

Fall 2018

DAVIS HELPS

**Mental, Emotional & Behavioral Health
Youth Services Directory**



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Crisis Hotlines

Child Find (24 Hour)	800-426-5678
Davis Behavioral Health (24 Hour)	801-773-7060
Domestic Violence Information Line	800-897-5465
Lifeline for Youth	801-936-4000
Mobile Crisis Outreach (Davis Behavioral Health)	801-773-7060
National Center for Missing & Exploited Children (24 Hour)	800-843-5678
National Child Abuse Hotline (24 Hour)	800-422-4453
National Teen Dating Specialized Abuse Treatment	866-331-9474
National Runaway Switchboard	800-786-2929
Poison Control Center	800-222-1222
Rape Crisis Center (Statewide)	888-421-1100
Safe Harbor Crisis Center	Crisis: 801-444-9161 Business: 801-444-3191
SAFEUT Crisis Text & Tip Line	1-800-273-8255 Download Mobile App uofuhealth.org/safeut
Stabilization & Mobile Response: For any child, parent, or caregiver needing support in times of crisis.	1-833-SAFE-FAM 1-833-723-3326
Suicide Prevention Lifeline	800-273-8255
Trevor Project (Suicide Prevention)	866-488-7386
Utah Child & Family Services	Abuse and Neglect Report: 855-323-3237 Bountiful Office: 801-397-7640 Clearfield Office: 801-776-7300
Utah Coalition Against Sexual Assault	801-746-0404

Hospitals & Medical Clinics

Benchmark Behavioral Health Systems 592 West 1350 South Woods Cross, UT 84087 801-299-5319	Benchmark Behavioral Health Systems serves a diverse population of adolescent and young adult males, ages 13-20 through various inpatient programs. www.bbhsnet.com
Davis Hospital and Medical Center 1600 West Antelope Drive Layton, UT 84041 801-807-1000	Inpatient Psychiatry: Davis Behavioral Health Unit provides treatment to those 18 years of age and older who are in need of inpatient psychiatric care. www.davishospital.com
Intermountain Bountiful Clinic 390 North Main Street Bountiful, UT 84010 801-294-1000 Dr. Stephen Merrell, MD	Pediatric mental health condition services. www.intermountainhealthcare.org Full-spectrum family medicine, including maternal care, pediatrics, adult, and geriatric medicine. Depression, suicide prevention and medication-assisted treatment for substance use disorders. Languages: English & Spanish https://intermountainhealthcare.org/find-a-doctor/m/merrell-stephen-c/
Intermountain Layton Clinic 2075 University Park Boulevard Layton, UT 84041 801-779-6200	Pediatric mental health condition services. www.intermountainhealthcare.org
Lakeview Hospital 630 Medical Drive Bountiful, UT 84010 801-299-2200	The Adult Behavioral Medicine Unit at Lakeview Hospital is a short-term, comprehensive inpatient psychiatric program. It is designed exclusively to meet the psychological and physical healthcare needs of adults ages 18 to 64. www.lakeviewhospital.com
Layton Hospital 201 W Layton Pkwy Layton, UT 84041 801-543-6000	Layton Hospital provides emergency services; cancer care; surgical services; women and newborn care; and Primary Children’s outpatient services. laytonhospital.org www.intermountainhealthcare.org
LDS Hospital 8th Avenue & C Street Salt Lake City, UT 84143 801-408-1100	LDS Hospital provides a broad range of behavioral health treatment options, from crisis management services, inpatient psychiatric services, and outpatient psychiatry referral services, and Dayspring, an inpatient chemical dependency treatment unit. www.intermountainhealthcare.org
McKay-Dee Hospital 4401 Harrison Boulevard Ogden, UT 84403 801-387-2800	McKay-Dee has several behavioral health programs for children, adolescents, and adults. Some of the programs are designed for inpatient care, outpatient care, or counseling services. www.intermountainhealthcare.org
McKay-Dee Behavioral Health Clinic 3903 Harrison Blvd #300, Ogden, UT 84403 (801) 387-5600	McKay Dee Behavioral Health Clinic provides high-quality and compassionate behavioral health care close to home. Our doctors specialize in mental health services including Bipolar, Depression, PTSD, and more. www.intermountainhealthcare.org

Hospitals & Medical Clinics

Midtown Community Health Center 22 South State Street, Suite 1007 Clearfield, UT 84015 801-393-5355	Counseling and prescription services are offered at multiple Midtown locations. Services are available in English and Spanish. Payment options: Private Insurance, Medicaid, Medicare, and sliding scale fee for uninsured patients. www.midtownchc.org
Ogden Clinic - Davis Family Physicians 3225 W. Gordon Ave #1 Layton, UT 84041 801-397-6150 D. Carl Christensen Christopher Davis, DO Lane Heder Lisa Stephens, PA-C	Ogden Clinic specializes in giving babies, kids, and adolescents the most thorough pediatric care close to home. www.ogdenclinic.com
Ogden Clinic - Grandview 3485 W. 5200 S. Roy, UT 84067 801-475-3900 Kelly Amann, DO Rod Grogan Jeff Ryan, PA-C Kayleen Wilson	Ogden Clinic specializes in giving babies, kids, and adolescents the most thorough pediatric care close to home. www.ogdenclinic.com
Rocky Mountain Wellness Center 780 S. 2000 W., Building A Suite 101 Syracuse, UT 84075 801-683-9553 Dr. Green	Rocky Mountain Wellness Center specializes in Neurofeedback Therapy for the alleviation of symptoms such as anxiety, depression, insomnia, panic attacks, difficulty focusing, headaches etc. www.myutahwellness.com
Tanner Clinic 2121 N.1700 W. Layton, UT 84041 801-773-4840	Provides pediatric (infant, children, and adolescent) behavioral healthcare. www.tannerclinic.com
Utah Addiction Medicine and Counseling 440 South Medical Drive Bountiful, UT 84010 801-294-8288	Counseling and treatment for substance abuse disorders. Serves ages 18+. www.utahamc.com
Westside Medical 1477 N. 2000 W., Ste. C Clinton, UT 84015 801-774-8888 Dr. Samantha Bostrom Dr. Tyler Dixon, D.O. Ronald G. Drescher (Gary), PA-C Dr. Eric Hogan, D.O Dr. Mark Jorgensen, M.D. Cassandra Kimball, PA-C	Westside Medical Family Practice provides Davis and Weber County with the best family medical services. Our mission is to help your entire family. With our friendly and caring doctors and staff, we provide urgent care and preventative medical care. www.westsidemedical.org
Westside Pediatrics 1407 North 2000 West, Suite B Clinton, UT 84015 801-614-5555	Westside Pediatrics is a pediatric clinic located in Clinton Utah. We have board certified providers who are dedicated to quality and compassionate care. We take all insurances, walk-ins, and same day appointments. We specialize in newborn care, behavioral health such as ADHD, depression, anxiety, and adolescent care. www.facebook.com/westsidepediatric/

Mental Health Counseling & Substance Abuse Services

All Things Anxiety– Jeff Gregson 1371 North 1075 West Farmington, UT 84025 801-529-2334 jeffgregsontherapy@me.com www.allthingsanxiety.com	Services: Jeff Gregson is a private practice clinical mental health counselor who specializes in the treatment of anxiety and depression. Average Cost: \$125 per session Payment Type: Cash/self-payment, or BCBS, Bishop pay, and some sliding scale fees. Age Group: Children to Seniors
Sally M. Anderson 163 West 575 South Layton, UT 84041 801-943-3353 sgplus14@msn.com	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Sally M. Anderson, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment, or private insurance Age Group: Children to young adults
APD Counseling 447 North 300 West, Suite 4 Kaysville, UT 84037 801-991-0628 stevenpritt@gmail.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders and trauma/abuse. Visit the APD Counseling Facebook page to learn more about the specific services available. Office Hours: Mon: 7am-4pm Wed: 7am-4pm Thur: 7am-10pm Fri: 7am-6pm Average Cost: \$51-75 per session Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income) Age Group: Children to seniors
Arrowhead Stables 897 South Angel Street Layton, UT 84041 801-368-7077 www.arrowheadtherapyhorses.com	Services: Arrowhead Stables offers equine-assisted therapy in Layton. Equine-assisted therapy can be effective for those struggling with anxiety, depression, substance abuse, trauma, and autism. They offer both individual and group sessions for children and adults. Non-therapeutic horsemanship lessons are also offered. Office Hours: Monday-Friday 9am-6pm Saturday 9am-5pm Payment Type: Cash/self-payment, private insurance, or Medicaid Age Group: Children to seniors
Aspire: A Network of Independent Counseling Professionals 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireUT.com	Services: Aspire provides a broad range of treatment options for clients of all ages. Individual, family, play, and marriage/couple therapy options are available. To learn about the various services Aspire Counseling provides visit their website. Office Hours: Varies depending on the provider Languages: English and Spanish Average Cost: \$100-150 per session Payment Type: Cash/self-payment, most major insurances Age Group: Children to seniors
Assent Clinical Consultation and Psychotherapy 107 North Main Street Bountiful, UT 84010 801-244-5166 https://therapists.psychologytoday.com	Services: While specializing in addictions and trauma related counseling, I am an accomplished therapist who has a solidified expertise in individual, couples, and family therapies. With extensive knowledge relative to addictions trauma (PTSD), depression/anxiety, and related family issues, I additionally offer regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug testing is available upon request. Therapeutic applications empathetically consider associated spiritual decompensation, emotion dysregulation, and resulting stress for both the individual and family. My experience working in the addictions field includes referral and therapies experience at top rated facilities. Participation in interventions across the American continent as well. Average Cost: \$60-150 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors

Mental Health Counseling & Substance Abuse Services

Bountiful Health Center 415 Medical Drive, Suite C100 Bountiful, UT 84010 801-292-2389 www.craigberthold.com info@craigberthold.com	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. Visit their website to learn more. Average Cost: \$126-150 per session Payment Type: Cash/self-payment, or private insurance Age Group: Adolescents to seniors
Scott W. Boyle PhD 1466 North Highway 89, Suite 230 Farmington, UT 84025 801-390-7007 www.therapists.psychologytoday.com swboyle@hotmail.com	Services: Dr. Boyle has over 20 years of experience in the field of mental health and counseling. He works with individuals, couples, and families at both the inpatient and outpatient levels of treatment as they seek to improve the quality of their personal as well as interpersonal lives. To learn more about the specific services Dr. Boyle offers, visit his Psychology Today profile at the link provided. Average Cost: \$46-100 per session Payment Type: Cash/self-payment, Medicaid, or private insurance Age Groups: Adolescents to seniors
Center for Growth and Potential 1785 East 1450 South, Suite 360 Clearfield, UT 84015 801-773-0535 www.centerforgrowthandpotential.com centerforgrowthandpotential@gmail.com	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about the Center for Growth and Potential, please visit the link provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance Age Groups: Children to seniors
Changes Individual and Relational Therapy 240 North East Promontory, Suite 214 Farmington, UT 84025 801-543-2120 www.emilharker.com emilharker@gmail.com	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, pornography addiction, affair, infidelity, marriage, and communication. To learn more about the Changes Individual and Relational Therapy, please visit the link provided. Average Cost: \$150+ per session Payment Type: Cash/self-payment Age Groups: Adolescents to seniors
Austin M. Chiles PhD 118 East 2200 South Kaysville, UT 84037 801-721-7878 psycheemann@yahoo.com	Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Austin M Chiles PhD, please use the contact information provided. Languages: English and Spanish Average Cost: \$51-75 per session Payment Type: Cash/self-payment, Medicare, or private insurance (sliding scale fee for low income)
Davis Behavioral Health 934 South Main Street, Suite 6 Layton, UT 84041 801-773-7060 www.dbhutah.org	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorder, and trauma/abuse. To learn more about Davis Behavioral Health, please use the contact information provided. Languages: English, Spanish, and translators are available Average Cost: \$0-25 per session Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income) Age Groups: Children to seniors
Davis Community Learning Center 210 East Center Street Clearfield, UT 84015 801-402-8395 www.davis.k12.ut.us/Domain/8677 worme@dsdmail.net	Limited Services: Must be referred by school principal/counselor. Only available at selected elementary schools. (List changes dependent on current grants.) Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about the Davis Community Learning Center please use the contact information provided. Languages: English and Spanish Payment Type: Medicaid, Medicare, private insurance, or free (sliding scale fee for low income) Age Group: Children to seniors

Mental Health Counseling & Substance Abuse Services

Davis School District 70 East 100 North Farmington, UT 84025 801-402-5160 www.davis.k12.ut.us	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about the Davis School District services, please visit the link provided. Languages: English and Spanish Average Cost: Not Applicable Age Groups: Children to adolescents
Elevations Residential Treatment Center 2650 West 2700 South Syracuse, UT 84075 801-773-0200 www.elevationsrtc.com lburt@elevationsrtc.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about the Elevations Residential Treatment Center, please use the contact information provided. Average Cost: \$0-25 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents
Empowerment Counseling 466 North Main Street, Suite 210 Clearfield, UT 84015 801-603-2547 www.empowermentcounselingservices.com info@empowermentcounselingservices.com	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Empowerment Counseling, please use the contact information provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment, private insurance or Medicaid (sliding scale fee for low income) Age Group: Children to seniors
Expansive Health Services 1576 South 500 West Bountiful, UT 84010 801-309-8837 www.expansivehealthservices.com michaelsboucklcs@gmail.com	Services: Diagnostic evaluation, treatment planning, individual, couples, family therapy, mood disorders, adolescents, and integrative health. To learn more about Expansive Health Services, please use the contact information provided. Office Hours: Mon: 8am-5pm Tues 5am-9pm Fri: 8am-5pm Average Cost: \$150 for evaluation and \$125 per session Payment Type: Cash/self-payment and church organization Age Group: Adolescents to seniors
Family Counseling Services of Northern Utah 3518 Washington Blvd. Ogden, UT 84403 Phone: 801-399-1600 www.fcshealing.org	Services: Psychological disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about Family Counseling Service, please use the contact information provided. Office Hours: Weekdays by appointment Languages: English and Spanish Average Cost: \$15-75 per session Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) Age Group: Children to seniors
Grandview Family Counseling 1576 South 500 West, Suite 202 Bountiful, Utah 84010 801-406-9002 grandviewfamilycounseling.com	Services: Grandview Family Counseling employs a group of mental health clinicians committed to provide best practice and evidence-based services to children, adolescents and adults. Our specialties include: play therapy, trauma, abuse, grief, anxiety, depression, ADHD, behavioral issues, couples therapy, addiction and life adjustments. We have a linkage agreement with the Children's Justice Center to provide counseling to children and their caregivers who have experienced, abuse, trauma and grief associated with traumatic death. Age Group: Children to adults Insurances Accepted: Select Health, Blue Cross/Blue Shiel, DMBA, EMI, AETNA, Unite Behavioral Health, CIGNA, WISE, crime victim reparations, clergy pay

Mental Health Counseling & Substance Abuse Services

Innovate Mental Health Solutions 2363 North Hill Field Road, Suite 7 Layton, UT 84041 801-525-4645 www.dwighthurst.com dwighthurst@gmail.com	Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Innovate Mental Health Solutions, please use the contact information provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) Age Group: Children to seniors
Insight Therapeutic Services 291 South 200 West Farmington, UT 84025 801-309-8241 www.insightcourage.com daniel@insightcourage.com	Services: Mood disorders, anxiety disorders, grief and loss, and marriage and couples. To learn more about Insight Therapeutic Services, please use the contact information provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance Age Group: Adolescents to seniors
Julander ISP-Katie Julander 1133 North Main, Suite 127 Layton, UT 84041 385-298-7185 julanderisp@gmail.com	Services: Specializes in treatment for trauma and with military families. Average Cost: \$135 per session Payment Type: Cash/self-payment, Blue Cross Blue Shield, Select Health, Tricare, Molina, EMI, and United Health Care Age Group: 16 and up
JWH Thrive Inc. 2363 North Hill Field Road, Suite 5 Layton, UT 84041 801-525-4645 www.aspireut.com aspirecounselingservices@gmail.com	Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse, sexual addiction/compulsion, anger, and infidelity. To learn more about JWH Thrive Inc., please use the contact information provided. Languages: English and Spanish Average Cost: \$101-125 per session Payment Type: Cash/self-payment or private insurance Age Group: Adolescents to seniors
Kay Psychology and Consulting Services 1601 North Hill Field Road, Suite 201 Layton, UT 84041 801-776-1303 www.kaypsych.com steven@kaypsych.com teri@kaypsych.com	Services: Mood disorders, anxiety disorders, personality disorders, ADHD, psychological evaluations, and executive coaching. To learn more about Kay Psychology and Consulting Services, please use the contact information provided. Average Cost: \$100 per session Payment Type: Cash/self-payment, Medicare, or private insurance Age Group: Children to adults
LDS Family Services 94 Pages Lane, Suite B Centerville, UT 84014 801-294-0578 930 West Hill Field Road, Suite A Layton, UT 84041 801-336-3040 www.providentliving.org/lds-family-services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LDS Family Services, please use the contact information provided. Languages: English and Spanish Average Cost: \$0-80 per session Payment Type: Cash/self-payment, private insurance, or church organization Age Group: Adolescents to adults
LeafCrest Counseling 506 South Main Street, Suite 100 Bountiful, UT 84010 801-510-6864 www.leafcrestcounseling.com maryanne@leafcrestcounseling.com	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LeafCrest Counseling, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income) Age Group: Children to adults

Mental Health Counseling & Substance Abuse Services

Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	Services: Mood disorders, anxiety disorders, sexual addiction recovery, personality disorders, and trauma/abuse. To learn more about Life Changing Services, please use the contact information provided. Languages: English and Spanish Average Cost: Different fees based on program counselor Payment Type: Cash/self-payment or church organization Age Group: Children to seniors
LifeLine for Youth 1130 West Center Street North Salt Lake, UT 84054 855-968-8443 www.lifelineutah.com	Services: LifeLine for Youth is a family focused, residential treatment program that creates positive change using an evidence based, therapeutic community model and is strongly supported by empirical research. A multi-disciplinary team approach integrates education, individualized treatment planning, individual, group, and family therapy, health and nutrition, recreational activities, and a structured aftercare/transition program. LifeLine is a research based proven alternative to other popular approaches like teen boot camps, therapeutic boarding schools for teens, or troubled youth wilderness programs. Payment Type: Cash/self-payment or private insurance Age Group: Teens 13-18
Murdock Counseling Services 503 West 2600 South, Suite 200 Bountiful, UT 84010 801-300-1735 www.murdockcounseling.com	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors
Negrette Counseling Services 475 North 300 West, Suite 14 Kaysville, UT 84037 801-390-3210 michael_negrette_lmft@yahoo.com	Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and trauma/abuse. To learn more about Negrette Counseling Services, please use the contact information provided. Languages: English and Portuguese Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income) Age Group: Children to seniors
Neurobehavioral Center for Growth 415 South Medical Drive, Suite D101 Bountiful, UT 84010 327 West Gordon Avenue, Suite 2 Layton, UT 84041 801-683-1062 www.neurobcg.com jennifer@neurobcg.com	Services: The Neurobehavioral Center for Growth offers services focused on fostering each child, teen, or young adult's development. The underlying belief being that despite weaknesses in the structure or chemistry of the brain, with the right diagnosis paired with the effective psychological and behavioral treatments including identification of unique strengths every person can achieve their full potential. To learn more about the Neurobehavioral Center for Growth, please use the contact information provided. Average Cost: \$95 per session Payment Type: Cash/self-payment, Medicaid, Medicare, or private insurance Age Group: Children to young adults
Neurofeedback and Counseling of Utah 129 S State St, STE 250 Clearfield, UT 84015 801-855-7999 ntcutah.com info@ntcutah.com	Services: Our center helps children, teenagers and adults decrease behavior problems caused by trauma, ADHD, anxiety, depression, and mood disorders. Our brain-based program combines neurofeedback, counseling, and sensory integration to help improve the lives of children and their parents. Using the latest in neuroscience, we help our clients balance emotions, improve behavior, increase focus, and decrease anxiety. Free consultations. Average Cost: \$100-130 per session Payment Type: Cash/self-payment, Aetna, Blue Cross Blue Shield, Cigna, United Behavior Mental Health, Medicaid for foster care/post-adoption

Mental Health Counseling & Substance Abuse Services

Neuropsychology Center of Utah 1407 North 2000 West, Suite A Clinton, UT 84015 801-614-5866 npcu.net adam@npcu.net	Services: To learn about the services provided by Neuropsychology Center of Utah, please visit our website. Languages: English and Spanish Average Cost: \$76-100 per session Payment Type: Cash/self-payment, Medicaid, or private insurance Age Group: Children to seniors
New Directions Counseling Service 31 West Center Street Kaysville, UT 84037 801-660-5557 www.newdirectionsforyou.com officemanager.marsh@gmail.com	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Directions Counseling Service, please use the contact information provided. Languages: English and Spanish Average Cost: \$76-100 per session Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income) Age Group: Children to seniors
New Vision Counseling Services 475 North 300 West, Suite 14 Kaysville, UT 84037 801-690-3502 gmason84041@msn.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Visions Counseling Services, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income)
Northern Utah Counseling Services 49 East 200 South Clearfield, UT 84015 801-779-0095 www.nucounseling.com northernutahcounseling@msn.com	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Northern Utah Counseling Services, please use the contact information provided. Office Hours: Tuesdays, Wednesdays, and Thursdays Languages: English and Spanish Average Cost: \$0-80 per session Payment Type: Cash/self-payment, private insurance, or church organization Age Group: Adolescents to adults
The OCD & Anxiety Treatment Center 1459 North Main Street, Suite 100 Bountiful, UT 84010 801-298-2000 admissions@itherapycenter.com www.theocdandanxietytreatmentcenter.com	Services: Outpatient OCD and Anxiety treatment. Average Cost: \$350 per week on average for intensive outpatient program Payment Type: Cash/self-payment, private insurance, or church organization. Will work to customize financials. Age Group: Children to seniors
Open Doors (Formerly known as Family Connection Center) 1360 East 1450 South Clearfield, UT 84015 801-773-0712 130 East 100 North Bountiful, UT 84010 801-773-0712 875 East Highway 193 Layton, UT 84040 801-771-4642 www.utahfcc.org	Limited Services for Clients of Open Doors: Mood disorders, anxiety disorders, and trauma/abuse. To learn more about the Family Connection Center, please use the contact information provided. Average Cost: \$0-25 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Children to seniors

Mental Health Counseling & Substance Abuse Services

Resilient Solutions Inc. 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 www.resilientsolutionsinc.com	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Resilient Solutions Inc., please use the contact information provided. Languages: English and Swedish Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance Age Group: Adolescents to seniors
Resolutions Inc. 70 North State Street, Suite 103 Bountiful, UT 84010 801-298-5222 ext1 www.resolutionsutah.com kathie@resolutionsutah.com	Services: Assessments, individual, couples, and family therapy, anxiety disorders, relationship problems, stress, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/abuse, grief, and addiction. To learn more about Resolutions Inc., please use the contact information provided. Office Hours: Mon-Sat: 10am-9pm Languages: English and Spanish Average Cost: \$50-100 per session Payment Type: Cash/self-payment, private insurance, church organizations, and other assistance services. Call Resolutions Inc. for more information. Age Group: Children to seniors
Rocky Mountain Mental Health 1492 West Antelope Drive, Suite 205 Layton, UT 8040 801-643-5225 www.rockymountainmentalhealth.com rockymountainmentalhealth@gmail.com	Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Rocky Mountain Mental Health, please use the contact information provided. Languages: English and Polish Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to young adults
Solstice Residential Treatment Center 1904 West Gordon Avenue Layton, UT 84041 801-444-0794 www.solsticertc.com jenn@solsticertc.com	Services: With a strong emphasis on family therapy based intervention, nutrition, and physical fitness, and the supportive provision of cutting edge academics, substance abuse/addiction therapy, equine therapy, and psychiatric services. Solstice sets the stage for the infusion of light into the previously darkened lives of the families we serve. Solstice provides treatment for girls between the ages of 14 and 18. Solstice specializes in the provision of gender specific treatment for female adolescents who struggle with a variety of presenting problems, such as: depression, anxiety, addiction and substance abuse, eating disorders, self-harm, ADD/ADHD, trauma and loss, adoption and attachment issues, family conflict, academic problems, and processing difficulties. Age Group: Adolescents to adults
Solutions Counseling 780 South 2000 West, Suite A102 Syracuse, UT 84075 801-425-1970 www.solutionscounseling.us info@solutionscounseling.us	Services: At Solutions Counseling, our goal is to help you ACHIEVE a feeling and recognition of SUCCESS by identifying solutions beginning from our first contact. We focus on enduring solutions to your problems so you can become an agent of change. We will focus on difficulties that will enable you to move forward in your life in powerful ways. We will also focus on the solutions to those difficulties. Staying stuck, or focused only on the problem will benefit no one. We will help you identify any underlying thinking errors. These are often associate with undesirable feelings, actions, relationship difficulties, and behaviors. Age Group: Children to seniors
South Counseling 1459 N. Main St. Bountiful, UT 84010 385-208-1509 www.southcounseling.com	Services: Offering a low-cost affordable therapy program for individuals, couples, and families. As a certified clinical social worker, I'm here to help individuals with challenges they face and living life in meaningful ways. I create a safe place of trust, a place where the one can open up and address their most sensitive and difficult challenges. Cost: sessions start at \$40

Mental Health Counseling & Substance Abuse Services

Swinton & Associates Counseling 499 South 100 West Bountiful, UT 84010 801-653-9637 www.swintoncounseling.com	Services: Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, & trauma/EMDR Office Hours: Tues: 9:30am-11:30am; 5pm-9pm Wed: 7am-11am; 5pm-8pm Thur: 9am-4pm Fri: 8am-4pm Sat: 10am-5pm Average Cost: \$125-225 per session Payment Type: Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid up front) Age Group: Children to adults
Tanner Clinic Neuropsychology– Dr. Ben Christiansen 2121 North 1700 West Layton, UT 84041 801-773-4840 www.tannerclinic.com Ben.christiansen@tannerclinic.com	Services: Neuropsychological assessments (ADHD, TBIs, MS, Dementia, Cancer, Epilepsy, and degenerative disorders). Average Cost: \$400 with insurance, \$1,800 without insurance Payment Type: Cash/self-payment, church organizations, or private insurance Age Group: Children to seniors
The Counseling Center 386 North Main Street Centerville, UT 84014 801-298-2000 thecounselingcenter.co	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about The Counseling Center, please use the contact information provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment, or private insurance (sliding scale fee for low income) Age Group: Children to seniors
Titensor Enterprises 2205 South 800 West Woods Cross, UT 84087 801298-0336 stitensor@comcast.net	Services: Mood disorders, anxiety disorders, and substance abuse. To learn more about Titensor Enterprises, please use the contact information provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance: Altius/MH Net, Regence BC/BS, Ceridian/Lifeworks, Military One Source, Tricare, Beacon/Value Options, Wise Provider Network. Age Group: Adolescents to seniors
Touchstone Child and Family Therapy Center 1650 West Gentile Street Layton, UT 84041 801-485-8051 www.touchstonetherapyinc.com rdeperizio@msn.com	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, personality disorders, trauma/abuse, and attachment issues. To learn more about Touchstone Child and Family Center, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Children to seniors
Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about Utah Counseling Services, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors
Viewpoint Residential Treatment Center 2732 West 2700 South Syracuse, UT 84015 855-290-9682 www.viewpointcenter.com rnelson@viewpointcenter.com	Services: Viewpoint Residential Treatment Center offers comprehensive behavioral and psychological assessments and intensive therapy to teens ages 12-18 who would benefit from a highly structured therapeutic setting. In addition to a broad therapeutic regimen that includes individual, group, and family therapy, teens are provided individual tutoring to ensure educational success. Age Group: Teens age 12-18

Mental Health Counseling & Substance Abuse Services

Wasatch Family Therapy 405 South 100 West Bountiful, UT 84010 801-944-4555 www.wasatchfamilytherapy.com info@wasatchfamilytherapy.com	Services: Our mission is to provide compassionate, confidential, and professional therapy services for individuals, couples, and families improve their relationships and mental health. Office Hours: Mon-Sat: 8am-9pm Payment Type: Cash/self-payment or church organization Age Group: Children to seniors
John Waterbury, NCC, LPC 52 Boulton Way Bountiful, UT 84010 801-298-2334 johnwaterbury@email.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse. To learn more about John Waterbury, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors
Wiconi Counseling Center 1133 North Main, Suite 128 Layton, UT 84041 801-541-7049 wiconicc@gmail.com wiconicc.com	Services: LGBTQ population Average Cost: \$80 per session without insurance Payment Type: Cash/self-payment, private insurance, or church organizations Age Group: Youth to seniors
Youth Health Associates 430 East 450 South Clearfield, UT 84015 801-776-3305 brian@yhautah.com	Services: Youth Health Associates is committed to the welfare and growth of the clients we serve and to the safety of the community. We are a clinically driven program motivated by both the Restorative Justice Model and by the standards of treatment and practice put forth by the Networks on Juveniles Offending Sexually (NOJOS). Decisions affecting clients are treatment oriented to ensure appropriate judgement and client growth. Age Group: Youth

Support Groups

Youth Groups

Body Image/Eating Disorder Group <i>Aspire Counseling Services</i> 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireut.com Facilitated by Dori Pye, CMHC	Topics of the group include body image issues, eating disorders, disordered eating behaviors, urge management, coping with different food environments, education about disorders, and medical complications. When: Typically the last Thursday of every month at 6:30pm. Call to confirm Fee: \$40 per session Issues: Eating disorders and body image issues Age: Adolescents (11-17)
Covert Introvert <i>Jeff Gregson Therapy Services</i> 1371 North 1075 West, Suite 5 Farmington, UT 84025 801-477-4927 www.covertintrovert.com Facilitated by Jeff Gregson, LPC	Helping introverts who have social anxiety overcome their fears! Many introverts blame their paralysis in social situations on their personality. Crippling fear is social anxiety and can be overcome! Learn to fight your fear and utilize being an introvert for success. In this 6 week course you'll gain an understanding of your "enemy." Learn tactics to catch, challenge, and change your limiting beliefs. You will learn that being an introvert is a strength, and will enable you to overcome fear. Group is limited to 10 people and includes an individual session and text coaching. When: See website for meeting times and locations Fee: \$45 per session
Daughters of Light 1371 North 1075 West, Suite 2 Farmington, UT 84025 801-726-2568 www.lifechangingservices.org/daughtersoflight Facilitated by Mindy Lundgreen	Daughters of Light is a therapeutic program that teaches adolescent girls ages 12 and older how to overcome the adversity and the personal stumbling blocks that prevent self-worth and life progression. Skills are taught which enhance self mastery. The program addresses anxiety, low self-worth and lack of motivation. Also those who struggle with addictive issues including self-harming, pornography, or sexual misconduct and more. Positive peer support in an emotionally safe environment, is provided to encourage growth and deeper insight giving understanding and motivation for better choices. When: See website for meeting times and locations Fee: \$150 intake, \$50 per session, \$25 per coaching session Issues: Anxiety, coping skills, self-esteem, sexual addiction
Sons of Helaman <i>Life Changing Services</i> 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org/sonsofhelaman Facilitated by Cody L. Hawes, LCSW, Maurice Harker, CMHC, Dave Jensen, CMHC, Markham McReynolds, LAMFT, with other therapists in other Davis County locations	The Sons of Helaman group works with young men to adult males who are dealing with addictions to pornography, masturbation, and video games. This group allows a young man to decrease his shame by knowing he is not alone in this battle. It increases his confidence to fight the addiction through behavior modification and accountability. When: See website for meeting times and locations Fee: \$125 intake session and books, \$50 per session, \$25 per coaching session Issues: Coping skills and sexual addiction
Sons of Mosiah <i>Life Changing Services</i> 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	The Sons of Mosiah program is for missionaries in-field, preparing missionaries, and missionaries released early. Participation online through email groups, a certified on-line coach, and overseen by a licensed clinician. When: One email each week for missionaries to respond to Fee: \$20 per week Issues: Coping skills and sexual addiction
Succeeding at Life Skills: Social Skills Group <i>Aspire Counseling Services</i> 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.dwighthurst.com/social-skills Facilitated by Dwight Hurst, CMHC	This weekly group focuses on life and social skills for young people who are struggling with social interaction, autism spectrum disorders or symptoms, and social or group expectations. The group specifically addresses self care, social efficiency, confidence and strength building, and self advocacy. When: Every Wednesday from 5:00pm-6:00pm. Call to sign up. Fee: \$35 per session (some insurances accepted-call for details) Issues: Self care, social efficiency, confidence and strength building, and self advocacy

Support Groups

Family Groups

Anxiety (Covert Introvert)-Parents of Youth with Anxiety Jeff Gregson 1371 North 1075 West, Suite 5 Farmington, UT 84025 801-477-4927	Understanding your child’s anxiety. Is your child experiencing anxiety, panic attacks, phobias, OCD, social anxiety? Arming parents with the right tools and knowledge can be all it takes to help the child. Join us and realize there is answers and there is help. Fee: \$25 a class
Big MAKs: Moms with Autistic Kids www.utahmaks.blogspot.com	Big MAKs is a group of "Moms with Autistic Kids" who rally around each other for encouragement and laughter. MAKs is not a support group- But you will find support from others who "get it." After all, we are only as strong as our hairspray, our diet coke, and our friends! Fee: Free Contact: We can add you to our area email list to receive additional information about autism events. Email Laura at lauraanderson@comcast.net
CHADD: Support group for Attention Deficit Disorder <i>Elevation Church</i> 375 South State Street Clearfield, UT 84015 801-529-3661 www.chadd.org	Davis County branch of the CHADD of Utah chapter of offering a support group for parents of children with ADHD. Educators are also invited to attend. In each meeting a different professional speaker will share their knowledge, free of charge! When: First Thursday of each month at 7:00pm (no meetings June, July, or August) Fee: Free
Easy 2 Love Support Group: Support for families raising children with special needs <i>Lil' Flippers Gymnastics</i> 1246 Flint Meadows, Suite 102 Kaysville, UT 84037 801-451-6238 www.utaeasy2love.org	To provide a place for parents and family members to meet monthly and share experience, strength, give hope and awareness, to other families who have similar experiences raising children with ASD, ADD/ADHD, SPD, anxiety, and other mental health, developmental, or behavioral struggles. Through sharing in this experience of raising these 'hard to raise' kids, we grow stronger and more resilient. When: 3rd Wednesday of the month from 7:15pm-8:15pm www.facebook.com/e2lsupport/timeline
Families of Autism and Asperger's Standing Together (FAAST) https://www.facebook.com/Families-of-Autism-and-Aspergers-Standing-Together-FAAST-193999220626397/	FAAST is about helping families just like us to have an avenue for support and to spread the awareness for Autism and Asperger's. Join us and help our voice get louder. When: Visit our Facebook page to find out about upcoming events and meetings Fee: Free
Family Education and Process Group <i>Davis Behavioral Health</i> 934 South Main Street Layton, UT 84041 801-773-7060 www.dbhprevention.org/support-groups	A learning experience designed for family members, friends, and loved ones of addicts. The support group will offer insight and understanding regarding the process of addiction; find out how treatment can help the addict; discover what you can do to help the recovery process, learn skills that will assist you in setting boundaries with the addict; get support from others who have suffered through a loved one's addiction; and develop understanding of how the addict's behavior has affected you. When: Visit the website provided to register for a time Fee: Free
Fetal Alcohol Spectrum Disorders (FASD) Support Group <i>Davis Behavioral Health</i> 210 Center Street Clearfield, UT 84015 www.dbhprevention.org/support-groups	IEPs, 504s, and how to request the best accommodations for your child. He will also give information on resources, upcoming events, disability advocacy groups, and transitioning to adulthood. When: Contact Kim King at kbking626@gmail.com to learn more about times Fee: Free

Support Groups

Family Groups

Grandfamilies & Kinship Care <i>Children’s Service Society of Utah (CSS)</i> North Davis Senior Center 42 South State Street Clearfield, UT, 84015 801-425-0939 800-839-7444 cherie@cssutah.org	If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family. Fee: Free
Grief & Loss <i>Resilient Solutions Inc</i> 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 http://www.resilientsolutionsinc.com	Groups including: Mom's group for women who have had a child die, day grief/loss group, evening grief/loss group, group for those who have had someone they love die from suicide, and a group for individuals who have had a spouse die. Contact Becky Andrews, CMHC, to register for a group.
National Alliance on Mental Illness (NAMI), Weber-Davis Weber-Davis Affiliate Office (801) 625-3714 www.namiut.org	Services: Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI classes & services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors

Support Groups

Addiction Groups

Addiction <i>Utah Behavioral Health Solutions</i> 1433 North 1075 West, Suite 120 Farmington, UT 84025 www.groups.psychologytoday.com Facilitated by Eric McCarty, LMFT	Support and education for those struggling with addiction. When: Every Wednesday from 5:30m-7:30pm Fee: \$80-100 per session Issues: Addiction, alcohol abuse, and drug abuse Age: Adults
Aftercare Support Group 107 North Main Street Bountiful, UT 84010 801-477-4968 www.groups.psychologytoday.com Facilitated by William Green, LCSW	Aftercare support for those in early recovery from addictive disorder addictions. Closes with meditation/energy work. When: Every Tuesday from 5:30pm-7:00pm Fee: Contact William Green for the cost of this group Issues: Addiction Age: Adults
Al-Anon <i>Al-Anon Utah:</i> http://utah-alanon.org/	Women, men, and children who were once lonely, lost, and helpless because of someone's drinking, today have courage and confidence in themselves through Al-Anon and Alateen. They have discovered friends who understand, as few others can. They have found the tools to help themselves- which can indirectly help their alcoholic relatives or loved ones. Contentment, and even happiness, is possible whether the alcoholic is still drinking or not. Contact: Email utahweb@utah-alanon.org for more information. Or visit the website listed for meeting times and locations. Issues: Substance Abuse
Alcoholics Anonymous <i>New Backstreet Club:</i> 25 North 200 West Bountiful, UT 84010 www.utahaa.org	Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional. self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. When: Follow the link to find a meeting schedule Issues: Alcohol abuse
Celebrate Recovery Layton <i>Christian Life Center:</i> 2352 East Highway 193 Layton, UT 84041 801-661-6900 www.clclayton.org	Recovery Group for all addictions, hurts habits or hang ups, domestic violence, etc. The program is from Saddleback Church in California from Pastor Rick Warren's church. It is an amazing recovery program, come give it a try! For information please visit the church website. When: Every Thursday from 7:00pm-9:00pm (child care available) Fee: Free Contact: Dawn at 801-661-6900
Outpatient Curriculum Group 107 North Main Street Bountiful, UT 84010 801-477-4968 www.groups.psychologytoday.com Facilitated by William Green, LCSW	Open-outpatient curriculum group: 12-step model orientation. When: Every Saturday from 10:30am-12:00pm Fee: \$50-80 per session Issues: Addiction Age: Adults
Sex Addicts Anonymous www.saa-recovery.org	As a fellowship of recovering addicts, Sex Addicts Anonymous offers a message of hope to anyone who suffers from sex addiction. The basic principles of recovery practices by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA or with any other organization or agency, we are indeed grateful for permission to modify and apply the Steps and Traditions to sex addiction, making recovery possible for us. Fee: Free

Support Groups

Other

RISE <i>Resilient Solutions Inc</i> 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-660-8441 http://www.resilientsolutionsinc.com	Rise is a 24-week group focusing on helping women heal from the emotional trauma of sexual abuse. Some of the topics discussed are: healthy boundaries, fear, anger, intimacy in relationships, guilt, shame, triggers, self nurturing, trust, relaxation and forgiveness. This group has both discussion and experiential elements to encourage optimal work and healing. For details contact, Lisa Bradford, LCSW. Fee: \$40 per group session
Body Image/Eating Disorder Group <i>Aspire Counseling Services</i> 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireut.com Facilitated by Dori Pye, CMHC	Topics of the group include body image issues, eating disorders, disordered eating behaviors, urge management, coping with different food environments, education about disorders, and medical complications. When: Typically the last Wednesday of every month at 6:30pm. Call to confirm Fee: \$40 per session Issues: Eating disorders and body image issues Age: Adults
Continue Mission: No veteran left behind 801-243-2508 www.continuemission.org www.facebook.com/continuemission	Health and wellness for military service members and their families. Coordinate recreational activities, education, and opportunities that further the mission. Suicide prevention and intervention.
Phoenix Service Corporation Caregivers Support <i>Brain Injury Alliance of Utah</i> 1139 South State Street, Suite A1 Clearfield, UT 84015 801-825-48535 www.biau.org/support-groups	The Brain Injury Alliance of Utah, formerly known as the Brain Injury Association of Utah, was created in 1984 as a 501 non-profit organization. This alliance is the only non-profit organization dedicated exclusively to education and support for the issues of prevention and recovery of brain injury in the state of Utah. When: Call for a schedule Fee: Free

Trainings & Classes

Alcohol and Drug Intervention (ADI) <i>Davis Behavioral Health</i> Angie Smith 801-773-7060 www.dbhprevention.com/substance-abuse	<p>This class is for adults 18 years and older. Participants in the program learn about the adverse effects of alcohol and other drug use. Instructors challenge the common beliefs and attitudes that contribute to high risk alcohol and other drug abuse.</p> <p>When: Visit the website provided to register for a time</p> <p>Fee: \$150</p> <p>Issues: Substance Abuse</p>
Anger Management <i>Davis Behavioral Health</i> 934 South Main Street Layton, UT 84041 Angie Smith 801-773-7060 www.dbhprevention.org/mental-and-emotional-health	<p>Participants will learn skills in communications, effective listening strategies, conflict resolution, stress management, judgement and impulse control, anger management, empathy and emotional awareness, expectations management forgiveness, and much more. Classes available for youth, teen, adult women, and adult men.</p> <p>When: Visit the website provided to register the appropriate class and time</p> <p>Fee: Free</p> <p>Issues: Anger management</p>
Bear Canyon Press, LLC Andy Hogan 8019107008 andy@bearcanyonpress.com www.bearcanyonpress.com	<p>Through books, videos, and speaking engagements, therapist and author, Andrew S. Hogan (Andy), hopes to lighten your load, or brighten your road in some way.</p> <p>Languages: English & Mandarin</p>
Connect <i>Davis Behavioral Health</i> www.dbhprevention.org/trainings	<p>Connect is a training for professionals and communities to prepare them to respond to a suicide attempt or death, in a manner that will promote healing and reduce risk for affected community members.</p> <p>When: Visit the website provided to register for a time</p> <p>Issues: Suicide prevention</p>
Fearless Marriage <i>Davis Behavioral Health</i> Angie Smith 801-773-7060 www.dbhprevention.org/relationships	<p>A four-week program for couples who want to enhance their relationship! Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship.</p> <p>When: Visit the website provided to register for a time</p> <p>Issues: Marriage</p>
Guiding Good Choices <i>Davis Behavioral Health</i> Angie Smith 801-773-7060 www.dbhprevention.org/parenting	<p>A program for parents of 4th-8th graders. As children evolve from parent-pleasing little ones, to adolescents yearning for independence, testing boundaries, and seeking peer acceptance, this proven effective five-week class offers tips for parents on navigating those challenging years.</p> <p>When: Visit the website provided to register for a time</p> <p>Fee: Free</p> <p>Issues: Parenting Skills</p>
How to Avoid Falling for a Jerk(ette) <i>Davis Behavioral Health</i> www.dbhprevention.org/relationships	<p>Everything singles should know about how to avoid falling for a jerk (or jerkette). Learn how to follow your heart without losing your mind in this fun-filled class.</p> <p>When: Visit the website provided to register for a time</p> <p>Issues: Relationships</p>
Incredible Years <i>Davis Behavioral Health</i> Angie Smith 801-773-7060 www.dbhprevention.org/parenting	<p>A program for parents of children ages 2-8. Parenting can be a difficult experience for both parents and children. For children this is a major transition when they are moving from being dependent to exploring the world around them. It is a time when they test the limits of their environment, finding out what will or will not be tolerated. Learn to guide your children as they go through this stage of transition.</p> <p>Fee: Free</p> <p>Issues: Parenting Skills</p>

Trainings & Classes

Learning to Breathe <i>Davis Behavioral Health</i> 934 South Main Street Layton, UT 84041 Angie Smith 801-773-7060 www.dbhprevention.org/mental-and-emotional-health	Feeling overwhelmed anxious or depressed? Come explore creative approaches to getting at the roots of emotional distress. This class is for youth 13-17. When: Visit the website provided to register for a time Fee: Free Issues: Mindfulness
Love and Logic <i>Davis Behavioral Health</i> Angie Smith 801-773-7060 www.dbhprevention.org/parenting	A program for parents of children ages 6-15. Your child will win because they'll learn to solve their own problems while gaining the confidence they need to meet life's challenges. And you'll win because you'll establish healthy control-without resorting to anger, threats, nagging, or exhausting power struggles. Parenting with love and logic puts the fun back into parenting. Fee: Free Issues: Parenting Skills
Mental Health First Aid <i>Davis Behavioral Health</i> www.dbhprevention.org/trainings	Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis. Issues: Mental health response
Mindfulness Based Stress Reduction <i>Davis Behavioral Health</i> www.dbhprevention.org/mental-and-emotional-health	Stress is a normal part of everyday life. The current amount of physical, mental and social stress many are experiencing in U.S. society, however, is not normal. We practice mindfulness so that we can learn to relate to our stress in a new, healthier way. The practice of mindfulness is a radical shift to embracing and accepting who we are completely, non-judgmentally, with love and compassion. When: Visit the website provided to register for a time Issues: Mindfulness
Mindweather 101 <i>All of Life</i> www.alloflife.org	Laying a foundation for movement towards deep, sustainable recovery in mental health. Explore creative ways to deal with painful thoughts and emotions. A course for those feeling tormented by their own minds. Fee: Free Online Issues: Mindfulness
Prime For Life <i>Davis Behavioral Health</i> www.dbhprevention.org/substance-abuse	This program is for adults 18 years and older. PRIME for Life® is a motivational risk reduction program. It is used most with people who have had a legal or policy violation such as impaired driving, possession, or workplace violation, but it is relevant for everyone. PRIME for Life helps foster attitudes, beliefs, and understanding that helps people reduce risk for any type of alcohol or drug problem. It also creates a unique self-assessment experience to help people be more aware of what they value, what they are risking, and how to protect the things that mean the most in their lives. When: Visit the website provided to register for a time Fee: \$150 for the 5 week session Issues: Substance Abuse
Project Davis <i>Davis Behavioral Health</i> www.dbhprevention.org/families	A program for parents and children 5-12. Project Davis focuses on teaching family members how to create a respectful positive environment that helps build and strengthen relationships. When: Visit the website provided to register for a time Fee: Free Issues: Relationships

Trainings & Classes

QPR <i>Davis Behavioral Health</i> www.dbhprevention.org/trainings	<p>Like CPR, QPR is a simple process that anyone can be trained to use, to help prevent a suicidal act. Participants learn how to recognize the warning signs for someone who may be at risk for suicide, and then get them to appropriate help.</p> <p>When: Visit the website provided to register for a time</p> <p>Fee: Free</p> <p>Issues: Suicide prevention</p>
Raising Anxiety Resilient Children <i>All Things Anxiety</i> 1371 North 1075 West Farmington, UT 84025 801-529-2334 www.allthingsanxiety.com	<p>In this class, you will learn the ABC's of expressing feelings, the basics of changing negative thoughts and you'll understand what anxiety and depression truly are (not the roles they play on TV). You'll also identify your personal thinking distortions which are the main contributors to failure and unhappiness. I'll teach you the skills required to change these negative thoughts and truly help you change thinking and behaviors. Finally, I'll help you get to the core of your behaviors and thoughts. When you finally understand what is fueling your problems and anxiety, then you can truly make lasting change. By giving you this knowledge, you'll be able to teach and apply these principles to your children. Your loved ones will be able to say they received that class on emotional health that you never received yourself. You'll give them the opportunity to become anxiety and depression resistant.</p> <p>When: Thursdays from 7:00-8:30pm</p> <p>Fee: \$25 per class (5 free spots in each class)</p> <p>Issues: Anxiety resilience</p>
safeTALK <i>Davis Behavioral Health</i> www.dbhprevention.org/trainings	<p>safeTALK is a powerful experience. You can expect to feel challenged, empowered, and hopeful. Your safeTALK trainer will demonstrate the importance of suicide alertness and help you identify ways people invite help when they're at risk. safeTALK's steps provide a simple yet effective method to engage with people at risk and connect them with resources that can carry out a full scale intervention. At the end of the training, you'll have a chance to practice these skills firsthand. All in all, you can expect to leave safeTALK with practical knowledge of how to identify someone at risk and link them to life-saving resources.</p> <p>When: Visit the website provided to register for a time</p> <p>Issues: Suicide prevention</p>
Skillful Parenting Class <i>Aspire Counseling Services</i> 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-896-4181 www.aspireut.com	<p>This class is a 2-hour presentation held monthly, based on public interest, designed to aid individuals and couples in becoming the peaceful and intentional parents they want to be.</p> <p>When: Monthly. Call for information and to reserve your spot.</p> <p>Fee: \$30 per person or \$50 per couple</p> <p>Issues: Parenting Skills</p>
Stepfamilies <i>Davis Behavioral Health</i> www.dbhprevention.org/families	<p>For remarried couples, stepfamilies, and cohabitating with children. An educational program focused on issues unique to stepfamily relationships. Topics include: communication, conflict management, ex-spouses, financial issues, parenting non-biological children, plus much more.</p> <p>When: Visit the website provided to register for a time</p> <p>Fee: Free</p> <p>Issues: Stepfamilies</p>
Strengthening Families <i>Davis Behavioral Health</i> Angie Smith 801-773-7060 www.dbhprevention.org/families	<p>A program for parents and youth ages 10 to 14. Do you sometimes worry about your youth's behavior or choices, wonder how they will handle peer pressure, or do you struggle to bond with them? Would you like to improve your family atmosphere or prevent conflict? Then Strengthening Families program can help</p> <p>When: Visit the website provided to register for a time</p> <p>Fee: Free</p>

Trainings & Classes

<p>Within our Reach</p> <p><i>Davis Behavioral Health</i></p> <p>Angie Smith 801-773-7060</p> <p>www.dbhprevention.org/relationships</p>	<p>A three-week program offers a skills-based program with critical, concrete tools that help participants control their own relationship in a way that will lead to more enriching, more satisfying interactions with the people that matter in their lives, with themes that include: knowing yourself first, smart love, and making your own decisions.</p> <p>When: Visit the website provided to register for a time</p> <p>Fee: Free</p>
<p>Youth Mental Health First Aid</p> <p><i>Utah State University Extension</i></p> <p>About the program: aware.usu.edu</p> <p>To register for a class: www.dbhprevention.org/trainings</p>	<p>Youth Mental Health First Aid is a course designed to give participants key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance abuse.</p> <p>When: Visit the website provided to register for a time</p> <p>Issues: Suicide prevention, mental health</p>

Information About Directory

Directory Updates/Corrections

This document is a work in progress. Not all information has been updated this year. Please contact providers to verify hours, costs, services, etc. Providers are welcome to add or remove information about their agency and services at any time. Many of these behavioral health resources are also included in an online county health resource locator found at **davis4health.org**.

If you have a resource you would like added to the directory or need to update your information please contact:
Isa Perry, Community Outreach Planner, Davis County Health Department, 801-525-5212 or isa@daviscountyutah.gov.

Background

In 2013, access to behavioral health services was identified as a top public health improvement priority in Davis County. A community action group was formed to address the issue. They recognized the need to assess mental, emotional, and substance abuse services offered in Davis County. This directory is one effort to improve access to behavioral health services by identifying behavioral health providers and describing services offered.

Those interested in helping to improve access to mental/behavioral health services can join the Davis Behavioral Health Network. To find out more information or to participate in group meetings contact Isa Perry, Davis County Health Department, isa@daviscountyutah.gov, 801-525-5212.

Prepared by

Davis County Health Department
22 South State Street
Clearfield, Utah 84015
www.daviscountyutah.gov/health

