



## **Salt Lake County**

### **Provider Resource Guide**

This guide includes a list of current Optum Salt Lake County In-Network providers and resources to assist with coordination of care and discharge planning for members who are receiving inpatient services. This guide includes providers offering specialty services and higher levels of care. The full directory of providers can be located at [optumhealthslco.com](https://optumhealthslco.com) [Find a Medicaid provider](#). These resources are applicable to Salt Lake County only.

**Please access this guide at [optumhealthslco.com](https://optumhealthslco.com) - for Network providers under the Manuals, guidelines, and policies tab for each use to assure the most up to date information.**

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If you need assistance, please contact the care advocate for your facility. Additionally, providers should respond to your inquiries within 24 hours. If you have reached out and have not received a response within 24 hours, please contact the care advocate for your facility for assistance.

### **Optum Salt Lake County Care Coordination Staff – Contact information**

The Care Coordination team is here to help you navigate several aspects of behavioral health treatment in Salt Lake County. This team assists with Optum Medicaid Provider questions and other aspects of behavioral health care as noted below.

For assistance **linking adults with Optum providers** contact:

Lisa Hancock  
801-982-3222 or 385-529-8041  
[lisa.hancock@optum.com](mailto:lisa.hancock@optum.com)

For questions about **Adult admissions to the Utah State Hospital** contact

Debbie Davis  
801-982-3633 or 801-725-7510  
[debbie.davis@optum.com](mailto:debbie.davis@optum.com)

For assistance **linking youth with Optum providers** contact

Sandy Meyer  
801-963-6084  
[sandy.meyer@optum.com](mailto:sandy.meyer@optum.com)

Jonathan Erbe  
801-963-3122 or 801-5987-1471  
[jonathan.erbe@optum.com](mailto:jonathan.erbe@optum.com)

For questions about **Civil Commitment status** contact

Wendy Emerick  
801-982-3232  
[wendy.emerick@optum.com](mailto:wendy.emerick@optum.com)

For questions about **Youth admissions to the Utah State Hospital** contact

Sandy Meyer  
801-963-6084  
[sandy.meyer@optum.com](mailto:sandy.meyer@optum.com)

For questions about **participation in Mental Health Court** contact

Angie Zuehlke  
801-673-5384  
[angie.zuehlke@optum.com](mailto:angie.zuehlke@optum.com)

For questions about **Peer Support** contact

Lisa Hancock  
801-982-3222 or 385-529-8041  
[lisa.hancock@optum.com](mailto:lisa.hancock@optum.com)

For questions about **Housing** contact

Debbie Davis  
801-982-3633 or 801-725-7510  
[debbie.davis@optum.com](mailto:debbie.davis@optum.com)

For questions about **Family Peer Support** contact

Robyn Emery  
801-963-7165  
[robyn.emery@optum.com](mailto:robyn.emery@optum.com)

Marc Gunderson  
Director, Integration & Care Coordination  
801-982-3795  
[marc.gunderson@optum.com](mailto:marc.gunderson@optum.com)

### **Optum Network Team – Contact information**

Salt Lake and Tooele County Provider Network Team

[Saltlakecounty.networkbox@optum.com](mailto:Saltlakecounty.networkbox@optum.com)

P: 877-370-8953 option 2 then option 1

F: 855-466-3117

### **Optum Utilization Management Team – Contact information**

Elvia Ruiz  
877-370-8953 ext. 673674  
[elvia\\_ruiz@optum.com](mailto:elvia_ruiz@optum.com)

Teresa Baker  
877-370-8953 ext. 673656  
[teresa.baker@optum.com](mailto:teresa.baker@optum.com)

Cheryl Evans  
877-370-8953 ext. 673660  
[cheryl.evans1@optum.com](mailto:cheryl.evans1@optum.com)

Jill Hodge  
877-370-8953 ext. 673657  
[jill\\_hodge@optum.com](mailto:jill_hodge@optum.com)

Dawnn Goldsmith  
877-370-8953 ext. 673659  
[dawnn.goldsmith@optum.com](mailto:dawnn.goldsmith@optum.com)

## ACT referrals

Assertive Community Treatment (ACT) teams are intensive, community-based, person-centered, teams who provide support and mental health treatment for adults living with serious and persistent mental illness. This is the most intense outpatient treatment provided and has been called a “hospital without walls.” These teams are multidisciplinary and are characterized by a high staff to client ratio.

Salt Lake County has 5 teams who can bill Optum Medicaid. The information below explains how to make referrals and whom to contact. ACT should be considered for anyone with a serious mental illness who does not have serious impairment due to a personality disorder, TBI, intellectual disability or other organic illness.

### VOA ACT - (2 teams)

Susan Pinegar  
Regional ACT Director  
385-831-9854  
[susan.pinegar@voaut.org](mailto:susan.pinegar@voaut.org)

General Office number  
801-875-4558

On-call:  
The ACT on-call number is for providers and is always staffed by a prescriber.  
Not for client use.  
801-889-7575 – ACT I  
385-228-8833 – ACT II

### Odyssey House ACT Team

2411 South 1070 West, Suite A  
West Valley City, UT 84119

Referrals: [ACTteams@odysseyhouse.org](mailto:ACTteams@odysseyhouse.org)

Lindsay K. Bowton, LCSW  
Program Director  
801-819-9514  
[lbowton@odysseyhouse.org](mailto:lbowton@odysseyhouse.org)

General office number  
385-271-1017

Requirements: Referrals need to be individuals with serious mental illness who have demonstrated difficulty maintaining psychiatric stability in the community resulting in the need for institutional care.

### VBH ACT

Reilly Gardner  
Team Lead  
801-536-6540  
[reillyg@valleycares.com](mailto:reillyg@valleycares.com)

Russ Pryor, LCSW, MBA  
Clinical Director  
[russp@valleycares.com](mailto:russp@valleycares.com)

On-call  
385-228-6627

Emails can be sent to the Access Team, and the ACT team mailbox  
[access@valleycares.com](mailto:access@valleycares.com)  
[actteam@valleycares.com](mailto:actteam@valleycares.com)

Link to the online referral portal:  
[valleycares.com/treatments/assertive-community-treatment/](https://valleycares.com/treatments/assertive-community-treatment/)

### Odyssey House FACT (Forensic ACT) Team

2411 South 1070 West, Suite A  
West Valley City, UT 84119

Referrals: [ACTteams@odysseyhouse.org](mailto:ACTteams@odysseyhouse.org)

Lindsay Perry, CSW  
Clinical Director FACT Team  
385-290-2085  
[lperry@odysseyhouse.org](mailto:lperry@odysseyhouse.org)

General office number  
385-271-1017

Requirements: Referrals need to be persons with criminal justice involvement. The FACT team will assess their criminogenic risk which needs to be medium to high.

## Long Acting Injectable (LAI) Providers

Provider Name	Contact Number	Provides therapy services	Website/email
Valley Behavioral Health Salt Lake and Tooele Medicaid	888-949-4864	X	<a href="http://valleycares.com/">valleycares.com/</a>
Anderson Wellness	801-676-9452		<a href="http://andersonwellness.com/">andersonwellness.com/</a>
Psychiatric and Behavioral Solutions	801-467-1200	X	<a href="http://pb-solutions.net/">pb-solutions.net/</a>
Volunteers of America Utah ACT All including Clozaril and Relprevv  Cornerstone Clozaril, no Relprevv	801-355-1528	X	<a href="#">Volunteers of America, Utah</a>
Lotus Center Inc Salt lake and Tooele Medicaid	385-272-4292	X	<a href="#">The Lotus Center – Integrative Therapy</a>
Dynamic Psychiatry Salt Lake and Tooele Medicaid	801-349-2480		<a href="#">Dynamic Psychiatry</a>
COPA Murray location	385-318-3200	X	<a href="mailto:MEDreferrals@copahealth.org">MEDreferrals@copahealth.org</a>
Holy Cross Jordan Valley West	801-964-3111		<a href="#">Holy Cross Jordan Valley West</a>
Asian Association of Utah Refugee and Immigrant Center	801-467-6060	X	<a href="http://aau-slc.org/">aau-slc.org/</a>
Journey Center for Behavioral Health	801-232-7633	X	<a href="mailto:Info@journeysl.org">Info@journeysl.org</a>

## Adult services

### **VOA PREP (Prevention and Recovery from Early Psychosis)**

1875 S Redwood Road, South Salt Lake, UT 84104

VOA's PREP Team provides treatment and support for individuals at risk for, or who have already experienced their first episode of psychosis in the past two years and who have who have been deemed clinically high-risk or are already experiencing initial symptoms of psychosis, regardless of insurance or funding.

Age 16-26

Services:

Case management

Medication management

Psychotherapy

Family education and support

Vocational support.

Program manager

801-355-2846

708-638-4376

[jessica.carpenter@voaut.org](mailto:jessica.carpenter@voaut.org)

Kylee Jenkins, MD

801-875-4558

[kylee.jenkins@voaut.org](mailto:kylee.jenkins@voaut.org)

### **Project Connection's CTI Program**

2655 S. Lake Erie Drive Suite B West Valley, UT 84210

Critical Time Intervention is an Intensive Case Management Program designed to help individuals transition from inpatient mental health care back to the community.

General contact:

385-441-4900

[projectconnection.co/community-programs](http://projectconnection.co/community-programs)

### **VBH HOST (Housing, Outreach, Stabilization Team)**

This team operates using a prevention and stabilization model to serve members who need extra support in outpatient care, but who do not qualify for residential, inpatient or an ACT team.

General contact: 801-273-643

[access@valleycares.com](mailto:access@valleycares.com)

Available M-F from 8 a.m. to 5 p.m. Referrals and staffing can be done through one of the above-mentioned methods.

**Psychiatric Behavioral Solutions (PBS)**  
1459 East 3900 South, Salt Lake City UT 84124

Services:  
Therapy  
Case management  
Medication management (including members who have a therapist outside their agency)

Website: [pb-solutions.net/](http://pb-solutions.net/)

General contact:  
P: 801-467-1200  
F: 801-467-1210  
[pb-solutions.net/contact-us/](http://pb-solutions.net/contact-us/)

## **Adult IOP Program**

**Reach Counseling** - IOP program  
873 W Baxter Drive South Jordan, UT 84095

The Intensive Outpatient Program (IOP) provides support and treatment options in a less restrictive environment. Three hours of groups, classes, activities and counseling three times a week.

Services:  
Individual therapy  
Family therapy  
Perinatal Yoga  
Attachment sessions  
Skills-based classes

Referrals:  
P: 801-446-3515  
T: 925-876-4282  
[admin@reachcounselingutah.com](mailto:admin@reachcounselingutah.com)

## **Adult Residential Programs**

**VOA Residential for men** – more information to come – Opening Summer 2024

**Odyssey House**  
Men's Program - 2411 S 1070 W, West Valley City, UT 84119  
Women's Program - 645 S 1300 E, Salt Lake City, UT 84102

Men's and Women's residential treatment for co-occurring mental health and SUD illness

Referrals:  
Odyssey House Admissions  
801-322-3222 ext. 1

**Turning Point – Mountain View Residential Treatment**  
616 E 11000 S  
Sandy, UT 84070



A residential program for men and women with serious mental illness.

Referrals:

Steve Defrank  
352-437-9641

[stevend@turningpointcenters.com](mailto:stevend@turningpointcenters.com)

Sharla Whitaker  
385-342-0309

[sharlaw@turningpointcenters.com](mailto:sharlaw@turningpointcenters.com)

**Valley Core**

Men's Program - 443 S 600 East, Salt Lake City, UT 84102

Women's Program - 1228 S 900 E, Salt Lake City, UT 84105

Co-occurring Reentry and Empowerment (CORE) program offers residential treatment services to adult male and female criminal offenders with co-occurring substance abuse and mental health disorders.

Referrals:

(801) 963-4248

[corereferrals@valleycares.com](mailto:corereferrals@valleycares.com)

Access team

801-273-6430

[access@valleycares.com](mailto:access@valleycares.com)

**Valley STEPS**

280 E 600 S

Salt Lake City, UT 84111

Residential treatment for individuals who need support in obtaining and maintaining housing due to mental health needs, financial issues, and access to resources.

Referrals:

Access team

801-273-6430

[access@valleycares.com](mailto:access@valleycares.com)

**Adult Case Management Providers**

Provider	Address	If referring to this provider:
Alliance House	1724 South Main Street Salt Lake City, Utah 84115	801-486-5012 1. Fill out referral form online at: <a href="http://alliancehouse.org/">alliancehouse.org/</a> 2. Have member that is being discharged call, so they can talk with them and schedule a tour. The provider at that time will explain in detail the requirements to become an alliance house member.
Altium Health	7181 Campus View Drive Suite# 1A West Jordan, Utah 84084	385-832-8239 Admissions Coordinator Amanda Herd

Amethyst Center for Healing	718 S 600 E Salt Lake City, Utah 84111	801-467-2863 1. Provider office will need the email of healthcare provider referring member, to email them the intake forms to fill out. 2. Provider asks that intake forms be sent back to them prior to member's office visit.
Asian Association of Utah	155 S 300 W Salt Lake City, Utah 84101	801-467-6060
Bears Ears Child and Family Therapy	22 West Vine Street Tooele, Utah 84074	435-882-4354
Clinical Consultants	7601 S Redwood Road West Jordan, Utah 84084	801-233-8670
COPA Magna	8265 W 2700 S Magna, Utah 84044	385-318-3200 Utilization Review Specialist Cheryl Form will be emailed to be filled out.
First Step House	411 N Grant Street Salt Lake City, Utah 84116	For members who have been discharged from our care or who have been gone from our facility more than a week or so in hospitalization:  Matt Croft, MBA Admissions Manager Office: 801.359.8862 x 2129 Fax: 801.359.8510  For members who have been hospitalized for short stays and who are still enrolled in our services:  Melissa Guest RN, BSN Nursing Services Department Manager Office: 801.359.8862 ex 2111 Mobile: 801.505.8294 Fax: 801.359.8510
GCS Foundation	716 E 4500 S, #N160 Murray, Utah 84107	Teri Hartman SSA Supervisor Direct: 385-388-0976 Office: 801-281-1100 x106 Fax: 801-281-1936  Mailing: PO Box 520009, Salt Lake City, UT 84152-0009  Physical: 716 E 4500 S, Suite #N160, Murray, UT 84107
Hopeful Beginnings	3280 W 3500S West Valley City, Utah 84119	801-979-1351
Journey LLC	1343 S Main Street, Suite# B South Salt Lake, Utah 84115	801-232-7633
Lotus Center Inc.	4376 S 700 E, Suite# 200 South Salt Lake, Utah 84107	385-272-4292

Lumos Enterprises	14241 S Redwood Road, Suite# 300 Riverton, Utah 84065	385-342-0621 Randy Bevins
Moving Forward Counseling	9844 S 1300 E, Suite# 250 Sandy, Utah 84094	801-810-5037
Multicultural Counseling Center	7625 S 3200 W West Jordan, Utah 84084	801-915-0359
New Beginnings Behavioral Health	217 E Scenic Peak Cove Draper, Utah 84020	801-282-6953, Option 1
Path Integrated Healthcare	1370 S West Temple Salt Lake City, Utah 84115	801-893-8417
Project Connection Utah	2655 S Lake Erie Drive West Valley City, Utah 84120	385-441-4900
Project Reality	667 S 700 E Salt Lake City, Utah 84102	385-881-0170
Psychiatric and Behavioral Solutions	1459 E 3900 S Salt Lake City, Utah 84124	801-467-1200
Silverado Counseling Services	P.O. Box 824 Greendale, Utah 84020	801-983-5540
University of UT Medical Center Department Psychiatry-Assessment & Referral Services	P.O. Box 413076 Salt Lake City, Utah 84141	801-587-2770
Utah Harm Reduction Coalition	91 E Fort Union Blvd Midvale, Utah 84047	801-569-1995
Utah Healing Center	45 E Vine Street Murray, Utah 84107	801-266-4643
Valley Behavioral Health	VBH Youth and Families Clinic 3737 W 4100 S, Suite# 100 West Valley City, Utah 84120  Adult Same Day Access - North Valley Building 1020 S Main Street Salt Lake City, Utah 84150	888-949-4864
Volunteers of America	1875 S Redwood Road Salt Lake City, Utah 84104	801-355-2846
Wasatch Behavioral Health	371 S Vineyard Road Orem, Utah 84058	801-960-1680

## Ambulatory Detox

### White Tree Medical

10437 S Jordan Gateway South Jordan, UT 84095

Walk-in detox services available 24/7. Mon-Fri: 9:00am – 7:00pm; Sat & Sun: By Appointment Only

Referrals: 801-503-9211

### Salt Lake County SUD Treatment Providers with Available ASAM Levels of Care

Agency	Address	Phone	Description of Services	Provides SUD and MH services
Altium	7181 South Campus View Drive, Suite 1A West Jordan, UT 84084	801-613-9843 Email: <a href="mailto:help@altiumhealth.com">help@altiumhealth.com</a>	Adult: Evaluations ASAM 1.0 ASAM 2.1	X
Assessment and Referral Services (ARS)	450 South 900 East #300 Salt Lake City, UT 84102	801-532-1850	Adult Evaluations DUI Evaluations	
Asian Association of Utah Refugee & Immigrant Center	155 South 300 West Salt Lake City, UT 84101	801-467-6060	Adult: Evaluations ASAM I.0 Youth: Evaluations ASAM I.0	X
Baymark	164 E 5900 South, #101 Murray, Utah 84107	801-261-5790	MAT Provider ASAM: I.0	
Clinical Consultants	7601 So Redwood Rd West Jordan, Ut 84084	801-233-8670	Adult: Evaluations ASAM I.0 & II.1	X
Discovery House Utah	449 E 2100 S Salt Lake City, UT 84115  5983 S Redwood Rd Taylorsville UT 84123	801-596-2111	MAT Provider ASAM: I.0	
Denovo	339 E 3900 S #155, Salt Lake City, UT 84107	801-263-1056	MAT Provider ASAM: I.0	
House of Hope	857 East 200 South Salt Lake City, UT 84102	801-487-3276	Adult: Women Only Parenting Women Children ASAM I.0;II.1;II.5; III.5	
First Step House	Residential: 411 Grant Street Salt Lake City, UT 84116	801-359-8862	Adult: Men only  ASAM: III.1; III.3; III.5	

	<p>Outpatient 434 S 500 E, Salt Lake City, UT 84102</p>	<p>Recipients who have been discharged from our care or gone from the facility more than a week in hospitalization: <b>Matt Croft, MBA</b> Admissions Manager <b>P</b> 801.359.8862 x 2129 <b>F</b> 801.359.8510</p> <p>Recipients who have been hospitalized for short stays and are still enrolled in our services:</p> <p><b>Melissa Guest RN, BSN</b> Nursing Services Department Manager <b>P</b> 801.359.8862 ex 2111 <b>M</b> 801.505.8294 <b>F</b> 801.359.8510</p>	ASAM: I.0; II.1; II.5	
Next Level Recovery	6771 S 900 E Midvale UT 84047	801-386-9799	<p>Adult Men and Women</p> <p>ASAM: I.0; II.1; II.5</p> <p>ASAM: 1.0 Youth</p>	X
Odyssey House	<p>344 East 100 South Suite 301 Salt Lake City, UT 84111</p> <p>Martindale Clinic: 340 E. 100 S. Salt Lake City, UT 84111</p>	801-428-3417	<p>Adult Evaluations Women &amp; Men Parenting parents Children with parents ASAM I.0; II.1; II.5; III.1; III.3; III.5</p> <p>Youth: Evaluations ASAM: I.0; II.1; II.5; III.1; III.5</p>	
Project Reality	<p>150 East 700 South Salt Lake City, UT 84111</p> <p>5280 S. Commerce Dr. Suite D110 Murray, UT 84107</p>	801-364-8080	Adult: Women & Men ASAM: MAT; I.0	
Salt Lake County Behavioral Services	2001 So State Street Salt Lake City, UT 84111	385-468-2009	FRC & DORA Evaluations ASAM: 1.0 (PG Women Only)	
Salt Lake County Youth Services	177 West Price Ave Salt Lake City, UT 84115	385-468-4519	Youth: Evaluations I.0; II.1	X

Tranquility Place	160 E 800 S Ste B Salt Lake City, UT 84111	801-924-9240	MAT Provider 1.0	
Valley Mental Health	5965 South 900 East Salt Lake City, UT 84121	801-263-7225	Adult: Evaluations Women & Men Parenting Women Children with parent ASAM: I.0; II.1; II.5; III.5  Youth: Evaluations ASAM: I.0; II.1; II.5; III.5	X
Volunteers of America Cornerstone Counseling	447 West Bearcat Dr Salt Lake City, UT 84115  Men's Social Detox Ctr 1875 S Redwood Rd Salt Lake City, UT 84104 Center for Women and children 697 W 4170 S Murray, UT 84123	801-355-2846  801-261-9177	Adult: Evaluations Women & Men Parenting Women Children with ASAM: I.0; II.5; III.2	X
White Tree Medical Center	10437 S Jordan Gateway, South Jordan, UT 84095	801-503-9211	Social Detox ASAM: I.0	

## Youth Higher Levels of Care Providers

For all youth higher levels of care, a referral must be made by the current clinician. The clinician submits the referral directly to the requested program. The requested program reviews the clinical first. If they accept the referral, the referral is then sent to Optum for preauthorization. Referrals are not submitted by a parent.

### Hopeful Beginnings Ages 12-17

3280 W 3500 S, West Valley City, UT 84119

Phone: 801-979-1351

Daily, short-term, intensive day treatment program whose average length of stay is 2-3 months.

#### Services:

Therapeutic behavioral skills training and reinforcement

Cognitive behavioral therapy

Wrap around client and family support

Medication management

In-home wrap around services as needed

Some courtesy transportation services available.

#### Referrals:

Dave Koldewyn, LCSW

Program manager

801-557-5940

[koldewyn@hopefulbeginnings.net](mailto:koldewyn@hopefulbeginnings.net)

### VBH day treatment programs

3737 W 4100 S STE 100 West Valley City UT 84120

Full day treatment programs for youth needing additional support in relation to their mental health and associated behavioral issues. These programs have a structured school component through Granite School District, a medication prescriber available and offer courtesy transportation services.

Amanda Van Ausdal, CMHC  
Program Director, CYF Services  
801-565-6939

[amandav@valleycares.com](mailto:amandav@valleycares.com)

Referrals for all programs:

[daytreatmentreferrals@valleycares.com](mailto:daytreatmentreferrals@valleycares.com)

801-565-9600

#### **AIM:** Ages 12-17

This daily program focuses on keeping youth positively engaged with their families and communities. The average length of stay is 12 weeks and family therapy is approximately once/month.

#### Common diagnoses treated:

Depression

Anxiety

Oppositional defiant disorder (ODD)

Attention deficit disorder (ADHD)

Anger management issues

Trauma-related disorders

#### **DBT:** Ages 12-17

This daily program focuses on keeping youth positively engaged with their families and communities. Average length of stay is six months and family therapy occurs 1-2x/month.

#### Common diagnoses treated:

Depression

Self-harm

Anxiety

Suicidal ideation

Trauma-related disorders

**KIDS: Ages 5-11**

This daily program focuses on keeping children positively engaged with their families and communities. The average length of stay is 12 weeks.

Common diagnoses treated:

Depression  
ODD  
Anxiety  
ADHD  
Anger management issues  
Trauma-related disorders

**ACES: Ages 5-12**

Daily afterschool IOP program that can serve as a step-down from higher levels of care to assist in successfully transitioning back to outpatient or as an intermediate step prior to jumping straight to a higher level of care such as a full day treatment program, residential treatment, or inpatient hospitalization.

Common diagnoses treated:

Depression  
ODD  
Anxiety  
ADHD  
Trauma-related disorders

**St. Anthony The Utah House: Ages 9-17**

331 W 2700 S Salt Lake City, UT 84115

IOP and day treatment programs with a higher acuity population, often utilized for youth who have not been successful in other programs. Day treatment is daily and IOP is 2-3 days per week and there is an intensive family therapy and in-home component.

Common diagnoses treated:

Conduct issues  
Anxiety  
Depression  
ADHD  
Mild co-occurring SUD issues

Services:

IOP (either 2 or 3 days)  
Day treatment  
2-3 groups/day with youth  
individual therapy 1-2 x/week  
behavior management sessions 2-3 times  
Partners with an online school program through Roots Charter.

Some transportation services through ModiveCare (ages 16 and up)

Referrals:

Jessica Tripp  
Clinical Admin  
801-499-1394  
[jessica@theuthouse.com](mailto:jessica@theuthouse.com)

Aly Jurgela, LPC, CMHC  
801-678-3317  
[aly@theuthouse.com](mailto:aly@theuthouse.com)

General phone number - 801-678-3317



**Lumos:** Ages 11-17  
14541 S Redwood Rd. Building A; Suite 300  
Buffdale, UT 84065

Daily PHP and three-time weekly IOP for youth

PHP Includes:

Individual therapy once/week  
Family therapy once/week  
3 hrs. of Skills training and schoolwork  
4 DBT processing/skills groups  
2 groups for music and art therapy

IOP includes:

9 hours total therapy  
3 DBT processing/skills groups  
3 music/recreation therapy groups  
Individual/family sessions once/week

Exclusions:

Aggression in more than one setting  
Autism level 2  
Substance abuse primary diagnosis  
Psychosis  
Binging and purging  
IQ below 80  
No transportation

Referrals:

Randi Bevins  
Program/Admissions Director  
385-342-2808  
[randi@lumosheals.com](mailto:randi@lumosheals.com)

**Reach Counseling** - IOP program: Ages 14-17  
873 W Baxter Drive South Jordan, UT 84095

Intensive outpatient program designed for teenagers who could benefit from additional support with their mental health. Provides teenagers with coping skills, stress management skills, and interpersonal skills that will help them prepare for young adulthood.

Common diagnoses treated:

Anxiety                      Bipolar  
Depression                  ADHD  
Suicidality                  Emotional Dysregulation  
Self-harm                    Conduct Disorder  
Trauma                        Behavioral Issues  
Borderline Personality Disorder traits

Referrals:

P: 801-446-3515  
T: 925-876-4282  
[admin@reachcounselingutah.com](mailto:admin@reachcounselingutah.com)

**New Beginnings:** Ages 11-17

217 E. Scenic Peak Cove Draper, Utah 84020

RTC, day treatment (daily) and IOP (3 day/ week) services who have failed out of lower levels of care.

Common diagnoses treated:

Depression  
Anxiety  
ADHD  
Attachment issues  
Bipolar disorder  
Borderline personality disorder  
Compulsive disorders  
Exposure to domestic violence  
Grief management  
High risk behaviors  
ODD  
Parent-child relationship issues  
Sexual abuse  
Trauma  
Truancy

Exclusions:

Active and high-risk drug users  
Highly violent or physically aggressive youth  
Sexually aggressive, compulsive, disturbed, or group influenced to exhibit sexualized behaviors beyond the norm for their age and developmental level  
Youth requiring assistance with toileting or more than 20% direct assistance with ADLs  
Victims of head trauma  
Full IQ score 80 and below  
Juvenile sex offenders  
Pregnant or parenting teens  
Youth diagnosed with a primary eating disorder

Services:

Day treatment - Individual, family, and group therapy  
IOP- Individual, family, and group therapy

Referrals:

Femia Pittman, PhD., (ABD)  
Chief Operations Officer  
801-282-6953 x1  
[femia@newbeginningssl.org](mailto:femia@newbeginningssl.org)

**Aspire Academy:** Ages 12-17, female only

371 S Vineyard Rd, Orem, UT 84058

A high needs mental health adolescent female only level 6 residential program with intermediate secure care. This program is for individuals who require intensive psychiatric, behavioral, medical, and other structured rehabilitative interventions as well as continuous monitoring.

Typical problem areas addressed include:

Family disruption  
Self-harm  
Suicidal behaviors  
Running away  
Multiple placements  
Substance abuse  
History of trauma (physical abuse, sexual abuse, neglect, domestic violence)

Services:

Intense Weekly Program  
Individual Therapy (at least 2 times/week)  
Family contact/therapy  
Group therapy (5 times/week)  
Life Skills focus and Skills Groups  
Anger Management  
Healthy Relationships (including healthy sexuality)  
DBT and TF-CBT  
Why try?/Oh shift! Life Skills Group/Voices/Seeking Safety

Referrals:

Amanda Stansfield, LCSW  
Program Manager  
Wasatch Behavioral Health / CY-FAST / IP\_USH  
Aspire Academy  
M: 801-367-6630  
[astansfield@wasatch.org](mailto:astansfield@wasatch.org)

**Copa Health- Magna Treatment Facility** Ages 13-17  
8265 West 2700 South, Magna, UT 84044

A safe, comfortable home for youth with emotional and behavioral challenges, offering services within a treatment milieu that will enable them to learn, grow, and thrive. Services and supervision are provided by trained personnel and within a licensed setting.

Services:  
Individual and Group Therapy  
Psychosocial Skills/Rehabilitation  
Art Therapy      Medication Management  
Fitness and Wellness  
On site educational/school services

Referrals:  
[MEDreferrals@copahealth.org](mailto:MEDreferrals@copahealth.org)

Cara Durfee, Director  
385-977-4870  
[cara.durfee@copahealth.org](mailto:cara.durfee@copahealth.org)

**Path Behavioral Health, Adolescent Day Treatment** Ages 12-17  
1370 South West Temple SLC,  
SLC, UT 84115

Serves high acuity youth who may have exhausted other avenues of treatment, utilizing empirically supported, trauma informed modalities including Acceptance and Commitment Therapy (ACT), Attachment-based family therapy and DBT.

Services:  
Day treatment/PHP 9:00am – 3:00pm- M-F  
IOP 4:00 – 6:00pm T, W, TH  
Regular 6-week parenting courses and caregiver support

Referrals:  
801-893-8417  
Yotam Livnat: [ylivnat@pathihc.com](mailto:ylivnat@pathihc.com)  
Jamaica Shires: [jshires@pathihc.com](mailto:jshires@pathihc.com)

Transportation provided through ModiveCare (ages 16 and up)

## Youth SUD Services

**VOA**  
1875 S Redwood Rd.  
South Salt Lake, UT 84104

ASAM 1.0 SUD treatment for individual and family sessions to Medicaid clients only.

Referrals:  
Family can contact Cornerstone Counseling center's main number at 801-355-2846 and say they are interested in an intake for individual youth substance use treatment.

**Clinical Consultants**  
7601 South Redwood Rd. Bldg. E  
West Jordan, UT 84084

Program offers SUD assessments, ASAM 1.0 SUD treatment.

Services:  
Individual therapy  
Drug testing  
Family therapy  
Outpatient DBT/skills group

Referrals:  
Rachelle Babcock, CMHC, ASUDC  
West Jordan Site Director  
P: 801-233-8670 ext. 111  
F: 801-233-8682

## **Salt Lake County Division of Youth Services**

Main Facility - 177 West Price Avenue (3610S) Salt Lake City, UT 84115  
385-468-4500

West Jordan Location - 8781 South Redwood Rd BLD #3 West Jordan, UT 84088  
385-468-4610

Program provides assessments and ASAM 1.0 SUD treatment for Medicaid and unfunded youth

### Referrals:

Salt Lake Location:  
JD Green, LCSW  
385-468-4500

West Jordan location:  
David Christensen, LCSW at  
385-468-4610

## **Odyssey House**

ASAM 1.0, 2.1, 2.5, 3.1, and 3.5 levels of care

### Services:

Individual therapy  
Group therapy  
Trauma services  
Family therapy  
Psychiatric services

### Referrals:

[Teen Residential](#)  
Hollie Hancock, CMHC  
Clinical Director  
801-428-3442

Residential for high school students who are enrolled in school.

607 E. 200 S.  
Salt Lake City, UT, 84102

Teens also participate in:  
On-site, accredited high school managed by Salt Lake City School District  
Vocational preparation  
Life skill development  
Recreational activities

**Youth Expedition program:** Ages 12-18  
6150 South Redwood Rd Taylorsville, UT 84123

After school IOP program for youth with behavior, mental health, and/or SUD needs.

### Services:

Psychoeducation  
Psychosocial rehabilitation skills  
Individual and family therapy sessions  
Coaching with an FPSS  
Can provide transportation

### Referrals:

[Youth Expedition](#)  
Brooke Munson  
Program supervisor  
385-787-1230

## Other youth services

**VOA Homeless Youth:** Ages 15-22  
888 S 400 W, Salt Lake City, UT 84101

Provides meals, emergency shelter, case management, and support for homeless and at-risk teens.

Referrals:

General number: 801-364-0744

Dani Nives, Division Director  
Youth Homeless Services  
801-364-0744 X162

Annie Brown  
Program Manager YRC  
801-364-0744 X180

**YESS program - Youth Empowered Solutions to Succeed:** Ages 16-25  
888 S 400 W Salt Lake City, UT 84101

Program improves the emotional and behavioral health functioning of youth and young adults, struggling with mental illness and housing instability through clinical services, care management and peer support to increase successful transitions to self-sufficiency in adulthood.

Services:

Case management  
Mental health therapy and support  
Supported employment  
Supported education  
Peer support services  
Referral to other community supports and agencies

Referrals:

Jamie Nimitz  
Program manager  
801-503-4063  
[jamie.nimitz@voaut.org](mailto:jamie.nimitz@voaut.org)

## Salt Lake County Division of Youth Services

**Family Peer Support Specialist**  
177 West Price Avenue (3610S)  
Salt Lake City, UT 84115

The team's mission is to help parents and/or primary caregivers with children experiencing mental health and/or substance abuse challenges which are resulting in trouble at school, with the law and/or that put the child at risk of out of home placement. Family Peer Support Specialists act as family peer support for families and offer a unique perspective, having utilized the mental health system either themselves or for a family member. Services and support include information to access community resources and local support groups and are provided at no cost to the families.

Referrals:

Kelly Ford  
Supervisor, Family Peer Support Program  
801-631-1086  
[kford@slco.org](mailto:kford@slco.org)

Robyn Emery  
Optum Salt Lake County Family Support Specialist  
801-963-7165  
[robyn.emery@optum.com](mailto:robyn.emery@optum.com)

**High Fidelity Wrap Services** (System of Care's High-Fidelity Wraparound (HFW))  
Statewide program region based

System of Care's High-Fidelity Wraparound (HFW) is a customized service approach to keep families safely together while effectively helping children with emotional and/or behavioral health needs thrive in their homes, schools and communities. HFW is an evidence-based approach to family-driven, team-based, collaborative planning for developing and implementing individualized care plans for children and youth with significant mental illness, emotional disturbance and/or behavioral disorders.

HFW is not case management, it is the Department of Human Services' (DHS) highest intensity service coordination with the goal of ensuring youth with acute needs are able to remain in their homes, schools and communities without the need for residential or out-of-home services. HFW Facilitators are credentialed to facilitate this high-intensity, high-frequency intervention to families of youth with complex needs who meet referral criteria and traditional methods of service delivery have not been effective.

Referrals: 801-538-3995 [jys.utah.gov/services/youth-servicesutah.gov](http://jys.utah.gov/services/youth-servicesutah.gov)

**JJS Youth Services Model high fidelity wrap program**

3450 S 900W  
Salt Lake City, UT 84119

Individualized services for youth so they can safely remain in their homes, schools, and communities. The primary goals are to help keep families intact and to prevent youths from further involvement with the juvenile justice system. "The Youth Services Model is a "no wrong door" approach to early intervention. Through this model, Utah delivers evidence based, individualized youth and family plans with early screening, assessment, plan management, and comprehensive access to services all driven by the youth and family strengths and needs."

Referrals  
385-269-5105  
[jys.utah.gov/services/youth-services](http://jys.utah.gov/services/youth-services)

**Youth HLOC referrals**

If support is needed for referrals to a HLOC for inpatient discharge please contact the Care advocate reviewing the case or call 1-877-370-8953.