



PROGRAMS AND SERVICES GUIDE

Let's deal with it **together.**



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PROGRAMS AND SERVICES FOR ADULTS

Assessment and Evaluation Services

ADULT CENTRALIZED INTAKE

1020 SOUTH MAIN STREET, STE 100 SALT LAKE CITY, UT 84101

Centralized Intake provides initial screenings and assessments for new clients, who are then referred to the most appropriate treatment, whether it's one of our programs, or a community provider. This “no wrong door” point-of-access for adult clients entering treatment decreases barriers and increases the opportunity for a client to be matched with the correct treatment from their first appointment.

In addition to reviewing the client's clinical needs, intake coordinators discuss cost and payment options. Centralized Intake works to set expectations and identify barriers to further treatment, such as transportation, cultural or linguistic issues, and stage of readiness for change. By addressing these concerns in the initial appointment, the likelihood that clients will follow through with recommended treatment is increased. Centralized Intake also helps decrease confusion by providing one point-of-access and relieving intake duties from the individual treatment programs.

CARE NAVIGATION TEAM

The Care Navigation Team provides outreach and coordination of care for high-needs clients, including those who are returning for services after hospitalization or incarceration. Care Navigation team is your one point of contact to facilitate entry or transfer to any Valley Behavioral Health location, including residential, housing, and outpatient mental health and substance use treatment programs.

PSYCHOLOGICAL SERVICES

3809 WEST 6200 SOUTH, KEARNS, UT 84129

Psychological Services provides consultations to referring agencies and clinicians for issues regarding psychiatric disability.

PRE-ASSESSMENT SCREENING & RESIDENT REVIEW (PASSR)

3809 WEST 6200 SOUTH, KEARNS, UT 84129

PASSR provides screening and annual evaluations for residents of nursing facilities who have a diagnosis of serious mental illness (SMI).

TOOELE COUNTY EVALUATION SERVICES

100 SOUTH 1000 WEST, TOOELE, UT 84074

Tooele Outpatient Services are available to children, teens, and adults with a mental health and/or substance use diagnosis. Outpatient services include assessments, family, individual, and group therapy, crisis interventions, abuse, trauma treatment, and medication management.

Clubhouse Program

Everyone has different strengths. The clubhouse model recognizes this and offers treatments based on each person's unique abilities and talents. It is designed to build self-esteem, develop work skills, complete educational goals, help members return to productive employment in the community, and obtain affordable housing.

NEW REFLECTIONS

565 WEST 900 SOUTH, TOOELE, UT 84074

Certified by the International Center for Clubhouse Development, Valley is one of more than four hundred such programs worldwide. Members pursue educational goals through the school districts, work in positions at the Clubhouse, and work for employers in the community.

Criminal Justice Services

ALTERNATIVES TO INCARCERATION TRANSPORT (ATI)

1020 SOUTH MAIN, STE. 300 SALT LAKE CITY, UT 84101

ATI Transport connects those incarcerated in the Salt Lake County jail to a Valley treatment provider and ValleyRx pharmacy immediately upon their release. Individuals diagnosed with serious mental illness (SMI) will be ordered by the court to be released to Valley to receive treatment in the least restrictive setting.

ASSERTIVE COMMUNITY TREATMENT (ACT)

1020 SOUTH MAIN, STE. 100 SALT LAKE CITY, UT 84101

ACT serves recipients who live with serious mental illness that impairs their functioning in their personal lives as well as the community. Priority is given to people with schizophrenia, other psychotic disorders (e.g., schizoaffective disorder), bipolar disorder, and/or major or chronic depression. Priority is also given to individuals with continuous high service needs that are not being met in more traditional service settings. Individuals with a primary diagnosis of a personality disorder, substance abuse disorder, or intellectual/developmental disability are not appropriate for ACT.

COMMUNITY RESPONSE TEAM (CRT)

1020 SOUTH MAIN, STE. 100, SALT LAKE CITY, UT, 84101

Working with many community agencies, our Community Response Team identifies, assesses, and provides support to clients who have serious mental illness (SMI) and are repeat offenders. CRT works specifically at the Salt Lake County Detention Center and Oxbow Jail, providing resources, advocacy, and support in discharge planning.

CO-OCCURRING RE-ENTRY & EMPOWERMENT (CORE I) - MEN

443 SOUTH 600 EAST, SALT LAKE CITY, UT 84101

The CORE I residential program helps adult male criminal offenders with a dual diagnosis. Our 16-bed transition-focused facility helps individuals re-enter and reintegrate into the community.

CO-OCCURRING RE-ENTRY & EMPOWERMENT (CORE II) - WOMEN

1228 SOUTH 900 EAST, SALT LAKE CITY, UT 84105

The CORE II residential program helps adult female criminal offenders with a dual diagnosis. Our 16-bed transition-focused facility helps individuals re-enter and reintegrate into the community.

JAIL DIVERSION OUTREACH TEAM (JDOT)

1020 SOUTH MAIN, STE. 300, SALT LAKE CITY, UT 84101

JDOT offers 24-hour, comprehensive, individualized services that link individuals to resources and support while helping them live independently. JDOT focuses on clients with co-occurring disorders including mental illness, substance use, and criminal justice involvement to help with housing stability and quality of life.

TOOELE COUNTY OUTPATIENT CLINIC

100 SOUTH 1000 WEST, TOOELE, UT 84074

Tooele Outpatient Services are available to children, teens, and adults with a mental health and/or substance use diagnosis. Outpatient services include assessments, family, individual, and group therapy, crisis interventions, abuse and trauma treatment, and medication management.

SUBSTANCE USE DISORDER TREATMENT (SUD)

3809 WEST 6200 SOUTH, KEARNS, UT 84118

Inspired by helping those struggling with substance use and behavioral health, Valley Behavioral Health's SUD services provide a full array of mental health, substance use, and behavioral treatment services to adults. SUD outpatient philosophy is that there is relief in rediscovery, opportunity, and responsibility in recovery. Through support, education, practice, and desire to change.

WEEKEND WARRIOR PROGRAM (WWP)

1020 SOUTH MAIN, STE. 300 SALT LAKE CITY, UT 84101

With an intensive weekend relapse prevention approach, WWP is an eight-week program that includes at least nine hours of psycho-educational classes and two drug/alcohol tests weekly.

Fresh Start Program

1020 SOUTH MAIN, SALT LAKE CITY, UT 84101

Fresh Start, a drop-in day program run by Certified Peer Specialists, gives adults challenged by mental illness a place where they can socialize, learn skills, and share talents with other clients. Fresh Start's staff of trained mental health professionals share their personal stories of challenge and triumph to connect with clients on a personal level.

Homeless Services

Valley's homeless programs serve individuals ages 18 and older who are homeless and have serious mental illness (SMI). Valley works closely with other community partners to help connect individuals experiencing homelessness to shelter, housing, and other support services.

VALLEY STOREFRONT

550 WEST 700 SOUTH, SALT LAKE CITY, UT 84101

Valley Storefront is a non-traditional outpatient facility that provides services to homeless individuals who have serious mental illness (SMI) who may also have another disorder, such as substance use. This program acts as an entry point into treatment for those who are reluctant to try traditional mental health options. In addition to our outpatient services, Storefront offers Assertive Community Treatment (ACT) and outreach models.

Housing Programs

Valley owns and operates a number of units throughout the Salt Lake Valley that offer affordable housing options for those with mental illness. Housing programs range from independent living to supervised housing and are primarily focused on helping individuals reach their goals for recovery.

VALLEY HOMEFRONT

550 WEST 700 SOUTH, SALT LAKE CITY, UT 84101

Valley Homefront offers eight permanent apartments for homeless individuals who generally do well with minor supervision. Residents receive in-home visits weekly and can attend monthly tenant meetings. They are assisted with apartment living/home maintenance, medication management, benefit management, skills development, socialization, and peer support services.

VALLEY HORIZONS

3133 SOUTH 3600 WEST, WEST VALLEY CITY, UT 84119

Valley Horizons is a housing unit that serves 20 residents who are 55 years of age or older in an independent living setting. Residents are provided case management to increase community engagement and daily living skills at home.

VALLEY CROSSROADS

4860 W 4700 S KEARNS, UT 84118

Crossroads is an Independent Living apartment complex. Residents live independently, using program resources to strengthen independence skills and acquire new ones. The property has a full-time case manager that is on-site.

OQUIRRH RIDGE EAST

6854 SOUTH 700 EAST, MIDVALE, UT 84047

This small apartment complex houses 12 residents and provides case management services and skills development with minimal supervision and a moderately low frequency of contact.

OQUIRRH RIDGE WEST

4980 WEST 4700 SOUTH, KEARNS, UT 84118

This transitional housing has 12 residents with the expectation that those who develop independent living skills and are stable in treatment will transition to more independent housing.

PHEASANT HOLLOW

4125 SOUTH 900 EAST, SALT LAKE CITY, UT 84124

Pheasant Hollow has 20 apartments that help adults ages 18 and older who have physical disabilities and are on the New Choices Waiver Program. The program helps clients learn the skills they need to be as independent as they are able and supports them in rebuilding a meaningful life. Staff can work with residents on exercises that have been ordered by a therapist to increase or maintain ability, balance, strength, and safety.

SAFE HAVEN I TRANSITIONAL HOUSING

550 WEST 700 SOUTH, SALT LAKE CITY, UT 84101

Safe Haven I has 25 transitional housing units for clients who have serious mental illness (SMI) and have a history of chronic homelessness. Residents of Safe Haven I are able to maintain their status of homelessness so they can continue to qualify for permanent housing.

SAFE HAVEN II PERMANENT HOUSING

550 WEST 700 SOUTH, SALT LAKE CITY, UT 84101

Safe Haven II has 24 permanent housing units for homeless individuals challenged by a history of chronic homelessness, mental health, and substance use issues. They are assisted with apartment living/home maintenance, medication management, benefit management, skills development, socialization, and peer support services.

VALLEY PLAZA

280 EAST 600 SOUTH, SALT LAKE CITY, UT 84111

Valley Plaza offers supervised cooperative living apartments for 72 residents with serious mental illness (SMI). Valley Plaza offers a variety of services including case management, treatment step program medication support, and 24-hour assistance.

SHELTER + CARE VOUCHER PROGRAM

The Voucher Program is a collaboration between Valley Behavioral Health, Salt Lake County, Tooele County, and West Valley City Housing Authorities. It offers Medicaid clients subsidized housing with supportive services in the community through Shelter + Care vouchers. The program serves nearly 150 clients with various HUD subsidies.

VALLEY VILLA

1878 S MAIN ST, SALT LAKE CITY, UT 84115

This small apartment complex houses 20 residents and provides case management services, skills development with minimal supervision, and a moderately low frequency of contact.

VALLEY WOODS

3610 SOUTH 1000 WEST, WEST VALLEY CITY, UT 84119

Valley Woods offers permanent, long-term supportive housing to help residents that are age 18 and older learn the skills necessary to remain as independent as possible. Valley Woods has 56 beds and offers access to 24-hour support. Individuals are provided numerous services including case management, therapy, medication management, and interaction with community resources so that they engage and thrive in the community.

Outpatient Services & Case Management

SUBSTANCE USE DISORDER TREATMENT (SUD)

3809 WEST 6200 SOUTH, KEARNS, UT 84118

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CLOZARIL CLINIC

1020 SOUTH MAIN, STE. 100, SALT LAKE CITY, UT 84101

A walk-in clinic and lab providing medication management and coordination of services for individuals prescribed Clozaril.

ASSERTIVE OUTREACH TEAM (AOT)

1020 SOUTH MAIN STREET, STE 100 SALT LAKE CITY, UT 84101

The Assertive Outreach Team provides individualized treatment focusing on strong collaboration between the individual and their community resources, support systems, and behavioral and primary health care providers. The AOT program focuses on meeting individuals where they are in the recovery process and helping them gain independence to improve their overall quality of life.

The 24/7 AOT team consists of medical staff, social workers, therapists, and case managers. From the moment the individual is met, their current situation is evaluated and a treatment plan is created that focuses on immediate needs, such as benefits, medications, therapy, and housing. As individuals make progress, focus is shifted to skill development and independent living, with the ultimate goal of transitioning them to outpatient programs. AOT clients have access to services 24 hours a day, 365 days a year.

FLEXCARE

*SALT LAKE CITY: 4460 SOUTH HIGHLAND DRIVE, STE. 300 SALT LAKE CITY, UT 84124
DAVIS COUNTY: 1649 EAST 1400 SOUTH, STE 380 CLEARFIELD, UT 84015*

FlexCare utilizes nurse/social worker teams to help clients move out of nursing homes and live more independently in the community. Flexcare helps identify resources and coordinate services in order to help people remain in the community as long as possible. Flexcare works with each client's medical doctors as well as mental health and substance use providers, families, and other sources to help clients meet both medical and non-medical needs.

INDEPENDENT LIVING PROGRAMS (ILP)

1020 SOUTH MAIN STREET, STE 100 SALT LAKE CITY, UT 84101

These programs serve those who have not developed the necessary skills to live in the community without added support. The Independent Living Programs help develop skills in food planning, housekeeping, personal hygiene, and socialization with neighbors, landlords, and other community members.

FORENSICS

1020 SOUTH MAIN STREET, STE. 300 SALT LAKE CITY, UT 84101

Forensics helps clients on parole and probation who have been referred into treatment by the criminal justice system. Programs offered by the Forensic Unit include mental health outpatient services, treatment for domestic violence offenders, substance use disorder treatment, and intensive outpatient services. All Forensic Unit programs are offered in both English and Spanish.

VALLEYWEST INTEGRATED FAMILY CLINIC

2948 SOUTH REDWOOD ROAD, WEST VALLEY CITY, UT 84119

ValleyWest provides a range of mental health and substance use services for residents of Salt Lake County. ValleyWest provides outpatient treatment for families with services for adults and children. ValleyWest clinicians offer care focused on assistance for reunification with children, parenting classes, and evidence-based trauma treatment.

MASTERS PROGRAM

1020 SOUTH MAIN STREET, STE. 200, SALT LAKE CITY, UT 84101

The Masters Program offers case management, individual therapy, peer support and medication management support. The program helps adults ages 55 and older increase their ability to lead happy, independent, productive, and socially integrated lives. The Masters Program facilitates groups in community senior centers through the Vital Aging project in collaboration with Salt Lake County Aging & Adult Services.

NORTH VALLEY OUTPATIENT CLINIC

1020 SOUTH MAIN STREET, STE. 100, SALT LAKE CITY, UT 84101

North Valley serves adults ages 18 and older and provides a range of mental health services, including individual therapy, medication management, and case management. The North Valley clinic serves those who utilize Medicaid, grants, and county funding.

TOOELE COUNTY OUTPATIENT CLINIC

100 SOUTH 1000 WEST, TOOELE, UT 84074

Tooele Outpatient Services are available to children, teens, and adults with a mental health and/or substance use diagnosis. Outpatient services include assessments, family, individual, and group therapy, crisis interventions, abuse and trauma treatment, and medication management.



MEDICATION OUTREACH TEAM

MEDICAID TEAM 3809 WEST 6200 SOUTH KEARNS, UT 84129

The Medicaid Team is here to provide application assistance for all Medicaid programs, CHIP, SNAP benefits, and General Assistance. We are also available to assist with the annual review process for these programs. We take the time to make sure each application is completely processed and a proper determination of benefits can be made.

Residential Treatment

CO-OCCURRING RE-ENTRY & EMPOWERMENT (CORE I) - MEN

443 SOUTH 600 EAST, SALT LAKE CITY, UT 84101

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CO-OCCURRING RE-ENTRY & EMPOWERMENT (CORE II) - WOMEN

1228 SOUTH 900 EAST, SALT LAKE CITY, UT 84105

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VALLEYEPIC

3809 WEST 6200 SOUTH, KEARNS, UT 84118

ValleyEPIC (Evidence-based Programs and Interventions Campus) is a premier treatment facility designed for men and women in our community with substance abuse, who may also be struggling with mental illness and homelessness. The program offers a full continuum of substance use treatment from residential and day programs, to intensive and traditional outpatient services.

VALLEYPHOENIX

6856 SOUTH 700 EAST, MIDVALE, UT 84047

Substance use problems impact entire families. Focused on prenatal support for expectant mothers and women with children, ValleyPhoenix is a residential treatment facility that helps families stay together.

Senior Services

VALLEY HORIZONS

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SPECIALIZED REHABILITATION SERVICES (SRS)

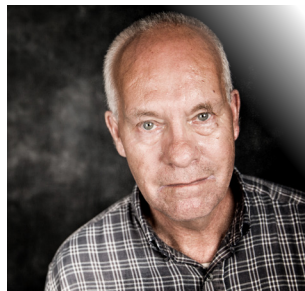
1020 SOUTH MAIN STREET, STE. 218, SALT LAKE CITY, UT 84101

Specialized Rehabilitation Services provide medication management and group and individual therapy to individuals residing in nursing homes or extended-care facilities. The goal of this program is to improve and promote the overall health of the mentally ill, while working side-by-side with primary care providers and extended care facility personnel.

VITAL AGING PROGRAM

1020 SOUTH MAIN STREET, STE. 200, SALT LAKE CITY, UT 84101

A collaboration between Valley and Salt Lake County Aging & Adult Services, this nationally award-winning project empowers older adults across the Salt Lake Valley by teaching them skills necessary to take action and make lasting changes so they can lead more active and rewarding lives.



Substance Use Services

CO-OCCURRING RE-ENTRY & EMPOWERMENT (CORE I) - MEN

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ValleyEPIC (Evidence-based Programs and Interventions Campus) is a premier treatment facility designed for men and women in our community with substance use, who may also be struggling with mental illness and homelessness. It offers a full continuum of substance use treatment from residential and day programs, to intensive and traditional outpatient services.



VALLEYWEST INTEGRATED FAMILY CLINIC

2948 SOUTH REDWOOD ROAD, WEST VALLEY CITY, UT 84119

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FORENSICS

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VALLEYPHOENIX

6856 SOUTH 700 EAST, MIDVALE, UT 84047

Substance use problems impact entire families. Focused on prenatal support for expectant mothers and women with children, ValleyPhoenix is a residential treatment facility that helps families stay together.



Valley Idaho

VALLEY BEHAVIORAL HEALTH IN IDAHO

For over 30 years in Utah, Valley Behavioral Health has successfully helped thousands of people and their families by providing individualized therapy, mental health resources, and personalized treatment methods to each client's needs. We are proud to expand our services and provide support to the communities of Idaho.

Our main goal is to be accessible to everyone in our community the best we can. Having the option of telehealth services is our approach to keeping our clients safe and comfortable during unexpected periods.

Our specialists at Valley are committed to helping you with your mental health goals and can help you with a range of issues in-person or via telehealth including:

- Anger Management
- Anxiety
- Autism Spectrum Support
- Case Management
- Depression
- Medication Management
- Self-harm and Suicidal Ideation
- Children Specialty Services including:
Children Assessments (CANS) and Targeted Care Coordination

Call: 208.501.0507

Text: 208.502.4759

Address: 4750 N Five Mile Rd Ste 200, Boise, ID 83713

Visit: ValleyCares.com/Idaho-Behavioral-Health



PROGRAMS AND SERVICES FOR CHILDREN, YOUTH, & FAMILY

Day Treatment

ADOLESCENTS IN MOTION (AIM)

1141 EAST 3900 SOUTH STE. 250, SALT LAKE CITY, UT 84124

AIM is an intensive day program for youth ages 12-17 with serious behavioral and emotional challenges. AIM focuses on keeping youth with their families and communities. The goal is to prevent more restrictive mental health placements and/or help youth step down from more restrictive settings. Clients will attend school at the AIM Program provided by Granite School District.

ACUTE CHILDREN'S EXTENDED SERVICES (ACES)

195 WEST 7200 SOUTH, MIDVALE, UT 84047

ACES is an after school treatment service for children ages 5-12 with severe emotional and behavioral problems. This program teaches social and crisis management skills through recreational and community activities as well as home and school behavioral monitoring.

CHILDREN'S BEHAVIOR THERAPY UNIT (CBTU) – SCHOOL BASED SERVICES

LOCATED IN PARTICIPATING SCHOOLS

CBTU provides community-based mental health day treatment programs in partnership with local school districts. Programs are offered in the Salt Lake School District and are for children and youth requiring highly structured therapeutic academic settings.

DIALECTICAL BEHAVIOR THERAPY (DBT)

1141 EAST 3900 SOUTH, STE. A160 SALT LAKE CITY, UT 84124

DBT is a 4-6 month long program that focuses on teaching the core DBT skills of mindfulness, interpersonal effectiveness, conflict resolution, distress tolerance, and emotional regulation. The program helps treat co-occurring disorders such as depression, anxiety, substance use, and early presenting personality disorders. Children are accepted from the ages of 12-18, varying on circumstances. DBT is a Medicaid only program, with referrals coming from outpatient therapists or hospitals.

KIDS INTENSIVE DAY SERVICES (KIDS)

195 WEST 7200 SOUTH, MIDVALE, UT 84047

KIDS is a short-term intensive day program for youth ages 5-12 with serious behavioral and emotional challenges. Treatment at KIDS is designed to prevent placement in more restrictive settings and/or help youth step down from more restrictive settings. The goal is to keep children with their families in the community.



Outpatient Services and Case Management

VALLEYWEST INTEGRATED FAMILY CLINIC

2948 SOUTH REDWOOD ROAD, WEST VALLEY CITY, UT 84119

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TOOELE COUNTY OUTPATIENT CLINIC

100 SOUTH 1000 WEST, TOOELE, UT 84074

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SCHOOL-BASED BEHAVIORAL HEALTH (SBBH)

Valley Behavioral Health's School-Based Behavioral Health Services provide children with an experienced on-site therapist. Valley works closely with children, family, and school staff to increase success in class, with peers, family, and in the community.

Valley's School-Based Behavioral Health Services offer:

- Child and family behavioral health services conveniently located at various schools in Salt Lake, Summit, and Tooele counties
- Flexible and convenient scheduling
- Behavioral health assessment, individual and family therapy, prevention and intervention services, therapeutic relationship building, and development of problem solving and coping skills
- Behavioral health advocates who work closely with the school team to support children's needs

School-based Behavioral services are located in various schools in Salt Lake and Tooele counties. Please contact us to see which schools participate.

ValleyLab

Truth in recovery

MISSION

ValleyLab has the expertise and scientific methods that allow our team to dig deeper than the surface. This gives light to specific treatment situations and greatly reduces the chance of confusing positive results with natural causes that come from medications or exposure.



HOW VALLEYLAB CAN HELP

Significant Cost Savings. With high rates of inaccuracy on initial tests, many major drug-testing conglomerates send off many screenings for expensive secondary testing.

Reduced “outs.” At ValleyLab, confirmation tests are performed on the initial screenings that come back positive, which is typically around 60%. The secondary confirmation test performed comes back with the false margin of only 0.0001%.

Faster turnaround times. With more efficient secondary testing, not only do costs go down, but there is also a faster turnaround time of 2-3 days.

Extraordinary expertise. ValleyLab has the team expertise and scientific methodology to dig deeper than the surface.

Phone: 801.273.6331

Location: 4460 South Highland Drive, Ste 110
Salt Lake City, UT 84124

ValleyCares.com/ValleyLab



MISSION

ValleyRx provides convenient high quality service when it comes to getting medication. Healthcare can be difficult sometimes, but managing medication shouldn't have to be. Medication made easy.

SERVICES

As a full-service pharmacy, ValleyRx will provide you with all of the medications that your treatment team prescribes. A team of highly trained professionals includes pharmacists, technicians, and team members who understand the day-to-day challenges that customers face. The ValleyRx team is here to ensure the most comprehensive and convenient experience possible for our pharmacy customers.



BENEFITS

- Convenient and free delivery to your location
- A pharmacist available to discuss your prescriptions including proper usage and possible side effects
- Comprehensive care, through other pharmacies and providers, working closely to serve customer needs

Phone: 801.536.6570

**Location: 1020 South Main Street Ste. 110
Salt Lake City, UT 84101**

ValleyCares.com/ValleyRx

Client Stories



JESSIE - CORE II

"I hit rock bottom...I didn't wanna do drugs anymore, didn't want to live anymore, didn't want to do anything that was going to help me in any way anymore. I was stuck and I decided you know, I'm either going to live or I'm gonna die, and I chose to live. I called every treatment center in the area trying to get into some kind of treatment, and Valley called back. CORE called back."



JAMES - CORE I

"At CORE, nobody cared that I was in prison for all that time. Nobody cared about anything like that. All they wanted was what's best for me to help me. They didn't use my past against me. They didn't care about the past! In the past when I've gotten out of jail people didn't want anything to do with me. And I've made some good friends here."



TIANA - VALLEYPHOENIX

"Everything about my life has changed since coming to ValleyPhoenix. I'll have housing. I've been rekindling my support system and my relationships. I know how to assertively communicate with people without being aggressive. I know how to be emotionally in check with myself and use coping skills that I didn't even know were a thing."

Clients have an advocate and partner.

Since 1987, Valley Behavioral Health has provided an array of specialized clinical treatments and support services that literally change lives.

Valley helps individuals, families, and organizations deal effectively with behavioral issues. When someone is suffering, whether it's from depression, addiction, traumatic life events, or a disorder like autism or schizophrenia, it not only affects the health and happiness of the sufferer, it also affects the lives of everyone around them.

Valley is your intervention partner. With the largest and most diverse behavioral health service provider in Utah, and an array of specialized clinical treatments and support services. Let's deal with it together.

THE BREADTH AND DEPTH OF CARE NETWORK INCLUDES:

- 70+ Programs
- 800+ Employees
- 19,000 Clients Served Annually
- 690,000 Annual Services

Payment Options

Valley is a nonprofit organization dedicated to providing quality care that is accessible and affordable to people in all walks of life. Services are available during both daytime and evening hours. Payment can be made through:

- Private insurance
- Medicare
- Medicaid
- Self-Pay
- Payment options for those who need assistance

Highland Springs Specialty Clinic

At Highland Springs Specialty Clinic we strive to provide a comfortable and supportive environment where individuals can receive superior treatment from our qualified therapists.

We focus on providing a valuable experience of help and concern by demonstrating compassion and dedication. We ensure that the environment and services offered provide a comforting and trusting atmosphere.

We offer a wide range of services and programs that focus on individuals and families. Specialties include depression, PTSD, anxiety, marriage, couples, family counseling, addiction services, medication services, trauma therapy, and much more. We are here to help those seeking help become a stronger, happier you. Find happiness again.

WE SERVE

- CHILDREN
- ADOLESCENTS
- COUPLES
- ADULTS
- FAMILIES
- LGBTQIA+

TREATMENT & SERVICES

- ANXIETY
- DEPRESSION
- ADDICTION
- PTSD/TRAUMA
- MEDICATION MANAGEMENT
- TELEHEALTH



HighlandSprings™
A VALLEY SPECIALTY CLINIC



LOCATIONS

Holladay Clinic

4460 South Highland Drive, Suite 100
Salt Lake City, UT 84124

Riverton Clinic

12427 South Pasture Road, Suite 104
Riverton, UT 84065

Layton Clinic

1785 East 1450 South, Suite 300
Clearfield, UT 84015

American Fork Clinic

751 East 700 South Suite 102
American Fork, UT 84003

Boise Clinic

4750 N Five Mile Road
McMillan & Five Mile Boise, ID 83713

Gilbert Clinic

2915 E Baseline Rd Ste 112
Gilbert, AZ 85234

Please call to set up an appointment,
receive a phone consultation, or to get
more information about our services.

**Please be assured that all calls
are strictly confidential.**

ACCEPTED PAYMENT METHODS

Private Insurance

Medicare

Tricare

Self Pay



Phone: 800.403.0295

Text: 385.474.8889

HighlandSpringsClinic.org

Carmen B. Pingree Autism Center of Learning

The Carmen B. Pingree Autism Center of Learning specializes in the comprehensive treatment, education, and related services for children with autism and their families. Highly regarded on state, national, and international levels, The Pingree Center provides state-of-the-art intervention for children and adolescents with autism from preschool through adolescence. The Pingree Center actively collaborates with the University of Utah on research and assistantship opportunities and consistently strives to stay current with up to date and best practices within the field.

LIFE CHANGING RESULTS

Our center for autism treatment delivers real results that can transform the life of your child. Families have experienced life-changing special moments with their children such as a child saying “mom” or “dad” for the first time or being able to participate with family celebrations and activities for the first time.

EVIDENCE-BASED PRACTICES

We use evidence-based practices based in Applied Behavior Analysis included in the National Autism Center's National Standard Report such as discrete trial training, reinforcement, incidental teaching/naturalistic teaching, task analysis, visual supports, schedules, prompting, modeling, time delay, video modeling, and social narratives to teach children new socially significant behaviors, skills, and concepts.



Phone: 801.581.0194

Text: 801.581.0194

CarmenBPingree.com

Carmen B. Pingree
Autism Center of Learning™
A SPECIALTY SERVICE OF VALLEY



THE PINGREE CENTER'S PROGRAMS

Preschool

The preschool program serves children ages 2 through 5. Each classroom has 10 students. This enriched staffing ratio allows for intensive and individualized programming, high rates of attention and reinforcement, and data collection to monitor progress. The day is broken into a variety of individual, small and large group activities that address each child's individualized goals.

Elementary

The elementary program follows the general Pingree curriculum, programming based on Rethink Autism and functional life skills. Following the Utah State Board of Education guidelines, academic rotations in math, reading, and language are incorporated for those children who require structured academic groups. Some individualized programs might focus on the academic skills in a functional manner such as using calculators for math in a grocery setting, color identification for sorting laundry, matching fractions to measuring cups for independent cooking, etc.

Adolescent

Our adolescent learning program supports the development and education of adolescents by encouraging independence with daily living tasks age-appropriate skills that are essential to their development. The focus in our adolescent program is to increase functional daily living skills such as cooking, cleaning spaces, doing laundry, and completing task lists. The adolescent program also focuses on preparing individuals for community integration and pre-vocational development.

Community Preschool & Child Care

The Pingree Community Preschool & Child Care program strives to provide an outstanding, inclusive early childhood experience for children with and without special needs. CP is an innovative preschool childcare model that utilizes the practice of inclusion, integrating typically developing children with children exhibiting developmental disabilities. The community preschool is part of the Carmen B. Pingree Autism Center of Learning.

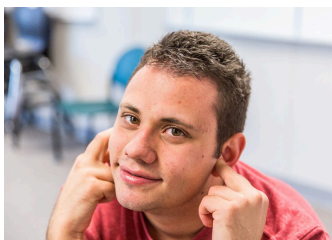
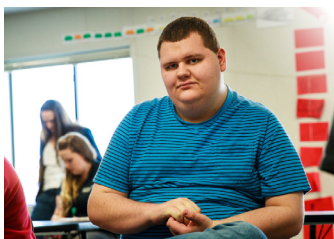
Adult Autism Center of Lifetime Learning

THE FIRST OF IT'S KIND IN UTAH.

The Adult Autism Center is an extension of the evidence-based treatment we provide at the existing Pingree Center but focuses on daily living and vocational skills. The program utilizes applied behavior analysis (ABA) when providing treatment.

The goal is increased independence for each client based on their abilities and interests. We provide access to the community via internship, volunteer, and supported employment opportunities.

The program will utilize evidence based practices based in applied behavior analysis to provide high quality treatment focusing on vocational and life long learning skills.



Adult Autism Center
of Lifetime Learning

A SERVICE OF PINGREE

Phone: 801.784.5972

Text: 385.474.0890

Email: Info@AdultAutismCenter.org

6232 South 900 East Murray, UT 84121

AdultAutismCenter.org

EDUCATIONAL STRATEGIES

Evidence based treatment focusing on vocational and life-long learning skills will be provided at the Adult Autism Center. The program will access pre-employment, employment, and life-long learning skills training through curriculum in Rethink Ed and the National Technical Assistance Center on Transition. All programs will focus on increasing individuals skills to increase independence across identified program areas. These areas include: Community access, Home Living, Social/Leisure, Fitness, and Vocational training.

THE ADULT AUTISM CENTER PROGRAMS

The Adult Autism Center serves the needs of adults requiring a high level of support –those with lower cognitive and communication skills as well as the most challenging behavioral issues. With personalized care and instruction, individuals will learn valuable skills and achieve a higher level of independence.



Academics

Differentiated instruction for each individual



Fitness Education

Build healthy, active lifestyle habits



Library

Prepare to use public libraries and computer labs



Home Living

Practice daily independent living skills



Culinary

Learn to cook a variety of healthy meals



Vocational Training

Skills coaching and supported employment



Agriculture

Learn to care for plants and animals



Social & Leisure

Build friendships and broaden interests



Arts & Crafts

Creative expression in a variety of forms



Medical & Dental

Decrease anxiety in healthcare environments

Contact us

VALLEY BEHAVIORAL HEALTH

Multiple locations in
Boise, ID, Salt Lake, and
Tooele Counties
888.949.4864
Txt: 385.474.8887

ADULT AUTISM CENTER OF LIFETIME LEARNING

6232 South 900 East
Murray, UT 84121
801.784.5972

TOOELE COUNTY (MAIN OFFICE)

100 South 1000 West
Tooele, Utah 84074
435.843.3520

CARMEN B. PINGREE AUTISM CENTER OF LEARNING

780 S. Guardsman Way
Salt Lake City, UT 84121
Call or txt 801.581.0194

HIGHLAND SPRINGS SPECIALTY CLINIC

Multiple locations in
Salt Lake, Davis, Utah
Counties, Boise, ID, and
Gilbert, AZ
800.403.0295
Txt: 385.474.8889



Let's deal with it **together.**