giving — not just to those we love, but to those



Tod Schroeder
Wasatch Peaks Credit Union
Chief Marketing Officer

for whom it will make a profound difference. Every single act of giving, no matter how big or small, can make a significant impact on another person's life. There is neither a sufficient word nor a numerical value that can adequately capture the importance of making a difference for others.

Oftentimes, we may not know if an act of giving will simply place a bright smile on a beautiful face or if it will profoundly shape one's future, and we may never get to see that beautiful

smile or the powerful strides made throughout that future. But therein lies the vigor of giving unto others.

At Wasatch Peaks Credit Union, we care deeply about our community. In fact, "community" is one of our six core values. Over the years, we have partnered with a myriad of foundations, schools and organizations to make the world around us a better place.

The truth is, giving is a team effort, a community effort. We have been blessed to work alongside organizations and individuals that share our belief in the importance of making a difference. Through volunteerism, donations and community outreach, we strive to make a significant, positive impact on our community. In particular, we place an emphasis on bettering the lives of the children in our community. We pride ourselves on partnering with and supporting local schools, organizations and events that strengthen youth.

Fortunately, we are not alone. We consistently find ourselves in awe of the organizations with which we have partnered, compassionate organizations with individuals who truly care about the people in our community and feel honored and blessed to contribute to the life-changing initiatives they have created.

As a result of the aforementioned state of awe in which we constantly find ourselves, we have put together an initiative of our own: Warm the Soles. Each year, we raise money from our members, business partners and the

community to buy shoes for children in need. This program is for the children in our community — specifically, children enrolled in elementary schools in the Ogden and Weber school districts. This effort wouldn't work without the help of the amazing staff members of these schools.

Throughout the year, we work with the schools to identify the children most in need of new shoes and warm winter clothing. Teachers, janitors and other staff members keep an eye out for holey shoes and kids who could use a warmer pair of feet. We are truly proud of and grateful for all those who contributed last year, as we collectively donated over \$50,000 and placed new, warm shoes on the feet of thousands of children in need.

For those who are interested in "Warming the Soles" of the children in our community, we accept donations at all of our locations either inside the branch or at the drive-thru, online through PayPal or through Venmo. For more information on the initiative or how to donate, please visit our website at <https://www.wasatchpeaks.com/warm-the-soles>.

Another incredible holiday-themed initiative we invite you to support is Toys for Tots-Davis, Weber and Morgan County. This initiative was started by the U.S. Marine Corps Reserve and provides less-fortunate children with Christmas presents every year. There are several ways to support this initiative — you can donate gifts directly, volunteer to help distribute the gifts or volunteer your business to be a toy drop site.

Some charitable organizations we invite you to support are the Boys & Girls Club of Weber-Davis, Safe Kids Weber-Morgan, the United Way of Northern Utah and the YMCA of Northern Utah. Each of these special organizations consistently supports the children in our community, making lives and the world around us better every day.

There is no gift greater than giving and it all begins with genuine care for the people around us. Every single act of giving, regardless of form or capacity, makes our community stronger. Strengthening the lives of the people in our community is what makes the holiday season so special. Sure, the decorative lights are beautiful, the ugly sweaters are festive and the air is ever so crisp, but is there anything better this time of year than wearing cozy clothes and spending time with loved ones?

Our mission is to ensure that everyone in our community gets to share that special feeling. Let us band together to spread love and holiday cheer to those in need this holiday season. Let us put warm shoes on children's feet, smiles on beautiful faces and just a little more magic and love in the air.

On behalf of Wasatch Peaks Credit Union, we wish you all the happiest of holidays!

Seeking an end to childhood sexual abuse

Lehi-based organization seeks to solve societal ill by focusing on micro- and macro-solutions

Taylor Larsen
Caritas Writer

Saprea may not be a stand-in, fancy acronym, but what the organization stands for is profound.

“The organization exists to liberate individuals and society from child sexual abuse,” said Chris Yadon, the very first employee of Saprea (pronounced sa-pree-uh) who today serves as the organization’s managing director.

Verbiage and names have changed since operations began in 2015 for the former Younique Foundation, but the mission prevent childhood sexual abuse and heal its survivors has remained constant.

Another change has been growing in scope and scale to combat this societal ill, which costs individuals their mental health and safety as well as the reported billions of dollars it costs in healthcare, incarceration and negative economic outcomes.

Assisting the Individual

Saprea’s two-pronged approach seeks to liberate individuals, primarily those who have dealt with or have been victimized by child sexual abuse, but also help those close to survivors help their friends and family overcome these traumatic experiences.

This issue is far more perva-

sive than one could imagine. Child Protective Services agencies substantiated, or found strong evidence to indicate, that 57,329 children were victims of sexual abuse in 2016 alone. Yadon said that one in five children will be sexually abused or assaulted by age 18 — statistics corroborated by a 1998 study published in the *American Journal of Preventive Medicine*.

The pain of childhood sexual abuse is indifferent to the various demographics, according to Yadon. Wealthy, poor, white, black, religious, non-religious and across the political spectrum — “Any demographic piece will remain largely consistent” in experiencing childhood sexual abuse, he said.

The aftereffects of such abuse only carry the trauma further. Shame and stigma bury it and make it difficult, especially for children, to talk to a trusted adult about it, Yadon said. Eating disorders, substance use and other issues crop up as symptoms of the underlying issue.

“Emotional pain surfaces in such a way that it surfaces in teenage years that they do whatever they can to cope,” Yadon said. “A child of sexual abuse is three times more likely to attempt suicide than someone who is not.”

Confronting the Challenge

But there is hope.



"Tasha" is a beneficiary of Saprea programs for adults who were abused as children.



“[My husband] Derek and I have made it our mission to do all we can to eradicate child sexual abuse. We began Saprea in 2014 to help survivors find healing,” said Saprea founder and board chair Shelaine Maxfield. “Happy childhoods don’t just happen on their own. It takes all of us to help create safe and loving environments where children can thrive.”

The organization offers a retreat program — a four-day, in-person experience followed by a nine-session online experience — for adult women who have experienced sexual abuse as a child.

Maxfield continued, “We have helped nearly 5,000 survivors who have attended our in-person retreat. We continue, day by day, to make this world a safer place for future

generations.”

Saprea offers support groups, recommends counseling, and includes resources for parents and primary caregivers to engage in protective behaviors to stop children from being abused or being the abuser.

Through community education and awareness campaigns, “our resources focus on caregivers to recognize the risk to their own children the moment they think their child is at risk,” said Yadon.

Free Society

Saprea continues to reach out and grab every hand looking for an escape from the crushing pain of

CONTINUES on page 4

Saprea exists to liberate individuals and society from child sexual abuse and its lasting impacts.





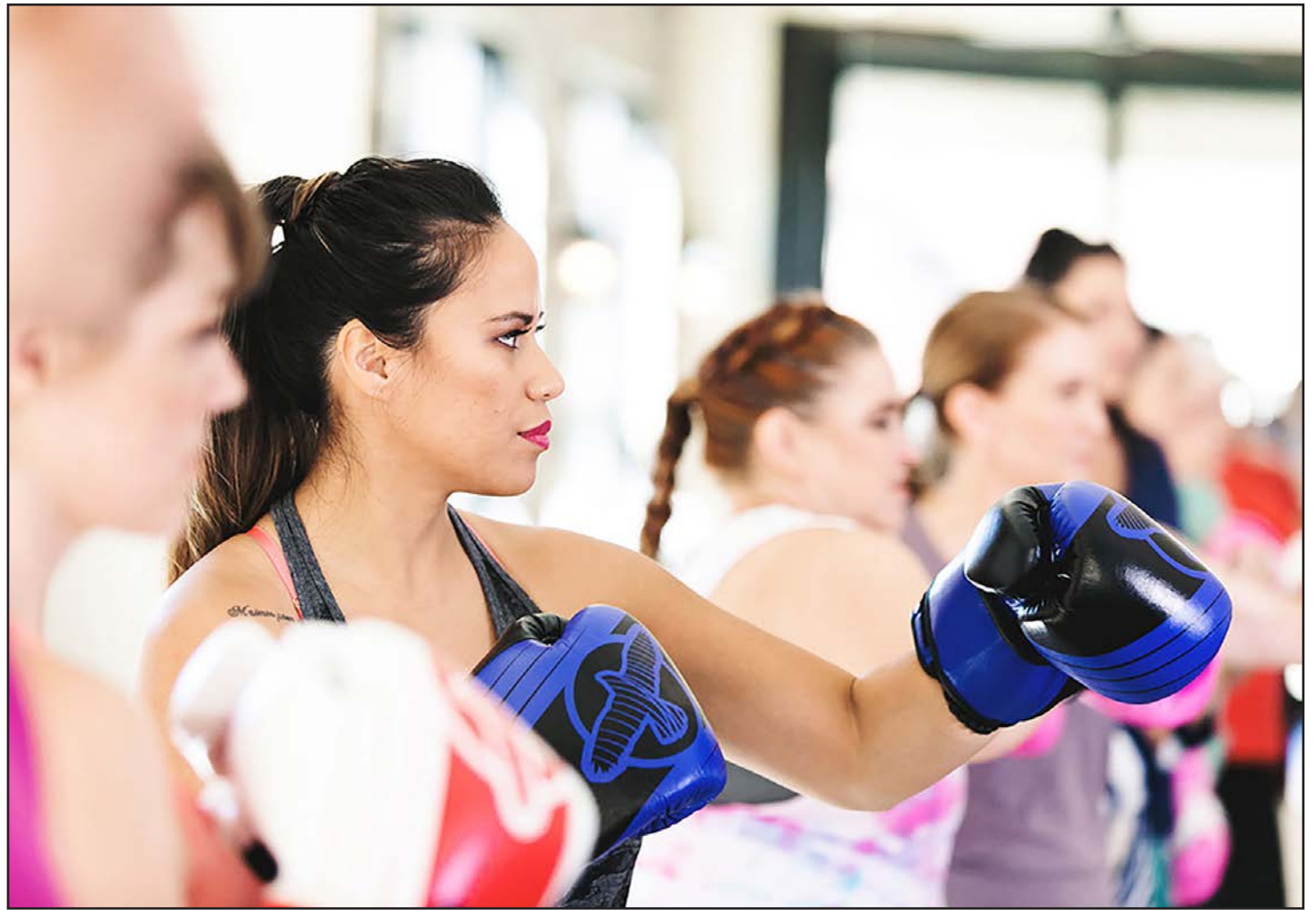
FROM page 3

childhood sexual abuse.

With online resources for survivors to access whenever necessary, Yadon said that the Saprea model allows users to “heal from home.” Mindfulness programs help survivors push through and deal with the shame that surrounds the issue. Grounding activities assist survivors in reclaiming their daily lives and routines.

“It’s a mind/body experience,” Yadon said of these resources.

Peer-led and peer-run support groups are helping individuals in 13 different countries. Yadon mentioned that 6 percent of individuals who utilize Saprea’s services from the organization’s website come from outside of the United States. Partners in South America, Central America, Africa and



Saprea retreats are way the organization looks to increase resiliency in survivors of childhood sexual abuse.

CONTINUES on page 6



Saprea offers prevention resources for families around the globe.



saprea

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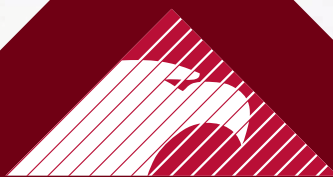
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a 45 percent increase in factors related to well-being.

Yadon mentioned how the retreats and other resources combine with the strong will from survivors.

“Coping capacity increases as symptoms decrease,” Yadon said. “Healing from trauma is learning how to manage it.”

A total of 4,500 women have come through the program, with 91 percent reporting a significant, or a significant and lasting, change.

“They tell us ‘You’ve changed my life,’” said Yadon. “Think of the positive influences on their family systems, their workplaces and their communities.”

Yadon spoke of one survivor who attended. Five years later she had finished her nursing degree, was working as a hospice nurse, had reengaged with her faith, had married and had her first baby.

“We need to give people permission to rewrite their stories,” he said, “and then make it possible for them to rewrite their stories.”

More Help Needed

From individuals to society at large, the hard work at Saprea is unceasing.

“We’re proud,” said Yadon, but the work can still be overwhelming for the Saprea team and their partners. More community help is needed.

Progress is steady in the policy work field, with Pres. Joe Biden signing the “Eliminating Limits to Justice

for Child Sex Abuse Victims Act of 2022” into law earlier this year and eliminating the statute of limitations from federal civil cases. Utah’s own House Bill 286 that passed in 2014 allows for prevention curriculum to be taught in schools in the state.

The legal building blocks are there, Yadon said, “but the funding isn’t there to continue it.”

What’s missing? Grassroots activism and awareness campaigns, Yadon said, specifically admonishing corporations and their need to deal with societal problems and champion causes like this.

Yadon said, “Businesses have to recognize that as long as they employ humans, they will have to deal with human issues.”

Everyone — public leadership, religious leadership, public administrators, families, neighborhoods and individuals — need to increase their awareness to see the signs and eradicate this problem where they can. Yadon said it is very much within society’s power to eliminate the stigma surrounding child sexual abuse.

Saprea will continue its good work, engaging beyond the 14 million people who have already utilized their resources and continue on in their prevention and treatment efforts to eradicate childhood sexual abuse.

“Do we dam the stream or do we empty the pond?” Yadon asked. “We don’t have the luxury of choice. We have to do both.”

FROM page 4

Europe increase the scale of the work done by Saprea, with Yadon speaking highly of a recent partnership with a Colombian organization running child sexual abuse support groups.

“Our partners help improve the lives of others. They create ripples that reach further than they can ever imagine. In short, our partners help us offer hope. Hope and healing from child sexual abuse is possible. And it is hope that changes the course of lives and communities,” said Maxfield. “Perhaps one of the most important things our partners do is increase awareness about this silent epidemic.”

After doing the good work at a local level, the organization is pivoting to scale.

“We have services that work and we’ve shown that they work,” Yadon said. “Now, we have to reach the tens of millions.”

Saprea Success

The evidence shows that this work is doing the intended good.

Yadon said that the organization evaluated the impact on those who had come through on the retreats. On average, a woman who comes through has a 37 percent reduction in post-traumatic stress symptoms. Attendees reported



Saprea founder and board chair Shelaine Maxfield addresses attendees at a meeting of the organization.



Saprea is committed to using health and wellness as integral parts of the healing process.



saprea

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Warm the Soles

Warm the Soles creates an opportunity to provide hundreds of children with a new pair of shoes.

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MILESTONE TRANSITIONAL LIVING PROGRAM

One milestone leads to another

Salt Lake County's Division of Youth Services' Milestone Program offers stepping stones toward adulthood

Henry Tanaka

Salt Lake Co. Division of Youth Services

When we think about the rental market in Salt Lake City and housing as a whole, we may feel a little worried. The demographics of those who need affordable housing is a broad spectrum. When we think of renters we think of families, students and single adults with roommates to split the cost of living here in the valley.

But what about people who are just entering adulthood? Men, women and gender non-conforming humans

who have adverse childhood experiences and find themselves set apart from the pack in terms of social, professional, socioeconomic and educational development? How do we house people who may not have been given the opportunities that allow them to walk forward confidently into the job market and educational realms? How do we set those folks up to play the game of life?

Salt Lake County's Youth Services Division has laced up its boots to meet this uphill challenge head-on with a path forward it calls Milestone Transitional Living Program (Milestone TLP). The program's mission is to provide safe housing along with vocational and emotional skills to 18-to-21-year-olds who are at risk of or experiencing homelessness.

Opening its doors in 2012, the program has served over 250 youth in need who have found refuge and solace in the continuity of care with case managers and advocates.

Funded by the Federal Bureau of Youth Services, the program is overseen by section manager Mina Maria Koplin and program manager Kevin Rushforth. The program offers a total of 14 beds for male-identifying clients peppered over three houses located next to and owned by Good Shepherd Lutheran Church in Sandy — all master-leased by Milestone TLP. The program also administers five beds for female-identifying clients in West Valley City which are owned by Housing Connect (former Housing Authority of Salt Lake County) and master-leased by Milestone TLP.

House managers Dawn Ally and Henry Tanaka oversee the day-to-day activities and well-being of clients in the Sandy houses while house manager Kashae Gonzales presides over the women's transitional home in West Valley City. Case managers Eli Curry and Jessica Hall share a caseload of 19 clients at any given time among all of the properties.

Alongside supportive housing with on-site staff and case management services, Milestone TLP also offers "Mind Matters" groups where clients come together to learn dialectical behavioral therapy coping mechanisms. There they can explore and

ABOVE: Participants in Salt Lake County Youth Services' Milestone Transitional Living Program show off their gingerbread houses as one of their activities in the program.

CONTINUES next page

FROM previous page

understand how to control their trauma responses from various life-altering occurrences in each of their life experiences from their licensed clinical therapist Lorri Lake.

“Milestone TLP teaches people how to make choices in a safe environment so that when they are in an environment that has higher consequences, they are able to make informed decisions on a more regular basis on their own,” said Rushforth.

The youth are also deeply involved in service learning projects like volunteer work with other local nonprofits and organizations. They also attend cooking groups once a month that assist them in learning how to prepare food for themselves in a home environment to acclimate them to self-care

in living scenarios where they have the skills to prepare something healthy for themselves and others.

Milestone TLP has seen a success rate that is palpable in the community for how small the program is. In 2021, the program served 42 young adults from Jan. 1 through Dec. 31. Of those who exited the program, 19 of the 23 (82 percent) of the young adults were positive exits (defined as housed and employed or in school) and 21 of the 23 (92 percent) were safely housed at exit. The others still remain in the program, working toward their goals of self-sufficiency.

Recently, a client moved out of the program who came to the program after aging out of the foster care system. More than 120 youth “age out” of foster care in Utah every year, with those aging out at high risk for becoming homeless by the time they are 21 years old. With little education or work experience, Milestone TLP helped him tap into his own resil-

ency and assisted him in obtaining his high school diploma and his first job at Cane’s Chicken in Sandy. His participation in the program brought him the safety in consistency the program brings to all its clients. After gaining enough work experience and understanding of how to advocate for himself, this client went on to seek employment that he felt better suited his wants and needs in life. He is now housed and living in the Greater Salt Lake City area.

This rate of success comes from the amount of structure each of the youth are offered in a safe environment, such as demonstrating that they can pay program fees. Program fees start at \$100 a month for the first three months. Program fees for single apartments in the women’s house begin at \$200 per month and fees will continue to increase by \$50 every three months. These fees are returned to clients when they move out, functioning as a type of savings account clients can

use to afford deposits and rent for their apartments.

Curry, the case manager, went on to say, “The program fees are something that we try to push in the beginning so that they are not shocked about how rent is always due for survival.”

Some of the strongest core values that Milestone TLP holds are safety and respect.

“If we don’t have safety, we don’t have anything,” Koplín, the section manager, stated. This core value brings about program rules such as no drugs or alcohol, no violence, no weapons or explosives, no pets, no overnight guests, no criminal activity and no violating the policies and agreements — all of which seem reasonable in trade for three square meals a day and a door that you can deadbolt at night while you get your head on straight and figure out where you want to go in life. The concept of respect is defined in the program as “resolving disputes

CONTINUES on page 10



Milestone TLP participants attend Beyond Van Gogh near their transition home in Sandy.



SALT LAKE COUNTY
YOUTH SERVICES

Carolyn Hansen
Division Director

Cara Stephens
Associate Director

Mina Koplín, LCSW
Section Manager

Kevin Rushforth, CSW
Program Manager

House Managers
Dawn Ally
Henry Tanaka
Kashaee Gonzales

Case Managers
Eli Curry
Jessica Hall

Lorri Lake, LCSW
Therapist

FROM page 9

and taking care of the day-to-day business of living with roommates, i.e. cleaning up after yourself, sharing chores to maintain pride of ownership in your home and respecting each other's personal space." Most people can agree that level of respect is a necessary and learned skill when it comes to having multiple personalities all under one roof. Every client keeps their own schedule, which has each coming and going at all hours of the day and night while working toward their personal goals — grade school, matriculated college or working full-time to stack their income.

Though the clients operate with a fair amount of autonomy, there is still supervision in the program with house managers living on-site and case managers with on-site offices to stay directly connected to the clients on a day-to-day basis. Case management works closely with clients to define their goals and what they want their outcomes in the program to look like.

"Rules and consistency of character are how we have found that they get their motivation," said Curry. Allowing the clients to know what to expect from authority figures in the program on a daily basis helps clients to feel safe in the boundaries that have been drawn in the program. It assists these clients in moving away from "survival mode" now that their basic needs are being met so they can look toward the future and what possibilities lie in front of them.

This, coupled with a constant flow of mentorship from case managers, prepares the clients to step out into the world with the tools and understandings they are going to need around almost every corner.

The hope that Milestone TLP has brought for many of its former clients is a powerful example of what can be done when a community answers the call to young people who are hopeful but lost. As the program continues its great work helping a challenging, rough path become a solid, stable road for youth, one thing is certain: This program is helping youth in the Salt Lake area pass one milestone and move on to the next one.



Clients of Salt Lake County Youth Services' Milestone Transitional Living Program attend a Salt Lake Bees game.



A Milestone TLP participant celebrates her graduation in 2021.

SL SALT LAKE COUNTY

YOUTH SERVICES

Additional Services Provided by SL County Division of Youth Services

- Juvenile Receiving Center open 24/7 along with Homeless Youth Walk-In Program to assist with food, laundry and overnight shelter for youth.
- Prevention workshops provide psychoeducational groups for parents and youth.
- Substance use disorder treatment with inpatient and outpatient options.
- Immediate crisis counseling for youth and families, as well as short-term 60-day counseling intervention and longer-term mental health counseling.
- After-school programs provide youth with a safe and positive environment that helps youth grow academically, socially and emotionally.
- Shelter Group Home and Christmas Box Home provide short-term shelter and support for children and youth in state's custody.
- Milestone Transitional Living Program for young adults.
- Safe Place Program dedicated to helping youth in trouble with a safe place to go for help and/or shelter.



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Warm the Soles, a fundraising effort to raise money to purchase shoes for elementary school students in need, has been a huge success for the foundation.

Reaching for the Peaks

Foundation uses Wasatch Peaks Credit Union's financial strength to help the Weber County community reach new heights

Taylor Larsen
Caritas Writer

Credit unions hold a special place in the community, especially in Utah. For the Wasatch Peaks Foundation, their work in conjunction with Wasatch Peaks Credit Union takes the member- and community-focused flair of a credit union and combines it with a community-centric charitable organization doing important work in Northern Utah.

Community-Focused

According to foundation officials, the Wasatch Peaks Foundation is an extension of the credit union, created to more fully commit to the communities served by Wasatch Peaks Credit Union.

It has allowed the credit union to become an immersive partner with not only members of the community, but with

several community partners that are also seeking to make a difference. The foundation partners with organizations like Catholic Community Services, Boys & Girls Club, United Way and others to help children mainly in Weber County and surrounding communities.



Wasatch Peaks Foundation is very much involved in Weber County. Since the foundation's inception in 2020, it has helped raised tens of thousands of dollars for Warm the Soles, a fundraising effort to raise money to purchase shoes for elementary school students in need.

Last year, said foundation Marketing Manager Brandi Kirksey, the organization raised over \$50,000 — over 1,580 pairs of shoes. Fundraising for Warm the Soles and other outreach efforts, Kirksey said, consists of participation from local residents, credit union members and local businesses.

Beyond Warm the Soles, Wasatch Peaks Foundation is involved in other community efforts, like donating money to the high schools in the Weber County School District, and this year, providing scholarships to high school students on their path toward additional education.

Student Partnership


The foundation's work with the high schools has drawn a lot of positive atten-

CONTINUES on page 14





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Midwest
COMMERCIAL INTERIORS

FROM page 12

tion. The foundation funds selected high schools and their participation in Stukent, an online e-learning platform that provides simulations and courseware programs to help students better understand the real world.

The foundation's use of Stukent is less "school of hard knocks" and more of a precursor to what adult life entails.

"They aren't writing checks and figuring out how to balance a checkbook," said Kirksey of the lessons provided in the program. "They are put in simulations that they will be in on later on in life."

Whether it is teaching the importance of a credit score, balancing salary expectations with obligations or how to save or invest money, "it is teaching students how their decisions affect their lives."

Kirksey appreciates how the information is valuable at school and

CONTINUES next page



Partnering with community citizens, credit union members and other organizations helps the Wasatch Peaks Foundation deliver wonderful holidays to families in need.



Children are the primary focus of the Wasatch Peaks Foundation.


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FOUNDATION

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sons are critical, she said. In one of the weeks that she shadowed the program, she talked about how the students learned how to purchase a car and all that went into a sale.

“Cheap cars, expensive cars are available,” she said. “They are taught to put money away for maintenance and insurance. ... and put away money in an emergency fund.”

Helping Weber County Succeed

It is simple to understand why the foundation would want to teach these empowering skills, said Lopez. “When they know their options, they will make better choices.”

Wasatch Peaks Credit Union works in tandem with the program and the foundation to talk about home loans, auto loans, credit scores and different financial instruments that they will encounter at their credit union or bank and how to navigate those systems.

“We want to make sure our current and future generations are prepared and aren’t living paycheck to paycheck — they deserve better than that,” Lopez said. “Our goal has always been to be a part of the community and help them succeed.”



The Wasatch Peaks Foudation raised over \$50,000 — buying over 1,580 pairs of shoes — for its Warm the Soles fundraising effort.



The Wasatch Peaks Foundation is very involved in Weber County and the communities served by the Wasatch Peaks Credit Union.


FROM previous page

beyond. These lessons, these decisions, all of it, she said, “is something that they can take it home. ... It’s intangible what the benefits will be.”

Thanks to the Wasatch Peaks Foundation, 12 schools have signed on, with more looking into the program.

Involvement in Stukent and the funding of these programs is extra-special for Monica Lopez, community relations manager for the Wasatch Peaks Foundation. As a graduate of Fremont High, one of the participating schools that is located in West Haven, Lopez has been thrilled to see the lessons learned and how the foundation and Wasatch Peaks Credit Union have looked to increase financial literacy for students as they grow into adulthood.

With many students at the high school already working, these les-



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FOUNDATION**

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