2017

Davis County Mental, Emotional, and Behavioral Health Resource Directory

Davis
COUNTY

Davis County

Mental, Emotional, and Behavioral Health Resources

Table of Contents

Crisis Hotlines 3

Hospitals and Clinics 4

Abuse and Neglect Resources 5

Marriage and Family Services 6

Mental Health Counseling Services

- General Counseling Services 12
- Youth Counseling Services 20

Substance Abuse Services

- General Services 28
- Youth Services 34

Support Groups

- General 40
- Addiction/Substance Abuse 41
- Family 42
- Youth 43
- Women 44
- Men 44
- Seniors 45

Trainings & Classes 46

Domestic Violence Offender Treatment 49

Crisis Hotlines

Adult Protective Services	800-371-7897
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 (24 Hour Suicide Prevention)	801-773-7060
National Center for Missing and 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
Suicide Prevention Lifeline	800-273-8255
Trevor Project (Suicide Prevention)	866-488-7386
Utah Child and 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
Utah Suicide Hotline (24 Hour)	Davis County: 801-625-3599
Victim Services	801-336-3599
Victim Information and Notification Everyday (VINE)	877-884-8463
Veterans Crisis Line	800-273-8255

Hospitals and 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	Pediatric mental health condition services. www.intermountainhealthcare.org
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
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
Midtown Community Health Center 22 South State Street, Suite 107 Clearfield, UT 84015 801-393-5355	Counseling and prescription services are offered at multiple Midtown locations. Services are available in English and Spanish. www.midtownchc.org
Tanner Clinic 2121 North 1700 West 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

Abuse and Neglect Resources

Family Advocacy Office, Hill Air Force Base (Military Affiliates) 7329 Balmer Street, Building 547 Hill Air Force Base, UT 84056 801-777-3497	**Services:** Family Advocacy is here to help you with your family's needs. We offer parenting classes, marriage enrichment classes, stress management, anger management, and other resources to help you and your family!
Family Connection Center **Childcare:** 1360 East 1450 South Clearfield, UT 84015 801-773-0712 **Food Pantry:** 875 East Highway 193 Layton, UT 84040 801-771-4642	**Services:** Provides several programs including emergency child care, parent education, homeless prevention, therapy programs, self reliance programs, transitional housing support, food needs, clothing needs, and rent and utility assistance. **Fees:** Most programs offered are free **Eligibility:** To utilize programs you must reside in Davis or Morgan County. Call to make appointments and for further information
Safe Harbor Crisis Center Business: 801-444-3191 Crisis: 801-444-9161	**Services:** 24 hour hotline, domestic violence shelter, transitional housing, domestic violence outreach, counseling and support groups, rape and sexual assault, and legal advocacy. **Fees:** Most services offered at no expense.
Utah Child and Family Services (24 hour) Abuse Report: 855-323-3237 Bountiful Office: 801-397-7640 Clearfield Office: 801-776-7300	**Services:** Parenting classes, evidence-based home visitation programs, statewide community and school-based education presentations, and support to grandparents raising grandchildren. **Fees:** None
Victim Information and Notification Everyday (VINE) 877-884-8463	**Services:** The Utah Department of Corrections VINE Program allows crime victims, as well as other members of the community, access to inmate information. Access to this data is available by using any touch-tone telephone. By entering the inmate's name or offender number, the caller can find out if the offender is in custody, and if the offender has a release date. If you have difficulty with the name or offender number you may access a live VINE operator or contact the UDC Victim Services Unit for assistance. **Fees:** None
Victim Services, Clearfield City 801-525-2759	**Services:** We assist victims in our community to understand and keep informed about the criminal justice process, help victims access services and keep safe, as well as assisting with filing for a protection order and crime victim reparations when needed. www.clearfieldcity.org
Victim Services, Layton City 437 North Wasatch Drive Layton, UT 84041 801-336-3599	**Services:** We can help with understanding the criminal justice system, identifying helpful community resources, making a claim for restitution, filing a Protective Order (PO) or Civil Stalking Injunction (CSI) for your protection, filing for assistance from Crime Victim Reparations, assisting and accompanying you to court hearings, etc. **Fees:** No cost for assistance provided by the Victim Services Program

Marriage and Family Services

Acord Family Therapy 505 South Main Street, Suite 209 Bountiful, UT 84010 801-918-9058 www.arordtherapy.com Gabby@acordtherapy.com	**Services:** Specializing in individual therapy and marriage and couple counseling in Davis and Salt Lake Counties. To learn about the various services Acord Family Therapy provides, please use the contact information provided. **Payment Type:** Cash/self-payment **Age Group:** Children to seniors
Advanced Health Clinic and Therapeutic Spa 630 Shepard Lane Farmington, UT 84025 801-447-8680 http://www.bryanwilde.com	**Services:** Our commitment to you is to help you re-establish your relationship with yourself and those you care about. Our goal is to help you create a life of meaning. **Office Hours:** Mon-Thur: 9am-5pm **Age Group:** Children to seniors
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
Aspire Counseling Services 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.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 **Average Cost:** $51-100 per session (also depends on the counselor) **Payment Type:** Cash/self-payment, private insurance, or church organization **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
Association for Personal Health 447 North 300 West, Suite 7 Kaysville, UT 84037 801-829-7087	**Services:** I believe the counseling environment should be safe and supportive, a place where clients can explore their issues, examine alternatives, and reach healthful solutions. Clients find it very useful to be able to unburden in a comfortable, confidential, neutral setting. I have worked extensively with martial counseling, women's issues, the treatment of childhood abuse, dissociative disorders, anxiety, depression, parenting, self-esteem, and grief and loss. Trained and certified in EMDR, I have found this to be an extremely useful technique in resolving trauma. Clients have resolved both large and small issues such as sexual trauma, child abuse, and relationship problems. Major change can, at times, be experienced in just a few sessions. **Office Hours:** Mon-Wed: 8am-9pm **Average Cost:** $50 without insurance **Payment Type:** Cash/self-payment or private insurance **Age Group:** Adults

Marriage and Family 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 Group:** Adolescents to seniors
Bridges Family Counseling Services 180 State Street Clearfield, UT 84015 801-217-3523	**Services:** At Bridges we strive to heal lives and restore harmony by teaching individuals and families how to meet their needs in healthy ways. Core Values: The individual is part of a whole. Our clients are the reason for our business. Good therapy touches each facet of life (physical, psychological, and social) Knowledge is the key to resolving issues. No challenge is too big to overcome or too small to address **Age Group:** Children 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 Group:** 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 Group:** Adolescents 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	**Services:** 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
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 michaelsboucklcsw@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

Marriage and Family Services

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	**Services:** 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
Family Counseling Services of Northern Utah 22 South State Street Clearfield, UT 84015 801-525-4930 www.fcshealing.org fcscurtwatson@gmail.com	**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:** Tuesdays, Wednesdays, and Thursdays **Languages:** English and Spanish **Average Cost:** $5-50 per session **Payment Type:** Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) **Age Group:** Children to seniors
Innovate Mental Health Solutions 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-425-3628 www.dwighthurst.com dwighthurst@gmail.com	**Services:** Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Innovative 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
JWH Thrive Inc. 2363 North Hill Field Road, Suites 5 and 7 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

Marriage and Family Services

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
Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	**Services:** Mood disorders, anxiety disorders, substance abuse, 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
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
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
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. **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

Marriage and Family 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
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
Swinton & Associates Counseling 379 West 500 South Bountiful, UT 84010 801-653-9637 www.swintoncounseling.com	**Services:** Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, and trauma/ EMDR **Office Hours:** Tues: 5pm-9pm Wed 5pm-9pm Thur: 9am-4pm Fri: 8am-4pm **Average Cost:** $120-240 per session **Payment Type:** Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid upfront) **Age Group:** Children to adults
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 **Age Group:** Adolescents to seniors

Marriage and Family Services

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 Behavioral Health Solutions 1433 North 1075 West, Suite 120 Farmington, UT 84025 801-447-2441 www.utahbehavioral.com utbehavioral@hotmail.com	**Services:** I am a Licensed Family Therapist in the state of Utah as well as a board certified Clinical Chaplain and board certified Pastoral Counselor. As a board certified chaplain and pastoral counselor, I am trained to assist people of all backgrounds (not just religious folks) deal with issues of grief and loss. As a Licensed Family Therapist I am trained to work with individuals and families. My education is different than a counselor or social worker in that I am trained to focus on the internal cognitive and emotional process of patients as well the relational, interactional process within family systems. **Office Hours:** Sun: 1pm-3pm Mon-Fri: 8am-9pm Sat: 8am-1pm **Payment Type:** Cash/self-payment or private insurance **Age Group:** Adults to seniors
Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com heather@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
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

Mental Health Counseling Services

General Counseling Services

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
Advanced Health Clinic and Therapeutic Spa 630 Shepard Lane Farmington, UT 84025 801-447-8680 http://www.bryanwilde.com	**Services:** Our commitment to you is to help you re-establish your relationship with yourself and those you care about. Our goal is to help you create a life of meaning. **Office Hours:** Mon-Thur: 9am-5pm **Age Group:** Children to seniors
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 Counseling Services 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.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 **Average Cost:** $51-100 per session (also depends on the counselor) **Payment Type:** Cash/self-payment, private insurance, or church organization **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 Services

General Counseling 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 Group:** 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 Group:** 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 Group:** 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)
David Newbold PhD and Associates 370 South 500 East, Suite 180 Clearfield, UT 84015 801-776-1954	**Services:** Mood disorder, anxiety disorder and PTSD. To learn more about David Newbold PhD and Associates, please use the contact information provided. **Average Cost:** $76-100 per session **Payment Type:** Cash/self-payment, Medicaid, or private insurance **Age Group:** Young adults to adults
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 Group:** Children to seniors

Mental Health Counseling Services

General Counseling Services

Davis Community Learning Center 210 East Center Street Clearfield, UT 84015 801-402-8395 www.davis.k12.ut.us/Domain/8677 worme@dsdmail.net	**Services:** 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
Davis School District 70 East 100 North Farmington, UT 84025 801-402-5160 www.davis.k12.ut.us bchristensen@dsdmail.net	**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 Group:** Children to 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 michaelsboucklcsw@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 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	**Services:** 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
Family Counseling Services of Northern Utah 22 South State Street Clearfield, UT 84015 801-525-4930 www.fcshealing.org fcscurtwatson@gmail.com	**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:** Tuesdays, Wednesdays, and Thursdays **Languages:** English and Spanish **Average Cost:** $5-50 per session **Payment Type:** Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) **Age Group:** Children to seniors

Mental Health Counseling Services

General Counseling Services

Hope Center 1580 South State Street, Suite 1 Clearfield, UT 84015 801-837-4673 www.hopecenterutah.org	**Services:** Counseling, food pantry, and quality of life education and training. Contact the Hope Center for more information. **Average Cost:** $0+ (by donation only) **Payment Type:** Cash **Age Group:** Adults
Innovate Mental Health Solutions 2317 North Hill Field Road, Suite 103 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
JWH Thrive Inc. 2363 North Hill Field Road, Suites 5 and 7 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	**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 Services

General Counseling Services

Lee Messersmith Counseling 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-698-8119 lwmessersmith@gmail.com	**Services:** Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and sexual addiction. To learn more about Lee Messersmith, please use the contact information provided. **Average Cost:** $76-100 per session **Payment Type:** Cash/self-payment, or private insurance **Age Group:** Children to adults
Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	**Services:** Mood disorders, anxiety disorders, substance abuse, 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
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
National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 801-571-8110 www.namiut.org	**Services:** Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided. **Average Cost:** Free **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
Neuropsychology Center of Utah 1407 North 2000 West Clinton, UT 84015 801-614-5866 www.npcu.net adam@npcu.net	**Services:** To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed. **Languages:** English and Spanish **Average Cost:** $76-100 per session **Payment Type: Cash/self-payment, Medicaid, or private insurance** **Age Group:** Children to seniors

Mental Health Counseling Services

General Counseling Services

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) **Age Group:** Children to seniors
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
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

Mental Health Counseling Services

General Counseling Services

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
Swinton & Associates Counseling 379 West 500 South Bountiful, UT 84010 801-653-9637 www.swintoncounseling.com gary@swintoncounseling.com	**Services:** Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, and trauma/ EMDR **Office Hours:** Tues: 5pm-9pm Wed 5pm-9pm Thur: 9am-4pm Fri: 8am-4pm **Average Cost:** $120-240 per session **Payment Type:** Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid upfront) **Age Group:** Children to adults
The Counseling Center 386 North Main Street Centerville, UT 84014 801-298-2000	**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 **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 Behavioral Health Solutions 1433 North 1075 West, Suite 120 Farmington, UT 84025 801-447-2441 www.utahbehavioral.com utbehavioral@hotmail.com	**Services:** I am a Licensed Family Therapist in the state of Utah as well as a board certified Clinical Chaplain and board certified Pastoral Counselor. As a board certified chaplain and pastoral counselor, I am trained to assist people of all backgrounds (not just religious folks) deal with issues of grief and loss. As a Licensed Family Therapist I am trained to work with individuals and families. My education is different than a counselor or social worker in that I am trained to focus on the internal cognitive and emotional process of patients as well the relational, interactional process within family systems. **Office Hours:** Sun: 1pm-3pm Mon-Fri: 8am-9pm Sat: 8am-1pm **Payment Type:** Cash/self-payment or private insurance **Age Group:** Adults to seniors

Mental Health Counseling Services

General Counseling Services

Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com heather@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
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

Mental Health Counseling Services

Youth Services

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 Counseling Services 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.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 **Average Cost:** $51-100 per session (also depends on the counselor) **Payment Type:** Cash/self-payment, private insurance, or church organization **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
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

Mental Health Counseling Services

Youth Services

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	**Services:** 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 Groups:** Children to seniors
Davis School District 70 East 100 North Farmington, UT 84025 801-402-5160 www.davis.k12.ut.us bchristensen@dsdmail.net	**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

Mental Health Counseling Services

Youth Services

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 michaelsboucklcsw@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 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	**Services:** 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
Family Counseling Services of Northern Utah 22 South State Street Clearfield, UT 84015 801-525-4930 www.fcshealing.org fcscurtwatson@gmail.com	**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:** Tuesdays, Wednesdays, and Thursdays **Languages:** English and Spanish **Average Cost:** $5-50 per session **Payment Type:** Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) **Age Group:** Children to seniors
Innovate Mental Health Solutions 2317 North Hill Field Road, Suite 103 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

Mental Health Counseling Services

Youth Services

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
JWH Thrive Inc. 2363 North Hill Field Road, Suites 5 and 7 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
Lee Messersmith Counseling 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-698-8119 lwmessersmith@gmail.com	**Services:** Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and sexual addiction. To learn more about Lee Messersmith, please use the contact information provided. **Average Cost:** $76-100 per session **Payment Type:** Cash/self-payment, or private insurance **Age Group:** Children to adults
Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	**Services:** Mood disorders, anxiety disorders, substance abuse, 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

Mental Health Counseling Services

Youth Services

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
National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 801-571-8110 www.namiut.org	**Services:** Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided. **Average Cost:** Free **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
Neuropsychology Center of Utah 1407 North 2000 West Clinton, UT 84015 801-614-5866 www.npcu.net adam@npcu.net	**Services:** To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed. **Languages:** English and Spanish **Average Cost:** $76-100 per session **Payment Type: Ca**sh/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) **Age Group:** Children to seniors

Mental Health Counseling Services

Youth Services

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
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

Substance Abuse Services

General Services

Swinton & Associates Counseling 379 West 500 South Bountiful, UT 84010 801-653-9637 www.swintoncounseling.com gary@swintoncounseling.com	**Services:** Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, and trauma/ EMDR **Office Hours:** Tues: 5pm-9pm Wed 5pm-9pm Thur: 9am-4pm Fri: 8am-4pm **Average Cost:** $120-240 per session **Payment Type:** Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid upfront) **Age Group:** Children to adults
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 **Age Group:** Adolescents to seniors
Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com heather@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 offeres 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
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

Substance Abuse Services

General Services

Westside Mental Health 1477 North 2000 West, Suite C Clinton, UT 84015 801-774-8888 www.westsidemedical.org info@westsidemedical.org	**Services:** Westside Medical Center provides services for ADHD, depression, and bipolar disorder. **Office Hours:** Mon-Fri: 7am-8pm Sat: 9am-5pm **Payment Type:** Cash/self-payment or private insurance **Age Group:** Children 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

Substance Abuse Services

General Services

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
Aspire Counseling Services 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.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 **Average Cost:** $51-100 per session (also depends on the counselor) **Payment Type:** Cash/self-payment, private insurance, or church organization **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
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 Group:** Adolescents to seniors

Substance Abuse Services

General Services

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 Group:** Adolescents to seniors
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 Group:** 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	**Services:** 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
Davis School District 70 East 100 North Farmington, UT 84025 801-402-5160 www.davis.k12.ut.us bchristensen@dsdmail.net	**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 Group:** 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
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	**Services:** 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

Substance Abuse Services

General Services

Family Counseling Services of Northern Utah 22 South State Street Clearfield, UT 84015 801-525-4930 www.fcshealing.org fcscurtwatson@gmail.com	**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:** Tuesdays, Wednesdays, and Thursdays **Languages:** English and Spanish **Average Cost:** $5-50 per session **Payment Type:** Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) **Age Group:** Children to seniors
Innovate Mental Health Solutions 2317 North Hill Field Road, Suite 103 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
JWH Thrive Inc. 2363 North Hill Field Road, Suites 5 and 7 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
K2 Counseling and Consulting 2363 North Hill Field Road, Suite 5 Layton, UT 84041 801-525-4645 www.aspireut.com karsonk2@gmail.com	**Services:** Mood disorders, anxiety disorders, substance abuse, trauma/abuse. To learn more about K2 Counseling and Consulting, please use the contact information provided. **Languages:** English and Spanish **Average Cost:** $126-150 per session **Payment Type:** Cash/self-payment, private insurance, or church organization **Age Group:** Children to seniors
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

Substance Abuse Services

General Services

Lee Messersmith Counseling 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-698-8119 lwmessersmith@gmail.com	**Services:** Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and sexual addiction. To learn more about Lee Messersmith, please use the contact information provided. **Average Cost:** $76-100 per session **Payment Type:** Cash/self-payment, or private insurance **Age Group:** Children to adults
Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	**Services:** Mood disorders, anxiety disorders, substance abuse, 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
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
Neuropsychology Center of Utah 1407 North 2000 West Clinton, UT 84015 801-614-5866 www.npcu.net adam@npcu.net	**Services:** To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed. **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) **Age Group:** Children to seniors

Substance Abuse Services

General Services

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
Renaissance Ranch Outpatient 1466 North Highway 89, Suite 230 Farmington, UT 84025 801-890-4661 www.renaissanceoutpatient.com lindsay@renaissanceoutpatient.com	**Services:** Mood disorders, anxiety disorders, and substance abuse. To learn more about Renaissance Ranch Outpatient, please use the contact information provided. **Average Cost: $5**1-75 per session **Payment Type:** Cash/self-payment or private insurance **Age Group:** Young adults to seniors
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
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

Substance Abuse Services

General Services

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 **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 heather@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
Utah Addiction Medicine and Counseling 440 South Medical Drive Bountiful, UT 84010 801-294-8288 www.utahamc.com	**Services:** Counseling and treatment for substance abuse disorders. **Average Cost:** $76-100 per session **Payment Type:** Cash/self-payment (sliding scale fee for low income) **Age Group:** Adults
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

Substance Abuse Services

Youth Services

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
Aspire Counseling Services 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.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 **Average Cost:** $51-100 per session (also depends on the counselor) **Payment Type:** Cash/self-payment, private insurance, or church organization **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
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 Group:** Adolescents to seniors

Substance Abuse Services

Youth Services

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 Group:** 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 Group:** 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	**Services:** 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
Davis School District 70 East 100 North Farmington, UT 84025 801-402-5160 www.davis.k12.ut.us bchristensen@dsdmail.net	**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 Group:** 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

Substance Abuse Services

Youth Services

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	**Services:** 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
Family Counseling Services of Northern Utah 22 South State Street Clearfield, UT 84015 801-525-4930 www.fcshealing.org fcscurtwatson@gmail.com	**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:** Tuesdays, Wednesdays, and Thursdays **Languages:** English and Spanish **Average Cost:** $5-50 per session **Payment Type:** Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income) **Age Group:** Children to seniors
Innovate Mental Health Solutions 2317 North Hill Field Road, Suite 103 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
JWH Thrive Inc. 2363 North Hill Field Road, Suites 5 and 7 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
K2 Counseling and Consulting 2363 North Hill Field Road, Suite 5 Layton, UT 84041 801-525-4645 www.aspireut.com karsonk2@gmail.com	**Services:** Mood disorders, anxiety disorders, substance abuse, trauma/abuse. To learn more about K2 Counseling and Consulting, please use the contact information provided. **Languages:** English and Spanish **Average Cost:** $126-150 per session **Payment Type:** Cash/self-payment, private insurance, or church organization **Age Group:** Children to seniors
LDS Family Services 94 Pages Lane, Suite B Centerville, UT 84014 801-294-0578 930 West Hill Field Road, Suite A Layton, UT 84041 801-336-0029 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

Substance Abuse Services

Youth Services

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
Lee Messersmith Counseling 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-698-8119 lwmessersmith@gmail.com	**Services:** Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and sexual addiction. To learn more about Lee Messersmith, please use the contact information provided. **Average Cost:** $76-100 per session **Payment Type:** Cash/self-payment, or private insurance **Age Group:** Children to adults
Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org	**Services:** Mood disorders, anxiety disorders, substance abuse, 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
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
Neuropsychology Center of Utah 1407 North 2000 West Clinton, UT 84015 801-614-5866 www.npcu.net adam@npcu.net	**Services:** To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed. **Languages: En**glish 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

Substance Abuse Services

Youth Services

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) **Age Group:** Children to seniors
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
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
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
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 **Age Group:** Adolescents to seniors

Substance Abuse Services

Youth Services

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 heather@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
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

Support Groups

General Groups

Bereavement Groups *Resilient Solutions Inc* 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 www.groups.psychologytoday.com Facilitated by Becky Andrews	8-group sessions for those who have had a loved one die and also a group for those who have lost a loved one to suicide. **When:** Contact Becky Andrews for dates and time for these groups **Fee:** $150 per 8-group session **Issues:** Grief and suicide
Body Image/Eating Disorder Group *Aspire Counseling Services* 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 801-243-2508 www.continuemission.org www.facebook.com/continuemission	No veteran left behind. 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 *Brain Injury Alliance of Utah* 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

Support Groups

Addiction Groups

Addiction *Utah Behavioral Health Solutions* 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
Alcoholics Anonymous *New Backstreet Club:* 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 *Christian Life Center:* 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 **Age:** Adults

Support Groups

Family Groups

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 *Elevation Church* 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 *Lil' Flippers Gymnastics* 1246 Flint Meadows, Suite 102 Kaysville, UT 84037 801-451-6238 www.utaheasy2love.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 **Contact:** Visit Easy 2 Love Support Group Facebook Page: www.facebook.com/e2lsupport/timeline
Families of Autism and Asperger's Standing Together (FAAST)	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 *Davis Behavioral Health* 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
FASD Support Group *Davis Behavioral Health* 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
Mom's Group: for moms who have lost a child *Resilient Solutions Inc* 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 www.groups.psychologytoday.com	8-group sessions. You can continue with the next group if you like. **When:** Mondays at 10:30am-11:45am **Fee:** $150 per 8-group session **Issues:** Greif

Support Groups

Youth Groups

Body Image/Eating Disorder Group *Aspire Counseling Services* 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 *Jeff Gregson Therapy Services* 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 **Age:** Children
Daughters of Light 1371 North 1075 West, Suite 5 Farmington, UT 84025 801-903-2749 www.groups.psychologytoday.com Facilitated by Mindy Lundgreen	The daughters of Light is a group for adolescent girls ages 12 to 17, who are struggling with finding their voice in the chaotic world around them. Group is a powerful place for young daughters to have positive feedback and insight into the struggles they are facing. Hope, empowerment, and the skills to navigate through the trials surrounding them are offered and taught in a 12 week format. Please contact me if your would like further information about group or are wondering if group is right for your daughter. **When:** See website for meeting times and locations **Fee:** $120 intake, $50 per session **Issues:** Anxiety, coping skills, and self-esteem
Sons of Helaman *Life Changing Services* 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org/sonsofhelaman Facilitated by Cody L. Hawes, CSW, Maurice Harker, CMHC, Dave Jensen, CMHC, Dave Gregson, 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 **Issues:** Coping skills and sexual addiction
Sons of Mosiah *Life Changing Services* 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, missionaries released early, and returned missionaries geographically separated from Sons of Helaman face-to-face group options. 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 *Aspire Counseling Services* 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

Women's Groups

HOPE: for women experiencing depression *Resilient Solutions Inc.* 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 www.groups.psychologytoday.com Facilitated by Becky Andrews	10-week psychoeducational group led by therapist Becky Andrews. Join with other women for support and tools to help you find joy and happiness again. **When:** Mondays from 5:30pm-6:45pm **Fee:** $25 per session or pay for full 10 weeks for a discount of $225 **Issues:** Anxiety, coping skills, and depression **Contact:** Email becky.lpc@gmail.com to register
Mom's Group: for moms who have lost a child *Resilient Solutions Inc.* 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 www.groups.psychologytoday.com Facilitated by Becky Andrews	8-group sessions. You can continue with the next group if you like. **When:** Mondays at 10:30am-11:45am **Fee:** $150 per 8-group session **Issues:** Greif
WORTH Group (Women of Rebirth~Therapeutic Healing) *Life Changing Services* 1371 North 1075 West, Suite 5 Farmington, UT 84025 970-471-2618 www.lifechangingservices.org/worth Facilitated by Jennifer Johnson, MS, CMHC	The W.O.R.T.H. group is a free, LDS faith based, therapist led, support group for women healing from betrayal trauma caused by a spouse's sexual addictions and/or sexual misbehaviors. Worth Group therapists teach and tie therapeutic tools such as self-care, boundaries, and honoring emotions to LDS principles through guided discussion support groups. This is where women derive emotional and spiritual strength as they share joys and sorrows, and support each other in their healing journey. **When:** Variety of groups available weekly, online and in-person **Fee:** Free **Issues:** Betrayal trauma **Contact:** Call MaryAnn for more information or to sign up, at the phone number listed

Support Groups

Men's Groups

Men of Moroni *Life Changing Services* 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org/menofmoroni	The Men of Moroni group works with grown men, married or single, who are dealing with pornography and/or sexual addiction. Men in this group support one another in strengthening their discernment skills. **When:** In person and online: see website for meeting times information **Fee:** $50 books and registration, $30 per session **Issues:** Pornography and sexual addiction **Contact:** Email mofmbrothers@gmail.com for more information

Support Groups

Senior's Groups

Alzheimer's Support Group for Caregivers *Autumn Glow Senior Activity Center* 81 East Center Street Kaysville, UT 84037 Linda Freer: 801-525-5058	**When:** 2nd Tuesday of the month from 3:30pm-4:30pm.
Alzheimer's Support Group for Caregivers *Golden Years Senior Activity Center* 726 South 100 East Bountiful, UT 84010 Megan Forbush: 801-525-5088	**When:** Every 3rd Thursday of the month from 3:00pm-4:30pm.
Alzheimer's Support Group for Caregivers *North Davis Senior Activity Center* 42 South State Street Clearfield, UT 84015 Linda Freer: 801-525-5058	**When:** First Wednesday of the month from 3:00pm-4:00pm.
Alzheimer's Support Group for Caregivers *Orchard Cove* 485 East 500 South Bountiful, UT 84010 Annie Wagner: 801-298-8983	**When:** Thursdays at 3:00pm.
Davis County Parkinson's Support Group *North Davis Senior Activity Center* 42 South State Street Clearfield, UT 84015 801-451-6238	The Parkinson's Support Group meet monthly. Their meetings consist of knowledgeable briefers, fun activities, and social interactions, all aimed at supporting Parkinson's patients, their families, and caregivers. **When:** To find out about the next meeting visit the Parkinson's Support in Davis County Facebook Page
Early Stages Alzheimer's Support Group *Alzheimer's Association Utah* Kate Nederostek: 801-265-1944	The Alzheimer's Association's Early Stage Support Groups are led by trained facilitators and offer dementia-related education, resources, emotional support and connections with others living with the disease. Topics include disclosing the diagnosis, changing relationships, maintaining independence, and medications and research. **When:** Pre-registration is required to attend an Early Stage Support Group. Please contact Kate Nederostek, Program Director at the number provided or knederostek@alz.org

Trainings and Classes

Alcohol and Drug Intervention (ADI) *Davis Behavioral Health* Angie Smith 801-773-7060 www.dbhprevention.com/substance-abuse	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. **When:** Visit the website provided to register for a time **Fee:** $150 **Issues:** Substance Abuse
Anger Management *Davis Behavioral Health* 934 South Main Street Layton, UT 84041 Angie Smith 801-773-7060 www.dbhprevention.org/mental-and-emotional-health	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. **When:** Visit the website provided to register the appropriate class and time **Fee:** Free **Issues:** Anger management
Connect *Davis Behavioral Health* www.dbhprevention.org/trainings	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. **When:** Visit the website provided to register for a time **Issues:** Suicide prevention
Cool Minds *Davis Behavioral Health* 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 too getting at the root of emotional distress. This class is for youth 13-17 **When:** Visit the website provided to register for a time **Fee:** Free **Issues:** Mindfulness
Fearless Marriage *Davis Behavioral Health* Angie Smith 801-773-7060 www.dbhprevention.org/relationships	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. **When:** Visit the website provided to register for a time **Issues:** Marriage
Grandfamilies *Davis Behavioral Health* 801-425-0939 www.dbhprevention.org/families	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. **When:** Use the contact information to learn about meeting times Contact Anna O'Hearon at anna@ccutah.org or the phone number listed
Guiding Good Choices *Davis Behavioral Health* Angie Smith 801-773-7060 www.dbhprevention.org/parenting	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. **When:** Visit the website provided to register for a time **Fee:** Free **Issues:** Parenting Skills
How to Avoid Falling for a Jerk(ette) *Davis Behavioral Health* www.dbhprevention.org/relationships	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. **When:** Visit the website provided to register for a time **Issues:** Relationships

Trainings and Classes

Incredible Years *Davis Behavioral Health* Angie Smith 801-773-7060 www.dbhprevention.org/parenting	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. **Fee:** Free **Issues:** Parenting Skills
Love and Logic *Davis Behavioral Health* 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 *Davis Behavioral Health* 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 *Davis Behavioral Health* www.dbhprevention.org/mental-and-emotional-health Facilitated by	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
Prime For Life *Davis Behavioral Health* 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 *Davis Behavioral Health* 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
QPR *Davis Behavioral Health* www.dbhprevention.org/trainings	Like CPR, QPR is a simple process that anyone can be trained to use, to help prevent a suicidal act. Participants lean how to recognize the warning signs for someone who may be at risk for suicide, and then get them to appropriate help. **When:** Visit the website provided to register for a time **Fee:** Free **Issues:** Suicide prevention

Trainings and Classes

safeTALK *Davis Behavioral Health* www.dbhprevention.org/trainings	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. **When:** Visit the website provided to register for a time **Issues:** Suicide prevention
Skillful Parenting Class *Aspire Counseling Services* 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-896-4181 www.aspireut.com	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. **When:** Monthly. Call for information and to reserve your spot. **Fee:** $30 per person or $50 per couple **Issues:** Parenting Skills
Stepfamilies *Davis Behavioral Health* www.dbhprevention.org/families	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. **When:** Visit the website provided to register for a time **Fee:** Free **Issues:** Stepfamilies
Strengthening Families *Davis Behavioral Health* Angie Smith 801-773-7060 www.dbhprevention.org/families	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 **When:** Visit the website provided to register for a time **Fee:** Free
Within our Reach *Davis Behavioral Health* Angie Smith 801-773-7060 www.dbhprevention.org/relationships	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. **When:** Visit the website provided to register for a time **Fee:** Free
Youth Mental Health First Aid *Davis Behavioral Health* www.dbhprevention.org/trainings	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. **When:** Visit the website provided to register for a time **Issues:** Suicide prevention

Domestic Violence Offender Treatment

Bridges Forensic Counseling 189 South State Street, Suite 180 Clearfield, UT 84015 801-217-3523	**Issues:** Domestic Violence Offender Intervention
GMS Counseling 370 South 500 East, Suite 250 Clearfield, UT 84015 801-825-4876	**Issues:** Domestic Violence Offender Intervention
Judicial Supervision Services 370 South 500 East, Suite 170 Clearfield, UT 84015 801-525-3009	**Issues:** Domestic Violence Offender Intervention
New Horizons 360 South Fort Lane, Suite 1B Layton, UT 84041 801-593-0008	**Issues:** Domestic Violence Offender Intervention
Positive Adjustments 576 West 900 South Bountiful, UT 84010 801-466-4484	**Issues:** Domestic Violence Offender Intervention
Professional Services Corporation 391 South State Street, Suite A Clearfield, UT 84015 801-525-0950 http://www.professionalservicescorp.net/	**Issues:** Domestic Violence Offender Intervention
Resolutions Inc. 70 North Main Street, Suite 103 Bountiful, UT 84010 801-298-5222 ext1 www.resolutionsutah.com	**Issues:** Domestic Violence Offender Intervention

Information About Directory

Directory Updates/Corrections
This document is a work in progress. Providers are welcome to add or remove information about their agency and services at any time. 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 an initial step 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 community health improvement action group working on the issue. The group has been meeting since fall of 2013. 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
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Clearfield, Utah 84015
www.daviscountyutah.gov/health