

## Help Me Grow Utah Resource Database

We use a program called "Volunteer Solutions" to maintain our resource database. Individual agencies can login and update their own agency's listing. Our Help Me Grow staff can also login as an administrator and change any agency's information. We maintain a general agency, a listing of all service program and volunteer opportunities for all resources in our community.

All of the information at we put into Volunteer Solutions can be viewed by the public on the United Way of Utah County's (our host agency) website, [www.unitedwayuc.org](http://www.unitedwayuc.org). Please visit the website and search for programs and volunteer opportunities!

If you have any questions call us!

Help Me Grow Utah

Barbara Leavitt: 801-691-5304

Deborah Weiss: 801-691-5322

# How to Update Volunteer Solutions

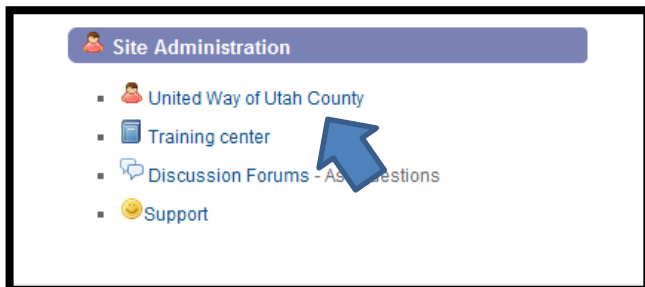
Community resources are always improving and changing! That is why it is important to continually update information. Follow these simple steps to update information on our resource database, Volunteer Solutions.

## AGENCY OVERVIEW

Go to [www.unitedwayuc.org](http://www.unitedwayuc.org) and click on the “Volunteer” tab. Then “login.”



Scroll down to a section title “Site Administration.” Then click on “United Way of Utah County.”



Once on the administrator side of Volunteer Solutions, click on "Agencies." Then search for the agency you want to update.

The screenshot shows the top navigation bar of the Volunteer Solutions website. The 'Agencies' menu item is highlighted with a blue arrow. Below the navigation bar, the page title is 'General Agency Management'. Underneath, there is a 'Display' section with links for 'Active agencies', 'Inactive agencies', and 'All agencies'. A message states 'You can administer approximately 314 active agencies'. A search bar is present with a dropdown menu set to 'Agency Database' and a 'Search' button. Below the search bar, there is a list of actions: 'Create an agency', 'Create a report', 'Email active agencies', 'Show all these agencies', and 'Approve records'.

From the "At a glance" page click on "Edit this listing" to make changes to the general agency listing.

The screenshot shows the 'At a glance' page for a specific agency listing. The page has a navigation bar with tabs for 'Overview', 'Programs', 'Board Bank', 'Gifts In Kind', 'Reflection', 'Notes', 'Email', 'Correspondence', and 'Change Log'. The 'Overview' tab is selected. The main content area displays the following information:

- Agency Name:** United Way of Utah County
- Agency ID:** 1416893
- Public listing:** [The listing users see](#)
- Number sessions:** 215
- Date of last session:** June 24, 2011
- Approval:** Approved on Apr 27, 2004
- Expiration:** Expires on Aug 1, 2012 [update](#)
- Age of listing:** Less than 1 month old
- Last emailed on:** Jun 12, 2011
- Created on:** Apr 27, 2004
- Last modified on:** Aug 1, 2011
- Original record id:** 261
- Disaster services:** We are a volunteer reception site and will be coordinating spontaneous volunteers with secondary response agencies. We will also provide information and referral on disaster response resources.
- Also Known As:** United Way Of Central And Southern Utah
- Services:**
  - Coordinate and distribute community resources for vital local issues and nonprofit organizations
  - Provide nonprofit agency development
  - Assess community needs and strengths and publish results
  - Provide volunteer referrals
  - Provide information and referral for community resources
- Funding:** Contributions
- Affiliations:** Member agencies
- Area Served:** Utah County
- license needed:** none
- UW:** Yes
- Local:** Yes
- crd:** Yes
- HMG Agency:** Yes
- original\_agency\_id:** none
- original\_record\_id:** none

At the bottom of the page, there is a list of actions: 'Disable this agency', 'Erase this agency', 'Create a new password', 'Resend welcome message', 'View agency reference', 'Edit this listing', and 'Login as this agency'. A blue arrow points to the 'Edit this listing' link.

## VOLUNTEER OPPORTUNITIES

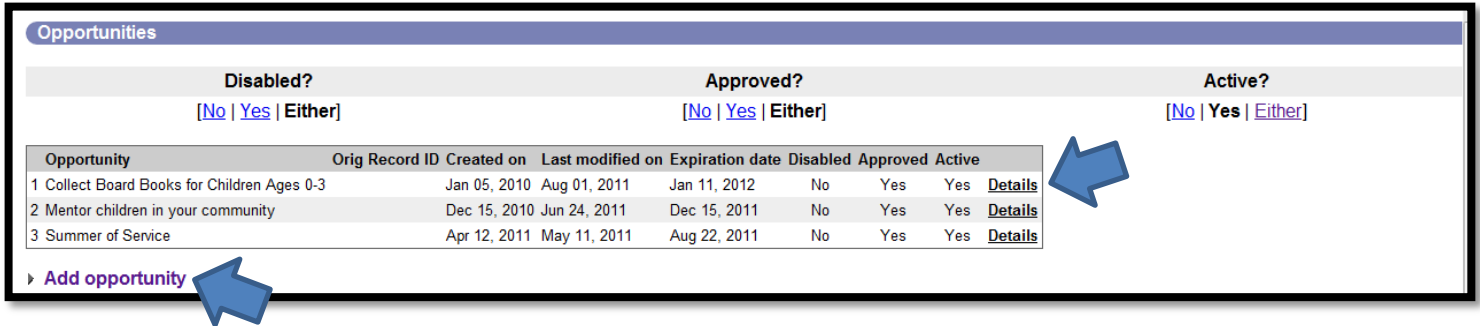
Then scroll to the bottom and update the volunteer “Opportunities” listings or click on the “opportunities” tab at the top to add or edit volunteer opportunities.

**Opportunities**

**Disabled?** [No | Yes | Either]      **Approved?** [No | Yes | Either]      **Active?** [No | Yes | Either]

Opportunity	Orig Record ID	Created on	Last modified on	Expiration date	Disabled	Approved	Active	
1 Collect Board Books for Children Ages 0-3		Jan 05, 2010	Aug 01, 2011	Jan 11, 2012	No	Yes	Yes	<a href="#">Details</a>
2 Mentor children in your community		Dec 15, 2010	Jun 24, 2011	Dec 15, 2011	No	Yes	Yes	<a href="#">Details</a>
3 Summer of Service		Apr 12, 2011	May 11, 2011	Aug 22, 2011	No	Yes	Yes	<a href="#">Details</a>

▶ [Add opportunity](#)



Click “Details” and then “Edit this listing” to make changes.

### Collect Board Books for Children Ages 0-3

Overview   Programs   Board Bank   Gifts In Kind   Reflection   Notes   Email   Correspondence   Change Log

**Overview**

**Agency:** United Way of Utah County

**Headline:** Collect Board Books for Children Ages 0-3

**Location:** 148 North 100 West, P.O. Box 135  
Provo, UT 84603  
([See a map](#))

**URL:** [www.unitedwayuc.org](http://www.unitedwayuc.org)

**Description:** United Way's Welcome Baby program needs board books suitable for children 0-3 years old. The board books will be part of the materials delivered by a Welcome Baby volunteer to new mother. Helping to collect these books would help tremendously!

To learn more about the Welcome Baby program, go to <http://www.unitedwayuc.org/welcomebaby/>.

**Restrictions:** none

**Approved?:** Yes, on Jan 7, 2010, by Summer Valente

**Disabled by agency?:** No

**Expiration:** *expires on Jan 11, 2012*

**Type:** Ongoing Opportunity

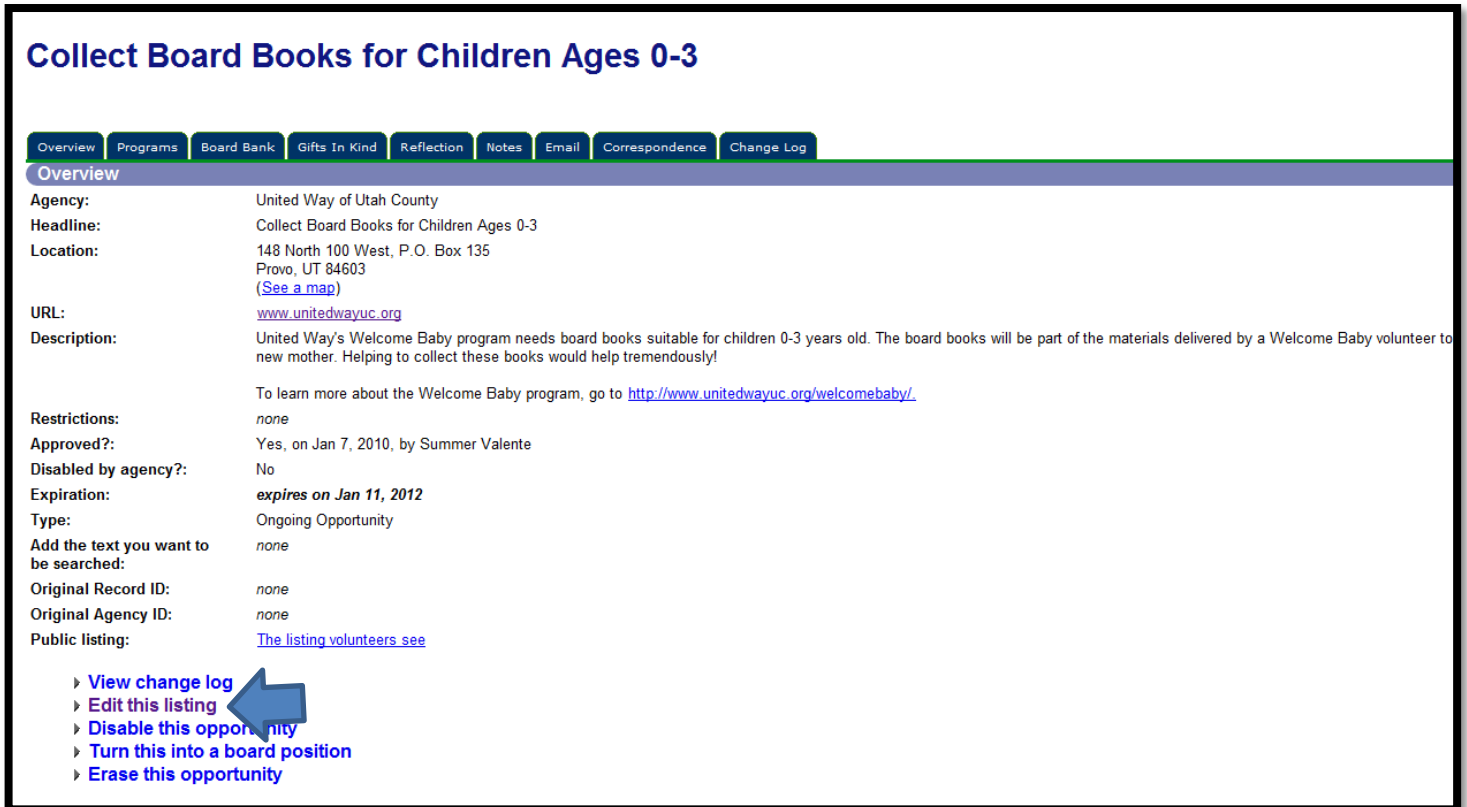
**Add the text you want to be searched:** none

**Original Record ID:** none

**Original Agency ID:** none

**Public listing:** [The listing volunteers see](#)

- ▶ [View change log](#)
- ▶ [Edit this listing](#)
- ▶ [Disable this opportunity](#)
- ▶ [Turn this into a board position](#)
- ▶ [Erase this opportunity](#)



# PROGRAMS

Lastly, click on the “programs” tab to make changes to programs the same way you made changes to volunteer opportunities.

## United Way of Utah County - Programs

Overview **Programs** Board Bank Gifts In Kind Reflection Notes Email Correspondence Change Log

**Disabled?** [\[No | Yes | Either\]](#) **Approved?** [\[No | Yes | Either\]](#)

Results: 10

Program	Approved?	Disabled?	
1 Help Me Grow	Yes	No	<a href="#">details</a>
2 Community Development	Yes	No	<a href="#">details</a>
3 Sub For Santa	Yes	Yes	<a href="#">details</a>
4 United Way of Utah County Volunteer Center	Yes	Yes	<a href="#">details</a>
5 Utah Saves	Yes	Yes	<a href="#">details</a>
6 Partners for Infants and Children	Yes	No	<a href="#">details</a>
7 United Way of Utah County 2-1-1	Yes	No	<a href="#">details</a>
8 South Franklin Community Center	Yes	No	<a href="#">details</a>
9 Test	No	Yes	<a href="#">details</a>
10 Volunteer Income Tax Assistance (VITA)	Yes	No	<a href="#">details</a>

▶ [Create program](#)

# HELP ME GROW RESOURCE SHEET

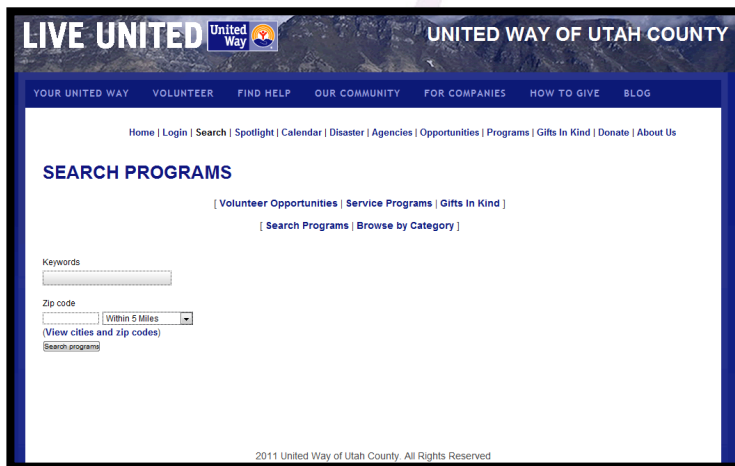
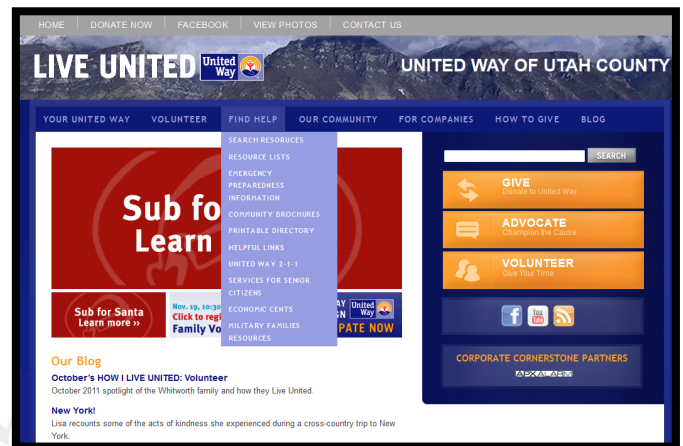
United Way of Utah County



## How to Search for Community Resources

Finding the right community resource for you or your family is just a few clicks away! These instructions can help you navigate through our database of over 300 nonprofit and government agencies that may be able to help.

**1.** Go to [www.unitedwayuc.org](http://www.unitedwayuc.org) and move the mouse over the “Find Help” button. A drop down box with various options will appear. Search our database by clicking on “Search Resources” from the drop down box.



**2.** You can search for resources based on keywords, location, or browse by category.



**3.** Click on the resources that best address your need to learn more and find contact information. If you have any difficulty please call HELP Me GROW at (801) 691-5322.



Last updated: 2/8/2012

questions? Please Dial 2-1-1 and ask for HELP Me GROW  
OR CALL 801-691-5359

[HELPMEGROWUTAH.ORG](http://HELPMEGROWUTAH.ORG)





# HELP ME GROW RESOURCE sheet

United Way of Utah County

## Resource Sheets

We maintain a resource database to help us search for resources, but we also find it helpful to have pre-made resource sheets that we can quickly give to parents.

We have a general resource sheet that contain more common resources and resource sheets for specific topics like breastfeeding or speech and language.

If you have any questions call us!

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# HELP ME GROW RESOURCE SHEET

United Way of Utah County

## Community Resources

### Abuse, Neglect & Sexual Assault

**Center for Women & Children in Crisis** is a temporary shelter for women and their children who are seeking independence from domestic violence. The center also provides 24-hour service for victims of domestic violence and rape.....801-377-5500

**Children’s Justice Center** provides support service in a homelike facility for children who have experienced significant physical or sexual abuse.....801-851-8554

**Family Support & Treatment Center** offers child abuse prevention, therapy and a crisis nursery.....801-229-1181

**Intermountain Specialized Abuse Treatment (ISAT) Center** offers counseling for victims and perpetrators. Sliding scale or insurance accepted.....801-373-0210

**Adult Protective Services** helps prevent or stop abuse, neglect and exploitation of vulnerable adults.....800-371-7897

**Provo Police Department** provides Spanish-speaking therapy groups and services to domestic violence victims..801-852-6375

**Victim’s Advocate Program** assists victims of violent crimes with securing protective orders, reparations and other support.

**Alpine/Highland**.....801-756-9800

**American Fork**.....801-763-3020

**Lehi**.....801-766-5800

**Orem**.....801-229-7128

**Pleasant Grove**.....801-785-3506

**Provo**.....801-852-6375

**South Utah County**.....801-465-5224

**Springville/Mapleton**.....801-489-9421

**Utah County Sherriff’s Office**.....801-851-8364

**Wasatch County**.....435-657-3300

### Counseling

**BYU Comprehensive Clinic** provides family, marriage and individual counseling at a sliding-scale rate .....801-422-7759

**Family Support & Treatment Center** provides therapy and support groups for victims of child abuse and domestic violence.....801-229-1181

**Heber Valley Counseling** provides substance abuse treatment and general counseling at a sliding-scale rate.....435-654-1618

**LDS Family Services** provides counseling and counsels families, spouses, children and individuals.....801-422-7620

**Wasatch Mental Health** provides intake, group and individual therapy for mental illnesses and offers referrals to other mental illness facilities.....801-373-4760

### Crisis Intervention

**Center for Women & Children in Crisis** provides a 24-hour hotline for victims of rape and domestic violence..... 801-377-5500

**Crisis Line of Utah County** is a 24-hour hotline that helps callers in crisis and gives emergency referrals.....801-226-4433

**Wasatch Mental Health** provides a 24-hour intake and assessment for callers in crisis.....801-373-739

**Vantage Point** mediates parent/child conflict between youth ages 12-18 and their families.....801-373-2215

### Employment Services

**Department of Workforce Services** provides employment help, training, and general application for welfare, unemployment, Medicaid, WIC and food stamps

American Fork.....801-492-4500

Provo..... 801-342-2600

Spanish Fork.....801-794-6600

**LDS Employment Center** assists with job referral, training and rehabilitative placement.....801-818-6161

**Turning Point** offers classes and training for people re-entering the workplace .....801-863-7580

### Financial Assistance

**Community Action** assists with temporary financial, food and sheltering services for families.....801-373-8200

**Department of Workforce Services** provides employment help, training and general application for welfare, unemployment, Medicaid, WIC and food stamps

• American Fork.....801-492-4500

• Provo.....801-342-2600

• Spanish Fork.....801-794-6600

**Office of Recovery Services** helps collect child support and alimony .....801-536-8500

### Food Assistance

**Community Action Food Bank** supplies food for families in need.....801-373-8200

**Department of Workforce Services** facilitates food stamps

American Fork.....801-492-4500

Provo.....801-342-2600

Spanish Fork.....801-794-6600

**Food and Care Coalition** serves hot meals to individuals who are homeless, low income or transient.....801-373-1825

**Meals on Wheels** delivers hot meals to homebound senior citizens .....801-229-3802

**Women, Infants and Children (WIC)** offers nutritional counseling and food assistance for families.....801-851-7300





## Health Care

**Children's Health Insurance Program (CHIP)** provides children access to health care.....1-877-543-7669  
**Community Health Connect** connects low-income patients with doctors and dentists willing to provide care on a charity basis .....801-818-3015  
**Community Nursing Services** offers hospice and home health services.....801-224-8138  
**Health Clinics of Utah** provides primary care. Accepts Medicare, Medicaid, PCN and private pay.....801-374-7011  
**Medicaid (national information line)**.....800-662-9651  
**Medicare (national information line)**.....800-MEDICARE  
**Mountainlands Community Health Center** provides primary medical and dental care for low-income and medically underserved populations.....801-374-9660  
**Primary Care Network** provides health insurance for eligible low-income adults .....888-222-2542  
**RX Connect Prescription Help**.....866-221-0265  
**Utah County Health Department** provides immunizations, wellness clinics and cancer screenings.....801-851-7000  
**Volunteer Care Clinic** provides basic medical care to low-income individuals without insurance.....801-812-8094

## Legal Services

**BYU Law Help** provides clinics for immigrants as well as legal advice and assistance without representation..801-422-3025  
**Utah Legal Services** represents low-income individuals in domestic, civil and public issues.....800-662-4245

## Parenting and Family

**Child Care Resource & Referral** provides classes for daycare providers and referrals to daycare.....801- 863-8220  
**Mountainland Head Start** provides education and resources for families with preschool-age children .....801-375-7981  
**Migrant Headstart Program** provides a headstart program for migrant families and classes for parents.....801-754-0700  
**Parent Education Resource Centers (PERC)** facilitates educational materials for parents and children.801-229-7390  
**Welcome Baby** provides informational home visits for first-time parents.....801-691-5304  
**Help Me Grow** provides a parent and community information line for support in general child development....801-691-5626

## Sheltering & Housing Services

**Community Action** provides temporary sheltering service and housing counseling for families.....801-373-8200  
**Food and Care Coalition** provides temporary sheltering services for individuals.....801-373-1825  
**Housing Authority of Utah County** provides affordable housing for low-income families.....801-373-8333  
**Housing Services of Utah Valley** helps families with loan-to-own programs and down payments.....801-523-8082

**Neighborhood Housing Services of Provo** provides loans for home improvement and home ownership and sponsors beautification and crime prevention activities...801-375-5820  
**Provo Housing Authority** provides affordable housing for low-income families in Provo.....801-852-7080  
**Weatherization** provides basic overall weatherization. Applications for both waiting list and crisis help801-344-5184

## Disability Services (Mental & Physical)

**Access Utah Network** provides the most current and accurate referrals for disability issues.....800-333-8824  
**Division of Services for People with Disabilities** promotes opportunities and family support .....801-374-7005  
**Recreation and Habilitation Services (RAH!)** provides recreational and social therapy.....801-374-8074  
**Rise, Inc.** provides 24-hour residential care, respite care, family support and host homes.....801-373-1197  
**Tri Connections** provides community living, support, job placement and mental health services .....801-343-3900

Questions? Please Dial 2-1-1 and ask for HELP ME GROW  
OR CALL 801-691-5322

[HELPMEGROWUTAH.ORG](http://HELPMEGROWUTAH.ORG)

Last updated: 2/8/2012



# HELP ME GROW RESOURCE SHEET

United Way of Utah County

## Breastfeeding

**Breast milk** is full of disease fighting antibodies to build a strong immune system. Babies who breast feed are less likely to suffer from a number of illnesses including: asthma, allergies, ear infections, respiratory infections and many others. For most babies, it is also the easiest thing to digest, making gas and stomach pains less likely. Let's not also forget that breastfeeding can save you anywhere from \$1,000-\$4,000, shrink your uterus back to normal size, help fight against cancer, help with postpartum depression and help you lose that mommy fat.

However, breastfeeding can take time to figure out and you may have many questions. Don't worry! There are many resources at your fingertips!

### Intermountain Health Care (IHC)

Classes, information, one-on-one lactation consultations (\$35 fee) and other services.

[Intermountainhealthcare.org/services/womennewborn](http://Intermountainhealthcare.org/services/womennewborn)  
*Women's Services or A Mother's Touch: 801-714-3324*

### Women, Infants and Children (WIC)

In person one-on-one breastfeeding help, breastfeeding classes to pregnant mothers, free hand breast pumps, free use of electric or pedal breast pumps and other aids to those who qualify (low-income).

*Breastfeeding Warmline: 801-851-7312*  
[www.utahcountywic.org](http://www.utahcountywic.org)

### Pregnancy Risk Line

Answers to questions about medicines, drugs, chemicals, and other environmental exposures that can potentially harm an embryo, fetus, or infant.

*1-800-822-BABY (2229)*

### La Leche League

Help over the phone and a monthly series of four meetings for women interested in learning more about the art of breastfeeding.

*801-264-5683 (English & Spanish)*

[www.la lecheleague.org](http://www.la lecheleague.org) or [www.llusa.org/UT/Utah](http://www.llusa.org/UT/Utah)

### U.S. Department of Health

The National Breastfeeding Helpline from the Office on Women's Health has trained breastfeeding peer counselors to provide support by phone.

*1-800-994-9662*

[WomensHealth.gov/breastfeeding](http://WomensHealth.gov/breastfeeding)

### Breastfeeding.com

Chat, blog, join a forum, watch videos and find tons of information about breastfeeding.

[www.breastfeeding.com](http://www.breastfeeding.com)

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# HELP ME GROW RESOURCE sheet

United Way of Utah County

## Speech, Language & Hearing

(Pathology & Audiology)

### **American Speech–Language–Hearing Assoc.**

Find a doctor in your area and learn more about communication disorders online.

[www.asha.org](http://www.asha.org)

### **BYU Comprehensive Clinic**

Speech, language and hearing evaluation and treatment for all ages. Services are provided by graduate students who are supervised by certified professionals. It is \$70 for an evaluation and \$18 for each following appointment (1-3 year waiting list).

[education.byu.edu/comd/faq.html](http://education.byu.edu/comd/faq.html)

Provo—801-422-3426

### **Community Health Connect**

Referrals to free ENTs who have audiologists on staff. (No speech pathologists are available.) To qualify you must live in Utah County and be at 150% of the Federal Poverty Level or below.

[www.communityhealthconnect.org](http://www.communityhealthconnect.org)

Provo—801-818-3015

### **Easter Seals PEIP—It Takes Two to Talk**

You can learn step-by-step how to become your child's most important language teacher by "tweaking" everyday activities and turning them into productive and enjoyable learning opportunities for your child (age 5 or under). Receive over 16 hours of classroom instruction, plus 6 hours of individual, home-based instruction for only \$385. (Offered when enough parents are interested.)

[esgw-nrm.easterseals.com](http://esgw-nrm.easterseals.com)

Provo—801-852-4525

### **Family Audiology and Hearing Services (private)**

The cost is \$200-205 for a consultation and \$25-90 for hearing tests. There is a 30% discount if you pay in full at the time of the appointment.

[www.familyhearingutah.com](http://www.familyhearingutah.com)

American Fork—801-418-0870

Orem—801-465-4805

Payson—801-465-4805

Provo—801-375-3175

### **Intermountain Health Care**

Intermountain Pediatric Rehab offers speech & language therapy and audiology services for children and teens ages 0 to 21. If you do not have insurance or need additional assistance the Financial Assistance Helpline (1-800-442-1128) may be able to help.

[intermountainhealthcare.org](http://intermountainhealthcare.org)

Orem & Saratoga Springs—801-714-3505

### **Peak ENT Associates (private)**

ENT specialists who are qualified to diagnose and treat conditions of the ears, including hearing loss.

[www.peakmedical-ent.com/audiology](http://www.peakmedical-ent.com/audiology)

Provo—801-357-7499

### **U Can Learn (Speech & Language)**

Non-profit organization that sells computer programs that act as a therapist and have been proven to help children and adults with dyslexia, attention deficit disorders, academic problems, speech and language problems, and memory and learning deficits. (\$350-1,000)

[www.ucanlearn.net](http://www.ucanlearn.net)

Salt Lake City—801-281-5546

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OR CALL 801-691-5322

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