

ACCESS TO SERVICES

You may access Wasatch Mental Health services by calling the clinic nearest your home. For an appointment or walk-in times for Intakes (See *Service Locations* below). For more information go to www.wasatch.org

Evaluations and some therapy services are provided during the evenings. Let us know if you need services in the evening.

MOBILE CRISIS OUTREACH TEAM

24 hour services for all age groups

National Suicide Prevention Lifeline

Toll-free 1-800-273-8255

Safe UT Smartphone App

24/7/365 • 100% Confidential



SERVICE LOCATIONS

for Children, Youth, Adults and Families

AMERICAN FORK
FAMILY CLINIC
578 E. 300 S.
American Fork, UT
801-763-5010

PAYSON
FAMILY CLINIC
285 N. 1250 E.
Payson, UT
801-852-3805

PROVO
FAMILY CLINIC
1165 E. 300 N.
Provo, UT
801-377-1213

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

MOUNTAIN PEAKS
COUNSELING
580 E. 600 S., Su 210
Provo, UT
801-960-1620

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

Accepts most insurance carriers



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 National Suicide Prevention Lifeline:

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

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.

FAMILY OUTPATIENT CLINICS

Offer evaluation and treatment for children, youth, adults and families including individual, group, and family therapy, and medication management. See "Service Locations" for a clinic near your home.

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. Cash payments are also 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

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.

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 for an appointment or for walk-in times for Intakes.

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

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

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 DHS: DCFS/DJJS 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 co-occurring Mental Health and Autism Spectrum Disorder.

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

XCEL ADOLESCENT

801-852-4521

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 801-852-4521

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*