



## SIXTH JUDICIAL DISTRICT

District Judge Marvin D. Bagley  
District Judge Wallace A. Lee  
Juvenile Judge Paul D. Lyman

Wendell L. Roberts, Court Executive  
Keri Sargent, Clerk of Court  
Christopher Morgan, Chief of Probation

### SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

This guide is designed for the public, as well as the helping professional. It contains information about various youth programs, mental health providers, counselors, substance abuse interventions, and help-lines.

The Sixth District covers Garfield, Kane, Piute, Sanpete, Sevier, & Wayne counties. As such, the guide will list services in each of those counties.

Because this guide is for the helping professional as well as the general public, we have included a glossary (located at the end of the guide) of terms not necessarily familiar to everyone.

### TABLE OF CONTENTS

Services in Garfield County . . . . .	1 - 2
Services in Kane County . . . . .	3 - 4
Services in Piute County . . . . .	5 - 6
Services in Sanpete County . . . . .	7 - 14
Services in Sevier County . . . . .	15 - 24
Services in Wayne County . . . . .	25 - 27
Miscellaneous/ statewide services (i.e. websites, hotlines, etc.) . . . . .	28 - 29
Glossary . . . . .	30 - 33

# SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

## GARFIELD COUNTY

### **Southwest Behavioral Health Center**

**Address:** 601 East Center Street  
PO Box 579  
Panguitch, UT 84759

**Phone # :** (435) 676-8176  
24hour Emergency Service (800) 574-6763

**Email Contact:** [info@sbhcutah.org](mailto:info@sbhcutah.org)

**Website:** [www.swbehavioralhealth.com/](http://www.swbehavioralhealth.com/)

Southwest Behavioral Health provides numerous services including behavioral therapy, substance abuse evaluations/assessments, substance abuse counseling, family counseling, & tobacco cessation classes. In addition to these, they also run a drug court.

Southwest accepts private insurance, Medicaid, cash, & and are also contracted with the Division of Child & Family Services (DCFS) to provide services to youth and adults involved with the division.

*For the information of Juvenile Court probation officers, Southwest does target the attitudes & behaviors domain of the Protective Risk Assessment (PRA) tool.*

Southwest also uses assessment tools to identify the different needs of the people they serve and DO provide progress reports, & proof of completion letters to ensure compliance with court orders, etc.

Finally, Southwest Behavioral Health uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Enhancement Therapy (MET)
- Motivational Interviewing (MI)
- Positive Parenting Program (Triple P)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Turn-About Ranch**

**Address:** PO Box 345  
Escalante, UT 84726

**Phone # :** (435) 826-4240

**Fax # :** (435) 826-4261

**Email Contact:** Chris Christensen - [cchristensen@turnaboutranch.com](mailto:cchristensen@turnaboutranch.com)

**Website:** [www.turnaboutranch.crchealth.com](http://www.turnaboutranch.crchealth.com)

Turn-About Ranch is a residential (out of home placement) program designed for youth who are in need of intensive services. At the program they help these youth by providing behavioral therapy and substance abuse counseling, both in individual and group settings. Additionally they offer life skills training, and also involve the whole family by offering counseling with the youth and the rest of their family.

Turn-About Ranch accepts private insurance and cash to pay for their services.

*For the information of Juvenile Court probation officers, Turn-About Ranch does target the attitudes & behaviors, school, use of free time, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool.*

Turn-About Ranch does work with the courts in providing probation officers and other court workers with progress reports, compliance, and proof of completion summaries.

Finally, Turn-About Ranch uses the following **evidence-based practices:**

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Motivational Interviewing (MI)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### KANE COUNTY

#### **Southwest Behavioral Health Center**

**Address:** 445 North Main Street  
Kanab, UT 84741

**Phone # :** (435) 644-4520  
24hour Emergency Service (800) 574-6763

**Fax # :** (435) 644-4524

**Email Contact:** [info@sbhcutah.org](mailto:info@sbhcutah.org)

**Website:** [www.swbehavioralhealth.com/](http://www.swbehavioralhealth.com/)

Southwest Behavioral Health provides numerous services including behavioral therapy, substance abuse evaluations/assessments, substance abuse counseling, family counseling, & tobacco cessation classes. In addition to these, they also run a drug court.

Southwest accepts private insurance, Medicaid, cash, & and are also contracted with the Division of Child & Family Services (DCFS) to provide services to youth and adults involved with the division.

*For the information of Juvenile Court probation officers, Southwest does target the attitudes & behaviors domain of the Protective Risk Assessment (PRA) tool.*

Southwest also uses assessment tools to identify the different needs of the people they serve and do provide progress reports, & proof of completion letters to ensure compliance with court orders, etc.

Finally, Southwest Behavioral Health uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Enhancement Therapy (MET)
- Motivational Interviewing (MI)
- Positive Parenting Program (Triple P)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Wingate Wilderness Therapy**

**Address:** Mailing - PO Box 347  
Kanab, UT 84741

Physical -  
1739 South HWY. 89A  
Kanab, UT 84741

**Phone # :** Toll free - 800-560-1599 or (435) 644-3654

**Fax # :** (435) 644-3659 or (435) 304-3199

**Email Contact:** Brad Matheson - [Brad@wingatetherapy.com](mailto:Brad@wingatetherapy.com)

**Website:** [www.wingatewildernesstherapy.com](http://www.wingatewildernesstherapy.com)

Wingate Wilderness Therapy offers a unique approach to therapy by conducting much of what they do in a wilderness experience. Wingate is a residential (out of home placement) treatment program that specializes in behavioral therapy in a group or individual setting, substance abuse evaluations/ assessments, substance abuse counseling (individual and group), family counseling, tobacco cessation, and life skills training

Wingate accepts cash and credit cards to pay for services.

*For the information of Juvenile Court probation officers, Wingate targets the attitudes & behaviors, relationships, alcohol & drugs, mental health, and skills domains of the Protective Risk Assessment (PRA) tool.*

Wingate Therapy does provide progress reports to case managers, court workers, etc.

Wingate Wilderness Therapy uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Family Integrated Transitions (FIT)
- Functional Family Therapy (FFT)
- Motivational Enhancement Therapy (MET)
- Motivational Interviewing (MI)
- Multi systemic Therapy (MST)
- Positive Parenting Program (Triple P)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### PIUTE COUNTY

#### **Storm Ridge**

**Address:** 2898 North 100 West  
Monroe, UT 84754

**Phone # :** (435) 527-3191

**Fax # :** (435) 527-3076

**Email Contact:** [info@stormridge.com](mailto:info@stormridge.com)

**Website:** [www.stormridge.com](http://www.stormridge.com)

Storm Ridge is a residential facility (out of home placement) that offers numerous services to both males and females. Storm Ridge South is located in Piute County and is the home that services male youth. At Storm Ridge they assist youth who are in need by offering behavioral therapy (individual and group), substance abuse evaluations, substance abuse counseling (individual and group), life skills training, and family counseling.

Storm Ridge accepts private insurance and cash to pay for their services.

*For the information of Juvenile Court probation officers, Storm Ridge Ranch does target the attitudes & behaviors, school, use of free time, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool.*

Storm Ridge does provide the courts with progress reports, proof of completion, etc.

Finally, Storm Ridge Ranch uses the following **evidence-based practices:**

- Dialectical Behavior Therapy (DBT)
- Family Integrated Transitions (FIT)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **Central Utah Counseling Center**

**Address:** 550 North Main  
Junction, UT 84740

**Phone # :** (435) 577-2055

**Email Contact:** None

**Website:** [www.cucc.us](http://www.cucc.us)

Central Utah Counseling Center is a service open to anyone in the community. They offer behavioral therapy as well as substance abuse counseling in both individual and group settings. Also offered is life skills training and substance abuse evaluations/assessments, which are often court-ordered for youth and adults. In addition to these services, there is also a person known as a Family Resource Facilitator (FRF). This is a free service for families with youth, offering resource coordination, advocate services and advice, and wraparound facilitation.

Central Utah Counseling accepts cash, Medicaid, and some insurances for substance abuse counseling.

*For the information of Juvenile Court probation officers, Central Utah Counseling does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Central Utah Counseling does have therapists that do speak Spanish, however they do not have programs that are solely taught in Spanish. They do use assessment tools to identify individual needs, and they do provide progress reports to the courts.

Central Utah Counseling uses the following **evidence-based practices:**

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Motivational Interviewing (MI)

Relapse Prevention Therapy (RPT) *(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### SANPETE COUNTY

#### **Central Utah Counseling Center**

**Address:** 390 West 100 North  
Ephraim, UT 84627

**Phone # :** (435) 283-4065

**Fax # :** (435) 283-5387

**Email Contact:** Nancy Bean, Family Resource Facilitator (FRF), [nancyb@cucc.us](mailto:nancyb@cucc.us)

**Website:** [www.cucc.us](http://www.cucc.us)

Central Utah Counseling Center is a service open to anyone in the community. They offer behavioral therapy as well as substance abuse counseling in both individual and group settings. Also offered is life skills training and substance abuse evaluations/assessments, which are often court-ordered for youth and adults. In addition to these services, there is also a person known as a Family Resource Facilitator (FRF). This is a free service for families with youth, offering resource coordination, advocate services and advice, and wraparound facilitation.

Central Utah Counseling accepts cash, Medicaid, and some insurances for substance abuse counseling.

*For the information of Juvenile Court probation officers, Central Utah Counseling does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Central Utah Counseling does have therapists that do speak Spanish, however they do not have programs that are solely taught in Spanish. They do use assessment tools to identify individual needs, and they do provide progress reports to the courts.

Central Utah Counseling uses the following **evidence-based practices:**

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Motivational Interviewing (MI)

Relapse Prevention Therapy (RPT) *(Please see glossary for definitions of these terms)*



## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **MATR Behavioral Health**

**Address:** 265 North State  
PO Box 31  
Mt Pleasant, UT 84647

**Phone # :** (435) 462-2781, (435) 462-4454

**Fax # :** (435) 462-0155

**Email Contact:** [info@MATRbehavioralhealth.com](mailto:info@MATRbehavioralhealth.com)

**Website:** [www.matrbehavioralhealth.com](http://www.matrbehavioralhealth.com)

MATR behavioral health is an adult residential substance abuse program. MATR engages clients in behavioral therapy, and substance abuse counseling in both group and individual settings. They also teach their clients life skills training. In addition to this, MATR offers substance abuse evaluations for not only their clients, but the general public as well including youth and their families.

MATR Behavioral Health accepts insurance, cash, and will also work with clients to set up a payment plan to pay for their services.

*For the information of Juvenile Court probation officers, MATR Behavioral Health does target the alcohol & drugs, & skills domains of the Protective Risk Assessment (PRA) tool. In addition, although they primarily work with adults, they can and are willing to work with juveniles regarding substance abuse, anger management, and other needs.*

MATR Behavioral Health uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Interviewing (MI)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Compass Academy**

**Address:** 4800 East 17160 North  
Moroni, UT 84646

**Phone # :** (435) 436-5321, Program Director, Josh Wilkey cell: (435) 262-7140

**Fax # :** (435) 436-5322

**Email Contact:** [compassacademyjw@gmail.com](mailto:compassacademyjw@gmail.com)

**Website:** Not applicable

Compass Academy is a residential (out of home placement) program that offers behavioral and substance abuse counseling in group and individual settings. In addition they also teach life skills training and family counseling to clients and their families. Lastly, their staff includes full time therapists who are members of, and are certified with NOJOS (National Organization of Juveniles Offending Sexually).

Compass Academy accepts Medicaid for services. They are also contracted with the Division of Juvenile Justice Services (JJS). Compass Academy mainly works with JJS youth, however they anticipate doing out-patient counseling by July 2013.

*For the information of Juvenile Court probation officers, Compass Academy does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Because they work with so many JJS youth, Compass Academy will definitely provide the courts and other workers with updates on progress, etc.

Compass Academy uses the following **evidence-based practices:**

- Aggression Replacement Training (ART)
- Cognitive Behavioral Therapy (CBT)
- Family Integrated Transitions (FIT)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **The Journey, LLC**

**Address:** Physical - 45 West 700 South  
Ephraim, UT 84627

Mailing - PO Box 595  
Ephraim, UT 84627

**Phone # :** (801) 283-4690

**Fax # :** (801) 375-4241

**Website:** [www.journeyprograms.com](http://www.journeyprograms.com)

The Journey offers both out-patient services and residential treatment programs. The Journey offers behavioral therapy, substance abuse evaluations, substance abuse counseling, family counseling, tobacco cessation classes, and life skills training. In addition, The Journey has proctor homes, tracking, and also does psychological evaluations.

The Journey accepts insurance, Medicaid (for JJS and DCFS youth), cash, and will also work with clients to set up payment plans. Also, The Journey is contracted with DCFS and JJS to provide services. The Journey has four out-patient clinics and four residential programs located mostly in the Wasatch front and Central Utah. Please refer to the website for more detail on locations.

*For the information of Juvenile Court probation officers, The Journey does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

The Journey has two Spanish speaking therapists and they do provide progress reports to the courts.

The Journey uses the following **evidence-based practices:**

Aggression Replacement Training(ART)

Cognitive Behavioral Therapy(CBT)

Dialectical Behavior Therapy(DBT)

Functional Family Therapy(FFT)

Motivational Interviewing(MI)

Multi systemic Therapy(MST)

Relapse Prevention Therapy(RPT)

*(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **Addiction & Psychological Service - APS**

**Address:** 199 North State Street  
Mt Pleasant, UT 84647

**Phone # :** (435) 462-9336

**Fax # :** (435) 462-5336

**Email Contacts:** [aps.mpleasant@gmail.com](mailto:aps.mpleasant@gmail.com),  
[aps.orem@gmail.com](mailto:aps.orem@gmail.com)

**Website:** Not applicable

APS offers behavioral therapy, substance abuse evaluation/assessments and counseling, family counseling, tobacco cessation classes, & life skills training. In addition, APS also conducts sex offender evaluations/risk assessments and treatment.

APS accepts insurance and cash to pay for their services. They will also work with clients to set up payment plans. APS also contracts with DCFS to provide counseling to clients involved in domestic violence cases.

*For the information of Juvenile Court probation officers, APS does target the attitudes & behaviors, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

APS does provide progress reports to the courts, case managers, etc.

APS uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Interviewing (MI)
- Positive Parenting Program (Triple P)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Blair Counseling - Michael Blair, Therapist**

**Address:** 4615 South 2940 West  
Sterling, UT 84665

**Mailing:** PO Box 650158  
Sterling, UT 84665

**Phone # :** (435) 703-0756

**Fax # :** (432) 225-6901

**Email Contact:** [blaircounseling@gmail.com](mailto:blaircounseling@gmail.com)

**Website:** [www.sanpetecounseling.com](http://www.sanpetecounseling.com)

Blair Counseling offers behavioral therapy, substance abuse evaluations/assessments and counseling, family counseling, trauma therapy, tobacco cessation classes, and life skills training. Additionally, Blair Counseling specializes in a program known as *Lifestar* which is a multiple addiction (including sexual addiction) recovery program that is practical for both youth and adults. Blair Counseling will also assist with Prime for Life classes and domestic violence certifications.

Blair Counseling accepts insurance, cash, and will work with clients on a payment plan; they are also contracted with both DCFS and JJS.

*For the information of Juvenile Court probation officers, Blair Counseling does target the attitudes & behaviors, school, use of free time, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Blair Counseling provides progress reports to the courts, case managers, etc.

Blair Counseling uses the following **evidence-based programs:**

- Cognitive Behavioral Therapy(CBT)
- Functional family Therapy(FFT)
- Motivational Interviewing(MI)
- Multi systemic Therapy(MST)
- Positive Parenting Program(Triple P)
- Relapse Prevention Therapy(RPT)

*(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **Steven Brown Counseling - Steven Brown, Psychologist**

**Address:** 96 South Main, Suite #1  
Ephraim, UT 84627

**Phone # :** (435) 283-5559

**Email Contact:** [Steve@zionscabin.com](mailto:Steve@zionscabin.com), [pennybrown5@gmail.com](mailto:pennybrown5@gmail.com)

**Website:** Not applicable

Steven Brown is a psychologist who offers behavioral therapy, substance abuse evaluation/assessments and counseling, and family counseling.

Steven Brown Counseling accepts insurance and cash for their services.

*For the information of Juvenile Court probation officers, Steven Brown Counseling does target the attitudes & behaviors, school, use of free time, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Steven Brown Counseling provides progress reports to the courts, case managers, etc.

Steven Brown Counseling uses the following **evidence-based programs:**

Cognitive Behavioral Therapy(CBT)

Motivational Interviewing(MI)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Young Women's Empowerment Center**

**Address:** 68 North 180 West  
Ephraim, UT 84627

**Phone # :** (435) 283-9932

**Fax # :** (435) 283-2213

**Email Contact:** Marilyn Jensen : [marilynjensen@hotmail.com](mailto:marilynjensen@hotmail.com)

**Website:** [www.youngwomensempowermentcenter.net](http://www.youngwomensempowermentcenter.net)

Young Women's Empowerment Center (YWEC) is a residential facility for young ladies which offers behavioral therapy and substance abuse counseling in both individual and group settings. In addition they also provide family counseling, life skills training, tobacco cessation education, and substance abuse evaluations and assessments.

YWEC accepts cash for services and is also contracted with the Division of Juvenile Justice Services (JJS) and the Division of Child and Family Services (DCFS), to provide services to some of their clients.

*For the information of Juvenile Court probation officers, Young Women's Empowerment Center does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

YWEC will provide progress reports for the purposes of court reviews, etc.

YWEC uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Family Integrated Transitions (FIT)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### SEVIER COUNTY

#### **Ronni's Counseling Center**

**Address:** 345 Willowbrook Drive  
Richfield, UT 84701

**Phone # :** (435) 893-2366

**Fax # :** (435) 896-8177

**Website:** None

**Email Contact:** [rgrimlie@utah.gov](mailto:rgrimlie@utah.gov)

Ronni's Counseling Center offers behavioral and substance abuse counseling in individual settings; as well as family counseling and life skills training.

Ronni's Counseling Center accepts private insurance, cash, and will also work with clients on a payment plan.

*For the information of Juvenile Court probation officers, Counseling Center does target the attitudes & behaviors, school, use of free time, Environment in which the youth was primarily raised, employment, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Counseling Center works with the courts and other professionals in providing progress reports, completion certificates, etc.

Finally, Counseling Center uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Functional Family Therapy (FFT)
- Motivational Interviewing (MI)
- Positive Parenting Program (Triple P)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*



## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Central Utah Counseling & Consultation, LLC**

**Address:** 25 South 100 East, Suite C  
Richfield, UT 84701

**Phone # :** (435) 896-2976

**Fax # :** (435) 896-8101

**Email Contact:** John Bagley, [bagleyjohn34@hotmail.com](mailto:bagleyjohn34@hotmail.com)

**Website:** Not applicable

Central Utah Counseling and Consultation (CUCC) offers behavioral therapy in both individual and group settings. In addition, they can provide substance abuse evaluations/assessments and subsequent substance abuse counseling in both group and individual settings. CUCC also offers family counseling and life skills training, as well as specific therapy for victims of physical and sexual abuse.

CUCC accepts insurance, cash, and will also work with clients through a structured payment plan. In addition, CUCC is contracted with the Division of Child & Family Services (DCFS) and the Division of Juvenile Justice Services (JJS).

*For the information of Juvenile Court probation officers, CUCC does target the attitudes & behaviors, school, use of free time, Environment in which the youth was primarily raised, employment, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

CUCC will provide progress reports to court workers and other helping professionals.

CUCC uses the following **evidence-based practices:**

- Aggression Replacement Training (ART)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Functional Family Therapy (FFT)
- Motivational Enhancement Therapy (MET)
- Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Storm Ridge**

**Address:** 2898 North 100 West  
Monroe, UT 84754

**Phone # :** (435) 527-3191

**Fax # :** (435) 527-3076

**Email Contact:** [info@stormridge.com](mailto:info@stormridge.com)

**Website:** [www.stormridge.com](http://www.stormridge.com)

Storm Ridge is a residential facility (out of home placement) that offers numerous services to both males and females. Storm Ridge North is located in Sevier County and is the home that services female youth. At Storm Ridge they assist youth who are in need by offering behavioral therapy (individual and group), substance abuse evaluations, substance abuse counseling (individual and group), life skills training, and family counseling.

Storm Ridge accepts private insurance and cash to pay for their services.

*For the information of Juvenile Court probation officers, Storm Ridge Ranch does target the attitudes & behaviors, school, use of free time, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool.*

Storm Ridge does provide the courts with progress reports, proof of completion, etc.

Finally, Storm Ridge uses the following **evidence-based practices:**

Dialectical Behavior Therapy (DBT)

Family Integrated Transitions (FIT)

Relapse Prevention Therapy (RPT)

*(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **Sevier County Alcohol & Drug Program**

**Address:** 835 East 300 North  
Richfield, UT 84701

**Phone # :** (435) 896-2600  
Office Secretary, Julie Tibbs (435) 896-2615

**Fax # :** None given

**Website:** None given

**Email Contact:** None given

Sevier County Alcohol & Drug (SCAD) is a program that works only with people 18 years of age or older. They provide substance abuse evaluations/assessments, and life skills training.

Sevier County Alcohol & Drug accepts cash and will work with clients (only those that are residents of Sevier County) on a payment plan. If you are not a resident of Sevier County, all payments must be made up-front.

Sevier County Alcohol & Drug uses the following **evidence-based practices:**

- Functional Family Therapy (FFT)
- Relapse Prevention Therapy (RPT)
- Prime For Life - alcohol education class

*(Please see glossary for definitions of these terms)*

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Sorenson's Ranch School**

**Address:** 410 North 100 East  
Koosharem, UT 84744

**Phone # :** (435) 638-7318 or 1-800-455-4590

**Fax # :** (435) 638-7582

**Email Contacts:** General: [srs@scinternet.net](mailto:srs@scinternet.net)  
Admissions Director, Layne Bagley - [layneb@sorensranch.com](mailto:layneb@sorensranch.com)

**Website:** [www.sorensranch.com](http://www.sorensranch.com)

Sorenson's Ranch School (SRS) is a residential facility (out of home placement) that offers behavioral therapy, and substance abuse counseling in both individual and group settings. They also offer substance abuse assessments/evaluations, family counseling, and life skills training. SRS does this through some unique techniques including play therapy, game therapy, & equine therapy.

Sorenson's Ranch School accepts private insurance, cash, and will work with clients on a payment plan to pay for services.

*For the information of Juvenile Court probation officers, Sorenson's Ranch School does target the attitudes & behaviors, school, environment in which the youth was primarily raised, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Sorenson's Ranch School does provide the courts with progress reports, proof of completion, etc.

SRS uses the following **evidence-based practices:**

- Aggression Replacement Training (ART)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Functional Family Therapy (FFT)
- Motivational Interviewing (MI)
- Multisystemic Therapy (MST)
- Relapse Prevention Therapy ((RPT)

*(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

**Family Support Center of Central Utah - Susan Munk**

**Address:** 58 North 300 East  
Richfield, UT 84701

**Phone # :** (435) 896-4798

**Fax # :** (435) 896-8796

**Email Contact:** [familysupport.cu@gmail.com](mailto:familysupport.cu@gmail.com)

**Website:** None provided

The Family Support Center of Central Utah provides respite and crisis care for families in need of the help, post adoption respite for families adopting from the public system, in-home services for families designed to provide support and direction in time of need- goal setting and working towards those goals.

Family Support of Central Utah provides all their services **free of charge**.

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### **Central Utah Counseling Center**

**Address:** 255 South Main  
Richfield, UT 84701

**Phone # :** (435) 896-8236

**Fax # :** None

**Email Contact:** Brandi Bradbury, Family Resource Facilitator (FRF), [brandib@cucc.us](mailto:brandib@cucc.us)

**Website:** [www.cucc.us](http://www.cucc.us)

Central Utah Counseling Center is a service open to anyone in the community. They offer behavioral therapy as well as substance abuse counseling in both individual and group settings. Also offered is life skills training and substance abuse evaluations/assessments, which are often court-ordered for youth and adults. In addition to these services, there is also a person known as a Family Resource Facilitator (FRF). This is a free service for families with youth, offering resource coordination, advocate services and advice, and wraparound facilitation.

Central Utah Counseling accepts cash, Medicaid, and some insurances for substance abuse counseling.

*For the information of Juvenile Court probation officers, Central Utah Counseling does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Central Utah Counseling does have therapists that do speak Spanish, however they do not have programs that are solely taught in Spanish. They do use assessment tools to identify individual needs, and they do provide progress reports to the courts.

Central Utah Counseling uses the following **evidence-based paractices:**

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Motivational Interviewing (MI)

Relapse Prevention Therapy (RPT) *(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **ADULT & CHILD ABUSE/NEGLECT**

Adult Protective Services - 800-371-7897

Division of Child & Family Services - (435) 896-1250

### **CHILD/YOUTH/FAMILY SERVICES**

Head Start - (435) 896-4312

### **EMPLOYMENT/JOB TRAINING**

Division of Rehabilitation Services - (435) 896-1470

LDS Employment Services - (435) 896-6486

Utah Department of Workforce Services (DWS) Richfield employment center - (435) 893-0000

### **FOOD ASSISTANCE PROGRAMS**

Central Utah Food Sharing (Redmond/Richfield, Mon. & Wed. 12-3 pm) - (435) 896-5225

Women Infants & Children (WIC), Central Utah Health Department, Richfield - (435) 896-5451

### **RAPE/SEXUAL ASSAULT**

New Horizon Crisis Center - (435) 896-9294

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### WAYNE COUNTY

#### **Central Utah Counseling Center**

**Address:** 45 South Main Suite #4  
Loa, UT 84747

**Phone # :** (435) 836-2209

**Fax # :** None

**Email Contact:** Brandi Bradbury, Family Resource Facilitator (FRF), [brandib@cucc.us](mailto:brandib@cucc.us)

**Website:** [www.cucc.us](http://www.cucc.us)

Central Utah Counseling Center is a service open to anyone in the community. They offer behavioral therapy as well as substance abuse counseling in both individual and group settings. Also offered is life skills training and substance abuse evaluations/assessments, which are often court-ordered for youth and adults. In addition to these services, there is also a person known as a Family Resource Facilitator (FRF). This is a free service for families with youth, offering resource coordination, advocate services and advice, and wraparound facilitation.

Central Utah Counseling accepts cash, Medicaid, and some insurances for substance abuse counseling.

*For the information of Juvenile Court probation officers, Central Utah Counseling does target the attitudes & behaviors, school, use of free time, employment, Environment in which the youth was primarily raised, current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool*

Central Utah Counseling does have therapists that do speak Spanish, however they do not have programs that are solely taught in Spanish. They do use assessment tools to identify individual needs, and they do provide progress reports to the courts.

Central Utah Counseling uses the following **evidence-based practices:**

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Motivational Interviewing (MI)

Relapse Prevention Therapy (RPT) *(Please see glossary for definitions of these terms)*



## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **Wayne Community Health Clinic - Mike Peyton, MA, LMFT, Primary Therapist**

**Address:** 128 S 300 W  
Bicknell, UT 84715

**Phone # :** (435) 491- 0132

**Fax # :** (435) 425-3785

**Email Contact:** [peyntontherapy@gmail.com](mailto:peyntontherapy@gmail.com)

WCHC is a private practice located in Bicknell. Currently, Mike Peyton (licensed marriage and family therapist since 1994 with 20 years of experience working with adolescents and families in RTC settings) is the exclusive mental health care provider for WCHC. WCHC offers behavioral therapy and life skills training as well as family and substance abuse counseling.

WCHC accepts Medicaid and cash to pay for services. Call in advance to determine if what kinds of insurance is accepted. They are also contracted with the Division of Child and Family Services and the Division of Juvenile Justice Services to provide services to clients in those divisions.

*For the information of Juvenile Court probation officers, WCHC mental health providers target the attitudes & behaviors, school, use of free time, employment, and environment in which the youth was primarily raised. They address current living arrangements, relationships, alcohol & drugs, mental health, & skills domains of the Protective Risk Assessment (PRA) tool. WCHC will provide progress reports to the courts and other professional working with their clients.*

WCHC uses the following **evidence-based practices:**

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Multi systemic Therapy (MST)
- Relapse Prevention Therapy (RPT) *(Please see glossary for definitions of these terms)*

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

### **STATEWIDE/NATIONAL SERVICES**

National Suicide Prevention Line - 1-800-273-TALK (8255)

National Runaway Switchboard - 1-800-786-2929

Domestic Violence Information line - 1-800-897-LINK (5465)

Office of Crime Victims Reparations - 1-800-621-7444

Utah Legal Services - 1-800-662-4245

Victim Advocate - 1-800-343-6302

VINE (Victim Information & Notification Everyday) - 1-877-884-8463

Job Corps - 1-800-426-5627

Children's Health Insurance Program (CHIP) - 1-877-KIDS-NOW

Planned Parenthood Association of Utah - 1-800-627-9558

Baby Your Baby Hotline - 1-800-826-9662

Pregnancy Riskline - (Salt Lake City) - 1-800-822-BABY (2229)

The Children's Service Society of Utah (Salt Lake City) - 1-800-839-7444

Rape/Sexual Assault Crisis Line - 1-888-421-1100

Utah Coalition Against Sexual Assault (UCASA) - 1-866-878-2272

Tobacco Quit Line - 1-888-567-TRUTH (8788)

Cocaine/Crack Hotline - 1-800-315-6140

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

National Alliance on Mental Illness - (NAMI, Utah)

450 South 900 East

Suite 160 Salt Lake City, UT 84102

Phone # : (801) 323-9900

Toll-free: 1-877-230-6264

Website: [www.namiut.org](http://www.namiut.org)

Email: [education@namiut.org](mailto:education@namiut.org)

[www.parentsempowered.org](http://www.parentsempowered.org) - This site is designed to give parents the tools they need to help their children avoid under-age drinking.

[www.boostup.org](http://www.boostup.org) - BoostUp is about giving potential graduates, at-risk of dropping out, the support they need to stay in school and on-track for graduation. This site is full of great resources and ideas to help you make a difference in the lives of students.

[www.promoteprevent.org](http://www.promoteprevent.org) - National Center for Mental Health Promotion and Youth Violence Prevention

[www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov) National Registry of Evidence-based Practices and Programs

Utah Network Organization on Juveniles Offending Sexually (NOJOS) - [www.nojos.org](http://www.nojos.org)

Provides a list of therapists who are certified to treat sexually offending youth. These therapists are typically required by a juvenile court judge when a youth is ordered to receive sexually based treatment.

## SIXTH DISTRICT COMMUNITY RESOURCE GUIDE

### GLOSSARY

**Aggression Replacement Training (ART)** - Aggression Replacement Training® (ART®) is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior. The program specifically targets chronically aggressive children and adolescents. Developed by Arnold P. Goldstein and Barry Glick, ART® has been implemented in schools and juvenile delinquency programs across the United States and throughout the world. The program is divided into three components—social skills training, anger-control training, and training in moral reasoning. Clients attend a one-hour session in each of these components each week. Incremental learning, reinforcement techniques, and guided group discussions enhance skill acquisition and reinforce the lessons in the curriculum. (Source, *National Center for Mental Health Promotion and Youth Violence Prevention*)

**Cognitive Behavioral Therapy (CBT)** - Cognitive behavioral therapy (CBT) is a form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors. By exploring patterns of thinking that lead to self-destructive actions and the beliefs that direct these thoughts, people with mental illness can modify their patterns of thinking to improve coping. CBT is a type of psychotherapy that is different from traditional psycho dynamic psychotherapy in that the therapist and the patient will actively work together to help the patient recover from their mental illness. People who seek CBT can expect their therapist to be problem-focused, and goal-directed in addressing the challenging symptoms of mental illnesses. Because CBT is an active intervention, one can also expect to do homework or practice outside of sessions. (Source, *National Alliance on Mental Illness*)

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

**Dialectical Behavior Therapy (DBT)** - Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment approach with two key characteristics: a behavioral, problem-solving focus blended with acceptance-based strategies, and an emphasis on dialectical processes. "Dialectical" refers to the issues involved in treating patients with multiple disorders and to the type of thought processes and behavioral styles used in the treatment strategies. DBT has five components: (1) capability enhancement (skills training); (2) motivational enhancement (individual behavioral treatment plans); (3) generalization (access to therapist outside clinical setting, homework, and inclusion of family in treatment); (4) structuring of the environment (programmatically emphasis on reinforcement of adaptive behaviors); and (5) capability and motivational enhancement of therapists (therapist team consultation group). DBT emphasizes balancing behavioral change, problem-solving, and emotional regulation with validation, mindfulness, and acceptance of patients. Therapists follow a detailed procedural manual. (Source, *National Registry of Evidence-based Practices and Programs*)

**Evidence-Based Practices (EBP)** - Evidence-based practice . . . is the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences. The purpose of EBP is to promote effective psychological practice and enhance public health by applying empirically supported principles of psychological assessment, case formulation, therapeutic relationship, and intervention. (Source, *American Psychological Association*)

**Family Integrated Transitions (FIT)** - Family Integrated Transitions (FIT) provides integrated individual and family services to juvenile offenders with mental health and chemical dependency disorders during the period of the youth's transition from incarceration back to the community. The goals of the FIT program include lowering the risk for recidivism, connecting the family with appropriate community supports, achieving youth abstinence from alcohol and other drugs, improving the mental health status of the youth, and increasing pro-social behavior. (Source, *Justice Center The Council of State Governments*)

**Functional Family Therapy (FFT)** - Functional Family Therapy (FFT) is an empirically-grounded, family-based intervention program for acting-out youth. A major goal of Functional Family Therapy is to improve family communication and supportiveness while decreasing the intense negativity so often characteristic of these families. Other goals include helping family members adopt positive solutions to family problems, and developing positive behavior change and parenting strategies. The program is conducted by family therapists working with each individual family in a clinical setting. (Source, *strengtheningfamilies.org*)

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

**Motivational Enhancement Therapy (MET)** - Motivational Enhancement Therapy (MET) is an adaptation of motivational interviewing (MI) that includes one or more client feedback sessions in which normative feedback is presented and discussed in an explicitly non confrontational manner. MET uses an empathic but directive approach in which the therapist provides feedback that is intended to strengthen and consolidate the client's commitment to change and promote a sense of self-efficacy. MET aims to elicit intrinsic motivation to change substance abuse by resolving client ambivalence, evoking self-motivational statements and commitment to change, and "rolling with resistance" (responding in a neutral way to the client's resistance to change rather than contradicting or correcting the client). (Source, *National Registry of Evidence-based Practices and Programs*)

**Motivational Interviewing (MI)** - Motivational interviewing is a form of collaborative conversation for strengthening a person's own motivation and commitment to change. It is a person-centered counseling style for addressing the common problem of ambivalence about change by paying particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. (Source, *motivationalinterviewing.org*)

**Multi systemic Therapy (MST)** - Multi systemic therapy (MST) is an intensive family-based treatment that addresses the known determinants of serious antisocial behavior in adolescents and their families. As such, MST treats those factors in the youth's environment that are contributing to his or her behavior problems. Such factors might pertain to individual characteristics of the youth (e.g., poor problem solving skills), family relations (e.g., inept discipline), peer relations (e.g., association with deviant peers), and school performance (e.g., academic difficulties). On a highly individualized basis, treatment goals are developed in collaboration with the family, and family strengths are used as levers for therapeutic change. (Source, *strengtheningfamilies.org*)

**Positive Parenting Program (Triple P)** -Triple P (Parenting Program) is a multilevel parenting intervention with the main goal of increasing the knowledge, skills, and confidence of parents at the population level and, as a result, reduce the prevalence of mental health, emotional, and behavioral problems in children and adolescents. The program is a universal preventive intervention (all members of the given population participate) with selective interventions specifically tailored for at risk children and parents. This program is based on principles of community psychology. (Source, *wikipedia.com*)

## **SIXTH DISTRICT COMMUNITY RESOURCE GUIDE**

**Relapse Prevention Therapy (RPT)** - Relapse Prevention Therapy (RPT) is a behavioral self-control program that teaches individuals with substance addiction how to anticipate and cope with the potential for relapse. RPT can be used as a stand-alone substance use treatment program or as an aftercare program to sustain gains achieved during initial substance use treatment. Coping skills training is the cornerstone of RPT, teaching clients strategies to :

Understand relapse as a process

Identify and cope effectively with high-risk situations such as negative emotional states, interpersonal conflict, and social pressure

Cope with urges and craving

Implement damage control procedures during a lapse to minimize negative consequences

Stay engaged in treatment even after a relapse

Learn how to create a more balanced lifestyle

Coping skills training strategies include both cognitive and behavioral techniques. Cognitive techniques provide clients with ways to reframe the habit change process as a learning experience with errors and setbacks expected as mastery develops. Behavioral techniques include the use of lifestyle modifications such as meditation, exercise, and spiritual practices to strengthen a client's overall coping capacity. (Source, *National Registry of Evidence-based Practices and Programs*)