

PROGRAMS AND SERVICES GUIDE

Let's deal with it together.



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Housing 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.

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 SUPPORTIVE HOUSING

550 WEST 700 SOUTH, SALT LAKE CITY, UT 84101

Safe Haven II has 24 permanent supportive 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 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 PLAZA

280 EAST 600 SOUTH, SALT LAKE CITY, UT 84111

Valley Plaza offers supervised cooperative living apartments for 56 residents with serious mental illness (SMI). Valley Plaza offers a variety of services including: case management, medication support, and 24-hour assistance. This program also offers Program-Based Housing that includes medication management, pharmacological management, case management, and daily living and life skills development.

VALLEY STEPS

VALLEY STEPS 280 EAST 600 SOUTH, SALT LAKE CITY, UT 84111

ValleySteps is a transitional, short-term residential treatment program designed to help stabilize and support clients through medication management, therapy, case management, and benefits coordination. ValleySteps helps to provide stabilization services to clients living both in and outside of Valley housing, and to introduce potential residents to the structure of Valley housing programs. Clients will receive help with medications, obtaining social security and Medicaid benefits, as well as a treatment plan for further assistance and housing. A mental health diagnosis is a requirement to receive treatment at ValleySteps, and each individual is evaluated based on eligibility.

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.

FLEXCARE

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

FlexCare offers an alternative option to nursing homes that provide elderly or medically fragile clients with coordinated care so that they can remain in the community for as long as possible. With this intensive level of support and teamwork, FlexCare improves the quality of life and provides safe options for independence that elders need and deserve. When seniors opt into FlexCare, they can experience the flexibility of living at home while continuing to receive a variety of important services to maintain their health and wellness.

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.

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.

Support Services



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

Additional education on your medication

Phone: 888.949.4864

Location: 1020 South Main Street Ste. 110

Salt Lake City, UT 84101
ValleyCares.com/ValleyRx



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 Valley Lab, 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. Valley Lab has the team expertise and scientific methodology to dig deeper than the surface.

CLIA Certified The Clinical Laboratory Improvement Advancements (CLIA) certification is the baseline standard to approve laboratories to conduct testing on human materials with the goal of assess their health.

Phone: 801.273.6331

Location: 4460 South Highland Drive

Salt Lake City, UT 84124

ValleyCares.com/ValleyLab



About ValleyFit

Specialized healthcare when you need it. The ValleyFit Clinic opened its doors in January 2018 and offers primary health care services including health coaching and lab services. As of August 2018, ValleyFit expanded its services into a new wave of medicine, integrated health care. ValleyFit Clinic services are available to the general public and accept most major insurances in addition to a self-pay option.



ValleyFit Clinic is consistently improving ways to make healthcare more accessible and affordable for our employees.

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
- Additional education on your medication

Children, Youth, and Family Services



VALLEYWEST

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.

ACUTE CHILDREN'S EXTENDED SERVICES (ACES)

3737 WEST 4100 SOUTH, WEST VALLEY CITY, UTAH 84120

ACES is an after-school program for children ages 5-12 needing additional support in relation to their mental health and associated behavioral issues. Common diagnoses treated in this program include depression, anxiety, oppositional defiant disorder (ODD), attention deficit disorder (ADHD), and trauma-related disorders. This program 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.

CHILDREN, YOUTH AND FAMILY DAY TREATMENT SERVICES (CYF DAY TX)

3737 WEST 4100 SOUTH, WEST VALLEY CITY, UTAH 84120

Day Treatment Services is a behaviorally based program designed to assist children, youth, and families in stabilizing being in their homes and communities by:

- 1. Providing appropriate treatment interventions,
- 2. Teaching needed skills
- 3. Assisting parents in employing behavior management skills in the home.

Children, Youth, and Family Day Treatment has two tracks:

- 1. Elementary
- 2. Adolescents

Elementary-

Service Type: Full Day Treatment

Time: 9:00am - 3:30pm / Monday - Friday

Elementary track is a full day treatment Service for children ages 5-12 needing additional support in relation to their mental health and associated behavioral issues. Common diagnoses treated in this program include depression, anxiety, oppositional defiant disorder (ODD), attention deficit disorder (ADHD), anger management issues, and trauma-related disorders. This program focuses on keeping children positively engaged with their families and communities.

Adolescent

Service Type: Full Day Treatment

Time: 8:00am - 3:00pm / Monday - Friday

Therapeutic Group 1

The Adolescent track, therapeutic group 1 is a full day treatment services for youth ages 12-17 needing additional support in relation to their mental health and associated behavioral issues. Common diagnoses treated in this program include depression, anxiety, oppositional defiant disorder (ODD), attention deficit disorder (ADHD), anger management issues, and trauma-related disorders. This program focuses on keeping youth positively engaged with their families and communities.

Therapeutic Group 2

The Adolescent track, therapeutic group 2 is a DBT full day treatment service for youth ages 12-17 needing additional support in relation to their mental health and associated behavioral issues. Common diagnoses treated in this program include depression, anxiety, trauma-related disorders, para-suicidal behavior and suicidal ideation, and self-harm. This program focuses on keeping youth positively engaged with their families and communities and runs for a longer period of time than our other day treatment programs (approximately 20 weeks as opposed to 12 weeks on average) which is reflective of the DBT model.

IDD Services



THE FIRST OF IT'S KIND IN UTAH.

The Adult Autism Center will be It will be an extension of the evidence-based treatment we provide at the existing Pingree Center but focused on daily living and vocational skills. The program will utilize applied behavior analysis (ABA) for providing treatment.

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

This program will provide a place where individuals with significant needs can continue to get quality treatment and work towards independence and increased quality of life.







EDUCATIONAL AND APPLIED BEHAVIORAL ANALYSIS (ABA) STRATEGIES

Applied Behavior Analysis is the evidence-based treatment that will be provided at the Adult Autism Center. The program will access a web-based curriculum, Rethink Ed, that includes transition curriculum specific to adults with training on skills in the areas of Community, Home, Leisure, Social, and Employment. The program staff will also be able to add custom curriculum as appropriate for the clients being served.

THE ADULT AUTISM CENTER PROGRAMS

The program is individualized to each adult and is focused on high quality treatment focusing on vocational, and lifelong learning skills.



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

Phone: 833.526.8285

Email: Info@AdultAutismCenter.org

AdultAutismCenter.org



A SPECIALTY SERVICE OF VALLEY

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. Through a contract with the University of Utah, the program is actively involved in research projects to improve and understand the treatment of autism. This research has received national recognition for its work.

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 like Looking into your eyes and saying, "I love you".



EVIDENCE-BASED PRACTICES

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





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 using ABA (Applied Behavior Analysis) therapy. Youth in this program are encouraged to be autonomous and responsible as they develop skills that are age appropriate and essential to their development. Our certified ABA (Applied Behavior Analysis) specialists will ensure that your child has an enriching experience during their scholastic journey as well as offer resources for friends and families that will establish life-changing results.



Phone: 801.581.0194 Text: 385.474.8890 **CarmenBPingree.com**

Tooele County Services

MOBILE CRISIS OUTREACH TEAM (MCOT)

100 SOUTH 1000 WEST

Tooele MCOT services are operated 24 hours a day 7 days a week for anyone in the Tooele County area. Our team is certified with the state as an MCOT team and are certified, Case Managers, and mental health officers. This team is used for any type of behavioral health crisis and works with the State of Utah UNI crisis line.

NEW REFLECTION HOUSE - CLUBHOUSE

565 WEST 900 SOUTH

Certified by the International Center for Clubhouse Development, Valley is one of more than four hundred such programs worldwide. The clubhouse model offers treatments based on member's unique abilities and talents. New Reflection House 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. Members pursue educational goals through the school districts, work in positions at the Clubhouse, and for employers in the community.

OUTPATIENT TREATMENT

100 SOUTH 1000 WEST

The Tooele unit provides a range of outpatient mental health and substance use services for adults and children in Tooele County via in-clinic and telehealth. Our Tooele clinicians are highly trained and utilize innovative resources to achieve optimal short-term outcomes and long-term solutions. Clinicians provide evidence-based individual, family, and group therapy, Case Management, Medication Management, and more.

SUBSTANCE USE TREATMENT

100 SOUTH 1000 WEST

Drug Court Services are available to qualified adults with criminal charges. Drug court requires a minimum commitment of 12 months, the 12 months are broken down into 5 phases. Treatment involves evidence-based individual and group therapy that varies by phase from 2 to 5 days a week with mandatory urinalysis testing a minimum of 3 times per week.

SCHOOL-BASED MENTAL HEALTH

Tooele's School-Based Mental Health Services provide children with an experienced mental health therapist at their school. Valley works closely with children, family, and school staff to increase success in class, with peers, family, and in the community. School-based services are located in various schools in Tooele County. Please contact us to see which schools participate.

Adult Services

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, mental illness being the primary 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, mental illness being the primary diagnosis. Our 16-bed transition-focused facility helps individuals re-enter and reintegrate into the community.

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.

NORTH VALLEY OUTPATIENT CLINIC

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

North Valley serves adults ages 18 to 55 and provides a full range of behavioral health services, including individual therapy, medication management, Medication Assisted Treatment (MAT), and case management. The North Valley clinic and other units at Valley serve those who utilize Medicaid, grants, and county funding.

ADULT CENTRALIZED INTAKE (CARE NAVIGATION)

1020 SOUTH MAIN STREET, 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.

SOUTH VALLEY

3809 WEST 6200 SOUTH, KEARNS, UT 84118

South Valley outpatient services provide a full array of, substance use, and behavioral treatment services to adults. The philosophy is that there is relief in rediscovery, opportunity, and responsibility in recovery. Through support, education, practice, and desire to change. We are here to help provide support on the path to recovery through evidence based group therapy and recovery oriented treatment, supportive case management and medication management including MAT services.

PRE-ASSESSMENT SCREENING & RESIDENT REVIEW (PASSR)

3725 W 4100 S, WEST VALLEY CITY, UTAH 84120

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

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.

JAIL DIVERSION OUTREACH TEAM (JDOT)

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

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

MASTERS PROGRAM

4460 S. HIGHLAND DR. UNIT 120, SALT LAKE CITY, UT 84124

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 has groups in it's program and groups in senior centers through the Vital Aging project.

VITAL AGING PROGRAM

4460 S. HIGHLAND DR. UNIT 120, SALT LAKE CITY, UT 84124

As part of our Masters Program and in collaboration between Valley and Salt Lake County, this nationally award-winning project provides mental health treatment, companionship, and activities for seniors across the Salt Lake Valley.

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







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.

JAIL RELEASE RE-ENTRY PROGRAM (JRRP)

3415 S 900 W, SOUTH SALT LAKE, UT 84119

JRRP provides individualized resources and information for any individual exiting the jail. We aim to reduce the disruptive behavior in the community when someone exits without the necessary tools to be successful and to decrease the likelihood that the person will re-offend and reappear in the jail. Our goal is to help former inmates navigate the transition from jail back into the community by offering access to services and support they may need to stabilize, stay healthy and regain self-sufficiency.

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

ASSERTIVE COMMUNITY TREATMENT (VALLEYACT)

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

Valley ACT is an evidence-based treatment program that aims to improve outcomes for individuals living with SMI, co-occurring substance use disorders, and who are at elevated risk of psychiatric crisis, involvement with the criminal justice system, and experiencing chronic homelessness. Valley ACT utilizes a multidisciplinary approach with a client-centered focus that provides assertive 24-hour outreach into the community as an alternative to incarceration or hospitalization..

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

Clients have an advocate and partner.

Since 1987, Valley Behavioral Health has provided an array of specialized clinical treatments and support services that change lives. Valley helps individuals, families, and organizations deal effectively with mental and behavioral issues. 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:

- 72 care facilities
- Ouer 650 employees
- Services for adults, children, youth, families, and seniors throughout Salt Lake and Tooele counties.

Contact us

Phone

Toll Free: (888) 949-4864

Utah: (801) 263-7100

Idaho: (208) 501-0507

Text us: (385) 474-8887

Email

Info@ValleyCares.com

Address

4460 South Highland Drive Salt Lake City, UT 84124

Website

www.ValleyCares.com









Let's deal with it together.