



Live Like Sam Foundation

2025 Impact Report
Summit & Wasatch Counties · Utah

Serious work. Measured results.

Live Like Sam is the only organization in Summit and Wasatch Counties dedicated entirely to the mental and emotional fitness of young people. The work is independent, evidence-led, and rigorously validated.

“I was able to see myself in a much more confident way — knowing I could find ways to calm down and open up.”

OLIVIA · THRIVE GRADUATE

CREDENTIALS & OVERSIGHT



Peer-Reviewed Research

Published in the International Journal of Applied Positive Psychology, 2025.



Utah DHHS Level 2 Designation

Evidence-informed certification from the Utah Department of Health and Human Services.



University of Utah IRB Oversight

Independently evaluated with 1,800+ students over four years of active research.



Developed with WeBeWell

Clinical and positive psychology foundations, built for measurable outcomes.

OUR SCALE IN 2025

\$500K+

Invested in
local youth

5,000+

Youth reached
Pre-K to 12

100%

Free
programming

The model is working. The demand is growing.

Progress is real in Summit, where LLS runs deepest. Demand is rising in Wasatch. And upstream, the work is just beginning.

Depression

The improvement is greatest in Summit, where LLS is most present.

Progress is real, but **more than half of local youth still report moderate to high symptoms**, which means the work is far from done.

SUMMIT

-17%

72% → 55%

WASATCH

-9%

71% → 62%

Anxiety

Steady in Summit. Surging in Wasatch. A call to go deeper.

The numbers are alarming — **nearly half of youth in Wasatch now report moderate to high anxiety requiring treatment.**

SUMMIT

FLAT

46% → 46%

WASATCH

+10%

42% → 52%

Silence

Some voices are breaking through, but too many remain silent.

Both counties show improvement, yet **nearly 40% of young people still won't tell anyone when they are struggling.**

SUMMIT

-3%

40% → 38%

WASATCH

-4%

41% → 37%

Self-Exclusion

"Help is okay for others. Not for me."

Roughly 1 in 7 students believes mental health support is for others but excludes themselves from it. This is not an access problem. It is a belief problem.

SUMMIT

+1%

13% → 14%

WASATCH

+3%

10% → 13%

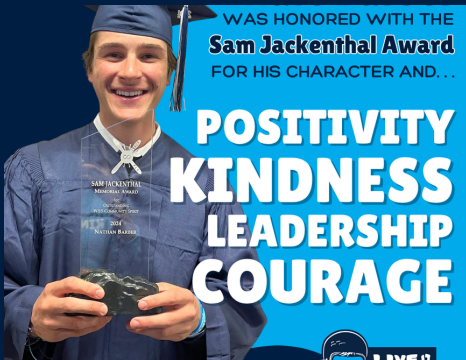
*Progress is real. The need is urgent.
The belief gap is the next frontier.*



Summer Camp · Wasatch County

“In Thrive, we learned how to manage stress, healthy relationships, strengths, goals, and much more. These topics are necessary for a person’s wellbeing.”

JESSICA · THRIVE GRADUATE



WAS HONORED WITH THE
Sam Jackenthal Award
FOR HIS CHARACTER AND...

**POSITIVITY
KINDNESS
LEADERSHIP
COURAGE**

Sam Jackenthal Award



Amplify Youth Voice Panel



Community Partners

8 Programs. Zero Cost.

For every student at every age, Pre-K to 12, LLS serves the full continuum from prevention to support, with 100% inclusion, across Summit and Wasatch Counties.

EVIDENCE-BASED	MENTORSHIP & ADVENTURE	IN-SCHOOL & CAMPS	COMMUNITY & IDENTITY
<p>Grades 6-12 Thrive + Thrive 2.0 6-week evidence-based well-being curriculum. Tier 2 State of Utah certified.</p>	<p>Grades 8-12 · NEW 2024 Sages & Seekers Pairs teens with mentors 60+ for intergenerational conversation and connection.</p>	<p>Pre-K-5 Well-being Workshops In-school workshops teaching character, teamwork, resilience, and kindness.</p>	<p>PCHS · Student-Led LLS FAM Forward Action Makers. Students run their own club, driving well-being at PCHS.</p>
<p>Grades 3-12 Digital Wellness Skills to thrive in the digital age. Social media, screen time, and cyberbullying.</p>	<p>Grades 6-12 Challenge Accepted Teens step outside their comfort zone through career exploration and adventure.</p>	<p>Middle School Live Well, Be Well Well-being skills adventure day camp. Essential life skills, and fun doing it.</p>	<p>All Ages · NEW 2025 Community Events Leading With Kindness, Youth Voice Panels, and partner community events.</p>

“What we’re building in Summit and Wasatch County is proof that early, accessible, zero-cost programming works.”

RON JACKENTHAL · EXECUTIVE DIRECTOR

Certified results. Progress in motion.

In 2025, Thrive students reported less anxiety and depression, greater resilience, and better quality of life.

25%
REDUCTION IN
Anxiety

21%
REDUCTION IN
Depression

7%
INCREASE IN
Resilience

25%
INCREASE IN
Quality of Life

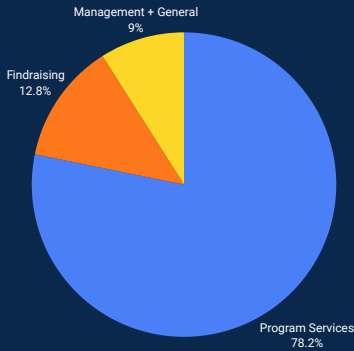
Independently Evaluated · Peer-Reviewed · Utah DHHS Level 2 Evidence-Informed

LLS invests **78 cents of every dollar** into programs for our youth.

A ratio that exceeds the “excellent” thresholds set by independent charity watchdogs.

FY2025 · TOTAL \$874,327

Disciplined Budget allocation:
Program-first, youth focused



YEAR-OVER-YEAR GROWTH

The community invested more with LLS. LLS reinvested even more in our youth.

+38%
DONOR REVENUE

+42%
PROGRAM INVESTMENT

11:1

Investing in LLS is an investment in community value.

Evidence-based programs return \$11 for every \$1 invested. That means for every dollar invested - Columbia University Center for Benefit-Cost Studies, 2015.

Our Story



Founded in memory of Sam Jackenthal, Live Like Sam is built on the qualities Sam embodied: kindness, compassion, bravery, resilience, and an unstoppable zest for life.

Join the Work

Every dollar is an investment in a young person's wellbeing.

