

From a former resident:

"Aspire helped me in so many ways. It helped me to overcome my trauma and cope with feelings from the past by being vulnerable and breaking down my walls. It helped me know what I want in life and gain self-respect. Most of all it's helped me grow and mature into a young successful lady. The therapists and staff at Aspire are great. They have stuck by my side the entire time. Through all the ups & downs they were always there to catch me when I fall. I'm so thankful for that".



From a Case Manager:

"Aspire provided my client a safe and therapeutic environment. My client was able to transition to a step down community placement and be successful. The feedback I received from the girls I have placed here was positive. They have a desire to keep in contact with the staff. I think Aspire has a great staff with a good mix of positive male and female role models".

ASPIRE YOUTH SERVICES
371 SOUTH VINEYARD ROAD
OREM, UT 84058

When Life Becomes
Unmanageable



Aspire
Residential Services

A Program of Wasatch Mental Health

*The Secure Base from Which
to Aspire to a **Better Life***



Aspire Youth Services Residential Treatment Program, for girls ages 12 through 17, is a comprehensive program designed to instill healthy behavior while developing a successful transition back into family, home, school and the community. The Aspire Treatment Team is committed to helping the girls identify their emotions and correct the actions that have created problems in their lives. Through the Aspire Program, the girls learn to accept responsibility for their behavior and learn to develop healthy ways to interact with others. Typical problems treated include:

- Family Disruption
- Self Harm
- Suicidal Behaviors
- Running Away
- Multiple Placements
- Substance Abuse
- Trauma History
 - Physical/Sexual Abuse
 - Neglect
 - Domestic Violence

ADMISSION INFORMATION

- ✓ Initial staffing call either Greg or Suzanne (801-960-1680),
- ✓ Receive, complete and return initial screening packet,
- ✓ Once accepted by the Aspire Treatment Team, you will receive an admit date and schedule,
- ✓ Complete and return the acceptance paperwork as instructed,
- ✓ Come to Aspire on the designated admission date and time.

ASPIRE YOUTH SERVICES

- Level 6 Mental Health Residential Program for girls ages 12 to 18
- Intermediate Secure Care
- On-site School provided by Alpine School District
- Trauma Informed and Trauma Sensitive
- Medication Management
- Substance Abuse Treatment: Seeking Safety
- Pet Therapy
- 14 Individual Rooms (Safety)
- Intense Weekly Treatment
 - Individual Therapy
 - Group Therapy
 - Family Involvement
- Life Skills Focus & Skills Groups
 - Casey Life Skills - Assesses life skills youth need for their well-being.
 - Anger Management.
 - Healthy relationships including healthy sexuality.
 - Dialectical Behavior Therapy (DBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
 - Why Try - Program to help youth overcome their challenges and improve outcomes in the areas of truancy, behavior and academics.



Wasatch Mental Health
Embracing Wellness

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“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”

Fred Rogers

The people to trust with that important talk:

Greg Robinson L.C.S.W. Program Manager
Greg has over 34 yrs of experience working as a Master Level Therapist with youth in outpatient, inpatient, day-treatment and residential programs. He has been married 30+ yrs, has 5 children and 5 grandchildren.
Email: grobinson@wasatch.org

Suzanne Jasper S.S.W. Program Supervisor
Suzanne has over 12 yrs of experience as a DCFS Case Manger working very difficult cases with Wasatch Mental Health. She has worked at Wasatch Mental Health for 23 years as a case manager and human service worker. She has been married 21+ yrs and has 3 boys.
Email: sjasper@wasatch.org

Drew Tyckson C.S.W. Therapist
Drew has been with Aspire since November 2017. Drew comes to Aspire with several years of residential experience including line staff and residential director. He was recently married.

Janiece Munroe Buyers L.C.S.W. Therapist
Janiece worked for Wasatch Mental Health for 8 years in a day treatment setting before taking time off to be a mom to her 2 boys. She returned to work at Aspire over 2 yrs ago.