

Wasatch Behavioral Health

Comprehensive
Mental Health and Substance Use
Disorder Services
for Children, Youth, Adults and
Families



Resource Directory
2025

24/7 Crisis Services 1-800-273-8255 or Call or Text 988

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Phone Directory

American Fork Family Clinic	801-763-5010
Aspire	801-960-1680
Eagle Mountain Family Clinic	385-268-6780
Crisis Residential Support	801-852-4510
Foothill Residential Treatment	385-268-5070
Giant Steps – Autism	801-226-5437
Intensive Residential Treatment Services	801-852-3320
Justice Reinvestment Initiative (JRI) Program	801-852-3779
Mobile Crisis Outreach Team	1-800-276-8255
New Vista	801-375-9226
Parkview Campus	801-373-4765
Payson Family Clinic	801-852-3805
Prevention And Recovery For Early Psychosis	801-960-1625
Provo Family Clinic	801-377-1213
Psychological Assessment (Testing) Services	801-373-4760
Receiving and Outreach Center	801-852-2131
South Provo Campus	801-373-7443
Substance Use Disorder Services	385-268-5000
Youth Outpatient Substance Use Services	385-268-5000
Vantage Point	801-373-2215
Vantage Point North	801-268-5090
Wasatch Assistance Team Counseling The Homeless (Watch)	801-852-3779
Wasatch County Family Clinic	435-654-3003
Wasatch House	801-373-7440
Westpark Family Clinic	801-373-4760
Xcel Adolescent	801-319-1142
Youth Outpatient Substance Use Services	385-268-5000

About Us

Established in 1967, Wasatch Behavioral Health “WBH” is a public comprehensive behavioral health center providing a variety of services designed to meet the needs of children, youth, adults and their families throughout Utah and Wasatch Counties.

For admission information, see ***“Service Locations” on page 3*** and call the clinic nearest your home for an appointment or for walk-in times for Intakes.

WBH is staffed by licensed professionals who specialize in mental health and substance use recovery. These professionals include psychiatrists, APRNs, nurses, clinical psychologists, marriage and family therapists, clinical social workers, clinical mental health and substance use 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.

WBH Buildings are accessible to those with physical disabilities including offices, exam rooms, and equipment. Access to interpreter services for all languages, including American Sign Language, are available to Medicaid Clients.

Available Services

- Evaluations
- Individual, Group and Family Therapy
- Medication Management
- Case Management Services
- 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
- Domestic Violence Intervention Treatment Groups
- Mobile Crisis Outreach Services

WBH accepts most insurance plans including Medicaid and Medicare. We also provide language translation and interpreter services for individuals and families.

Treatment approaches include: Family therapy, educational services, vocational counseling, personal growth and recovery.

Mental Health and Substance Use Services for Children, Youth, Adults and Families

FAMILY OUTPATIENT CLINICS

Offer evaluation and treatment for children, youth, adults and families including individual, group, and family therapy, case management and medication management.

Access to Services

You may access Wasatch Behavioral Health (WBH) services by calling the clinic nearest your home. For an appointment or walk-in times for Intakes (See *Service Locations* below).

AMERICAN FORK FAMILY CLINIC 578 E. 300 S. American Fork, UT 801-763-5010	EAGLE MOUNTAIN FAMILY CLINIC 3688 E Campus Dr. Suite 130 Eagle Mountain, UT 385-268-6780
MOBILE CRISIS OUTREACH TEAM 24-hour service for all age groups. 100% Confidential Call or Text 988	PROVO FAMILY CLINIC 1165 E. 300 N. Provo, UT 801-377-1213
PAYSON FAMILY CLINIC 285 N. 1250 E. Payson, UT 801-852-3805	SUBSTANCE USE DISORDER SERVICES 255 S. Orem Blvd. Orem, UT 385-268-5000 24/ 7 Detox Services
WASATCH COUNTY FAMILY CLINIC 55 S. 500 E. Heber, UT 435-654-3003	WESTPARK FAMILY CLINIC 750 N. Freedom Blvd Provo, UT 801-373-4760

Website: www.wasatch.org

Crisis/Emergency Services

Mental Health and Substance Use Crisis Services
for all age groups. Call 800-273-8255 or Call 988
SafeUT app is available for both Apple and Android devices
24/7/365 • 100% Confidential



988 SUICIDE AND CRISIS LIFELINE

Call or Text 988. The three-digit dialing code will route callers to the National Suicide Prevention Lifeline.

Provides 24-hour a day crisis and emergency services to all age groups. Crisis services are provided over the telephone, mobile outreach and walk-ins.

CRISIS RECEIVING AND OUTREACH CENTER

1175 E 300 N, Provo, UT 801-852-2131

Provides short-term (under 23 hours) observation and crisis stabilization services to all referrals in a home-like, non-hospital environment. Referrals are welcome from law enforcement, Community partners, Religious organizations, families, hospitals and others. The primary goal is to help de-escalate and provide resources and support for individuals in crisis or needing other immediate support.

CRISIS RESIDENTIAL SUPPORT

1157 East 300 North Provo, UT 801-852-4510

The Crisis Residential Support unit is an additional line of stabilization for those who may have more acute crisis needs. This allows for additional evaluation, collaboration and monitoring up to an additional week past the initial 23-hour initial stay at the Receiving and Outreach Center.

INPATIENT SERVICES

Provides hospital services in Utah County at Utah Valley Hospital (Provo, UT), Mountain View Hospital (Payson, UT), Provo Canyon Behavioral Hospital (Orem, UT) and other Utah hospitals as needed to Medicaid enrollees.

MOBILE CRISIS OUTREACH TEAM

24-hour service for all age groups. 100% Confidential.

Toll-free: 988 or 1-800-276-8255

Youth and adult mobile crisis outreach teams can respond in the community at the time of a mental health crisis and for additional follow-up services.

Mental Health and Substance Use Services for Adults

OUTPATIENT TREATMENT SERVICES

Services start with an initial intake assessment appointment. After the assessment, the clinician will discuss services that will best meet your needs.

For an appointment or walk-in times for Intakes, call the clinic nearest your home. (See *Service Locations, page 3*).

CASE MANAGEMENT SERVICES

Case Management services assists individuals and families to:

- Maintain housing,
- Develop service plans,
- Ensure effective coordination of mental health and/or substance use services,

- assist in addressing unmet needs and collaborate and coordinate with other to ensure service effectiveness.

INTENSIVE RESIDENTIAL TREATMENT SERVICES

2877 West Center Street, Provo, UT 801-852-3320

A short-term 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.

ADULT JAIL SERVICES

Mental Health and Substance Use Disorder Services provided at the Utah County Jail include:

- Mental health program focusing on inmates identified as needing mental health services while in custody. 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.

- **UTAH COUNTY JAIL OUT (On-Unit Treatment) PROGRAM** - Program combines substance use intervention with counseling for criminal thinking and behavior. Inmates of the security center may participate voluntarily or may be court ordered. There are separate tracks for both male and female.

SUBSTANCE USE DISORDER SERVICES

255 S. Orem Boulevard, Orem, UT 385-268-5000

Provides a range of prevention and recovery services including detoxification, residential and outpatient services, case management services for individuals under Court supervision and drug testing for individuals enrolled in programs.

ACCESS TO RECOVERY

Designed to provide eligible clients with a choice of services and community service providers to assist them in initiating and/or maintaining recovery.

FOOTHILL RESIDENTIAL

A residential facility that offers co-ed treatment, as well as separate gender groups, to address their unique treatment needs. Detoxification treatment and self-help groups are provided in a live-in, safe environment. **For more information, call 385-268-5070.**

MEDICATION ASSISTANT TREATMENT (MAT)

Provides medication-assisted treatment (MAT) to treat substance use disorder as well as sustain recovery and prevent overdose. MAT is primarily used for the treatment of addiction. The prescribed medication operates to

normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings and normalize body functions without the negative and euphoric effects of the substance used.

PROMISE PROGRAM

The Promise Program is designed to treat woman who have a substance use disorder. The Promise Program addresses specific needs such as childcare, primary healthcare, transportation, housing, education, and employment, along with gender-specific treatment. This allows the mother to recover from substance use disorder while learning the skills needed to stay abstinent while providing a safe and stable situation for the children. **For more information, call 385-268-5080.**

GENERAL AND INTENSIVE OUTPATIENT SUBSTANCE USE SERVICES

Day Treatment is from 9am-12pm

Night Treatment is from 6pm-9pm

Services include individual and group therapies, skills development, and case management services for practical problems of sober living. Recovery Management is also available. General outpatient treatment is 1 to 8 hours per week. Intensive Outpatient treatment is 9-20 hours per week. **For more information, call 385-268-5000.**

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

Wasatch House provides a unique, strengths-based program for individuals with a mental health challenge who want to regain their vocational and social skills and enhance their overall mental and physical well-being. Members of the Clubhouse work side by side with staff in taking responsibility for various programs on-site including; food services, clerical, financial, thrift store, building and grounds, computer/data entry, and community education.

SUPPORTED HOUSING SERVICES

WBH operates programs designed to provide community-based care for the seriously mentally ill who are in need of transitional living arrangements to help them obtain the goal of independent living. **For information about housing options, call 801-373-7443.**

PEER SUPPORT SERVICES

A certified peer mentor helps individuals identify their social support systems that will help them to know that they are not alone while they are making the changes in recovery. Peer support services includes support groups, educational activities and recovery resource connecting.

Mental Health and Substance Use Services for Children, Youth and their Families

WBH has a variety of services available for children, youth and their families. Services start with an initial intake assessment appointment. After the assessment, the clinician will discuss with the child/youth and family the program and services that will best meet their needs.

OUTPATIENT TREATMENT SERVICES

Services start with an initial intake assessment appointment. After the assessment, the clinician will discuss services that will best meet the needs of the child, youth and their families.

For an appointment or walk-in times for Intakes, call the clinic nearest your home. (See *Service Locations*, page 3).

CASE MANAGEMENT SERVICES

Case Management services assists individuals and families to:

- Develop service plans,
- Ensure effective coordination of mental health and/or substance use services,
- assist in addressing unmet needs and collaborate and coordinate with other to ensure service effectiveness.

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.

PREP TEAM

Prevention and Recovery for Early Psychosis

580 E 600 S, Provo, UT 801-960-1625

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.

YOUTH OUTPATIENT SUBSTANCE USE SERVICES

580 E 600 S, Provo, UT 385-268-5000

Provides outpatient services to help prevent and reduce the harmful effects of substance use among the youth in Utah County. **Admission information: 151 S Univ Ave. Provo, UT 801-960-1641.**

ASPIRE ACADEMY

Admission information call: 801-960-1680

A residential level of care for female youth, ages 12 to 17,. designed to meet their high-level therapeutic needs.

GIANT STEPS – Mental Health/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 co-occurring Mental Health and Autism Spectrum Disorder. GIANT Steps also provides additional services for families to help support, educate, and advocate for their child's needs.

XCEL ADOLESCENT

Admission information call 801-319-1142

Provides social skills, emotional regulation skills and coping strategies for adolescents with mental health disorders.

NEW VISTA

Admission information call 801-375-9226

Provides outpatient and day treatment services for male and female youth ages 12 to 18 who experience trauma from abuse, neglect and inappropriate sexual behavior.

STRIDE

After school day treatment services to assist children ages 5 to 12 experiencing challenges with behavior and social skills due to mental illness. **Programs located in American Fork, Payson and Provo. For more information, call 801-373-4765.**

SCHOOL BASED SERVICES

Alpine School District: 801-763-5010

Nebo School District: 801-852-3805

Provo School District: 801-377-1213

Wasatch County: 435-654-3003

Services are offered in schools in the Alpine, Nebo and Provo School Districts in Utah County and Wasatch County

VANTAGE POINT

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

VANTAGE POINT NORTH

947 N 800 E, American Fork, UT 801-268-5090

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.

Vantage Point - 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.

Services for Children, Youth, Adults and Families in Wasatch County

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 use disorder.

Therapy Connect

Therapy Connect is an on-demand therapy service available to all current WBH clients. Clients who would like to see a therapist within the next 36 hours can access an appointment with a therapist by going to the website www.wasatch.org/Therapy-Connect/ or by contacting their home clinic and asking for assistance setting up a Therapy Connect appointment. In-person and online appointments are available.

Client Rights

For information about client rights, education, client advocacy and complaint resolution, please call our main office at 801-373-4760.

ADMINISTRATIVE/BUSINESS OFFICE

Westpark Building

750 N. Freedom Blvd, #300

Provo, UT 84601

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

Website: www.wasatch.org

