

FREE Prevention Workshops for Parents & Teens

All kids will experience difficult situations. These free, interactive psycho-educational groups for teens and families increase protective factors and prepare kids to stay out of trouble.

Our prevention services provide programs to prevent or delay the onset of youth substance use and abuse by addressing the risk factors of behavior problems, conduct disorders, family management difficulties, and poor school attendance/grades.

Guiding Good Choices:

Guiding Good Choices is for parents of children age 9 and older to strengthen family bonds and reduce the risk factors associated with teenage drug use. Contact German for details or to register: GOchoa@slco.org / Text 385-210-4450

Encaminándolos hacia Buenas Decisiones - Español:

Encaminándolos hacia Buenas Decisiones es un programa de cinco sesiones que enseña a los padres de niños de 9 años en adelante a cómo reducir el riesgo de que sus hijos desarrollen problemas con las drogas, violencia, abando escolar entre otros. Por favor de contactar a German Ochoa para más información: : GOchoa@slco.org / Text 385-210-4450

Staying Connected with Your Teen:

One of the most critical factors in ensuring the well-being of teens is parent involvement. Staying Connected with Your Teen is a 5-week program that shows parents of 12-17 year olds how to improve their interactions at home and strengthen the bonds between them and their children, resulting in substance abuse prevention, violence prevention, and positive character development. Contact: DJJohnson@slco.org / Text 385-722-4515

ME Time (Mood Management):

ME Time is a six-week empowerment and education group for teenage youth between ages 13 to 17. This group seeks to engage youth with mild depressive symptoms. Youth learn to practice changing their actions to manage their moods, increase their participation in enjoyable/positive activities, practice changing habitual thought patterns, and prepare to manage future life stressors with confidence. Contact Jodi for details or to register: JRushton@slco.org or text 910-518-0598

Meet the Prevention Staff!



CHANDLER PARKINSON, PREVENTION PROGRAM MANAGER

Chandler Parkinson has been working with youth for nearly 5 years. His experience ranges from managing a non-profit focused on academic success for teenagers to ongoing casework with struggling teens and families. Chandler has also led workshops for teens before coming to Youth Services. He enjoys working with youth to use their experiences to build resilience and determination. Chandler is pursuing a Master's degree in the evening and hopes to graduate next summer. When not at work, school, or deep in a textbook, he enjoys spending time with his wife and dogs and being outside running, golfing, or doing yard work.

GERMAN OCHOA, SUBSTANCE USE PREVENTION YOUTH WORKER

German Ochoa has been working with teens and families for many years, starting as a Domestic violence facilitator in the state of California and then working directly with teens and young adults in foster care for over six years. German currently works at Youth Services in the Prevention Department where he conducts weekly groups with teens and parents. His passion is to teach caregivers strategies for promoting healthy behaviors in children.

German resides with his wife and three children. He enjoys trail running, camping as well going to the movies and sharing a good coffee with a friend.



DIANA JOHNSON (SHE/HER/THEY/THEM), CASE MANAGER

Diana is a Case Manager on the Prevention Team. She has a passion for interacting with people and helping them understand their actions and how to make changes to improve their lives. Diana has led classes with adults, teens, parents, and families, and has also worked in child welfare and criminal justice. Diana loves to enjoy the outdoors with her partner, children, and two grandchildren, but will not be found participating in winter outdoor recreation. Most of all she loves to laugh and make others laugh.

JODI RUSHTON (SHE/HER), CASE MANAGER

Over the years Jodi has worked with a variety of populations but was overjoyed to once again work with teens after starting at Salt Lake County Youth Services almost 2 years ago. As a former art major, Jodi has loved the opportunities she has had while teaching the teen workshops to also include stress relieving activities such as painting, making bath bombs and glitter filled calm down bottles. Jodi loves exploring the outdoors and takes as many trips as possible to Southern Utah to camp and backpack. She also enjoys knitting, crocheting, eating copious amounts of chocolate, and Netflix binges. She lives with the two loves of her life, her husband Ty, and beloved cat, Sadie.



385-468-4500