

## ACCESS TO SERVICES

You may access Wasatch Mental Health services by calling the clinic nearest your home. (See *Service Locations* below). Evaluations and some therapy services are provided during the evenings. Let us know if you need services in the evening.

## SERVICE LOCATIONS

**24-HOUR CRISIS LINE**  
Staff are available  
24/7/365

801-373-7393

**SPANISH FORK  
FAMILY CLINIC**  
Services for

Children, Youth and Adults  
607 E. Kirby Lane  
Spanish Fork, UT  
801-852-3805

**AMERICAN FORK  
FAMILY CLINIC**  
Services for  
Children, Youth and Adults  
578 E. 300 S.  
American Fork, UT  
801-763-5010

**WASATCH COUNTY  
FAMILY CLINIC**  
Mental Health/Substance  
Abuse Services for  
Youth and Adults  
55 S. 500 E.  
Heber, UT  
435-654-3003

**PROVO FAMILY CLINIC**  
Services for  
Children, Youth and Adults  
1165 E. 300 N.  
Provo, UT  
801-377-1213

**WESTPARK  
FAMILY CLINIC**  
Services for  
Children, Youth and Adults  
750 N. Freedom Blvd  
Provo, UT  
801-373-4760

**MOUNTAIN PEAKS  
COUNSELING**  
580 E. 600 S., Su 210  
Provo, UT  
801-960-1620  
Accepts most insurance  
carriers

**WELLNESS RECOVERY  
CLINIC**  
Services for Non-Insured  
Children, Youth and Adults  
580 E. 600 S.  
Provo, UT  
801-852-3789



# Wasatch Mental Health

## Embracing Wellness



## Services for

# Children Youth Adults and Families

### Our Mission

**Excellence in Mental Health Care  
Excellent Customer Service  
Employee Growth and Development  
Economic Stability**

## SERVICES for CHILDREN, YOUTH and ADULTS

**CRISIS/EMERGENCY SERVICES  
RECOVERY OUTREACH CENTER**  
801-373-7393, toll-free at 866-366-7987  
1175 E 300 N, Provo, UT

Provides 24-hour a day crisis and emergency services to all age groups. Crisis services are provided over the telephone and through face-to-face assessments.

### INPATIENT SERVICES

Wasatch Mental Health provides hospital services in Utah County at Utah Valley Regional Medical Center (Provo, UT), Mountain View Hospital (Payson, UT), Provo Canyon Behavioral Hospital (Orem, UT) and other Utah hospitals as needed to Medicaid enrollees.

### PREP TEAM

**Prevention and Recovery for Early Psychosis**  
1165 E 300 N, Provo, UT, 801-377-1213

Provides early intervention services for youth and young adults experiencing first episode psychosis. Services include individual therapy, family psychoeducation and support, supported employment and education, medication management and case management services.

### PSYCHOLOGICAL ASSESSMENT (TESTING) SERVICES

750 N Freedom Blvd., Provo, UT  
801-373-4760

Provides psychological and neuropsychological testing to assist in the process of diagnosis and treatment planning.

## SERVICES for NON-INSURED

**WELLNESS RECOVERY CLINIC**  
580 E 600 S, Provo, UT, 801-852-3789

Provides services for individuals who are uninsured or underinsured who meet the specified income criteria. Services include medication management, group therapy and case management services.

## SERVICES for INSURED

**MOUNTAIN PEAKS  
COUNSELING CLINIC**

580 E 600 S, #210, Provo, UT, 801-960-1620

Offers services for individuals who are experiencing depression, anxiety, family conflicts, emotional or psychiatric illness. This clinic accepts health plans offered by most major insurance carriers. You may call the clinic and ask if your insurance carrier is accepted.

## MENTAL HEALTH and SUBSTANCE ABUSE SERVICES

**WASATCH COUNTY FAMILY CLINIC**  
55 S 500 E, Heber, UT, 435-654-3003

Offers a variety of therapeutic services designed to help individuals and families who are affected in some way by mental illness and/or substance abuse.

ADMINISTRATIVE/BUSINESS  
OFFICE  
Westpark Building  
750 N. Freedom Blvd, Suite 300  
Provo, UT 84601

Phone: 801-373-4760  
Fax: 801-373-0639

[WWW.WASATCH.ORG](http://WWW.WASATCH.ORG)

## SERVICES for FAMILIES

Wasatch Mental Health provides outpatient services designed to meet the needs of children, youth, adults and their families. For admission information, see “**Service Locations**” and call the clinic nearest your home.

Services include:

- Case Management Services
- Domestic Violence Intervention Treatment Groups
- Individual, Group and Family Therapy
- Medication Management
- Nursing Services
- Peer Support
- Psychological Testing, as needed
- Skills Development and Behavior Management
- Therapy and case management services to children and their families in specifically assigned schools
- Therapists specializing in the treatment of abuse, trauma, behavioral problems, anxiety, depression and many other mental health problems

Established in 1967, Wasatch Mental Health is a public comprehensive mental health center providing a variety of services to the Utah and Wasatch County communities.

Wasatch Mental Health is staffed by licensed mental health professionals who specialize in mental health recovery. These professionals include psychiatrists, APRNs, nurses, clinical psychologists, marriage and family therapists, clinical social workers, clinical mental health counselors, adult and youth case managers, residential services staff, peer support specialists, family resource facilitators, parent mentors, care team assistants and a comprehensive administrative business staff.

## SERVICES for ADULTS

### INTENSIVE RESIDENTIAL TREATMENT SERVICES

**1157 E 300 N, Provo, UT, 801-377-4668**

An adult residential treatment program designed to help individuals who suffer from chronic mental illness by providing resources, services and opportunities as an alternative to hospitalization. Programs and support services include assessment, individual therapy, skill development, case management services and psychopharmacology. A prescriber makes rounds weekly and is available on-call 24 hours a day.

### JUSTICE REINVESTMENT INITIATIVE (JRI) PROGRAM

**For more information call: 801-852-3779**

Provides appropriate aftercare planning and services for individuals after they have been released from jail to help increase their chances of successful independent living, thereby preventing their swift return to jail, homelessness or hospital emergency rooms. A typical plan includes individual and group therapy, medication management, educational services, employment training and housing placement.

### UTAH COUNTY JAIL SERVICES

Provides the jail with therapists and prescribers who conduct mental health clinics and consultation services. The goal of these services is to ensure the mentally ill inmate's stability while incarcerated and to prevent deterioration that might lead to harming himself/herself or others.

### WASATCH ASSISTANCE TEAM COUNSELING THE HOMELESS (WATCH)

**299 E 900 S, UT, 801-852-3779**

Provides individual therapy, medication management and case management services to adults who are chronically mentally ill, homeless and do not have traditional Medicaid, private insurance or SSI/SSA benefits.

### WASATCH HOUSE

**605 E 600 S, Provo, UT, 801-373-7440**

Provides a strengths-based approach where treatment, vocational training and support are provided to individuals to regain their social skills, vocational skills and maintain psychiatric stability. Members work closely with staff in taking responsibility for various programs on-site including: food services, clerical, financial, thrift store, building and grounds and computer/data entry to improve their social and employment skills.

## SERVICES for CHILDREN and YOUTH

### ASPIRE

**Admission information call 801-960-1680**

A residential treatment program for female youth, ages 12 to 18 who are in DCFS custody.

### GIANT STEPS – AUTISM

**Classrooms located in Orem, Provo and Saratoga Springs. Office: Foothill Elementary School, Orem, UT, 801-226-5437**

Provides intensive treatment for children ages 3 to 5 who have been diagnosed with an Autism Spectrum Disorder.

The program also provides additional services for families to help support, educate, and advocate for their child's needs.

### XCEL ADOLESCENT AUTISM

**801-226-5437**

Provides social skills, emotional regulation skills and coping strategies for adolescents with an Autism Spectrum Disorder and teens with developmental delays.

### NEW VISTA

**Admission information call 801-373-4765**

Provides outpatient and day treatment services for male and female youth ages 9 to 18 who experience trauma from abuse, neglect and inappropriate sexual behavior.

### STRIDE

**Programs located in American Fork, Spanish Fork and Provo. For more information call 801-377-1213**

After school day treatment services to assist children ages 5 to 12 experiencing challenges with behavior and social skills due to mental illness.

### VANTAGE POINT

**1189 E 300 N, Provo, UT, 801-373-2215**

**Youth Services/Juvenile Receiving:**

Provides 24-hour a day, 7 days a week immediate crisis and mental health services for male and female youth ages 10 to 17 who are vulnerable of becoming runaways or experiencing serious parent-child conflicts.

**Shelter Care:** Provides temporary placement for youth in DCFS custody due to abuse or neglect and/or who have had a disruption in a foster care placement.

# RECOVERY

A Journey of *Hope, Change and Empowerment*