

Wasatch Behavioral Health

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



Resource Directory
2020

24/7 Crisis Services 1-800-273-8255

Table of Contents

Available Services	2
Mental Health And Substance Use Services For Children, Youth, Adults And Families.....	2
Family Outpatient Clinics.....	2
Access To Services	3
Crisis/Emergency Services	4
Recovery Outreach Center	4
Inpatient Services	4
Mobile Support Team.....	4
Psychological Assessment (Testing) Services	9
Prep Team	10
Wasatch County Family Clinic	12
Mental Health And Substance Use Services For Adults	5
Outpatient Treatment Services	5
Intensive Residential Treatment Services	5
Justice Reinvestment Initiative (Jri) Program.....	6
Adult Jail Services	6
Foothill Residential.....	7
Promise Program.....	7
Outpatient Substance Use Services.....	7
Wasatch Assistance Team Counseling The Homeless (Watch).....	8
Wasatch House.....	8
Supported Housing Services.....	8

Peer Support Services.....	8
Case Management Services.....	9
Mental Health And Substance Use Services For Children, Youth And Their Families.....	9
Outpatient Treatment Services	9
Youth Outpatient Substance Use Services	10
Aspire.....	10
Giant Steps – Autism	10
Xcel Adolescent	11
Stride	11
School Based Services	11
Vantage Point	11
Services For Individual Insurance Plans.....	12
Mountain Peaks Counseling Clinic	12
Client Rights.....	12

Phone Directory

24/7 Crisis Services	1-800-273-8255
American Fork Family Clinic	801-763-5010
Aspire	801-960-1680
Giant Steps – Autism	801-226-5437
Intensive Residential Treatment Services	801-377-4668
Justice Reinvestment Initiative (JRI) Program	801-852-3779
Mountain Peaks Counseling	801-960-1620
New Vista	801-373-4765
Parview Campus	801-373-4765
Payson Family Clinic	801-852-3805
Prevention And Recovery For Early Psychosis	801-377-1213
Provo Family Clinic	801-377-1213
Psychological Assessment (Testing) Services	801-373-4760
Stride	801-373-4765
Substance Use Disorder Services	385-268-5000
Supported Housing Services	801-373-7443
Vantage Point	801-373-2215
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	801-852-4521
Youth Outpatient Substance Use Services	801- 960-1641

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.

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).

<p>AMERICAN FORK FAMILY CLINIC 578 E. 300 S. American Fork, UT 801-763-5010</p>	<p>PAYSON FAMILY CLINIC 285 N. 1250 E. Payson, UT 801-852-3805</p>
<p>PROVO FAMILY CLINIC 1165 E. 300 N. Provo, UT 801-377-1213</p>	<p>WESTPARK FAMILY CLINIC 750 N. Freedom Blvd Provo, UT 801-373-4760</p>
<p>MOUNTAIN PEAKS COUNSELING 580 E. 600 S., Su 210 Provo, UT 801-960-1620 Accepts most insurance carriers</p>	<p>SUBSTANCE USE DISORDER SERVICES 151 S University Ave. Provo, UT 385-268-5000 24/ 7 Detox Services</p>
<p>WASATCH COUNTY FAMILY CLINIC 55 S. 500 E. Heber, UT 435-654-3003</p>	<p>MOBILE CRISIS OUTREACH TEAM 24-hour service for all age groups. 100% Confidential Toll-free: 1-800-276-8255</p>

Crisis/Emergency Services

Mental Health and Substance Use Crisis Services
for all age groups

Utah Crisis Line

Toll-free 1-800-273-8255

Safe UT Smartphone App

24/7/365 • 100% Confidential



RECOVERY OUTREACH CENTER

Utah Crisis Line

Toll-free 1-800-273-8255

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, mobile outreach and walk-ins.

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 OUTREACH TEAM

Youth and adult mobile crisis outreach teams can respond in the community at the time of a mental health crisis and also 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 2*).

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

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

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 abuse 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

151 S University Ave. Provo, UT 801-851-7128

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.

PROMISE PROGRAM

North Utah County

South Utah County

The “Women of Promise” Program addresses specific needs such as childcare, primary healthcare, transportation, housing, education, and employment, along with gender-specific treatment. Research shows that women with children do better in treatment if they bring their children with them.

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.

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.

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 actives 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 2*).

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 801-960-1641

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 801- 960-1641

Admission information: 151 S Univ Ave. Provo, UT

801-851-7128

Provides outpatient services to help prevent and reduce the harmful effects of substance use among the youth in Utah County.

ASPIRE

Admission information call: 801-960-1680

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

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 801-373-4765

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

NEW VISTA

Admission information call 801-373-4765

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

Programs located in American Fork, Payson and Provo.

For more information, call 801-373-4765

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

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

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 abuse.

Services for Individual Insurance Plans

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. Cash payments are also accepted.

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