



Transitioning to Adulthood

A Resource Guide for Homeschooled Teens & Young Adults in Utah

Introduction

For most homeschooling families, parents actively guide their children through education, life skills, and the transition into adulthood. Many teens grow up knowing how to access support, explore options, and ask for help.

This guide exists for the **smaller number of teens and young adults who may not have received that kind of detailed guidance** — or who are simply trying to figure things out on their own.

If you feel unsure about next steps, overwhelmed by choices, or unclear about where to turn, you are not alone. The resources below are meant to make support **visible, practical, and accessible**, without judgment or pressure.

You do not need to use every resource. Start with one.

Key Utah Support Hubs (Start Here)

These statewide resources already gather many of the most important supports for teens and young adults in one place.

Utah Teen Services – Department of Workforce Services (DWS)

Career exploration, education and training support, job search help, apprenticeships, and transition resources for ages 14–24.

<https://mydoorway.utah.gov/teen-services/>

Utah Career & Education Assistance – DWS

Career counseling, training pathways, education funding information, and employment planning.

<https://jobs.utah.gov/jobseeker/career/index.html>

Utah Youth Mental Health Corps

Community service, training pathways, and mental health support opportunities for older teens and young adults.

<https://userve.utah.gov/youth-mental-health-corps/>

SafeUT App (24/7 Support)

Confidential mental health support via chat or phone for Utah students and youth.

<https://safeut.org/>

Additional Key Resources (Not Fully Covered by the Hubs)

These resources address common needs that may require more targeted support.

Career, Work & Skill-Building

- **CareerOneStop (U.S. Dept. of Labor)** – Career exploration tools, resume help, and interview preparation.
<https://www.careeronestop.org/>
- **Apprenticeship.gov** – Paid apprenticeships combining work and training.
<https://www.apprenticeship.gov/>

Life Skills & Independence

- **USU Extension – Living Well** – Budgeting, adult life skills, and practical living guidance.
<https://extension.usu.edu/fcs/living-well>
- **Junior Achievement Utah** – Financial literacy, career readiness, and entrepreneurship programs.
<https://www.jautahwest.org/>

Mental Health & Counseling

- **211 Utah** – Referrals for counseling, housing, food, healthcare, and social services.
<https://211utah.org/>
- **OpenCounseling Utah Directory** – Find low-cost and sliding-scale therapists.
<https://www.opencounseling.com/utah>

Disability & Additional Support (Including High-Functioning Adults)

These resources are helpful for teens and adults who recognize they may need **extra structure, advocacy, or support**, even if they are high-functioning.

- **Utah State Office of Rehabilitation (USOR)** – Employment, training, and vocational support.
<https://jobs.utah.gov/usor/>
- **Utah Centers for Independent Living (CILs)** – Independent living skills, peer support, and advocacy.
<https://utahcil.org/>
- **Utah Parent Center** – Disability resources, workshops, and advocacy support (all ages).
<https://utahparentcenter.org/>
- **Disability Law Center of Utah** – Legal rights and disability advocacy.
<https://disabilitylawcenter.org/>

Faith-Based & Spiritual Support (Optional Resources)

For some teens and young adults, faith communities provide connection, mentoring, counseling, or life-skills support. Participation is voluntary and based on personal beliefs.

Latter-day Saint (LDS) – Life Skills & Self-Reliance

LDS Self-Reliance Manuals & Courses

Personal finance, job skills, education planning, and life skills resources.

<https://www.churchofjesuschrist.org/study/books-and-lessons/self-reliance-resources?lang=eng>

Community of Christ (RLDS) – Inclusive Faith Community

Community of Christ (Utah & Southern Utah)

Welcoming congregations with youth and young adult support.

<https://www.southernutahcofchrist.org/>

Jewish – Community & Youth Support

Shalom Utah – Youth & Family Programming

Community events, youth programs, and connection for Jewish families.

<https://www.shalomutah.org/youth-programming>

Muslim – Youth Mentoring & Community

Utah Islamic Center Youth Programs

Leadership, service, and faith-based community support for Muslim youth.

<https://utislamiccenter.org/uic-youth/>

Interfaith / Non-Denominational

Utah Valley Interfaith Association

Connects youth and families with diverse faith communities and service opportunities.

<https://uvinterfaith.org/>

A Final Note

For most homeschooling families, strong guidance and connection are already present.

For those who did not receive that support — or who are simply navigating adulthood independently — these resources exist to help you move forward with dignity, confidence, and practical support.

You are allowed to ask questions.

You are allowed to take your time.

You are allowed to get help.

