DAVIS COUNTY

Mental, Emotional & Behavioral Health

Youth Services Directory

2019

Davis COUNTY

DAVIS 4 HEALTH

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CRISIS HOTLINES

Child Find (24 Hour)
800-426-5678

Davis Behavioral Health
(24 Hour)
801-773-7060

Domestic Violence Information Line
800-897-5465

Lifeline for Youth
801-936-4000

Mobile Crisis Outreach (Davis Behavioral Health)
801-773-7060

National Center for Missing & Exploited Children (24 Hour)
800-843-5678

National Child Abuse Hotline
(24 Hour)
800-422-4453

National Teen Dating Specialized Abuse Treatment
866-331-9474

National Runaway Switchboard
800-786-2929

Poison Control Center
800-222-1222

Rape Crisis Center
(Statewide)
888-421-1100

Safe Harbor Crisis Center
Crisis: 801-444-9161
Business: 801-444-3191

SAFEUT Crisis Text & Tip Line
1-800-273-8255
Download Mobile App
uofuhealth.org/safeut

Stabilization & Mobile Response
For any child, parent, or caregiver needing support in times of crisis.
1-833-SAFE-FAM
1-833-723-3326

Suicide Prevention Lifeline
800-273-8255

Trevor Project (Suicide Prevention)
866-488-7386

Utah Child & Family Services
Abuse & Neglect Report:
855-323-3237
Bountiful Office:
801-397-7640
Clearfield Office:
801-776-7300

Utah Coalition Against Sexual Assault
801-746-0404

ONLINE RESOURCES

Psychology Today
https://www.psychologytoday.com/us/therapists/utah

Davis4Health
http://www.daviscountyutah.gov/healthresourcelocator/resource-locator

The American Foundation for Suicide Prevention
https://afsp.org/

Utah Suicide Prevention Coalition
https://utahsuicideprevention.org/

Northern Utah Hope Task Force
https://nuhopeutah.org/

Make the Connection (Veterans Mental Health Resources)
https://maketheconnection.net/

Postpartum Support International - Utah (also known as Utah Maternal Mental Health Collaborative)
https://www.psiutah.org/

Medicaid (Online Application)
https://medicaid.utah.gov/apply-medicaid

Fight the New Drug
fightthenewdrug.org

Mindweather 101
www.alloflife.org

HOSPITALS & CLINICS

Benchmark Behavioral Health Systems
592 West 1350 South
Woods Cross, UT 84087
801-299-5319
www.bbhsnet.com

Serves a diverse population of adolescent and young adult males, ages 13-20 through various inpatient programs.

Davis Hospital and Medical Center
1600 West Antelope Drive
Layton, UT 84041
801-807-1000
www.davishospital.com

Provides inpatient psychiatric treatment to those 18 years of age and older.

Intermountain Bountiful Clinic
390 North Main Street
Bountiful, UT 84010
801-294-1000
www.intermountainhealthcare.org

Pediatric mental health condition services.

Dr. Stephen Merrell, MD
https://intermountainhealthcare.org/find-a-doctor/m/merrell-stephen-c/

Full-spectrum family medicine, including maternal care, pediatrics, adult, and geriatric medicine. Depression, suicide prevention and medication-assisted treatment for substance use disorders.
Languages: English & Spanish

Intermountain Layton Clinic
2075 University Park Boulevard
Layton, UT 84041
801-779-6200
www.intermountainhealthcare.org

Pediatric mental health condition services.

Lakeview Hospital
630 Medical Drive
Bountiful, UT 84010
801-299-2200
www.lakeviewhospital.com

The Adult Behavioral Medicine Unit at Lakeview Hospital is a short-term, comprehensive inpatient psychiatric program. Provides treatment for individuals ages 18-64.

Layton Hospital
201 W Layton Pkwy
Layton, UT 84041
801-543-6000
www.laytonhospital.org
www.intermountainhealthcare.org

Layton Hospital provides emergency services; cancer care; surgical services; women and newborn care; and Primary Children's outpatient services.

LDS Hospital
8th Avenue & C Street
Salt Lake City, UT 84143
801-408-1100
www.intermountainhealthcare.org

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.

McKay-Dee Hospital
4401 Harrison Boulevard
Ogden, UT 84403
801-387-2800
www.intermountainhealthcare.org

Offers several behavioral health programs for children, adolescents, and adults. Includes various programs designed for inpatient care, outpatient care, or counseling services.

McKay-Dee Behavioral Health Clinic
3903 Harrison Blvd #300,
Ogden, UT 84403
(801) 387-5600
www.intermountainhealthcare.org

Provides high-quality and compassionate behavioral health care close to home. Our doctors specialize in mental health services including Bipolar, Depression, PTSD, and more.

Midtown Community Health Center
22 South State Street, Suite 1007
Clearfield, UT 84015
801-393-5355
www.midtownchc.org

Counseling and prescription services are offered at multiple Midtown locations. Services are available in English and Spanish. Payment options: Private Insurance, Medicaid, Medicare, and sliding scale fee for uninsured patients.

Ogden Clinic - Davis Family Physicians
3225 W. Gordon Ave #1
Layton, UT 84041
801-397-6150
www.ogdenclinic.com

D. Carl Christensen
Christopher Davis, DO
Lane Heder
Lisa Stephens, PA-C

Specializes in giving babies, kids, and adolescents the most thorough pediatric care close to home.

Ogden Clinic – Grandview
3485 W. 5200 S.
Roy, UT 84067
801-475-3900
www.ogdenclinic.com

Kelly Amann, DO
Rod Grogan
Jeff Ryan, PA-C
Kayleen Wilson

Specializes in pediatric care for babies, kids, and adolescents.

Rocky Mountain Wellness Center
Dr. Green
780 S. 2000 W., Building A Suite 101
Syracuse, UT 84075
801-683-9553
www.myutahwellness.com

Specializes in Neurofeedback Therapy for the alleviation of symptoms such as anxiety, depression, insomnia, panic attacks, difficultly focusing, headaches etc.

Tanner Clinic
2121 N.1700 W.
Layton, UT 84041
801-773-4840
www.tannerclinic.com

Provides pediatric (infant, children, and adolescent) behavioral healthcare.

Utah Addiction Medicine and Counseling
440 South Medical Drive
Bountiful, UT 84010
801-294-8288
www.utahamc.com

Counseling and treatment for substance abuse disorders. Serves ages 18+.

Westside Medical
1477 N. 2000 W., Ste. C
Clinton, UT 84015
801-774-8888
www.westsidemedical.org

Dr. Samantha Bostrom
Dr. Tyler Dixon, D.O.
Ronald G. Drescher (Gary), PA-C
Dr. Eric Hogan, D.O
Dr. Mark Jorgensen, M.D.
Cassandra Kimball, PA-C

With our friendly and caring doctors and staff, we provide urgent care and preventative medical care for your entire family.

Westside Pediatrics
1407 North 2000 West, Suite B
Clinton, UT 84015
801-614-5555
www.facebook.com/westsidepediatric/

We have board certified providers who are dedicated to quality and compassionate care. We take all insurances, walk-ins, and same day appointments. We specialize in newborn care, behavioral health such as ADHD, depression, anxiety, and adolescent care.

MENTAL HEALTH COUNSELING & SUBSTANCE ABUSE SERVICES

All Things Anxiety– Jeff Gregson
1371 North 1075 West
Farmington, UT 84025
801-529-2334
jeffgregsontherapy@me.com
www.allthingsanxiety.com

Jeff Gregson is a private practice clinical mental health counselor who specializes in the treatment of anxiety and depression.

- **Average Cost**: $125 per session
- **Payment Type**: Cash/self-payment, or BCBS, Bishop pay, and some sliding scale fees.
- **Age Group**: Children to Seniors

Sally M. Anderson
163 West 575 South
Layton, UT 84041
801-943-3353
sgplus14@msn.com

Mood disorders, anxiety disorders, substance abuse, and trauma/abuse.

- **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

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

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:**
  Mon-Fri 9am-6pm
  Saturday 9am-5pm
- **Payment Type**: Cash/self-payment, private insurance, or Medicaid
- **Age Group**: Children to seniors

Aspire: A Network of Independent Counseling Professionals
2317 North Hill Field Road, Suite 103
Layton, UT 84041
801-525-4645
www.aspireUT.com

Aspire provides a broad range of treatment options for clients of all ages. Individual, family, play, and marriage/couple therapy options are available.

- **Office Hours**: Varies depending on the provider
- **Languages**: English and Spanish
- **Average Cost**: $100-150 per session
- **Payment Type**: Cash/self-payment, most major insurances
- **Age Group**: Children to seniors

Assent Clinical Consultation and Psychotherapy
107 North Main Street
Bountiful, UT 84010
801-244-5166
https://therapists.psychologytoday.com

Specializes in addictions and trauma-related counseling with expertise in individual, couples, and family therapies. Extensive knowledge relative to addictions, trauma (PTSD), depression/anxiety, and related family issues. Also offers regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug testing is available upon request.

- **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

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

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

- **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

Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse.

- **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

Psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, pornography addiction, affair, infidelity, marriage, and communication.

- **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

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

Psychotic disorders, mood disorders, anxiety disorders, personality disorder, and trauma/abuse

- **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)
- **Ages:** Children to Seniors

Davis Community Learning Center
210 East Center Street
Clearfield, UT 84015
801-402-8395
www.davis.k12.ut.us/Domain/8677
worme@dsdmail.net

Limited Services: Must be referred by school principal/counselor. Only available at selected elementary schools. (List changes dependent on current grants.) Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To

learn more about the Davis Community Learning Center please use the contact information provided.

- **Languages:** English and Spanish
- **Payment Type:** Medicaid, Medicare, private insurance, or free (sliding scale fee for low income)
- **Age Group:** Children-seniors

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

Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about the Davis School District services, please visit the link provided.

- **Languages**: English and Spanish
- **Average Cost:** Not Applicable
- **Age Groups:** Children to adolescents

Elevations Residential Treatment Center
2650 West 2700 South
Syracuse, UT 84075
801-773-0200
www.elevationsrtc.com
lburt@elevationsrtc.com

Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse.

- **Average Cost:** $0-25 per session
- **Payment Type:** Cash/self-payment (sliding scale fee for low income)
- **Age Group:** Adolescents

Empowerment Counseling
466 North Main Street, Suite 210
Clearfield, UT 84015
801-603-2547
www.empowermentcounselingservices.com
info@empowermentcounselingservices.com

Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse

- **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

Diagnostic evaluation, treatment planning, individual, couples, family therapy, mood disorders, adolescents, and integrative health.

- **Office Hours:**
  Mon: 8am-5pm
  Tues 5am-9pm
  Fri: 8am-5pm
- **Average Cost:** $150 for evaluation and $125 per session
- **Payment Type:** Cash/self-payment and church organization
- **Age Group:** Adolescents to seniors

Family Counseling Services of Northern Utah
3518 Washington Blvd.
Ogden, UT 84403
Phone: 801-399-1600
www.fcshealing.org

Psychological disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse.

- **Office Hours:** Weekdays by appointment
- **Languages:** English and Spanish
- **Average Cost:** $15-75 per session
- **Payment Type:** Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)
- **Age Group:** Children to seniors

Grandview Family Counseling
1576 South 500 West, Suite 202
Bountiful, Utah 84010
801-406-9002
www.grandviewfamilycounseling.com

Our specialties include: play therapy, trauma, abuse, grief, anxiety, depression, ADHD, behavioral issues, couples therapy, addiction and life adjustments. We have a linkage agreement with the Children's Justice Center to provide counseling to children and their caregivers who have experienced, abuse, trauma and grief associated with traumatic death.

- **Age Group:** Children to adults
- **Insurances Accepted:** Select Health, Blue Cross/Blue Shielf, DMBA, EMI, AETNA, Unite Behavioral Health, CIGNA, WISE, crime victim reparations, clergy pay

Innovate Mental Health Solutions
2363 North Hill Field Road, Suite 7
Layton, UT 84041
801-525-4645
www.dwighthurst.com
dwighthurst@gmail.com

Mood disorders, anxiety disorders, personality disorders, and trauma/abuse

- **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

Mood disorders, anxiety disorders, grief and loss, and marriage and couples

- **Average Cost:** $76-100 per session
- **Payment Type:** Cash/self-payment or private insurance
- **Age Group:** Adolescents to seniors

Julander ISP-Katie Julander
1133 North Main, Suite 127
Layton, UT 84041
385-298-7185
julanderisp@gmail.com

Specializes in treatment for trauma and with military families.

- **Average Cost:** $135 per session

- **Payment Type:** Cash/self-payment, Blue Cross Blue Shield, Select Health, Tricare, Molina, EMI, and United Health Care
- **Age Group:** 16 and up

JWH Thrive Inc.
2363 North Hill Field Road, Suite 5
Layton, UT 84041
801-525-4645
www.aspireut.com
aspirecounselingservices@gmail.com

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

Mood disorders, anxiety disorders, personality disorders, ADHD, psychological evaluations, and executive coaching.

- **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

Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse

- **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

Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse

- **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

Mood disorders, anxiety disorders, sexual addiction recovery, personality disorders, and trauma/abuse.

- **Languages:** English and Spanish
- **Average Cost:** Different fees based on program counselor
- **Payment Type:** Cash/self-payment or church organization
- **Age Group:** Children to seniors

LifeLine for Youth
1130 West Center Street
North Salt Lake, UT 84054
855-968-8443
www.lifelineutah.com

Family focused, residential treatment program that creates positive change using an evidence based, therapeutic community model. A multi-disciplinary team approach integrates education, individualized treatment planning, individual, group, and family therapy, health and nutrition, recreational activities, and a structured aftercare/transition program. LifeLine is a research based proven alternative to other popular approaches like teen boot camps, therapeutic boarding schools for teens, or troubled youth wilderness programs.

- **Payment Type:** Cash/self-payment or private insurance
- **Age Group:** Teens 13-18

Murdock Counseling Services
503 West 2600 South, Suite 200
Bountiful, UT 84010
801-300-1735
www.murdockcounseling.com

Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse

- **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

Mood disorders, anxiety disorders, substance abuse, personality disorder, and trauma/abuse

- **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

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.

- **Average Cost:** $95 per session
- **Payment Type:** Cash/self-payment, Medicaid, Medicare, or private insurance
- **Age Group:** Children to young adults

Neurofeedback and Counseling of Utah
129 S State St, STE 250
Clearfield, UT 84015
801-855-7999
www.ntcutah.com
info@ntcutah.com

Helps children, teenagers and adults decrease behavior problems caused by trauma, ADHD, anxiety, depression, and mood disorders. Our brain-based program combines neurofeedback, counseling, and sensory integration to help improve the lives of children and their parents. Using the latest in neuroscience, we help our clients balance emotions, improve behavior, increase focus, and decrease anxiety.

- **Average Cost:** $100-130 per session; free consultation
- **Payment Type:** Cash/self-payment, Aetna, Blue Cross Blue Shield, Cigna, United Behavior Mental Health, Medicaid for foster care/post-adoption

Neuropsychology Center of Utah
1407 North 2000 West, Suite A
Clinton, UT 84015
801-614-5866
www.npcu.net
adam@npcu.net

- **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

Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse.

- **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

Mood disorders, anxiety disorders, personality disorders, substance

abuse, and trauma/abuse

- **Average Cost:** $51-75 per session
- **Payment Type:** Cash/self-payment or private insurance (sliding scale fee for low income)
- **Ages:** Children to seniors

Northern Utah Counseling Services
49 East 200 South
Clearfield, UT 84015
801-779-0095
www.nucounseling.com
northernutahcounseling@msn.com

Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse

- **Office Hours:** Tuesdays, Wednesdays, and Thursdays
- **Languages:** English and Spanish
- **Average Cost:** $0-80 per session
- **Payment Type:** Cash/self-payment, private insurance, or church organization
- **Age Group:** Adolescents to adults

The OCD & Anxiety Treatment Center
1459 North Main Street, Suite 100
Bountiful, UT 84010
801-298-2000
admissions@itherapycenter.com
www.theocdandanxietytreatmentcenter.com

Outpatient OCD and Anxiety treatment.

- **Average Cost:** $350 per week on average for intensive outpatient program
- **Payment Type:** Cash/self-payment, private insurance, or church organization. Will work to customize financials.
- **Age Group:** Children to seniors

Open Doors (Formerly known as Family Connection Center)
1360 East 1450 South
Clearfield, UT 84015
801-773-0712

130 East 100 North
Bountiful, UT 84010
801-773-0712

875 East Highway 193
Layton, UT 84040
801-771-4642
www.utahfcc.org

Limited Services for Clients of Open Doors: Mood disorders, anxiety disorders, and trauma/abuse.

- **Average Cost:** $0-25 per session
- **Payment Type:** Cash/self-payment (sliding scale fee for low income)
- **Age Group:** Children to seniors

Resilient Solutions Inc.
1355 North Main Street, Suite 1
Bountiful, UT 84010
801-259-3883
www.resilientsolutionsinc.com

Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse

- **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

Provides assessments, individual, couples, and family therapy with treatment for anxiety disorders, relationship problems, stress, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/abuse, grief, and addiction.

- **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

Mood disorders, anxiety disorders, personality disorders, and trauma/abuse.

- **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

Combines 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 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**: Females 14-18

Solutions Counseling
780 South 2000 West, Suite A102
Syracuse, UT 84075
801-425-1970
www.solutionscounseling.us
info@solutionscounseling.us

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

- **Age Group:** Children to seniors

South Counseling
1459 N. Main St.
Bountiful, UT 84010
385-208-1509
www.southcounseling.com

Offers a low-cost affordable therapy program for individuals, couples, and families. As a certified clinical social worker, I'm here to help individuals with challenges they face and living life in meaningful ways. I create a safe place of trust, a place where the one can open up and address their most sensitive and difficult challenges.

- **Cost:** sessions start at $40

Swinton & Associates Counseling
499 South 100 West
Bountiful, UT 84010
801-653-9637
www.swintoncounseling.com

Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, & trauma/EMDR

- **Office Hours:**
  Tues: 9:30-11:30am; 5-9pm
  Wed: 7am-11am; 5pm-8pm
  Thur: 9am-4pm
  Fri: 8am-4pm
  Sat: 10am-5pm
- **Average Cost:** $125-225 per session
- **Payment Type:** Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid up front)
- **Age Group:** Children to adults

Tanner Clinic Neuropsychology–Dr. Ben Christiansen
2121 North 1700 West
Layton, UT 84041
801-773-4840
www.tannerclinic.com
Ben.christiansen@tannerclinic.com

Neuropsychological assessments (ADHD, TBIs, MS, Dementia, Cancer, Epilepsy, and degenerative disorders).

- **Average Cost:** $400 with insurance, $1,800 without insurance
- **Payment Type:** Cash/self-payment, church organizations, or private insurance
- **Age Group:** Children to seniors

Titensor Enterprises
2205 South 800 West
Woods Cross, UT 84087
801298-0336
stitensor@comcast.net

Mood disorders, anxiety disorders, and substance abuse.

- **Average Cost:** $76-100 per session
- **Payment Type**: Cash/self-payment or private insurance: Altius/MH Net, Regence BC/BS, Ceridian/Lifeworks, Military One Source, Tricare, Beacon/Value Options, Wise Provider Network.
- **Age Group:** Adolescents to seniors

Touchstone Child and Family Therapy Center
1650 West Gentile Street
Layton, UT 84041
801-485-8051
www.touchstonetherapyinc.com
rdeperizio@msn.com

Psychotic disorders, mood disorders, anxiety disorders, substance abuse, personality disorders, trauma/abuse, and attachment issues.

- **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
Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse

- **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

Offers comprehensive behavioral and psychological assessments and intensive therapy to teens 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

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

Mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse.

- **Average Cost:** $101-125 per session
- **Payment Type:** Cash/self-payment or private insurance
- **Age Group:** Children to seniors

Wiconi Counseling Center
1133 North Main, Suite 128
Layton, UT 84041
801-541-7049
wiconicc@gmail.com
www.wiconicc.com

LGBTQ population

- **Average Cost**: $80 per session without insurance
- **Payment Type:** Cash/self-payment, private insurance, or church organizations
- **Age Group:** Youth to seniors

Youth Health Associates
430 East 450 South
Clearfield, UT 84015
801-776-3305
brian@yhautah.com

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

YOUTH SUPPORT 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

Daughters of Light
1371 North 1075 West, Suite 2
Farmington, UT 84025
801-726-2568
www.lifechangingservices.org/daughtersoflight

Facilitated by Mindy Lundgreen

Daughters of Light is a therapeutic program that teaches adolescent girls ages 12 and older how to overcome the adversity and the personal stumbling blocks that prevent self-worth and life progression. Skills are taught which enhance self-mastery. The program addresses anxiety, low self-worth and lack of motivation. Also those who struggle with addictive issues including self-harming, pornography, or sexual misconduct and more. Positive peer support in an emotionally safe environment, is provided to encourage growth and deeper insight giving understanding and motivation for better choices.

- **When:** See website for meeting times and locations
- **Fee:** $150 intake, $50 per session, $25 per coaching session
- **Issues:** Anxiety, coping skills, self-esteem, sexual addiction

Sons of Helaman
Life Changing Services
1371 North 1075 West, Suite 5
Farmington, UT 84025
877-HERO-877
www.lifechangingservices.org/sonsofhelaman

Facilitated by Cody L. Hawes, LCSW, Maurice Harker, CMHC, Dave Jensen, CMHC, Markham McReynolds, LAMFT, with other therapists in other Davis County locations

The Sons of Helaman group works with young men to adult males who are dealing with addictions to pornography, masturbation, and video games. This group allows a young man to decrease his shame by knowing he is not alone in this battle. It increases his confidence to fight the addiction through behavior modification and accountability.

- **When:** See website for meeting times and locations
- **Fee:** $125 intake session and books, $50 per session, $25 per coaching session
- **Issues:** Coping skills and sexual addiction

Sons of Mosiah
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, and missionaries released early. Participation online through email groups, a certified on-line coach, and overseen by a licensed clinician.

- **When:** One email each week for missionaries to respond to
- **Fee:** $20 per week
- **Issues:** Coping skills and sexual addiction

Succeeding at Life Skills: Social Skills Group
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
- **Age:** Adolescents and young adults (13-21)

FAMILY SUPPORT GROUPS

Anxiety (Covert Introvert)-Parents of Youth with Anxiety
Jeff Gregson
1371 North 1075 West, Suite 5
Farmington, UT 84025
801-477-4927

Understanding your child's anxiety. Is your child experiencing anxiety, panic attacks, phobias, OCD, social anxiety? Arming parents with the right tools and knowledge can be all it takes to help the child. Join us and realize there is answers and there is help.

- **Fee:** $25 a class

Big MAKS: Moms with Autistic Kids

www.utahmaks.blogspot.com

Big MAKS is a group of "Moms with Autistic Kids" who rally around each other for encouragement and laughter. MAKS is not a support group- But you will find support from others who "get it." After all, we are only as strong as our hairspray, our diet coke, and our friends!

- **Fee:** Free
- **Contact:** We can add you to our area email list to receive additional information about autism events. Email Laura at lauraanderson@comcast.net

CHADD: Support group for Attention Deficit Disorder
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
www.facebook.com/e2lsupport/timeline

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

Families of Autism and Asperger's Standing Together (FAAST)

https://www.facebook.com/Families-of-Autism-and-Aspergers-Standing-Together-FAAST-193999220626397/

FAAST is about helping families just like us to have an avenue for support and to spread the awareness for

Autism and Asperger's. Join us and help our voice get louder.

- **When:** Visit our Facebook page to find out about upcoming events and meetings
- **Fee:** Free

Family Education and Process Group
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

Fetal Alcohol Spectrum Disorders (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

Grandfamilies & Kinship Care
Children's Service Society of Utah (CSS)
North Davis Senior Center
42 South State Street
Clearfield, UT, 84015
801-425-0939
800-839-7444
cherie@cssutah.org

If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family.

- **Fee**: Free

Grief & Loss
Resilient Solutions Inc
1355 North Main Street, Suite 1
Bountiful, UT 84010
801-259-3883
http://www.resilientsolutionsinc.com
Groups including: Mom's group for women who have had a child die, day grief/loss group, evening grief/loss group, group for those who have had someone they love die from suicide, and a group for individuals who have had a spouse die. Contact Becky Andrews, CMHC,to register for a group.

National Alliance on Mental Illness (NAMI), Weber-Davis
Weber-Davis Affiliate Office
(801) 625-3714
www.namiut.org

Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders.

- **Average Cost:** Free
- **Age Group:** Adolescents to seniors

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

Al-Anon
Al-Anon Utah:
http://utah-alanon.org/

Women, men, and children who were once lonely, lost, and helpless because of someone's drinking, today have courage and confidence in themselves through Al-Anon and Alateen. They have discovered friends who understand, as few others can. They have found the tools to help themselves- which can indirectly help their alcoholic relatives or loved ones. Contentment, and even happiness, is possible whether the alcoholic is still drinking or not.

- **Contact:** Email utahweb@utah-alanon.org for more information. Or visit the website listed for meeting times and locations.
- **Issues:** Substance Abuse

Alcoholics Anonymous
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

OTHER SUPPORT GROUPS

RISE
Resilient Solutions Inc
1355 North Main Street, Suite 1
Bountiful, UT 84010
801-660-8441
http://www.resilientsolutionsinc.com

Rise is a 24-week group focusing on helping women heal from the emotional trauma of sexual abuse. Some of the topics discussed are: healthy boundaries, fear, anger, intimacy in relationships, guilt, shame, triggers, self nurturing, trust, relaxation and forgiveness. This group has both discussion and experiential elements to encourage optimal work and healing. For details contact, Lisa Bradford, LCSW.

- **Fee:** $40 per group session

Body Image/Eating Disorder Group
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: No veteran left behind
801-243-2508
www.continuemission.org
www.facebook.com/continuemission

Health and wellness for military service members and their families. Coordinate recreational activities, education, and opportunities that further the mission. Suicide prevention and intervention.

Phoenix Service Corporation Caregivers Support
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

TRAININGS & 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

Bear Canyon Press, LLC
Andy Hogan
8019107008
andy@bearcanyonpress.com
www.bearcanyonpress.com

Through books, videos, and speaking engagements, therapist and author, Andrew S. Hogan (Andy), hopes to lighten your load, or brighten your road in some way.

- **Languages**: English & Mandarin

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

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

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

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

Learning to Breathe
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 to getting at the roots of emotional distress. This class is for youth 13-17.

- **When:** Visit the website provided to register for a time
- **Fee:** Free
- **Issues:** Mindfulness

Love and Logic
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

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

Raising Anxiety Resilient Children
All Things Anxiety
1371 North 1075 West
Farmington, UT 84025
801-529-2334
www.allthingsanxiety.com

In this class, you will learn the ABC's of expressing feelings, the basics of changing negative thoughts and you'll understand what anxiety and depression truly are (not the roles they play on TV). You'll also identify your personal thinking distortions which are the main contributors to failure and unhappiness. I'll teach you the skills required to change these negative thoughts and truly help you change thinking and behaviors.
Finally, I'll help you get to the core of your behaviors and thoughts. When you finally understand what is fueling your problems and anxiety, then you can truly make lasting change. By giving you this knowledge, you'll be able to teach and apply these principles to your children. Your loved ones will be able to say they received that class on emotional health that you never received yourself. You'll give them the opportunity to become anxiety and depression resistant.

- **When:** Thursdays from 7:00-8:30pm
- **Fee:** $25 per class (5 free spots in each class)
- **Issues:** Anxiety resilience

safeTALK
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

Facilitated by Chelsea Barlow, LCSW

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
Utah State University Extension
aware.usu.edu

To register for a class:
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, mental health

ABOUT THIS DIRECTORY

Directory Updates/Corrections
This document is a work in progress. Please contact providers to verify hours, costs, services, etc. Providers are welcome to add or remove information about their agency and services at any time. Many of these behavioral health resources are also included in an online county health resource locator found at **www.davis4health.org**.

If you have a resource you would like added to the directory or need to update your information please contact: Isa Perry, Davis4Health Coordinator, Davis County Health Department, 801-525-5212 or isa@daviscountyutah.gov.

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

Those interested in helping to improve access to mental/behavioral health services can join Davis Behavioral Health Network. To find out more information or to participate in group meetings contact Isa Perry, Davis4Health Coordinator, Davis County Health Department, isa@daviscountyutah.gov, 801-525-5212

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