2017

Davis County Mental, Emotional, and Behavioral Health Resource Directory



Davis County Mental, Emotional, and Behavioral Health Resources **Table of Contents Crisis Hotlines** 3 **Hospitals and Clinics** 4 **Abuse and Neglect Resources** 5 **Marriage and Family Services** 6 **Mental Health Counseling Services** General Counseling Services 12 Youth Counseling Services 20 **Substance Abuse Services** General Services 28 Youth Services 34 **Support Groups** General 40 Addiction/Substance Abuse 41 Family 42 Youth 43 Women 44 Men 44 Seniors 45 **Trainings & Classes** 46 **Domestic Violence Offender Treatment** 49

Crisis Hotlines

Adult Protective Services	800-371-7897
Child Find (24 Hour)	800-426-5678
Davis Behavioral Health (24 Hour)	801-773-7060
Domestic Violence Information Line	800-897-5465
Lifeline for Youth	801-936-4000
Mobile Crisis Outreach (24 Hour Suicide Prevention)	801-773-7060
National Center for Missing and Exploited Children (24 Hour)	800-843-5678
National Child Abuse Hotline (24 Hour)	800-422-4453
National Teen Dating Specialized Abuse Treatment	866-331-9474
National Runaway Switchboard	800-786-2929
Poison Control Center	800-222-1222
Rape Crisis Center (Statewide)	888-421-1100
Safe Harbor Crisis Center	Crisis: 801-444-9161 Business: 801-444-3191
Suicide Prevention Lifeline	800-273-8255
Trevor Project (Suicide Prevention)	866-488-7386
Utah Child and Family Services	Abuse and Neglect Report: 855-323-3237 Bountiful Office: 801-397-7640 Clearfield Office: 801-776-7300
Utah Coalition Against Sexual Assault	801-746-0404
Utah Suicide Hotline (24 Hour)	Davis County: 801-625-3599
Victim Services	801-336-3599
Victim Information and Notification Everyday (VINE)	877-884-8463
Veterans Crisis Line	800-273-8255

Hospitals and Clinics	
Benchmark Behavioral Health Systems	Benchmark Behavioral Health Systems serves a diverse population of adolescent and young adult males, ages 13-20 through various inpatient programs.
592 West 1350 South Woods Cross, UT 84087	www.bbhsnet.com
801-299-5319	www.bbrishet.com
Davis Hospital and Medical Center	Inpatient Psychiatry: Davis Behavioral Health Unit provides
1000 Mart Antalana Driva	treatment to those 18 years of age and older who are in need of inpatient psychiatric care.
1600 West Antelope Drive Layton, UT 84041	www.davishospital.com
801-807-1000	www.davisnospitai.com
Intermountain Bountiful Clinic	Pediatric mental health condition services.
200 North Main Ofres t	www.intermountainhealthcare.org
390 North Main Street Bountiful, UT 84010	
801-294-1000	
Intermountain Layton Clinic	Pediatric mental health condition services.
	www.intermountainhealthcare.org
2075 University Park Boulevard	
Layton, UT 84041 801-779-6200	
	The Adult Dehavioral Medicine Unit at Lakeview Heavital is a short
Lakeview Hospital	The Adult Behavioral Medicine Unit at Lakeview Hospital is a short- term, comprehensive inpatient psychiatric program. It is designed
630 Medical Drive	exclusively to meet the psychological and physical healthcare needs of adults ages 18 to 64.
Bountiful, UT 84010 801-299-2200	www.lakeviewhospital.com
001-239-2200	
LDS Hospital	LDS Hospital provides a broad range of behavioral health treatmen options, from crisis management services, inpatient psychiatric
8th Avenue & C Street	services, and outpatient psychiatry referral services, and Dayspring
Salt Lake City, UT 84143	an inpatient chemical dependency treatment unit.
801-408-1100	www.intermountainhealthcare.org
McKay-Dee Hospital	McKay-Dee has several behavioral health programs for children, adolescents, and adults. Some of the programs are designed for
4401 Harrison Boulevard	inpatient care, outpatient care, or counseling services.
Ogden, UT 84403	www.intermountainhealthcare.org
801-387-2800	
Midtown Community Health Center	Counseling and prescription services are offered at multiple
22 South State Street, Suite 107	Midtown locations. Services are available in English and Spanish.
Clearfield, UT 84015	www.midtownchc.org
801-393-5355	
Tanner Clinic	Provides pediatric (infant, children, and adolescent) behavioral healthcare.
2121 North 1700 West	www.tannerclinic.com
Layton, UT 84041	
801-773-4840	
Utah Addiction Medicine and Counseling	Counseling and treatment for substance abuse disorders. Serves
440 South Medical Drive	ages 18+.
Bountiful. UT 84010	www.utahamc.com

Bountiful, UT 84010

801-294-8288

Abuse and Neglect Resources

Family Advocacy Office, Hill Air Force Base (Military Affiliates)

7329 Balmer Street, Building 547 Hill Air Force Base, UT 84056 801-777-3497 **Services:** Family Advocacy is here to help you with your family's needs. We offer parenting classes, marriage enrichment classes, stress management, anger management, and other resources to help you and your family!

Family Connection Center

Childcare:

1360 East 1450 South Clearfield, UT 84015 801-773-0712

Food Pantry:

875 East Highway 193 Layton, UT 84040 801-771-4642 **Services:** Provides several programs including emergency child care, parent education, homeless prevention, therapy programs, self reliance programs, transitional housing support, food needs, clothing needs, and rent and utility assistance.

Fees: Most programs offered are free

Eligibility: To utilize programs you must reside in Davis or Morgan County. Call to make appointments and for further information

Safe Harbor Crisis Center

Business: 801-444-3191 Crisis: 801-444-9161 **Services:** 24 hour hotline, domestic violence shelter, transitional housing, domestic violence outreach, counseling and support groups, rape and sexual assault, and legal advocacy.

Fees: Most services offered at no expense.

Utah Child and Family Services (24 hour)

Abuse Report: 855-323-3237 Bountiful Office: 801-397-7640 Clearfield Office: 801-776-7300 **Services:** Parenting classes, evidence-based home visitation programs, statewide community and school-based education presentations, and support to grandparents raising grandchildren.

Fees: None

Victim Information and Notification Everyday (VINE)

877-884-8463

Services: The Utah Department of Corrections VINE Program allows crime victims, as well as other members of the community, access to inmate information. Access to this data is available by using any touchtone telephone. By entering the inmate's name or offender number, the caller can find out if the offender is in custody, and if the offender has a release date. If you have difficulty with the name or offender number you may access a live VINE operator or contact the UDC Victim Services Unit for assistance.

Fees: None

Victim Services, Clearfield City

801-525-2759

Services: We assist victims in our community to understand and keep informed about the criminal justice process, help victims access services and keep safe, as well as assisting with filing for a protection order and crime victim reparations when needed.

www.clearfieldcity.org

Victim Services, Layton City

437 North Wasatch Drive Layton, UT 84041 801-336-3599 **Services:** We can help with understanding the criminal justice system, identifying helpful community resources, making a claim for restitution, filing a Protective Order (PO) or Civil Stalking Injunction (CSI) for your protection, filing for assistance from Crime Victim Reparations, assisting and accompanying you to court hearings, etc.

Fees: No cost for assistance provided by the Victim Services Program

Acord Family Therapy

505 South Main Street, Suite 209 Bountiful, UT 84010 801-918-9058

www.arordtherapy.com

Gabby@acordtherapy.com

Services: Specializing in individual therapy and marriage and couple counseling in Davis and Salt Lake Counties. To learn about the various services Acord Family Therapy provides, please use the contact information provided.

Payment Type: Cash/self-payment Age Group: Children to seniors

Advanced Health Clinic and Therapeutic Spa

630 Shepard Lane Farmington, UT 84025 801-447-8680

http://www.bryanwilde.com

Services: Our commitment to you is to help you re-establish your relationship with yourself and those you care about. Our goal is to help you create a life of meaning.

Office Hours: Mon-Thur: 9am-5pm Age Group: Children to seniors

APD Counseling

447 North 300 West, Suite 4 Kaysville, UT 84037 801-991-0628 stevenpritt@gmail.com

Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders and trauma/abuse. Visit the APD Counseling Facebook page to learn more about the specific services available.

Office Hours: Mon: 7am-4pm Wed: 7am-4pm Thur: 7am-10pm Fri: 7am-6pm

Average Cost: \$51-75 per session

Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income)

Age Group: Children to seniors

Aspire Counseling Services

2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.com **Services:** Aspire provides a broad range of treatment options for clients of all ages. Individual, family, play, and marriage/couple therapy options are available. To learn about the various services Aspire Counseling provides visit their website.

Office Hours: Varies depending on the provider

Average Cost: \$51-100 per session (also depends on the counselor)

Payment Type: Cash/self-payment, private insurance, or church organization

Age Group: Children to seniors

Assent Clinical Consultation and Psychotherapy

107 North Main Street Bountiful, UT 84010 801-244-5166

https://therapists.psychologytoday.com

Services: While specializing in addictions and trauma related counseling, I am an accomplished therapist who has a solidified expertise in individual, couples, and family therapies. With extensive knowledge relative to addictions trauma (PTSD), depression/anxiety, and related family issues, I additionally offer regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug testing is available upon request. Therapeutic applications empathetically consider associated spiritual decompensation, emotion dysregulation, and resulting stress for both the individual and family. My experience working in the addictions field includes referral and therapies experience at top rated facilities. Participation in interventions across the American continent as well.

Average Cost: \$60-150 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to seniors

Association for Personal Health

447 North 300 West, Suite 7 Kaysville, UT 84037 801-829-7087

Services: I believe the counseling environment should be safe and supportive, a place where clients can explore their issues, examine alternatives, and reach healthful solutions. Clients find it very useful to be able to unburden in a comfortable, confidential, neutral setting. I have worked extensively with martial counseling, women's issues, the treatment of childhood abuse, dissociative disorders, anxiety, depression, parenting, self-esteem, and grief and loss. Trained and certified in EMDR, I have found this to be an extremely useful technique in resolving trauma. Clients have resolved both large and small issues such as sexual trauma, child abuse, and relationship problems. Major change can, at times, be experienced in just a few sessions.

Office Hours: Mon-Wed: 8am-9pm Average Cost: \$50 without insurance

Payment Type: Cash/self-payment or private insurance

Age Group: Adults

Bountiful Health Center 415 Medical Drive, Suite C100	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. Visit their website to learn more.
Bountiful, UT 84010	Average Cost: \$126-150 per session
801-292-2389	Payment Type: Cash/self-payment, or private insurance
www.craigberthold.com info@craigberthold.com	Age Group: Adolescents to seniors
Scott W. Boyle PhD	Services: Dr. Boyle has over 20 years of experience in the field of
1466 North Highway 89, Suite 230 Farmington, UT 84025 801-390-7007 www.therapists.psychologytoday.com	mental health and counseling. He works with individuals, couples, and families at both the inpatient and outpatient levels of treatment as they seek to improve the quality of their personal as well as interpersonal lives. To learn more about the specific services Dr. Boyle offers, visit his Psychology Today profile at the link provided.
swboyle@hotmail.com	Average Cost: \$46-100 per session
	Payment Type: Cash/self-payment, Medicaid, or private insurance
	Age Group: Adolescents to seniors
Bridges Family Counseling Services 180 State Street Clearfield, UT 84015 801-217-3523	Services: At Bridges we strive to heal lives and restore harmony by teaching individuals and families how to meet their needs in healthy ways. Core Values: The individual is part of a whole. Our clients are the reason for our business. Good therapy touches each facet of life (physical, psychological, and social) Knowledge is the key to resolving issues. No challenge is too big to overcome or too small to address
	Age Group: Children to seniors
Center for Growth and Potential 1785 East 1450 South, Suite 360 Clearfield, UT 84015	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about the Center for Growth and Potential, please visit the link provided.
801-773-0535	Average Cost: \$76-100 per session
www.centerforgrowthandpotential.com	Payment Type: Cash/self-payment or private insurance
centerforgrowthandpotential@gmail.com	Age Group: Children to seniors
Changes Individual and Relational Therapy 240 North East Promontory, Suite 214 Farmington, UT 84025	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, pornography addiction, affair, infidelity, marriage, and communication. To learn more about the Changes Individual and Relational Therapy, please visit the link provided.
801-543-2120 www.emilharker.com	Average Cost: \$150+ per session
emilharker@gmail.com	Payment Type: Cash/self-payment
Davis Community Lorunium Conton	Age Group: Adolescents to seniors
Davis Community Learning Center 210 East Center Street Clearfield, UT 84015	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about the Davis Community Learning Center please use the contact information provided.
801-402-8395	Languages: English and Spanish
www.davis.k12.ut.us/Domain/8677 worme@dsdmail.net	Payment Type: Medicaid, Medicare, private insurance, or free (sliding scale fee for low income)
	Age Group: Children to seniors
Empowerment Counseling 466 North Main Street, Suite 210	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Empowerment Counseling, please use the contact information provided.
Clearfield, UT 84015 801-603-2547	Average Cost: \$76-100 per session
www.empowermentcounselingservices.com info@empowermentcounselingservices.com	Payment Type: Cash/self-payment, private insurance or Medicaid (sliding scale fee for low income)
	Age Group: Children to seniors
Expansive Health Services 1576 South 500 West Bountiful, UT 84010	Services: Diagnostic evaluation, treatment planning, individual, couples, family therapy, mood disorders, adolescents, and integrative health. To learn more about Expansive Health Services, please use the contact information provided.
801-309-8837 www.expansivehealthservices.com	Office Hours: Mon: 8am-5pm Tues 5am-9pm Fri: 8am-5pm
michaelsboucklcsw@gmail.com	Average Cost: \$150 for evaluation and \$125 per session
	Payment Type: Cash/self-payment and church organization
	Age Group: Adolescents to seniors
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Family Connection Center

1360 East 1450 South Clearfield, UT 84015 801-773-0712

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

875 East Highway 193 Layton, UT 84040 801-771-4642 www.utahfcc.org **Services:** Mood disorders, anxiety disorders, and trauma/abuse. To learn more about the Family Connection Center, please use the contact information provided.

Average Cost: \$0-25 per session

Payment Type: Cash/self-payment (sliding scale fee for low income)

Age Group: Children to seniors

Family Counseling Services of Northern Utah

22 South State Street
Clearfield, UT 84015
801-525-4930
www.fcshealing.org
fcscurtwatson@gmail.com

Services: Psychological disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/ abuse. To learn more about Family Counseling Service, please use the contact information provided.

Office Hours: Tuesdays, Wednesdays, and Thursdays

Languages: English and Spanish

Average Cost: \$5-50 per session

Payment Type: Cash/self-payment, private insurance, or foundation

money (sliding scale fee for low income)

Age Group: Children to seniors

Innovate Mental Health Solutions

2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-425-3628 www.dwighthurst.com dwighthurst@gmail.com **Services:** Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Innovative Mental Health Solutions, please use the contact information provided.

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment, private insurance, or foundation

money (sliding scale fee for low income)

Age Group: Children to seniors

Insight Therapeutic Services

291 South 200 West
Farmington, UT 84025
801-309-8241
www.insightcourage.com
daniel@insightcourage.com

Services: Mood disorders, anxiety disorders, grief and loss, and marriage and couples. To learn more about Insight Therapeutic Services, please use the contact information provided.

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Adolescents to seniors

JWH Thrive Inc.

2363 North Hill Field Road, Suites 5 and 7
Layton, UT 84041
801-525-4645
www.aspireut.com
aspirecounselingservices@gmail.com

Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse, sexual addiction/compulsion, anger, and infidelity. To learn more about JWH Thrive Inc., please use the contact information provided.

Languages: English and Spanish

Average Cost: \$101-125 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Adolescents to seniors

Kay Psychology and Consulting Services

1601 North Hill Field Road, Suite 201 Layton, UT 84041 801-776-1303 www.kaypsych.com steven@kaypsych.com teri@kaypsych.com **Services:** Mood disorders, anxiety disorders, personality disorders, ADHD, psychological evaluations, and executive coaching. To learn more about Kay Psychology and Consulting Services, please use the contact information provided.

Average Cost: \$100 per session

Payment Type: Cash/self-payment, Medicare, or private insurance

Age Group: Children to adults

Marriage and Family Carri	
Marriage and Family Servi	ces
LDS Family Services	Services: Mood disorders, anxiety disorders, substance abuse,
M Dagga Lana Suita P	personality disorders, and trauma/abuse. To learn more about LDS Family Services, please use the contact information provided.
94 Pages Lane, Suite B Centerville, UT 84014	Languages: English and Spanish
801-294-0578	Average Cost: \$0-80 per session
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930 West Hill Field Road, Suite A	Payment Type: Cash/self-payment, private insurance, or church organization
Layton, UT 84041	Age Group: Adolescents to adults
801-336-3040	
www.providentliving.org/lds-family-services	
LeafCrest Counseling	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LeafCres Counseling, please use the contact information provided.
506 South Main Street, Suite 100	
Bountiful, UT 84010 801-510-6864	Average Cost: \$51-75 per session
www.leafcrestcounseling.com	Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income)
maryanne@leafcrestcounseling.com	Age Group: Children to adults
Life Changing Services	Services: Mood disorders, anxiety disorders, substance abuse,
	personality disorders, and trauma/abuse. To learn more about Life
1371 North 1075 West, Suite 5	Changing Services, please use the contact information provided.
Farmington, UT 84025	Languages: English and Spanish
877-HERO-877	Average Cost: Different fees based on program counselor
www.lifechangingservices.org	Payment Type: Cash/self-payment or church organization
	Age Group: Children to seniors
Murdock Counseling Services	Services: Psychotic disorders, mood disorders, anxiety disorders,
500 M	substance abuse, and trauma/abuse. To learn more about Dr. Murdock please use the contact information provided.
503 West 2600 South, Suite 200	Average Cost: \$101-125 per session
Bountiful, UT 84010 801-300-1735	· · · · · · · · · · · · · · · · · · ·
www.murdockcounseling.com	Payment Type: Cash/self-payment (sliding scale fee for low income)
	Age Group: Adolescents to seniors
Negrette Counseling Services 475 North 300 West, Suite 14	Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and trauma/abuse. To learn more about Negrette Counseling Services, please use the contact information provided.
Kaysville, UT 84037	Languages: English and Portuguese
801-390-3210	Average Cost: \$76-100 per session
michael_negrette_lmft@yahoo.com	Payment Type: Cash/self-payment or private insurance (sliding scale
 	fee for low income)
	Age Group: Children to seniors
New Directions Counseling Service	Services: Psychotic disorders, mood disorders, anxiety disorders,
•	personality disorders, substance abuse, and trauma/abuse. To learn
31 West Center Street	more about New Directions Counseling Service, please use the contact information provided.
Kaysville, UT 84037	Languages: English and Spanish
801-660-5557	Average Cost: \$76-100 per session
www.newdirectionsforyou.com officemanager.marsh@gmail.com	
omoemanager.marsn@gman.com	Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income)
	Age Group: Children to seniors
Northern Utah Counseling Services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Northern
49 East 200 South	Utah Counseling Services, please use the contact information provided
Clearfield, UT 84015	Languages: English and Spanish
801-779-0095	Average Cost: \$0-80 per session
www.nucounseling.com	De cont Total Coll / 15

Age Group: Adolescents to adults

Payment Type: Cash/self-payment, private insurance, or church organization

www.nucounseling.com

northernutahcounseling@msn.com

Marriage	and	Family	Services
Resilient Solutions	Inc.		
4055 N. (L.M.) O(4	

1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883

www.resilientsolutionsinc.com

Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Resilient Solutions Inc., please use the contact information provided.

Languages: English and Swedish **Average Cost:** \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Adolescents to seniors

Resolutions Inc.

70 North State Street, Suite 103
Bountiful, UT 84010
801-298-5222 ext1
www.resolutionsutah.com
kathie@resolutionsutah.com

Services: Assessments, individual, couples, and family therapy, anxiety disorders, relationship problems, stress, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/ abuse, grief, and addiction. To learn more about Resolutions Inc., please use the contact information provided.

Office Hours: Mon-Sat: 10am-9pm Languages: English and Spanish Average Cost: \$50-100 per session

Payment Type: Cash/self-payment, private insurance, church organizations, and other assistance services. Call Resolutions Inc. for more information.

more information.

Age Group: Children to seniors

Rocky Mountain Mental Health

1492 West Antelope Drive, Suite 205
Layton, UT 8040
801-643-5225
www.rockymountainmentalhealth.com
rockymountainmentalhealth@gmail.com

Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Rocky Mountain Mental Health, please use the contact information provided.

Languages: English and Polish

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to young adults

Solutions Counseling

780 South 2000 West, Suite A102 Syracuse, UT 84075 801-425-1970 www.solutionscounseling.us info@solutionscounseling.us **Services:** At Solutions Counseling, our goal is to help you ACHIEVE a feeling and recognition of SUCCESS by identifying solutions beginning from our first contact. We focus on enduring solutions to your problems so you can become an agent of change. We will focus on difficulties that will enable you to move forward in your life in powerful ways. We will also focus on the solutions to those difficulties. Staying stuck, or focused only on the problem will benefit no one. We will help you identify any underlying thinking errors. These are often associate with undesirable feelings, actions, relationship difficulties, and behaviors.

Age Group: Children to seniors

Swinton & Associates Counseling

379 West 500 South Bountiful, UT 84010 801-653-9637 www.swintoncounseling.com **Services:** Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, and trauma/ EMDR

Office Hours: Tues: 5pm-9pm Wed 5pm-9pm Thur: 9am-4pm Fri: 8am-4pm

Average Cost: \$120-240 per session

Payment Type: Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid upfront)

Age Group: Children to adults

The Counseling Center

386 North Main Street Centerville, UT 84014 801-298-2000 thecounselingcenter.co **Services:** Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about The Counseling Center, please use the contact information provided.

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment, or private insurance (sliding scale fee for low income)

Services: Mood disorders, anxiety disorders, and substance abuse.

To learn more about Titensor Enterprises, please use the contact

Age Group: Children to seniors

Titensor Enterprises

2205 South 800 West Woods Cross, UT 84087

801298-0336 stitensor@comcast.net information provided.

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Adolescents to seniors

Touchstone Child and Family Therapy Center 1650 West Gentile Street Layton, UT 84041 801-485-8051 www.touchstonetherapyinc.com rdeperizio@msn.com	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, personality disorders, trauma/abuse, and attachment issues. To learn more about Touchstone Child and Family Center, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Children to seniors
Utah Behavioral Health Solutions 1433 North 1075 West, Suite 120 Farmington, UT 84025 801-447-2441 www.utahbehavioral.com utbehavioral@hotmail.com	Services: I am a Licensed Family Therapist in the state of Utah as well as a board certified Clinical Chaplain and board certified Pastoral Counselor. As a board certified chaplain and pastoral counselor, I am trained to assist people of all backgrounds (not just religious folks) deal with issues of grief and loss. As a Licensed Family Therapist I am trained to work with individuals and families. My education is different than a counselor or social worker in that I am trained to focus on the internal cognitive and emotional process of patients as well the relational, interactional process within family systems. Office Hours: Sun: 1pm-3pm Mon-Fri: 8am-9pm Sat: 8am-1pm Payment Type: Cash/self-payment or private insurance Age Group: Adults to seniors
Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com heather@utahcounselingservices.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about Utah Counseling Services, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors
Wasatch Family Therapy 405 South 100 West Bountiful, UT 84010 801-944-4555 www.wasatchfamilytherapy.com info@wasatchfamilytherapy.com	Services: Our mission is to provide compassionate, confidential, and professional therapy services for individuals, couples, and families improve their relationships and mental health. Office Hours: Mon-Sat: 8am-9pm Payment Type: Cash/self-payment or church organization Age Group: Children to seniors

General Counseling Services	
Sally M. Anderson 163 West 575 South Layton, UT 84041 801-943-3353 sgplus14@msn.com	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Sally M. Anderson, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment, or private insurance Age Group: Children to young adults
Advanced Health Clinic and Therapeutic Spa 630 Shepard Lane Farmington, UT 84025 801-447-8680 http://www.bryanwilde.com	Services: Our commitment to you is to help you re-establish your relationship with yourself and those you care about. Our goal is to help you create a life of meaning. Office Hours: Mon-Thur: 9am-5pm Age Group: Children to seniors
APD Counseling 447 North 300 West, Suite 4	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders and trauma/abuse. Visit the APD Counseling Facebook page to learn more about the specific services available.

447 North 300 West, Suite 4 Office Hours: Mon: 7am-4pm Kaysville, UT 84037 Wed: 7am-4pm 801-991-0628 Thur: 7am-10pm stevenpritt@gmail.com Fri: 7am-6pm

Average Cost: \$51-75 per session

Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income) Age Group: Children to seniors

Arrowhead Stables

897 South Angel Street Layton, UT 84041 801-368-7077 www.arrowheadtherapyhorses.com

Services: Arrowhead Stables offers equine-assisted therapy in Layton. Equine-assisted therapy can be effective for those struggling with anxiety, depression, substance abuse, trauma, and autism. They offer both individual and group sessions for children and adults. Non-therapeutic horsemanship lessons are also offered.

Office Hours: Monday-Friday 9am-6pm Saturday 9am-5pm

Payment Type: Cash/self-payment, private insurance, or Medicaid

Age Group: Children to seniors

Age Group: Children to seniors

Aspire Counseling Services

2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.aspireutah.com aspirecounselingservices@gmail.com **Services:** Aspire provides a broad range of treatment options for clients of all ages. Individual, family, play, and marriage/couple therapy options are available. To learn about the various services Aspire Counseling provides visit their website.

Office Hours: Varies depending on the provider

Average Cost: \$51-100 per session (also depends on the counselor)

Payment Type: Cash/self-payment, private insurance, or church

organization

Assent Clinical Consultation and Psychotherapy

107 North Main Street Bountiful, UT 84010 801-244-5166 https://therapists.psychologytoday.com

Services: While specializing in addictions and trauma related counseling, I am an accomplished therapist who has a solidified expertise in individual, couples, and family therapies. With extensive knowledge relative to addictions trauma (PTSD), depression/anxiety, and related family issues, I additionally offer regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug testing is available upon request. Therapeutic applications empathetically consider associated spiritual decompensation, emotion dysregulation, and resulting stress for both the individual and family. My experience working in the addictions field includes referral and therapies experience at top rated facilities. Participation in interventions across the American continent as well.

Average Cost: \$60-150 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to seniors

General Counseling Services

General Counseling Services			
Bountiful Health Center	Services: Psychotic disorders, mood disorders, anxiety disorders,		
415 Medical Drive, Suite C100	personality disorders, substance abuse disorders, and trauma/abuse. Visit their website to learn more.		
Bountiful, UT 84010	Average Cost: \$126-150 per session		
801-292-2389	Payment Type: Cash/self-payment, or private insurance		
www.craigberthold.com	Age Group: Adolescents to seniors		
info@craigberthold.com	Age Group. Adolescents to semors		
Scott W. Boyle PhD	Services: Dr. Boyle has over 20 years of experience in the field of mental health and counseling. He works with individuals, couples, and		
1466 North Highway 89, Suite 230	families at both the inpatient and outpatient levels of treatment as they		
Farmington, UT 84025	seek to improve the quality of their personal as well as interpersonal lives.		
801-390-7007	To learn more about the specific services Dr. Boyle offers, visit his Psychology Today profile at the link provided.		
www.therapists.psychologytoday.com	Average Cost: \$46-100 per session		
swboyle@hotmail.com	Payment Type: Cash/self-payment, Medicaid, or private insurance		
	Age Group: Adolescents to seniors		
Center for Growth and Potential	Services: Psychotic disorders, mood disorders, anxiety disorders,		
Celler for Growth and Potential	personality disorders, and trauma/abuse. To learn more about the Center		
1785 East 1450 South, Suite 360	for Growth and Potential, please visit the link provided.		
Clearfield, UT 84015	Average Cost: \$76-100 per session		
801-773-0535	Payment Type: Cash/self-payment or private insurance		
www.centerforgrowthandpotential.com	Age Group: Children to seniors		
centerforgrowthandpotential@gmail.com			
Changes Individual and Relational Therapy	Services: Psychotic disorders, mood disorders, anxiety disorders,		
	personality disorders, trauma/abuse, pornography addiction, affair,		
240 North East Promontory, Suite 214	infidelity, marriage, and communication. To learn more about the Changes Individual and Relational Therapy, please visit the link provided.		
Farmington, UT 84025	Average Cost: \$150+ per session		
801-543-2120	,		
www.emilharker.com	Payment Type: Cash/self-payment		
emilharker@gmail.com	Age Group: Adolescents to seniors		
Austin M. Chiles PhD	Services: Mood disorders, anxiety disorders, personality disorders,		
118 East 2200 South	and trauma/abuse. To learn more about Austin M Chiles PhD, please use the contact information provided.		
Kaysville, UT 84037	Languages: English and Spanish		
801-721-7878	Average Cost: \$51-75 per session		
psycheemann@yahoo.com	· ·		
poyonee	Payment Type: Cash/self-payment, Medicare, or private insurance (sliding scale fee for low income)		
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David Newbold PhD and Associates	Services: Mood disorder, anxiety disorder and PTSD. To learn more		
	about David Newbold PhD and Associates, please use the contact information provided.		
370 South 500 East, Suite 180	· ·		
Clearfield, UT 84015	Average Cost: \$76-100 per session		
801-776-1954	Payment Type: Cash/self-payment, Medicaid, or private insurance		
	Age Group: Young adults to adults		
Davis Behavioral Health	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorder, and trauma/abuse. To learn more about Davis		
934 South Main Street, Suite 6	Behavioral Health, please use the contact information provided.		
Layton, UT 84041	Languages: English, Spanish, and translators are available		
801-773-7060	Average Cost: \$0-25 per session		
www.dbhutah.org	Payment Type: Cash/self-payment, private insurance, or Medicaid		
	(sliding scale fee for low income)		
	Age Group: Children to seniors		

General Counseling Services	
Davis Community Learning Center 210 East Center Street Clearfield, UT 84015 801-402-8395 www.davis.k12.ut.us/Domain/8677 worme@dsdmail.net	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about the Davis Community Learning Center please use the contact information provided. Languages: English and Spanish Payment Type: Medicaid, Medicare, private insurance, or free (sliding scale fee for low income) Age Group: Children to seniors
Davis School District 70 East 100 North	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about the Davis School District services, please visit the link provided.
Farmington, UT 84025	Languages: English and Spanish
801-402-5160	Average Cost: Not Applicable
www.davis.k12.ut.us bchristensen@dsdmail.net	Age Group: Children to adolescents
Empowerment Counseling 466 North Main Street, Suite 210	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Empowerment Counseling, please use the contact information provided.
Clearfield, UT 84015	Average Cost: \$76-100 per session
801-603-2547 www.empowermentcounselingservices.com	Payment Type: Cash/self-payment, private insurance or Medicaid (sliding scale fee for low income)
info@empowermentcounselingservices.com	Age Group: Children to seniors
Expansive Health Services 1576 South 500 West Bountiful, UT 84010 801-309-8837 www.expansivehealthservices.com	Services: Diagnostic evaluation, treatment planning, individual, couples, family therapy, mood disorders, adolescents, and integrative health. To learn more about Expansive Health Services, please use the contact information provided. Office Hours: Mon: 8am-5pm Tues 5am-9pm Fri: 8am-5pm
michaelsboucklcsw@gmail.com	Average Cost: \$150 for evaluation and \$125 per session
	Payment Type: Cash/self-payment and church organization
	Age Group: Adolescents to seniors
Family Connection Center	Services: Mood disorders, anxiety disorders, and trauma/abuse. To learn more about the Family Connection Center, please use the contact information provided.
1360 East 1450 South	Average Cost: \$0-25 per session
Clearfield, UT 84015 801-773-0712	I
801-773-0712	Payment Type: Cash/self-payment (sliding scale fee for low income)
130 East 100 North Bountiful, UT 84010 801-773-0712	Age Group: Children to seniors
875 East Highway 193	
Layton, UT 84040	
004.774.4040	

Family Counseling Services of Northern Utah

22 South State Street Clearfield, UT 84015 801-525-4930 www.fcshealing.org fcscurtwatson@gmail.com

801-771-4642 www.utahfcc.org

> Services: Psychological disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/ abuse. To learn more about Family Counseling Service, please use the contact information provided.

Office Hours: Tuesdays, Wednesdays, and Thursdays

Languages: English and Spanish Average Cost: \$5-50 per session

Payment Type: Cash/self-payment, private insurance, or foundation

money (sliding scale fee for low income)

Age Group: Children to seniors

General Counceling Services

General Counseling Services		
Hope Center	Services: Counseling, food pantry, and quality of life education and training. Contact the Hope Center for more information.	
1580 South State Street, Suite 1	Average Cost: \$0+ (by donation only)	
Clearfield, UT 84015	Payment Type: Cash	
801-837-4673	Age Group: Adults	
www.hopecenterutah.org		
Innovate Mental Health Solutions	Services: Mood disorders, anxiety disorders, personality disorders,	
2317 North Hill Field Road, Suite 103	and trauma/abuse. To learn more about Innovate Mental Health Solutions, please use the contact information provided.	
Layton, UT 84041	Average Cost: \$76-100 per session	
801-525-4645	Payment Type: Cash/self-payment, private insurance, or foundation	
www.dwighthurst.com	money (sliding scale fee for low income)	
dwighthurst@gmail.com	Age Group: Children to seniors	
Insight Therapeutic Services 291 South 200 West	Services: Mood disorders, anxiety disorders, grief and loss, and marriage and couples. To learn more about Insight Therapeutic Services, please use the contact information provided.	
Farmington, UT 84025	Average Cost: \$76-100 per session	
801-309-8241	Payment Type: Cash/self-payment or private insurance	
www.insightcourage.com	Age Group: Adolescents to seniors	
daniel@insightcourage.com		
JWH Thrive Inc.	Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse, sexual addiction/compulsion, anger, and infidelity. To learn more about JWH Thrive Inc., please use the contact information provided.	
2363 North Hill Field Road, Suites 5 and 7 Layton, UT 84041	Languages: English and Spanish	
801-525-4645	Average Cost: \$101-125 per session	
www.aspireut.com		
aspirecounselingservices@gmail.com	Payment Type: Cash/self-payment or private insurance	
	Age Group: Adolescents to seniors	
Kay Psychology and Consulting Services	Services: Mood disorders, anxiety disorders, personality disorders,	
1601 North Hill Field Road, Suite 201	ADHD, psychological evaluations, and executive coaching. To learn more about Kay Psychology and Consulting Services, please use the contact information provided	
Layton, UT 84041	Average Cost: \$100 per session	
801-776-1303 www.kaypsych.com	Payment Type: Cash/self-payment, Medicare, or private insurance	
steven@kaypsych.com	Age Group: Children to adults	
LDS Family Services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LDS	
94 Pages Lane, Suite B	Family Services, please use the contact information provided.	
Centerville, UT 84014	Languages: English and Spanish	
801-294-0578	Average Cost: \$0-80 per session	
930 West Hill Field Road, Suite A	Payment Type: Cash/self-payment, private insurance, or church organization	
Layton, UT 84041 801-336-3040	Age Group: Adolescents to adults	
www.providentliving.org/lds-family-services		
LeafCrest Counseling	Services: Mood disorders, anxiety disorders, substance abuse,	
506 South Main Street, Suite 100	personality disorders, and trauma/abuse. To learn more about LeafCrest Counseling, please use the contact information provided.	
Bountiful, UT 84010	Average Cost: \$51-75 per session	
801-510-6864	Payment Type: Cash/self-payment, Medicaid, or private insurance	
www.leafcrestcounseling.com	(sliding scale fee for low income)	
maryanne@leafcrestcounseling.com	Age Group: Children to adults	

General	Counseling	Services
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Services: Psychotic disorders, mood disorders, anviety disorders, personality disorders, substance abuse, the formation provided. Psychonic disorders, anviety diso	General Counseling Services		
personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and saxual addiction. To learn more about Layton. UT 94041 Nerescentification of the provided		Services: Psychotic disorders, mood disorders, anxiety disorders.	
Messeranth, please use the contact information provided. 801-698-8119 Novesseranth@gmail.com National Alliance on Mental Illness (NAMI) Davis County National National National National National Nati		personality disorders, substance abuse, trauma/abuse, ADD, behavior	
Layton, UT 84041 Nomessersmith@gmail.com Age Group: Children to adults Services: Mod disorders, anxiety disorders, aubstance abuse, personality disorders, publication to adults Services: Mod disorders, anxiety disorders, aubstance abuse, personality disorders, publication to adults 1371 North 1075 West, Suite 5 Farmington, UT 84025 S77-HERO-877 www.lifechungingservices.org Payment Type: Cash/self-payment or church organization Age Group: Children to seniors Murdock Counseling Services Salves 12800 South, Suite 200 Services: Psycholic disorders, mod disorders, anxiety disorders, anxiety disorders, anxiety disorders, substance abuse, personality disorders, anxiety d	2317 North Hill Field Road, Suite 103		
Payment Type: Cashself-payment, or private insurance Age Group: Children to adults Sorvices: Mod disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Life Changing Services, please use the contact information provided. Languages: English and Spanish Age Group: Children to seniors Wurdischargingsenvices.ptg Murdock Counseling Services Sorvices: Physiotic disorders, mod disorders, anxiety disorders, anxiety disorders, anxiety disorders, substance abuse, please use the contact information provided. Age Group: Children to seniors Murdock Counseling Services Sorvices: Physiotic disorders, model disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided. Age Group: Adolescents to seniors Wew.murdockcounseling.com Age Group: Adolescents to seniors Age Group: Adolescents to seniors Wew.murdockcounseling.com Age Group: Adolescents to seniors Age Group: Children to se	Layton, UT 84041		
Age Group: Children to adults Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 Farmington, UT 84025 Farmington, UT 84025 Farmington, UT 84025 Farmington, UT 84026 Farmington, UT 84026 Farmington, UT 84026 Farmington, UT 84026 Farmington, UT 84027 Www.lifechangingservices.org Murdock Counseling Services Soawardser, English and Spanish Average Cost: Different fees based on program counselor Payment Type: Cash/self-payment or church organization Age Group: Children to seniors Murdock Counseling Services Savetass: Psycholic disorders, mood disorders, anxiety disorders, substance abuse, and traumarkabuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Montal Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Services: Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI 1008-1 Shepard Creek Parkway Services: Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI 1008-1 Shepard Creek Parkway Services: Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI 1008-1 Shepard Creek Parkway Services: Mood disorders, anxiety disorders, substance abuse, or substance abuse, and anxiety disorders,	801-698-8119	Average Cost: \$76-100 per session	
Life Changing Services	lwmessersmith@gmail.com	Payment Type: Cash/self-payment, or private insurance	
personality disorders, and traumalabluse. To learn more about Life Changing Services, please use the contact information provided. Languages: English and Spanish Average Cost: Different fees based on program counselor Www.lifechangingservices.org Murdock Counseling Services Services: Psycholic disorders, amount of substance abuse, and traumalabuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: S101-125 per session Bountful, UT 84010 Average Cost: S101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Montal Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington. UT 84025 801-571-8110 Average Cost: Support groups, recovery classes, psycholic disorders, mood disorders, and analyty disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors National Alliance on Montal Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington. UT 84025 801-571-8110 Average Cost: Free Age Group: Adolescents to seniors Negretic Counseling Services Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and traumalabuse. To learn more about Negretic Counseling Services in Davis County, please use the contact information provided. Languages: English and Portuguese Average Cost: 576-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income) Age Group: Children to seniors Neurobehavioral Center for Growth 415 South Medical Drive, Suite D101 Chemistry of the form, with the different payment, Medicald, Medicare, or private insurance Age Group: Children to young adults Average Cost: 576-100 per session Payment Type: Ca		Age Group: Children to adults	
personality disorders, and traumalabluse. To learn more about Life Changing Services, please use the contact information provided. Languages: English and Spanish Average Cost: Different fees based on program counselor Www.lifechangingservices.org Murdock Counseling Services Services: Psycholic disorders, amount of substance abuse, and traumalabuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: S101-125 per session Bountful, UT 84010 Average Cost: S101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Montal Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington. UT 84025 801-571-8110 Average Cost: Support groups, recovery classes, psycholic disorders, mood disorders, and analyty disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors National Alliance on Montal Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington. UT 84025 801-571-8110 Average Cost: Free Age Group: Adolescents to seniors Negretic Counseling Services Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and traumalabuse. To learn more about Negretic Counseling Services in Davis County, please use the contact information provided. Languages: English and Portuguese Average Cost: 576-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income) Age Group: Children to seniors Neurobehavioral Center for Growth 415 South Medical Drive, Suite D101 Chemistry of the form, with the different payment, Medicald, Medicare, or private insurance Age Group: Children to young adults Average Cost: 576-100 per session Payment Type: Ca			
1321 No.th 1078 West, Suile 5 Farmington, UT 84025 877-HERO-877 www.lifechangingservices.org Murdock Counseling Services Soa West 2600 South, Suite 200 Bountful, UT 84010 801-300-1735 Www.lifechangingservices.org Murdock Counseling Services Soa West 2600 South, Suite 200 Bountful, UT 84010 801-300-1735 Www.marmidockcounseling.com National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 801-571-8110 Www.namiut.org Nagrete Counseling Services Services: Support groups, recovery classes, psycholic disorders, anxiety disorders, substance abuse, and trauma-abuse. To learn more about Dr. Murdock please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (siding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 Average Cost: Free Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 Average Cost: Free Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84026 Average Cost: Free Age Group: Adolescents to seniors Services: Support groups, recovery classes, psycholic disorder s, mood bioorders, and arrively disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors Neurobehavioral Center for Growth Age Group: Children to seniors Neurobehavioral Center for Growth Services: The Neurobehavioral Center for Growth offers services for town income) Age Group: Children to seniors Neurobehavioral Center for Growth Services: The Neurobehavioral Center for Growth please use the contact information provided. Average Cost: \$76-100 per session Payment Type: Cash/self-payment, Medicald, Medicare, or private insurance about the Neurobehavioral	Life Changing Services		
Languages: English and Spanish Average Cost: Different fees based on program counselor Average Cost: Different fees based on program counselor Average Cost: Different fees based on program counselor Age Group: Children to seniors Murdock Counseling Services Sarvices: Psychotic disorders, anxiety disorders, anxiety disorders, substance abuse, and traumarabuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session B01-1300-1735 Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Adeg Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Average Cost: Support groups, recovery classes, psychotic disorders, mod disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Stree Age Group: Adolescents to seniors Negrette Counselling Services Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and traumarbabuse. To learn more about Negrette Counseling Services, please use the contact information provided. Languages: English and Portland United Services (Siding scale to for low income) Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale for for Growth offers services for for low income) Age Group: Children to seniors Neurobehavioral Center for Growth Age Group: Children to seniors Neurobehavioral Center for Growth offers services and the provided of the private distribution of unique services for the provided of the			
Average Cost: Different fees based on program counselor **Payment Type: Cash/self-payment or church organization **Age Group: Children to seniors **Murdock Counseling Services **Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided. **Average Cost: \$101-125 per session **Payment Type: Cash/self-payment (sliding scale fee for low income) **Average Cost: \$101-125 per session **Payment Type: Cash/self-payment (sliding scale fee for low income) **Average Cost: \$101-125 per session **Payment Type: Cash/self-payment (sliding scale fee for low income) **Average Cost: \$101-125 per session **Payment Type: Cash/self-payment (sliding scale fee for low income) **Average Cost: Free **Average Cost: Synoport disorders, and trauma/abuse. To learn more about Nami **services: The Average Cost: Free **Average Cost: Synoport disorders, and trauma/abuse. To learn more about Dr. Murdock, personality disorders, and trauma/abuse. To learn more about Nami **services: The Average Cost: Free **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn more about Dr. Murdock. **Average Cost: Synoport and trauma/abuse. To learn mor	1371 North 1075 West, Suite 5		
## Payment Type: Cash/self-payment or church organization Age Group: Children to seniors ### Murdock Counseling Services ### Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and traumalabuse. To learn more about Dr. Murdock, please use the contact information provided. ### Aurage Cost: \$101-125 par session ### Aurage Cost: \$101-12	Farmington, UT 84025	Languages: English and Spanish	
Age Group: Children to sensions Murdock Counseling Services Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session B01-300-1735 Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors Age Group: Adolescents to seniors Services: Support groups, recovery classes, psychotic disorders, mood disorders, and analysi disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors Services: Mood disorders, and analysi disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors Services: Mood disorders, anxiety disorders, substance abuse, personally disorder, and trauma/abuse. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors Services: Mood disorders, anxiety disorders, substance abuse, personally disorder, and trauma/abuse. To learn more about NAMI services in Davis County, please use the contact information provided. Languages: English and Portuguese Average Cost: S76-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale lefe for low income) Age Group: Children to seniors Neurobehavioral Center for Growth 415 South Medical Drive, Suite D101 Bountful, UT 84010 Services: The Neurobehavioral Center for Growth offers services focused on fostering each child, teen, or young adults development. The understood of the provided of the person can achieve their full potential. To learn more about the Neurobehavioral Center for Growth, please use the contact information provided. Average Cost: S5P per session Payment Type: Cash/self-payment. Medicald, Medicare, or private insurance Age G	877-HERO-877	Average Cost: Different fees based on program counselor	
Murdock Counseling Services Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session National Alliance on Mental Illness (NAMI) Davis County Mobility of the Counseling Com National Alliance on Mental Illness (NAMI) Davis County Mobility of the Counseling Com National Alliance on Mental Illness (NAMI) Davis County Mobility of the Counseling Come National Alliance on Mental Illness (NAMI) Davis County Mobility of the Mobility of the County Mobility of the Mobility of the Mobility of the County Mobility of the Mobi	www.lifechangingservices.org	Payment Type: Cash/self-payment or church organization	
Murdock Counseling Services Services: Psychotic disorders, mood disorders, anxiety disorders substance abuse, and traumalabuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County mod disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County mod disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County mod disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors National 300 West, Suite 14 Kayswille, UT 84037 Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and traumalabuse. To learn more about Nagretle Counseling Services, please use the contact information provided. Languages: English and Portuguese Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income) Age Group: Children to seniors Neurobehavioral Center for Growth 415 South Medical Drive, Suite D101 Bountful, UT 84010 Services: The Neurobehavioral Center for Growth offers services forcused on fostering each child, teen, or young adults development. The underlying belief being flat despite weaknesses in the structure of the payment of the provided of the p		Age Group: Children to seniors	
substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Adolescents to seniors National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 Average Cost: \$101-125 per session National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 Average Cost: Free Age Group: Adolescents to seniors Services: Mood disorders, and awaively disorders. To learn more about NAMI services in Davis County, please use the contact information provided. Average Cost: Free Age Group: Adolescents to seniors Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and trauma/abuse. To learn more about Negrette Counseling Services, please use the contact information provided. Languages: English and Portuguese Average Cost: \$76-100 per session Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income) Age Group: Children to seniors Neurobehavioral Center for Growth Services: The Neurobehavioral Center for Growth offers services including identification of unique strengths every personal part with the religit development. The underlying belief being that despite weaknesses in the structure or chemistry of the brain with the right disposite paired with the effective psychological and behavioral center for Growth, please use the contact information provided. Average Cost: \$95 per session Payment Type: Cash/self-payment, Medicaid, Medicare, or private insurance Age Group: Children to young adults Neuropsychology Center of Utah Services: To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed. Languages: English and Spanish Average Cost: \$76-100 per session Payment Type: Cash/self-payment, Medicaid, or private insurance Age Group: Children to young adul		7.90 Croup. Crimaren te comerc	
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Average Cost: \$101-125 per session Bountiful, UT 84010 Bo1-300-1735 Www.murdockcounseling.com National Alliance on Mental Illness (NAMI) Davis County 1008-1 Shepard Creek Parkway Farmington, UT 84025 801-571-8110 Negrette Counseling Services Negrette Counseling Services Services: Mood disorders, and anxiety disorders. To learn more about NAMI Negrette Counseling Services Services: Mood disorders, anxiety disorders, and inxiety disorders, anxiety disorders,		substance abuse, and trauma/abuse. To learn more about Dr. Murdock,	
Payment Type: Cash/self-payment (sliding scale fee for low income)	503 West 2600 South, Suite 200	please use the contact information provided.	
Age Group: Adolescents to seniors	Bountiful, UT 84010	Average Cost: \$101-125 per session	
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475 North 300 West, Suite 14 Kaysville, UT 84037 801-390-3210 michael_negrette_Imft@yahoo.com Reurobehavioral Center for Growth 415 South Medical Drive, Suite D101 Bountiful, UT 84010 327 West Gordon Avenue, Suite 2 Layton, UT 84041 801-8866 www.negunet 407 North 2000 West Clinton, UT 84015 801-838-6 801	Negrette Counseling Services		
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801-614-5866 www.npcu.net Average Cost: \$76-100 per session Payment Type: Cash/self-payment, Medicaid, or private insurance	1407 North 2000 West	Languages: English and Spanish	
801-614-5866 www.npcu.net Payment Type: Cash/self-payment, Medicaid, or private insurance	Clinton, UT 84015	Average Cost: \$76-100 per session	
www.npcu.net	801-614-5866		
adam@npcu.net Age Group: Children to seniors	<u> </u>		
	adam@npcu.net	Age Group: Unitaren to seniors	

General Counseling Services		
New Directions Counseling Service 31 West Center Street	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Directions Counseling Service, please use the contact information provided.	
Kaysville, UT 84037	Languages: English and Spanish	
801-660-5557	Average Cost: \$76-100 per session	
<u>www.newdirectionsforyou.com</u> officemanager.marsh@gmail.com	Payment Type: Cash/self-payment, private insurance, or Medicaid	
omocmanager.marsnægman.som	(sliding scale fee for low income)	
	Age Group: Children to seniors	
New Vision Counseling Services	Services: Mood disorders, anxiety disorders, personality disorders,	
475 North 300 West, Suite 14	substance abuse, and trauma/abuse. To learn more about New Visions Counseling Services, please use the contact information provided.	
Kaysville, UT 84037	Average Cost: \$51-75 per session	
801-690-3502 gmason84041@msn.com	Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income)	
	Age Group: Children to seniors	
North and Utala Course live y Couries		
Northern Utah Counseling Services 49 East 200 South Clearfield, UT 84015 801-779-0095 www.nucounseling.com	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Northern Utah Counseling Services, please use the contact information provided.	
	Office Hours: Tuesdays, Wednesdays, and Thursdays	
	Languages: English and Spanish	
northernutahcounseling@msn.com	Average Cost: \$0-80 per session	
	Payment Type: Cash/self-payment, private insurance, or church organization	
	Age Group: Adolescents to adults	
Resilient Solutions Inc. 1355 North Main Street, Suite 1	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Resilient Solutions Inc., please use the contact information provided.	
Bountiful, UT 84010	Languages: English and Swedish	
801-259-3883 www.resilientsolutionsinc.com	Average Cost: \$76-100 per session	
	Payment Type: Cash/self-payment or private insurance	
	Age Group: Adolescents to seniors	
Resolutions Inc. 70 North State Street, Suite 103 Bountiful, UT 84010 801-298-5222 ext1	Services: Assessments, individual, couples, and family therapy, anxiety disorders, relationship problems, stress, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/ abuse, grief, and addiction. To learn more about Resolutions Inc., please use the contact information provided.	
www.resolutionsutah.com	Office Hours: Mon-Sat: 10am-9pm	
kathie@resolutionsutah.com	Languages: English and Spanish	

Average Cost: \$50-100 per session

Payment Type: Cash/self-payment, private insurance, church organizations, and other assistance services. Call Resolutions Inc. for more information.

Age Group: Children to seniors

Rocky Mountain Mental Health

1492 West Antelope Drive, Suite 205 Layton, UT 8040 801-643-5225 www.rockymountainmentalhealth.com rockymountainmentalhealth@gmail.com

Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Rocky Mountain Mental Health, please use the contact information provided.

Languages: English and Polish Average Cost: \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to young adults

General Counseling Services	
Solutions Counseling 780 South 2000 West, Suite A102 Syracuse, UT 84075 801-425-1970 www.solutionscounseling.us info@solutionscounseling.us	Services: At Solutions Counseling, our goal is to help you ACHIEVE a feeling and recognition of SUCCESS by identifying solutions beginning from our first contact. We focus on enduring solutions to your problems so you can become an agent of change. We will focus on difficulties that will enable you to move forward in your life in powerful ways. We will also focus on the solutions to those difficulties. Staying stuck, or focused only on the problem will benefit no one. We will help you identify any underlying thinking errors. These are often associate with undesirable feelings, actions, relationship difficulties, and behaviors. Age Group: Children to seniors
Swinton & Associates Counseling 379 West 500 South	Services: Addiction, anxiety disorders, family, depression, grief, marriage, parenting, pornography, premarital, self-harm, and trauma/EMDR
Bountiful, UT 84010 801-653-9637 www.swintoncounseling.com	Office Hours: Tues: 5pm-9pm Wed 5pm-9pm Thur: 9am-4pm Fri: 8am-4pm
gary@swintoncounseling.com	Average Cost: \$120-240 per session
	Payment Type: Cash/self-pay, private insurance, and church organizations (discounts available when 3 or 6 months is paid upfront)
	Age Group: Children to adults
The Counseling Center 386 North Main Street Centerville, UT 84014 801-298-2000	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about The Counseling Center, please use the contact information provided. Average Cost: \$76-100 per session
801-298-2000	Payment Type: Cash/self-payment, or private insurance (sliding scale fee for low income) Age Group: Children to seniors
Titensor Enterprises 2205 South 800 West	Services: Mood disorders, anxiety disorders, and substance abuse. To learn more about Titensor Enterprises, please use the contact information provided.
Woods Cross, UT 84087	Average Cost: \$76-100 per session
801298-0336	Payment Type: Cash/self-payment or private insurance
stitensor@comcast.net	Age Group: Adolescents to seniors
Touchstone Child and Family Therapy Center	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, personality disorders, trauma/abuse, and attachment issues. To learn more about Touchstone Child and Family Center, please
1650 West Gentile Street Layton, UT 84041	use the contact information provided.
801-485-8051	Average Cost: \$101-125 per session
www.touchstonetherapyinc.com	Payment Type: Cash/self-payment (sliding scale fee for low income)
rdeperizio@msn.com	Age Group: Children to seniors
Utah Behavioral Health Solutions	Services: I am a Licensed Family Therapist in the state of Utah as

Utah Behavioral Health Solutions

1433 North 1075 West, Suite 120 Farmington, UT 84025 801-447-2441 www.utahbehavioral.com utbehavioral@hotmail.com

Services: I am a Licensed Family Therapist in the state of Utah as well as a board certified Clinical Chaplain and board certified Pastoral Counselor. As a board certified chaplain and pastoral counselor, I am trained to assist people of all backgrounds (not just religious folks) deal with issues of grief and loss. As a Licensed Family Therapist I am trained to work with individuals and families. My education is different than a counselor or social worker in that I am trained to focus on the internal cognitive and emotional process of patients as well the relational. interactional process within family systems.

Office Hours: Sun: 1pm-3pm Mon-Fri: 8am-9pm Sat: 8am-1pm

Payment Type: Cash/self-payment or private insurance

Age Group: Adults to seniors

General Counseling Services

Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com heather@utahcounselingservices.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about Utah Counseling Services, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors
Wasatch Family Therapy 405 South 100 West Bountiful, UT 84010 801-944-4555 www.wasatchfamilytherapy.com info@wasatchfamilytherapy.com	Services: Our mission is to provide compassionate, confidential, and professional therapy services for individuals, couples, and families improve their relationships and mental health. Office Hours: Mon-Sat: 8am-9pm Payment Type: Cash/self-payment or church organization Age Group: Children to seniors
John Waterbury, NCC, LPC 52 Boulton Way Bountiful, UT 84010 801-298-2334 johnwaterbury@email.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse. To learn more about John Waterbury, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors

Youth Services

801-292-2389

www.craigberthold.com

info@craigberthold.com

Sally M. Anderson Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Sally M. Anderson, please use the contact information provided. 163 West 575 South Average Cost: \$51-75 per session Layton, UT 84041 801-943-3353 Payment Type: Cash/self-payment, or private insurance sgplus14@msn.com Age Group: Children to young adults Services: Mood disorders, anxiety disorders, personality disorders, APD Counseling substance abuse disorders and trauma/abuse. Visit the APD Counseling Facebook page to learn more about the specific services available. 447 North 300 West, Suite 4 Office Hours: Mon: 7am-4pm Kaysville, UT 84037 Wed: 7am-4pm 801-991-0628 Thur: 7am-10pm stevenpritt@gmail.com Fri: 7am-6pm Average Cost: \$51-75 per session Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income) Age Group: Children to seniors **Arrowhead Stables Services:** Arrowhead Stables offers equine-assisted therapy in Layton. Equine-assisted therapy can be effective for those struggling with anxiety. depression, substance abuse, trauma, and autism. They offer both 897 South Angel Street individual and group sessions for children and adults. Non-therapeutic Layton, UT 84041 horsemanship lessons are also offered. 801-368-7077 Office Hours: Monday-Friday 9am-6pm www.arrowheadtherapyhorses.com Saturday 9am-5pm **Payment Type:** Cash/self-payment, private insurance, or Medicaid Age Group: Children to seniors Services: Aspire provides a broad range of treatment options for **Aspire Counseling Services** clients of all ages. Individual, family, play, and marriage/couple therapy options are available. To learn about the various services Aspire 2317 North Hill Field Road, Suite 103 Counseling provides visit their website. Layton, UT 84041 Office Hours: Varies depending on the provider 801-525-4645 Average Cost: \$51-100 per session (also depends on the counselor) www.aspireutah.com aspirecounselingservices@gmail.com Payment Type: Cash/self-payment, private insurance, or church organization Age Group: Children to seniors Assent Clinical Consultation and Psychotherapy **Services:** While specializing in addictions and trauma related counseling, I am an accomplished therapist who has a solidified expertise in individual, couples, and family therapies. With extensive knowledge 107 North Main Street relative to addictions trauma (PTSD), depression/anxiety, and related Bountiful, UT 84010 family issues, I additionally offer regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug 801-244-5166 testing is available upon request. Therapeutic applications empathetically https://therapists.psychologytoday.com consider associated spiritual decompensation, emotion dysregulation, and resulting stress for both the individual and family. My experience working in the addictions field includes referral and therapies experience at top rated facilities. Participation in interventions across the American continent as well. Average Cost: \$60-150 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors **Bountiful Health Center** Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. Visit their website to learn more. 415 Medical Drive, Suite C100 Average Cost: \$126-150 per session Bountiful, UT 84010

Payment Type: Cash/self-payment, or private insurance

Age Group: Adolescents to seniors

Youth Services

TOUTH OCT VIOCO	
Scott W. Boyle PhD	Services: Dr. Boyle has over 20 years of experience in the field of
	mental health and counseling. He works with individuals, couples, and families at both the inpatient and outpatient levels of treatment as they
1466 North Highway 89, Suite 230	seek to improve the quality of their personal as well as interpersonal lives.
Farmington, UT 84025	To learn more about the specific services Dr. Boyle offers, visit his
801-390-7007	Psychology Today profile at the link provided.
www.therapists.psychologytoday.com	Average Cost: \$46-100 per session
swboyle@hotmail.com	Payment Type: Cash/self-payment, Medicaid, or private insurance
	Age Groups: Adolescents to seniors
Center for Growth and Potential	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about the Center for Growth and Potential, please visit the link provided.
1785 East 1450 South, Suite 360	Average Cost: \$76-100 per session
Clearfield, UT 84015 801-773-0535	· ·
www.centerforgrowthandpotential.com	Payment Type: Cash/self-payment or private insurance
centerforgrowthandpotential@gmail.com	Age Groups: Children to seniors
240 North East Promontory, Suite 214	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, pornography addiction, affair, infidelity, marriage, and communication. To learn more about the Changes Individual and Relational Therapy, please visit the link provided.
Farmington, UT 84025 801-543-2120	Average Cost: \$150+ per session
www.emilharker.com	Payment Type: Cash/self-payment
emilharker@gmail.com	Age Groups: Adolescents to seniors
Austin M. Chiles PhD	Services: Mood disorders, anxiety disorders, personality disorders,
118 East 2200 South	and trauma/abuse. To learn more about Austin M Chiles PhD, please use the contact information provided.
Kaysville, UT 84037	Languages: English and Spanish
801-721-7878	Average Cost: \$51-75 per session
psycheemann@yahoo.com	Payment Type: Cash/self-payment, Medicare, or private insurance (sliding scale fee for low income)
Davis Behavioral Health	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorder, and trauma/abuse. To learn more about Davis Behavioral Health, please use the contact information provided.
934 South Main Street, Suite 6	Languages: English, Spanish, and translators are available
Layton, UT 84041 801-773-7060	
	Average Cost: \$0-25 per session
<u>www.dbhutah.org</u>	Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income)
	Age Groups: Children to seniors
Davis Community Learning Center 210 East Center Street	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about the Davis Community Learning Center please use the contact information
Clearfield, UT 84015	provided.
801-402-8395	Languages: English and Spanish
www.davis.k12.ut.us/Domain/8677 worme@dsdmail.net	Payment Type: Medicaid, Medicare, private insurance, or free (sliding scale fee for low income)
	Age Groups: Children to seniors
Davis School District 70 East 100 North	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about the Davis School District services, please visit the link provided.
Farmington, UT 84025	Languages: English and Spanish
801-402-5160	Average Cost: Not Applicable
www.davis.k12.ut.us	
bchristensen@dsdmail.net	Age Groups: Children to adolescents

Youth Services

Empowerment Counseling

466 North Main Street, Suite 210 Clearfield, UT 84015 801-603-2547

www.empowermentcounselingservices.com info@empowermentcounselingservices.com

Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Empowerment Counseling, please use the contact information provided.

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment, private insurance or Medicaid (sliding scale fee for low income)

Age Group: Children to seniors

Expansive Health Services

1576 South 500 West Bountiful, UT 84010 801-309-8837

www.expansivehealthservices.com michaelsboucklcsw@gmail.com

Services: Diagnostic evaluation, treatment planning, individual, couples, family therapy, mood disorders, adolescents, and integrative health. To learn more about Expansive Health Services, please use the contact information provided.

Office Hours: Mon: 8am-5pm
Tues 5am-9pm
Fri: 8am-5pm

Average Cost: \$150 for evaluation and \$125 per session

Payment Type: Cash/self-payment and church organization

Age Group: Adolescents to seniors

Family Connection Center

1360 East 1450 South Clearfield, UT 84015 801-773-0712

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

875 East Highway 193 Layton, UT 84040 801-771-4642 www.utahfcc.org **Services:** Mood disorders, anxiety disorders, and trauma/abuse. To learn more about the Family Connection Center, please use the contact information provided.

Average Cost: \$0-25 per session

Payment Type: Cash/self-payment (sliding scale fee for low income)

Age Group: Children to seniors

Family Counseling Services of Northern Utah

22 South State Street
Clearfield, UT 84015
801-525-4930
www.fcshealing.org
fcscurtwatson@gmail.com

Services: Psychological disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/ abuse. To learn more about Family Counseling Service, please use the contact information provided.

Office Hours: Tuesdays, Wednesdays, and Thursdays

Languages: English and Spanish

Average Cost: \$5-50 per session

Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)

money (sliding scale fee for low income)

Age Group: Children to seniors

Innovate Mental Health Solutions

2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-525-4645 www.dwighthurst.com dwighthurst@gmail.com **Services:** Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Innovate Mental Health Solutions, please use the contact information provided.

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)

Age Group: Children to seniors

Youth Services

Insight Therapeutic Services	Services: Mood disorders, anxiety disorders, grief and loss, and marriage and couples. To learn more about Insight Therapeutic Services,
291 South 200 West	please use the contact information provided.
Farmington, UT 84025	Average Cost: \$76-100 per session
801-309-8241	· · · · · · · · · · · · · · · · · · ·
www.insightcourage.com	Payment Type: Cash/self-payment or private insurance
daniel@insightcourage.com	Age Group: Adolescents to seniors
JWH Thrive Inc.	Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse, sexual addiction/compulsion, anger, and infidelity. To learn
2363 North Hill Field Road, Suites 5 and 7	more about JWH Thrive Inc., please use the contact information provided.
Layton, UT 84041	Languages: English and Spanish
801-525-4645	
www.aspireut.com	Average Cost: \$101-125 per session
aspirecounselingservices@gmail.com	Payment Type: Cash/self-payment or private insurance
	Age Group: Adolescents to seniors
Kay Psychology and Consulting Services	Services: Mood disorders, anxiety disorders, personality disorders,
1601 North Hill Field Road, Suite 201	ADHD, psychological evaluations, and executive coaching. To learn more about Kay Psychology and Consulting Services, please use the contact information provided.
Layton, UT 84041	·
801-776-1303	Average Cost: \$100 per session
www.kaypsych.com	Payment Type: Cash/self-payment, Medicare, or private insurance
steven@kaypsych.com	Age Group: Children to adults
teri@kaypsych.com	Ago Group: Official to duality
LDS Family Services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LDS
94 Pages Lane, Suite B	Family Services, please use the contact information provided.
Centerville, UT 84014	Languages: English and Spanish
801-294-0578	Average Cost: \$0-80 per session
930 West Hill Field Road, Suite A	Payment Type: Cash/self-payment, private insurance, or church
Layton, UT 84041	organization
801-336-3040	Age Group: Adolescents to adults
www.providentliving.org/lds-family-services	
LeafCrest Counseling	Services: Mood disorders, anxiety disorders, substance abuse,
Lear or est couriseining	personality disorders, and trauma/abuse. To learn more about LeafCrest
506 South Main Street, Suite 100	Counseling, please use the contact information provided.
Bountiful, UT 84010	Average Cost: \$51-75 per session
801-510-6864	
www.leafcrestcounseling.com	Payment Type: Cash/self-payment, Medicaid, or private insurance
maryanne@leafcrestcounseling.com	(sliding scale fee for low income)
	Age Group: Children to adults
Lee Messersmith Counseling	Services: Psychotic disorders, mood disorders, anxiety disorders,
200 moodoroman oodiisemig	personality disorders, substance abuse, trauma/abuse, ADD, behavior
2317 North Hill Field Road, Suite 103	management, and sexual addiction. To learn more about Lee
Layton, UT 84041	Messersmith, please use the contact information provided.
801-698-8119	Average Cost: \$76-100 per session
lwmessersmith@gmail.com	Payment Type: Cash/self-payment, or private insurance
	Age Group: Children to adults
Life Changing Services	Services: Mood disorders, anxiety disorders, substance abuse,
	personality disorders, and trauma/abuse. To learn more about Life
1371 North 1075 West, Suite 5	Changing Services, please use the contact information provided.
Farmington, UT 84025	Languages: English and Spanish
877-HERO-877	,
www.lifechangingservices.org	Average Cost: Different fees based on program counselor
	Payment Type: Cash/self-payment or church organization
	Age Group: Children to seniors

Youth Services

Youth Services	
Murdock Counseling Services 503 West 2600 South, Suite 200	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided.
Bountiful, UT 84010	Average Cost: \$101-125 per session
801-300-1735	Payment Type: Cash/self-payment (sliding scale fee for low income)
www.murdockcounseling.com	
	Age Group: Adolescents to seniors
National Alliance on Mental Illness (NAMI) Davis County	Services: Support groups, recovery classes, psychotic disorders, mood disorders, and anxiety disorders. To learn more about NAMI services in Davis County, please use the contact information provided.
1008-1 Shepard Creek Parkway	Average Cost: Free
Farmington, UT 84025 801-571-8110	
www.namiut.org	Age Group: Adolescents to seniors
Negrette Counseling Services 475 North 300 West, Suite 14	Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and trauma/abuse. To learn more about Negrette Counseling Services, please use the contact information provided.
Kaysville, UT 84037	Languages: English and Portuguese
801-390-3210	Average Cost: \$76-100 per session
michael_negrette_lmft@yahoo.com	
	Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income)
	Age Group: Children to seniors
Neurobehavioral Center for Growth 415 South Medical Drive, Suite D101	Services: The Neurobehavioral Center for Growth offers services focused on fostering each child, teen, or young adult's development. The underlying belief being that despite weaknesses in the structure or
Bountiful, UT 84010	chemistry of the brain, with the right diagnosis paired with the effective psychological and behavioral treatments including identification of unique strengths every person can achieve their full potential. To learn more
327 West Gordon Avenue, Suite 2 Layton, UT 84041	about the Neurobehavioral Center for Growth, please use the contact information provided.
801-683-1062	Average Cost: \$95 per session
www.neurobcg.com jennifer@neurobcg.com	Payment Type: Cash/self-payment, Medicaid, Medicare, or private insurance
	Age Group: Children to young adults
Neuropsychology Center of Utah	Services: To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed.
1407 North 2000 West	Languages: English and Spanish
Clinton, UT 84015	Average Cost: \$76-100 per session
801-614-5866	
www.npcu.net	Payment Type: Cash/self-payment, Medicaid, or private insurance
adam@npcu.net	Age Group: Children to seniors
New Directions Counseling Service 31 West Center Street	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Directions Counseling Service, please use the contact information provided.
Kaysville, UT 84037	Languages: English and Spanish
801-660-5557	
www.newdirectionsforyou.com	Average Cost: \$76-100 per session
officemanager.marsh@gmail.com	Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income)
	Age Group: Children to seniors
New Vision Counseling Services 475 North 300 West, Suite 14	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Visions Counseling Services, please use the contact information provided.
Kaysville, UT 84037	Average Cost: \$51-75 per session
801-690-3502	Payment Type: Cash/self-payment or private insurance (sliding scale
gmason84041@msn.com	fee for low income) Age Group: Children to seniors
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Youth Services

Northern Utan Counseling Service	S
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49 East 200 South Clearfield, UT 84015 801-779-0095

www.nucounseling.com

northernutahcounseling@msn.com

Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Northern Utah Counseling Services, please use the contact information provided.

Office Hours: Tuesdays, Wednesdays, and Thursdays

Languages: English and Spanish

Average Cost: \$0-80 per session

Payment Type: Cash/self-payment, private insurance, or church

organization

Age Group: Adolescents to adults

Resilient Solutions Inc.

1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883

www.resilientsolutionsinc.com

Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Resilient Solutions Inc., please use the contact information provided.

Languages: English and Swedish **Average Cost:** \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Adolescents to seniors

Resolutions Inc.

70 North State Street, Suite 103
Bountiful, UT 84010
801-298-5222 ext1
www.resolutionsutah.com
kathie@resolutionsutah.com

Services: Assessments, individual, couples, and family therapy, anxiety disorders, relationship problems, stress, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/ abuse, grief, and addiction. To learn more about Resolutions Inc., please use the contact information provided.

Office Hours: Mon-Sat: 10am-9pm Languages: English and Spanish Average Cost: \$50-100 per session

Payment Type: Cash/self-payment, private insurance, church organizations, and other assistance services. Call Resolutions Inc. for

more information.

Age Group: Children to seniors

Rocky Mountain Mental Health

1492 West Antelope Drive, Suite 205 Layton, UT 8040 801-643-5225

<u>www.rockymountainmentalhealth.com</u> rockymountainmentalhealth@gmail.com **Services:** Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Rocky Mountain Mental Health, please use the contact information provided.

Languages: English and Polish

Average Cost: \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to young adults

Solstice Residential Treatment Center

1904 West Gordon Avenue Layton, UT 84041 801-444-0794 www.solsticertc.com jenn@solsticertc.com **Services:** With a strong emphasis on family therapy based intervention, nutrition, and physical fitness, and the supportive provision of cutting edge academics, substance abuse/addiction therapy, equine therapy, and psychiatric services. Solstice sets the stage for the infusion of light into the previously darkened lives of the families we serve. Solstice provides treatment for girls between the ages of 14 and 18. Solstice specializes in the provision of gender specific treatment for female adolescents who struggle with a variety of presenting problems, such as: depression, anxiety, addiction and substance abuse, eating disorders, self-harm, ADD/ADHD, trauma and loss, adoption and attachment issues, family conflict, academic problems, and processing difficulties.

Age Group: Adolescents to adults

Solutions Counseling

780 South 2000 West, Suite A102 Syracuse, UT 84075 801-425-1970 www.solutionscounseling.us info@solutionscounseling.us **Services:** At Solutions Counseling, our goal is to help you ACHIEVE a feeling and recognition of SUCCESS by identifying solutions beginning from our first contact. We focus on enduring solutions to your problems so you can become an agent of change. We will focus on difficulties that will enable you to move forward in your life in powerful ways. We will also focus on the solutions to those difficulties. Staying stuck, or focused only on the problem will benefit no one. We will help you identify any underlying thinking errors. These are often associate with undesirable feelings, actions, relationship difficulties, and behaviors.

Age Group: Children to seniors

General Services

General Services	
Swinton & Associates Counseling	Services: Addiction, anxiety disorders, family, depression, grief,
	marriage, parenting, pornography, premarital, self-harm, and trauma/
379 West 500 South	EMDR
Bountiful, UT 84010	Office Hours: Tues: 5pm-9pm Wed 5pm-9pm
801-653-9637	Thur: 9am-4pm
www.swintoncounseling.com	Fri: 8am-4pm
gary@swintoncounseling.com	Average Cost: \$120-240 per session
	Payment Type: Cash/self-pay, private insurance, and church
	organizations (discounts available when 3 or 6 months is paid upfront)
	Age Group: Children to adults
The Counseling Center	Services: Psychotic disorders, mood disorders, anxiety disorders,
	substance abuse, and trauma/abuse. To learn more about The
386 North Main Street	Counseling Center, please use the contact information provided.
Centerville, UT 84014	Average Cost: \$76-100 per session
801-298-2000	Payment Type: Cash/self-payment, or private insurance (sliding scale fee for low income)
thecounselingcenter.co	i i
	Age Group: Children to seniors
Titensor Enterprises	Services: Mood disorders, anxiety disorders, and substance abuse. To learn more about Titensor Enterprises, please use the contact
2205 South 800 West	information provided.
Woods Cross, UT 84087	Average Cost: \$76-100 per session
801298-0336	Payment Type: Cash/self-payment or private insurance
stitensor@comcast.net	Age Group: Adolescents to seniors
	Age Group. Addressemes to semons
Utah Counseling Services	Services: Mood disorders, anxiety disorders, personality disorders,
400 Cavith Ctata Ctraat Civita 220	substance abuse, and trauma/abuse. To learn more about Utah Counseling Services, please use the contact information provided.
189 South State Street, Suite 230	Average Cost: \$51-75 per session
Clearfield, UT 84015 801-589-0819	· · · · · · · · · · · · · · · · · · ·
www.utahcounselingservices.com	Payment Type: Cash/self-payment or private insurance
heather@utahcounselingservices.com	Age Group: Children to seniors
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Viewpoint Residential Treatment Center	Services: Viewpoint Residential Treatment Center offeres
	comprehensive behavioral and psychological assessments and intensive therapy to teens ages 12-18 who would benefit from a highly structured
2732 West 2700 South	therapeutic setting. In addition to a broad therapeutic regimen that
Syracuse, UT 84015	includes individual, group, and family therapy, teens are provided
855-290-9682	individual tutoring to ensure educational success.
www.viewpointcenter.com	Age Group: Teens age 12-18
rnelson@viewpointcenter.com	
Mesotob Femily Themany	Complete Over an include the provide complete and a confidential
Wasatch Family Therapy	Services: Our mission is to provide compassionate, confidential, and professional therapy services for individuals, couples, and families
405 South 100 West	improve their relationships and mental health.
Bountiful, UT 84010	Office Hours: Mon-Sat: 8am-9pm
801-944-4555	Payment Type: Cash/self-payment or church organization
www.wasatchfamilytherapy.com	Age Group: Children to seniors
info@wasatchfamilytherapy.com	
John Waterbury, NCC, LPC	Services: Mood disorders, anxiety disorders, personality disorders,
FO Doulton Work	substance abuse, trauma/abuse. To learn more about John Waterbury, please use the contact information provided.
52 Boulton Way	Average Cost: \$101-125 per session
Bountiful, UT 84010 801-298-2334	· ·
johnwaterbury@email.com	Payment Type: Cash/self-payment or private insurance
John Water Sar y Comain. John	Age Group: Children to seniors

General Services

Westside Mental Health	Services: Westside Medical Center provides services for ADHD, depression, and bipolar disorder.
1477 North 2000 West, Suite C Clinton, UT 84015 801-774-8888 www.westsidemedical.org info@westsidemedical.org	Office Hours: Mon-Fri: 7am-8pm Sat: 9am-5pm Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors
Youth Health Associates 430 East 450 South Clearfield, UT 84015 801-776-3305 brian@yhautah.com	Services: Youth Health Associates is committed to the welfare and growth of the clients we serve and to the safety of the community. We are a clinically driven program motivated by both the Restorative Justice Model and by the standards of treatment and practice put forth by the Networks on Juveniles Offending Sexually (NOJOS). Decisions affecting clients are treatment oriented to ensure appropriate judgement and client growth. Age Group: Youth

General Services

163 West 575 South Layton, UT 84041

Sally M. Anderson

APD Counseling

447 North 300 West, Suite 4 Kaysville, UT 84037

801-991-0628 stevenpritt@gmail.com

Aspire Counseling Services

2317 North Hill Field Road, Suite 103 Layton, UT 84041

801-525-4645

www.aspireutah.com

aspirecounselingservices@gmail.com

801-943-3353 Payment Type: Cash/self-payment, or private insurance sgplus14@msn.com

Age Group: Children to young adults

Average Cost: \$51-75 per session

contact information provided.

Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders and trauma/abuse. Visit the APD Counseling Facebook page to learn more about the specific services available.

Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Sally M. Anderson, please use the

Office Hours: Mon: 7am-4pm Wed: 7am-4pm Thur: 7am-10pm Fri: 7am-6pm

Average Cost: \$51-75 per session

Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income)

Age Group: Children to seniors

Services: Aspire provides a broad range of treatment options for clients of all ages. Individual, family, play, and marriage/couple therapy options are available. To learn about the various services Aspire Counseling provides visit their website.

Office Hours: Varies depending on the provider

Average Cost: \$51-100 per session (also depends on the counselor)

Payment Type: Cash/self-payment, private insurance, or church

organization

Age Group: Children to seniors

Assent Clinical Consultation and Psychotherapy

107 North Main Street Bountiful, UT 84010 801-244-5166

https://therapists.psychologytoday.com

Services: While specializing in addictions and trauma related counseling, I am an accomplished therapist who has a solidified expertise in individual, couples, and family therapies. With extensive knowledge relative to addictions trauma (PTSD), depression/anxiety, and related family issues, I additionally offer regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug testing is available upon request. Therapeutic applications empathetically consider associated spiritual decompensation, emotion dysregulation, and resulting stress for both the individual and family. My experience working in the addictions field includes referral and therapies experience at top rated facilities. Participation in interventions across the American continent as well.

Average Cost: \$60-150 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to seniors

Bountiful Health Center

415 Medical Drive, Suite C100 Bountiful, UT 84010 801-292-2389 www.craigberthold.com

Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. Visit their website to learn more.

Average Cost: \$126-150 per session

Payment Type: Cash/self-payment, or private insurance

Age Group: Adolescents to seniors

Scott W. Boyle PhD

swboyle@hotmail.com

info@craigberthold.com

1466 North Highway 89, Suite 230 Farmington, UT 84025 801-390-7007 www.therapists.psychologytoday.com

Services: Dr. Boyle has over 20 years of experience in the field of mental health and counseling. He works with individuals, couples, and families at both the inpatient and outpatient levels of treatment as they seek to improve the quality of their personal as well as interpersonal lives. To learn more about the specific services Dr. Boyle offers, visit his Psychology Today profile at the link provided.

Average Cost: \$46-100 per session

Payment Type: Cash/self-payment, Medicaid, or private insurance

Age Group: Adolescents to seniors

www.utahfcc.org

General Services	
Changes Individual and Relational Therapy 240 North East Promontory, Suite 214	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, pornography addiction, affair, infidelity, marriage, and communication. To learn more about the
Farmington, UT 84025	Changes Individual and Relational Therapy, please visit the link provided.
801-543-2120	Average Cost: \$150+ per session
www.emilharker.com	Payment Type: Cash/self-payment
emilharker@gmail.com	Age Group: Adolescents to seniors
Davis Behavioral Health 934 South Main Street, Suite 6	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorder, and trauma/abuse. To learn more about Davis Behavioral Health, please use the contact information provided.
Layton, UT 84041	Languages: English, Spanish, and translators are available
801-773-7060	Average Cost: \$0-25 per session
www.dbhutah.org	Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income)
	Age Group: Children to seniors
Davis Community Learning Center	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about the Davis Community Learning Center please use the contact information
210 East Center Street Clearfield, UT 84015	provided.
801-402-8395	Languages: English and Spanish
www.davis.k12.ut.us/Domain/8677 worme@dsdmail.net	Payment Type: Medicaid, Medicare, private insurance, or free (sliding scale fee for low income)
	Age Group: Children to seniors
Davis School District	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about the Davis School District services,
70 East 100 North	please visit the link provided.
Farmington, UT 84025	Languages: English and Spanish
801-402-5160	Average Cost: Not Applicable
www.davis.k12.ut.us	Age Group: Children to adolescents
bchristensen@dsdmail.net	
Elevations Residential Treatment Center	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about the Elevations Residential Treatment Center, please use the contact information
2650 West 2700 South	provided.
Syracuse, UT 84075 801-773-0200	Average Cost: \$0-25 per session
www.elevationsrtc.com	Payment Type: Cash/self-payment (sliding scale fee for low income)
lburt@elevationsrtc.com	Age Group: Adolescents
Family Connection Center	Services: Mood disorders, anxiety disorders, and trauma/abuse. To learn more about the Family Connection Center, please use the contact
1360 East 1450 South	information provided.
Clearfield, UT 84015	Average Cost: \$0-25 per session
801-773-0712	Payment Type: Cash/self-payment (sliding scale fee for low income)
130 East 100 North	Age Group: Children to seniors
Bountiful, UT 84010	
801-773-0712	
875 East Highway 193	
Layton, UT 84040	
801-771-4642	

maryanne@leafcrestcounseling.com

General Services	
Family Counseling Services of Northern Utah 22 South State Street	Services: Psychological disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/ abuse. To learn more about Family Counseling Service, please use the contact information provided.
Clearfield, UT 84015	Office Hours: Tuesdays, Wednesdays, and Thursdays
801-525-4930	Languages: English and Spanish
www.fcshealing.org fcscurtwatson@gmail.com	Average Cost: \$5-50 per session
10Scurtwatson@gmail.com	·
	Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)
	Age Group: Children to seniors
Innovate Mental Health Solutions 2317 North Hill Field Road, Suite 103	Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Innovate Mental Health Solutions, please use the contact information provided.
Layton, UT 84041	Average Cost: \$76-100 per session
801-525-4645 www.dwighthurst.com	Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)
dwighthurst@gmail.com	Age Group: Children to seniors
JWH Thrive Inc.	Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse, sexual addiction/compulsion, anger, and infidelity. To learn more about JWH Thrive Inc., please use the contact information provided.
2363 North Hill Field Road, Suites 5 and 7 Layton, UT 84041	Languages: English and Spanish
801-525-4645	Average Cost: \$101-125 per session
www.aspireut.com	Payment Type: Cash/self-payment or private insurance
aspirecounselingservices@gmail.com	
	Age Group: Adolescents to seniors
K2 Counseling and Consulting	Services: Mood disorders, anxiety disorders, substance abuse,
2363 North Hill Field Road, Suite 5	trauma/abuse. To learn more about K2 Counseling and Consulting, please use the contact information provided.
Layton, UT 84041	Languages: English and Spanish
801-525-4645	Average Cost: \$126-150 per session
www.aspireut.com karsonk2@gmail.com	Payment Type: Cash/self-payment, private insurance, or church organization
Karsonkz@gmaii.com	Age Group: Children to seniors
LDS Family Services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LDS Family Services, please use the contact information provided.
94 Pages Lane, Suite B Centerville, UT 84014	Languages: English and Spanish
801-294-0578	Average Cost: \$0-80 per session
	Payment Type: Cash/self-payment, private insurance, or church
930 West Hill Field Road, Suite A	organization
Layton, UT 84041 801-336-3040	Age Group: Adolescents to adults
www.providentliving.org/lds-family-services	
LeafCrest Counseling	Services: Mood disorders, anxiety disorders, substance abuse,
506 South Main Street, Suite 100	personality disorders, and trauma/abuse. To learn more about LeafCrest Counseling, please use the contact information provided.
Bountiful, UT 84010	Average Cost: \$51-75 per session
801-510-6864	Payment Type: Cash/self-payment, Medicaid, or private insurance
www.leafcrestcounseling.com	(sliding scale fee for low income)
maryanne@leafcrestcounseling.com	Age Group: Children to adults

Age Group: Children to adults

General Services

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Lee Messersmith Counseling 2317 North Hill Field Road, Suite 103	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and sexual addiction. To learn more about Lee Messersmith, please use the contact information provided.
Layton, UT 84041	
801-698-8119	Average Cost: \$76-100 per session
lwmessersmith@gmail.com	Payment Type: Cash/self-payment, or private insurance
	Age Group: Children to adults
Life Changing Services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Life Changing Services, please use the contact information provided.
1371 North 1075 West, Suite 5	
Farmington, UT 84025	Languages: English and Spanish
877-HERO-877	Average Cost: Different fees based on program counselor
www.lifechangingservices.org	Payment Type: Cash/self-payment or church organization
	Age Group: Children to seniors
Murdock Counseling Services 503 West 2600 South, Suite 200	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided.
Bountiful, UT 84010	Average Cost: \$101-125 per session
801-300-1735	Payment Type: Cash/self-payment (sliding scale fee for low income)
www.murdockcounseling.com	
	Age Group: Adolescents to seniors
Negrette Counseling Services	Services: Mood disorders, anxiety disorders, substance abuse,
	personality disorder, and trauma/abuse. To learn more about Negrette Counseling Services, please use the contact information provided.
475 North 300 West, Suite 14	
Kaysville, UT 84037	Languages: English and Portuguese
801-390-3210	Average Cost: \$76-100 per session
michael_negrette_lmft@yahoo.com	Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income)
	Age Group: Children to seniors
Neuropsychology Center of Utah	Services: To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed.
1407 North 2000 West	Languages: English and Spanish
Clinton, UT 84015	Average Cost: \$76-100 per session
801-614-5866	Payment Type: Cash/self-payment, Medicaid, or private insurance
www.npcu.net	Age Group: Children to seniors
adam@npcu.net	
New Directions Counseling Service	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Directions Counseling Service, please use the contact
31 West Center Street Kaysville, UT 84037	information provided.
801-660-5557	Languages: English and Spanish
www.newdirectionsforyou.com	Average Cost: \$76-100 per session
officemanager.marsh@gmail.com	Payment Type: Cash/self-payment, private insurance, or Medicaid
	(sliding scale fee for low income)
	Age Group: Children to seniors
New Vision Counseling Services	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Visions
475 North 300 West, Suite 14	Counseling Services, please use the contact information provided.
Kaysville, UT 84037	Average Cost: \$51-75 per session
801-690-3502	Payment Type: Cash/self-payment or private insurance (sliding scale
gmason84041@msn.com	fee for low income) Age Group: Children to seniors
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General Services		
Northern Utah Counseling Services 49 East 200 South	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Northern Utah Counseling Services, please use the contact information provided.	
Clearfield, UT 84015	Office Hours: Tuesdays, Wednesdays, and Thursdays	
801-779-0095	Languages: English and Spanish	
www.nucounseling.com	Average Cost: \$0-80 per session	
northernutahcounseling@msn.com	Payment Type: Cash/self-payment, private insurance, or church organization	
	Age Group: Adolescents to adults	
Renaissance Ranch Outpatient	Services: Mood disorders, anxiety disorders, and substance abuse. To learn more about Renaissance Ranch Outpatient, please use the contact information provided.	
1466 North Highway 89, Suite 230 Farmington, UT 84025	Average Cost: \$51-75 per session	
801-890-4661	Payment Type: Cash/self-payment or private insurance	
www.renaissanceoutpatient.com	Age Group: Young adults to seniors	
lindsay@renaissanceoutpatient.com	rigo oroapi roung addito to comoro	
Resilient Solutions Inc. 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Resilient Solutions Inc., please use the contact information provided. Languages: English and Swedish	
	Average Cost: \$76-100 per session	
www.resilientsolutionsinc.com	Payment Type: Cash/self-payment or private insurance	
	Age Group: Adolescents to seniors	
Resolutions Inc. 70 North State Street, Suite 103 Bountiful, UT 84010 801-298-5222 ext1 www.resolutionsutah.com kathie@resolutionsutah.com	Services: Assessments, individual, couples, and family therapy, anxiety disorders, relationship problems, stress, school and behavior problems, play therapy, divorce adjustment, parenting issues, trauma/ abuse, grief, and addiction. To learn more about Resolutions Inc., please use the contact information provided.	
	Office Hours: Mon-Sat: 10am-9pm	
	Languages: English and Spanish	
	Average Cost: \$50-100 per session	
	Payment Type: Cash/self payment, private insurance, church organizations, and other assistance services. Call Resolutions Inc. for more information.	
	Age Group: Children to seniors	
Rocky Mountain Mental Health 1492 West Antelope Drive, Suite 205	Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Rocky Mountain Mental Health, please use the contact information provided.	
Layton, UT 8040	Languages: English and Polish	

Layton, UT 8040 801-643-5225 www.rockymountainmentalhealth.com rockymountainmentalhealth@gmail.com

Languages: English and Polish Average Cost: \$76-100 per session

Payment Type: Cash/self-payment or private insurance

Age Group: Children to young adults

Solutions Counseling

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

Services: At Solutions Counseling, our goal is to help you ACHIEVE a feeling and recognition of SUCCESS by identifying solutions beginning from our first contact. We focus on enduring solutions to your problems so you can become an agent of change. We will focus on difficulties that will enable you to move forward in your life in powerful ways. We will also focus on the solutions to those difficulties. Staying stuck, or focused only on the problem will benefit no one. We will help you identify any underlying thinking errors. These are often associate with undesirable feelings, actions, relationship difficulties, and behaviors.

Age Group: Children to seniors

General Services

General Services	
The Counseling Center	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about The
386 North Main Street	Counseling Center, please use the contact information provided.
Centerville, UT 84014	Average Cost: \$76-100 per session
801-298-2000	Payment Type: Cash/self-payment, or private insurance (sliding scale
thecounselingcenter.co	fee for low income)
	Age Group: Children to seniors
Titensor Enterprises 2205 South 800 West	Services: Mood disorders, anxiety disorders, and substance abuse. To learn more about Titensor Enterprises, please use the contact information provided.
Woods Cross, UT 84087	Average Cost: \$76-100 per session
801298-0336	·
stitensor@comcast.net	Payment Type: Cash/self-payment or private insurance
Stiterisor@comcast.net	Age Group: Adolescents to seniors
Touchstone Child and Family Therapy Center 1650 West Gentile Street	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, personality disorders, trauma/abuse, and attachment issues. To learn more about Touchstone Child and Family Center, please use the contact information provided.
Layton, UT 84041	Average Cost: \$101-125 per session
801-485-8051	Payment Type: Cash/self-payment (sliding scale fee for low income)
www.touchstonetherapyinc.com	
rdeperizio@msn.com	Age Group: Children to seniors
Utah Counseling Services 189 South State Street, Suite 230	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about Utah Counseling Services, please use the contact information provided.
Clearfield, UT 84015	Average Cost: \$51-75 per session
801-589-0819	Payment Type: Cash/self-payment or private insurance
www.utahcounselingservices.com	Age Group: Children to seniors
heather@utahcounselingservices.com	
Utah Addiction Medicine and Counseling	Services: Counseling and treatment for substance abuse disorders.
440 South Medical Drive	Average Cost: \$76-100 per session
Bountiful, UT 84010	Payment Type: Cash/self-payment (sliding scale fee for low income)
801-294-8288	Age Group: Adults
www.utahamc.com	
Wasatch Family Therapy 405 South 100 West	Services: Our mission is to provide compassionate, confidential, and professional therapy services for individuals, couples, and families improve their relationships and mental health.
Bountiful, UT 84010	Office Hours: Mon-Sat: 8am-9pm
801-944-4555	·
www.wasatchfamilytherapy.com	Payment Type: Cash/self-payment or church organization
info@wasatchfamilytherapy.com	Age Group: Children to seniors
, ,,	Comices Mood discretors anyiety discretors personality discretors
John Waterbury, NCC, LPC 52 Boulton Way	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse. To learn more about John Waterbury, please use the contact information provided.
Bountiful, UT 84010	Average Cost: \$101-125 per session
801-298-2334	Payment Type: Cash/self-payment or private insurance
johnwaterbury@email.com	
, , , ,	Age group: Children to seniors

Youth Services	
Sally M. Anderson	Services: Mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Sally M. Anderson, please use the contact information provided.
163 West 575 South	
Layton, UT 84041 801-943-3353	Average Cost: \$51-75 per session
sgplus14@msn.com	Payment Type: Cash/self-payment, or private insurance
agplus 14@man.com	Age Group: Children to young adults
APD Counseling 447 North 300 West, Suite 4 Kaysville, UT 84037 801-991-0628 stevenpritt@gmail.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders and trauma/abuse. Visit the APD Counseling Facebook page to learn more about the specific services available.
	Office Hours: Mon: 7am-4pm Wed: 7am-4pm Thur: 7am-10pm Fri: 7am-6pm
	Average Cost: \$51-75 per session
	Payment Type: Cash/self-payment, Medicaid, or private insurance (sliding scale fee for low income)
	Age Group: Children to seniors
Aspire Counseling Services 2317 North Hill Field Road, Suite 103	Services: Aspire provides a broad range of treatment options for clients of all ages. Individual, family, play, and marriage/couple therapy options are available. To learn about the various services Aspire Counseling provides visit their website.
Layton, UT 84041 801-525-4645	Office Hours: Varies depending on the provider
www.aspireutah.com	Average Cost: \$51-100 per session (also depends on the counselor)
aspirecounselingservices@gmail.com	Payment Type: Cash/self-payment, private insurance, or church organization
	Age Group: Children to seniors
Assent Clinical Consultation and Psychotherapy 107 North Main Street Bountiful, UT 84010 801-244-5166 https://therapists.psychologytoday.com	Services: While specializing in addictions and trauma related counseling, I am an accomplished therapist who has a solidified expertise in individual, couples, and family therapies. With extensive knowledge relative to addictions trauma (PTSD), depression/anxiety, and related family issues, I additionally offer regular interval outpatient curriculum counseling therapies for substance abuse and dependence issues. Drug testing is available upon request. Therapeutic applications empathetically consider associated spiritual decompensation, emotion dysregulation, and resulting stress for both the individual and family. My experience working in the addictions field includes referral and therapies experience at top rated facilities. Participation in interventions across the American continent as well. Average Cost: \$60-150 per session
	Payment Type: Cash/self-payment or private insurance
	Age Group: Children to seniors
Bountiful Health Center	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse.
415 Medical Drive, Suite C100	Visit their website to learn more.
Bountiful, UT 84010	Average Cost: \$126-150 per session
801-292-2389	Payment Type: Cash/self-payment, or private insurance
www.craigberthold.com	Age Group: Adolescents to seniors
info@craigberthold.com	0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
ISCOTT W. BOVIA DRIV	Services: Dr. Boyle has over 20 years of experience in the field of
Scott W. Boyle PhD 1466 North Highway 89, Suite 230 Farmington, UT 84025 801-390-7007	mental health and counseling. He works with individuals, couples, and families at both the inpatient and outpatient levels of treatment as they seek to improve the quality of their personal as well as interpersonal lives. To learn more about the specific services Dr. Boyle offers, visit his Psychology Today profile at the link provided.
1466 North Highway 89, Suite 230 Farmington, UT 84025	mental health and counseling. He works with individuals, couples, and families at both the inpatient and outpatient levels of treatment as they seek to improve the quality of their personal as well as interpersonal lives. To learn more about the specific services Dr. Boyle offers, visit his

Age Group: Adolescents to seniors

Youth Services

Changes Individual	and Relat	ional Therapy
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240 North East Promontory, Suite 214 Farmington, UT 84025 801-543-2120

www.emilharker.com emilharker@gmail.com **Services:** Psychotic disorders, mood disorders, anxiety disorders, personality disorders, trauma/abuse, pornography addiction, affair, infidelity, marriage, and communication. To learn more about the Changes Individual and Relational Therapy, please visit the link provided.

Average Cost: \$150+ per session

Payment Type: Cash/self-payment

Age Group: Adolescents to seniors

Austin M. Chiles PhD

118 East 2200 South Kaysville, UT 84037 801-721-7878

psycheemann@yahoo.com

Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Austin M Chiles PhD, please use the contact information provided.

Languages: English and Spanish **Average Cost:** \$51-75 per session

Payment Type: Cash/self-payment, Medicare, or private insurance (sliding scale fee for low income)

Davis Behavioral Health

934 South Main Street, Suite 6 Layton, UT 84041 801-773-7060 www.dbhutah.org **Services:** Psychotic disorders, mood disorders, anxiety disorders, personality disorder, and trauma/abuse. To learn more about Davis Behavioral Health, please use the contact information provided.

Languages: English, Spanish, and translators are available

Average Cost: \$0-25 per session

Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income)

Age Group: Children to seniors

Davis Community Learning Center

210 East Center Street Clearfield, UT 84015 801-402-8395

www.davis.k12.ut.us/Domain/8677

worme@dsdmail.net

Services: Mood disorders, anxiety disorders, personality disorders, substance abuse disorders, and trauma/abuse. To learn more about the Davis Community Learning Center please use the contact information provided.

Languages: English and Spanish

Payment Type: Medicaid, Medicare, private insurance, or free

(sliding scale fee for low income)

Age Group: Children to seniors

Davis School District

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

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

Languages: English and Spanish

Average Cost: Not Applicable

Age Group: Children to adolescents

Elevations Residential Treatment Center

2650 West 2700 South Syracuse, UT 84075 801-773-0200 www.elevationsrtc.com lburt@elevationsrtc.com **Services:** Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about the Elevations Residential Treatment Center, please use the contact information provided.

Average Cost: \$0-25 per session

Payment Type: Cash/self-payment (sliding scale fee for low income)

Age Group: Adolescents

Youth Services

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Family Connection Center	Services: Mood disorders, anxiety disorders, and trauma/abuse. To learn more about the Family Connection Center, please use the contact	
1360 East 1450 South	information provided.	
Clearfield, UT 84015	Average Cost: \$0-25 per session	
801-773-0712	Payment Type: Cash/self-payment (sliding scale fee for low income)	
120 Fact 100 North	Age Group: Children to seniors	
130 East 100 North		
Bountiful, UT 84010 801-773-0712		
001-773-0712		
875 East Highway 193		
Layton, UT 84040		
801-771-4642		
www.utahfcc.org		
Family Counseling Services of Northern Utah	Services: Psychological disorders, mood disorders, anxiety	
	disorders, personality disorders, substance abuse disorders, and trauma/ abuse. To learn more about Family Counseling Service, please use the	
22 South State Street	contact information provided.	
Clearfield, UT 84015	Office Hours: Tuesdays, Wednesdays, and Thursdays	
801-525-4930		
www.fcshealing.org	Languages: English and Spanish	
fcscurtwatson@gmail.com	Average Cost: \$5-50 per session	
	Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)	
	Age Group: Children to seniors	
Innovate Mental Health Solutions	Services: Mood disorders, anxiety disorders, personality disorders, and trauma/abuse. To learn more about Innovate Mental Health Solutions, please use the contact information provided.	
2317 North Hill Field Road, Suite 103		
Layton, UT 84041	Average Cost: \$76-100 per session	
801-525-4645	Payment Type: Cash/self-payment, private insurance, or foundation money (sliding scale fee for low income)	
www.dwighthurst.com dwighthurst@gmail.com	Age Group: Children to seniors	
dwighthurst@gmail.com	Age Gloup. Children to semors	
JWH Thrive Inc.	Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse, sexual addiction/compulsion, anger, and infidelity. To learn more about IWH Thrive Inc., please use the contact information provided	
2363 North Hill Field Road, Suites 5 and 7	more about JWH Thrive Inc., please use the contact information provided.	
Layton, UT 84041	Languages: English and Spanish	
801-525-4645	Average Cost: \$101-125 per session	
<u>www.aspireut.com</u> aspirecounselingservices@gmail.com	Payment Type: Cash/self-payment or private insurance	
aspirecouriseiingservices@gmaii.com	Age Group: Adolescents to seniors	
K2 Counseling and Consulting	Services: Mood disorders, anxiety disorders, substance abuse, trauma/abuse. To learn more about K2 Counseling and Consulting, please use the contact information provided.	
2363 North Hill Field Road, Suite 5 Layton, UT 84041	Languages: English and Spanish	
801-525-4645		
www.aspireut.com	Average Cost: \$126-150 per session	
karsonk2@gmail.com	Payment Type: Cash/self-payment, private insurance, or church organization	
	Age Group: Children to seniors	
LDS Family Services	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LDS Family Services, please use the contact information provided.	
94 Pages Lane, Suite B Centerville, UT 84014	Languages: English and Spanish	
801-294-0578		
	Average Cost: \$0-80 per session	
930 West Hill Field Road, Suite A	Payment Type: Cash/self-payment, private insurance, or church organization	
Layton, UT 84041	Age Group: Adolescents to adults	
801-336-0029	7.90 Oroup! Adolosoonts to addits	
www.providentliving.org/lds-family-services		
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Substance Abuse Services

Youth Services

Youth Services	
LeafCrest Counseling	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about LeafCrest
506 South Main Street, Suite 100	Counseling, please use the contact information provided.
Bountiful, UT 84010	Average Cost: \$51-75 per session
801-510-6864	Payment Type: Cash/self-payment, Medicaid, or private insurance
www.leafcrestcounseling.com	(sliding scale fee for low income)
maryanne@leafcrestcounseling.com	Age Group: Children to adults
Lee Messersmith Counseling	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse, ADD, behavior management, and sexual addiction. To learn more about Lee
2317 North Hill Field Road, Suite 103	Messersmith, please use the contact information provided.
Layton, UT 84041 801-698-8119	Average Cost: \$76-100 per session
lwmessersmith@gmail.com	Payment Type: Cash/self-payment, or private insurance
iwinessersinitri@gmail.com	Age Group: Children to adults
	Age Group. Crimaren to addits
Life Changing Services 1371 North 1075 West, Suite 5	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Life Changing Services, please use the contact information provided.
Farmington, UT 84025	Languages: English and Spanish
877-HERO-877	Average Cost: Different fees based on program counselor
www.lifechangingservices.org	Payment Type: Cash/self-payment or church organization
	Age Group: Children to seniors
Murdock Counseling Services	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Dr. Murdock, please use the contact information provided.
503 West 2600 South, Suite 200	· · · · · · · · · · · · · · · · · · ·
Bountiful, UT 84010	Average Cost: \$101-125 per session
801-300-1735	Payment Type: Cash/self-payment (sliding scale fee for low income)
www.murdockcounseling.com	Age Group: Adolescents to seniors
Negrette Counseling Services 475 North 300 West, Suite 14	Services: Mood disorders, anxiety disorders, substance abuse, personality disorder, and trauma/abuse. To learn more about Negrette Counseling Services, please use the contact information provided.
Kaysville, UT 84037	Languages: English and Portuguese
801-390-3210	Average Cost: \$76-100 per session
michael_negrette_lmft@yahoo.com	Payment Type: Cash/self-payment or private insurance (sliding scale fee for low income)
	Age Group: Children to seniors
Neuropsychology Center of Utah	Services: To learn about the services provided by Neuropsychology Center of Utah, please use the contact information listed.
1407 North 2000 West	Languages: English and Spanish
Clinton, UT 84015	Average Cost: \$76-100 per session
801-614-5866	
www.npcu.net	Payment Type: Cash/self-payment, Medicaid, or private insurance
adam@npcu.net	Age Group: Children to seniors
New Directions Counseling Service 31 West Center Street	Services: Psychotic disorders, mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Directions Counseling Service, please use the contact information provided.
Kaysville, UT 84037	information provided.
801-660-5557	Languages: English and Spanish
www.newdirectionsforyou.com	Average Cost: \$76-100 per session
officemanager.marsh@gmail.com	Payment Type: Cash/self-payment, private insurance, or Medicaid (sliding scale fee for low income)

Age Group: Children to seniors

Substance Abuse Services

Youth Services

New Vision Counseling Services	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about New Visions Counseling Services, please use the contact information provided.
475 North 300 West, Suite 14 Kaysville, UT 84037	Average Cost: \$51-75 per session
801-690-3502	Payment Type: Cash/self-payment or private insurance (sliding scale
gmason84041@msn.com	fee for low income)
	Age Group: Children to seniors
Northern Utah Counseling Services 49 East 200 South	Services: Mood disorders, anxiety disorders, substance abuse, personality disorders, and trauma/abuse. To learn more about Northern Utah Counseling Services, please use the contact information provided.
Clearfield, UT 84015	Office Hours: Tuesdays, Wednesdays, and Thursdays
801-779-0095	Languages: English and Spanish
www.nucounseling.com	Average Cost: \$0-80 per session
northernutahcounseling@msn.com	Payment Type: Cash/self-payment, private insurance, or church organization
	Age Group: Adolescents to adults
Resilient Solutions Inc. 1355 North Main Street, Suite 1	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about Resilient Solutions Inc., please use the contact information provided.
Bountiful, UT 84010	Languages: English and Swedish
801-259-3883	Average Cost: \$76-100 per session
www.resilientsolutionsinc.com	Payment Type: Cash/self-payment or private insurance
	Age Group: Adolescents to seniors
Solstice Residential Treatment Center 1904 West Gordon Avenue Layton, UT 84041 801-444-0794 www.solsticertc.com jenn@solsticertc.com	Services: With a strong emphasis on family therapy based intervention, nutrition, and physical fitness, and the supportive provision of cutting edge academics, substance abuse/addiction therapy, equine therapy, and psychiatric services. Solstice sets the stage for the infusion of light into the previously darkened lives of the families we serve. Solstice provides treatment for girls between the ages of 14 and 18. Solstice specializes in the provision of gender specific treatment for female adolescents who struggle with a variety of presenting problems, such as: depression, anxiety, addiction and substance abuse, eating disorders, self-harm, ADD/ADHD, trauma and loss, adoption and attachment issues, family conflict, academic problems, and processing difficulties.
	Age Group: Adolescents to adults
Solutions Counseling 780 South 2000 West, Suite A102 Syracuse, UT 84075 801-425-1970 www.solutionscounseling.us info@solutionscounseling.us	Services: At Solutions Counseling, our goal is to help you ACHIEVE a feeling and recognition of SUCCESS by identifying solutions beginning from our first contact. We focus on enduring solutions to your problems so you can become an agent of change. We will focus on difficulties that will enable you to move forward in your life in powerful ways. We will also focus on the solutions to those difficulties. Staying stuck, or focused only on the problem will benefit no one. We will help you identify any underlying thinking errors. These are often associate with undesirable feelings, actions, relationship difficulties, and behaviors.
	Age Group: Children to seniors
The Counseling Center	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, and trauma/abuse. To learn more about The
386 North Main Street	Counseling Center, please use the contact information provided.
Centerville, UT 84014 801-298-2000	Average Cost: \$76-100 per session
thecounselingcenter.co	Payment Type: Cash/self-payment, or private insurance (sliding scale fee for low income)
ans same and	Age Group: Children to seniors
Titensor Enterprises	Services: Mood disorders, anxiety disorders, and substance abuse. To learn more about Titensor Enterprises, please use the contact information provided.
2205 South 800 West Woods Cross, UT 84087	Average Cost: \$76-100 per session
801298-0336	Payment Type: Cash/self-payment or private insurance
stitensor@comcast.net	
	Age Group: Adolescents to seniors
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Substance Abuse Services

Youth Services

Touchstone Child and Family Therapy Center 1650 West Gentile Street Layton, UT 84041 801-485-8051 www.touchstonetherapyinc.com rdeperizio@msn.com	Services: Psychotic disorders, mood disorders, anxiety disorders, substance abuse, personality disorders, trauma/abuse, and attachment issues. To learn more about Touchstone Child and Family Center, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment (sliding scale fee for low income) Age Group: Children to seniors
Utah Counseling Services 189 South State Street, Suite 230 Clearfield, UT 84015 801-589-0819 www.utahcounselingservices.com heather@utahcounselingservices.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, and trauma/abuse. To learn more about Utah Counseling Services, please use the contact information provided. Average Cost: \$51-75 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors
Wasatch Family Therapy 405 South 100 West	Services: Our mission is to provide compassionate, confidential, and professional therapy services for individuals, couples, and families improve their relationships and mental health.
Bountiful, UT 84010	Office Hours: Mon-Sat: 8am-9pm
801-944-4555	Payment Type: Cash/self-payment or church organization
www.wasatchfamilytherapy.com info@wasatchfamilytherapy.com	Age Group: Children to seniors
John Waterbury, NCC, LPC 52 Boulton Way Bountiful, UT 84010 801-298-2334 johnwaterbury@email.com	Services: Mood disorders, anxiety disorders, personality disorders, substance abuse, trauma/abuse. To learn more about John Waterbury, please use the contact information provided. Average Cost: \$101-125 per session Payment Type: Cash/self-payment or private insurance Age Group: Children to seniors

General Groups

Bereavement Groups

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

Facilitated by Becky Andrews

8-group sessions for those who have had a loved one die and also a group for those who have lost a loved one to suicide.

When: Contact Becky Andrews for dates and time for these groups

Fee: \$150 per 8-group session

Issues: Grief and suicide

Body Image/Eating Disorder Group

Aspire Counseling Services
2317 North Hill Field Road, Suite 103
Layton, UT 84041
801-525-4645
www.aspireut.com
Facilitated by Dori Pye, CMHC

Topics of the group include body image issues, eating disorders, disordered eating behaviors, urge management, coping with different food environments, education about disorders, and medical complications.

When: Typically the last Wednesday of every month at 6:30pm. Call to confirm

Fee: \$40 per session

Issues: Eating disorders and body image issues

Age: Adults

Continue Mission

801-243-2508 <u>www.continuemission.org</u> <u>www.facebook.com/continuemission</u> No veteran left behind. Health and wellness for military service members and their families. Coordinate recreational activities, education, and opportunities that further the mission. Suicide prevention and intervention.

Phoenix Service Corporation Caregivers Support

Brain Injury Alliance of Utah
1139 South State Street, Suite A1
Clearfield, UT 84015
801-825-48535
www.biau.org/support-groups

The Brain Injury Alliance of Utah, formerly known as the Brain Injury Association of Utah, was created in 1984 as a 501 non-profit organization. This alliance is the only non-profit organization dedicated exclusively to education and support for the issues of prevention and recovery of brain injury in the state of Utah.

When: Call for a schedule

Fee: Free

Addiction Groups

Addiction

Utah Behavioral Health Solutions 1433 North 1075 West, Suite 120

Farmington, UT 84025

www.groups.psychologytoday.com

Facilitated by Eric McCarty, LMFT

Support and education for those struggling with addiction.

When: Every Wednesday from 5:30m-7:30pm

Fee: \$80-100 per session

Issues: Addiction, alcohol abuse, and drug abuse

Age: Adults

Aftercare Support Group

107 North Main Street Bountiful, UT 84010 801-477-4968

www.groups.psychologytoday.com

Facilitated by William Green, LCSW

Aftercare support for those in early recovery from addictive disorder addictions. Closes with meditation/energy work.

When: Every Tuesday from 5:30pm-7:00pm

Fee: Contact William Green for the cost of this group

Issues: Addiction

Age: Adults

Alcoholics Anonymous

New Backstreet Club: 25 North 200 West Bountiful, UT 84010

www.utahaa.org

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional. self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

When: Follow the link to find a meeting schedule

Issues: Alcohol abuse

Celebrate Recovery Layton

Christian Life Center: 2352 East Highway 193 Layton, UT 84041

801-661-6900

www.clclayton.org

Recovery Group for all addictions, hurts habits or hang ups, domestic violence, etc. The program is from Saddleback Church in California from Pastor Rick Warren's church. It is an amazing recovery program, come give it a try! For information please visit the church website.

When: Every Thursday from 7:00pm-9:00pm (child care available)

Fee: Free

Contact: Dawn at 801-661-6900

Outpatient Curriculum Group

107 North Main Street Bountiful, UT 84010 801-477-4968

www.aroupe peych

www.groups.psychologytoday.com Facilitated by William Green, LCSW Open-outpatient curriculum group: 12-step model orientation.

When: Every Saturday from 10:30am-12:00pm

Fee: \$50-80 per session Issues: Addiction

Age: Adults

Sex Addicts Anonymous

www.saa-recovery.org

As a fellowship of recovering addicts, Sex Addicts Anonymous offers a message of hope to anyone who suffers from sex addiction. The basic principles of recovery practices by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA or with any other organization or agency, we are indeed grateful for permission to modify and apply the Steps and Traditions to sex addiction, making recovery possible for us.

Fee: Free Age: Adults

www.groups.psychologytoday.com

Family Groups	
Big MAKS: Moms with Autistic Kids www.utahmaks.blogspot.com	Big MAKS is a group of "Moms with Autistic Kids" who rally around each other for encouragement and laughter. MAKS is not a support group- But you will find support from others who "get it." After all, we are only as strong as our hairspray, our diet coke, and our friends!
	Fee: Free
	Contact: We can add you to our area email list to receive additional information about autism events. Email Laura at lauraanderson@comcast.net
CHADD: Support group for Attention Deficit Disorder	Davis County branch of the CHADD of Utah chapter of offering a support group for parents of children with ADHD. Educators are also invited to
Elevation Church	attend. In each meeting a different professional speaker will share their knowledge, free of charge!
375 South State Street	When: First Thursday of each month at 7:00pm (no meetings June,
Clearfield, UT 84015	July, or August)
801-529-3661	Fee: Free
www.chadd.org	
Easy 2 Love Support Group: Support for families raising children with special needs Lil' Flippers Gymnastics	To provide a place for parents and family members to meet monthly and share experience, strength, give hope and awareness, to other families who have similar experiences raising children with ASD, ADD/ADHD, SPD, anxiety, and other mental health, developmental, or behavioral
1246 Flint Meadows, Suite 102	struggles. Through sharing in this experience of raising these 'hard to raise' kids, we grow stronger and more resilient.
Kaysville, UT 84037	
801-451-6238	When: 3rd Wednesday of the month from 7:15pm-8:15pm
www.utaheasy2love.org	Contact: Visit Easy 2 Love Support Group Facebook Page: www.facebook.com/e2lsupport/timeline
Families of Autism and Asperger's Standing Together (FAAST)	FAAST is about helping families just like us to have an avenue for support and to spread the awareness for Autism and Asperger's. Join us and help our voice get louder.
	When: Visit our Facebook page to find out about upcoming events and meetings
	Fee: Free
Family Education and Process Group	A learning experience designed for family members, friends, and loved ones of addicts. The support group will offer insight and understanding regarding the process of addiction; find out how treatment can help the
Davis Behavioral Health 934 South Main Street Layton, UT 84041	addict; discover what you can do to help the recovery process, learn skills that will assist you in setting boundaries with the addict; get support from others who have suffered through a loved one's addiction; and develop
801-773-7060	understanding of how the addict's behavior has affected you.
www.dbhprevention.org/support-groups	When: Visit the website provided to register for a time
	Fee: Free
FASD Support Group	IEPs, 504s, and how to request the best accommodations for your child. He will also give information on resources, upcoming events, disability
Davis Behavioral Health	advocacy groups, and transitioning to adulthood.
210 Center Street	When: Contact Kim King at kbking626@gmail.com to learn more about times
Clearfield, UT 84015	
www.dbhprevention.org/support-groups	Fee: Free
Mom's Group: for moms who have lost a child	8-group sessions. You can continue with the next group if you like.
Resilient Solutions Inc	When: Mondays at 10:30am-11:45am
1355 North Main Street, Suite 1	Fee: \$150 per 8-group session
Bountiful, UT 84010	Issues: Greif
801-259-3883	

Youth Groups

Body Image/Eating Disorder Group

Aspire Counseling Services
2317 North Hill Field Road, Suite 103

Layton, UT 84041 801-525-4645

www.aspireut.com

Facilitated by Dori Pye, CMHC

Topics of the group include body image issues, eating disorders, disordered eating behaviors, urge management, coping with different food environments, education about disorders, and medical complications.

When: Typically the last Thursday of every month at 6:30pm. Call to confirm

Fee: \$40 per session

Issues: Eating disorders and body image issues

Age: Adolescents (11-17)

Covert Introvert

Jeff Gregson Therapy Services
1371 North 1075 West, Suite 5
Farmington, UT 84025
801-477-4927
www.covertintrovert.com

Facilitated by Jeff Gregson, LPC

Helping introverts who have social anxiety overcome their fears! Many introverts blame their paralysis in social situations on their personality. Crippling fear is social anxiety and can be overcome! Learn to fight your fear and utilize being an introvert for success. In this 6 week course you'll gain an understanding of your "enemy." Learn tactics to catch, challenge, and change your limiting beliefs. You will learn that being an introvert is a strength, and will enable you to overcome fear. Group is limited to 10 people and includes an individual session and text coaching.

When: See website for meeting times and locations

Fee: \$45 per session

Age: Children

Daughters of Light

1371 North 1075 West, Suite 5
Farmington, UT 84025
801-903-2749
www.groups.psychologytoday.com

Facilitated by Mindy Lundgreen

The daughters of Light is a group for adolescent girls ages 12 to 17, who are struggling with finding their voice in the chaotic world around them. Group is a powerful place for young daughters to have positive feedback and insight into the struggles they are facing. Hope, empowerment, and the skills to navigate through the trials surrounding them are offered and taught in a 12 week format. Please contact me if your would like further information about group or are wondering if group is right for your daughter.

When: See website for meeting times and locations

Fee: \$120 intake, \$50 per session

Issues: Anxiety, coping skills, and self-esteem

Sons of Helaman

Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 877-HERO-877

www.lifechangingservices.org/sonsofhelaman

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

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

When: See website for meeting times and locations

Fee: \$125 intake session and books, \$50 per session

Issues: Coping skills and sexual addiction

Sons of Mosiah

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

The Sons of Mosiah program is for missionaries in-field, preparing missionaries, missionaries released early, and returned missionaries geographically separated from Sons of Helaman face-to-face group options. Participation online through email groups, a certified on-line coach, and overseen by a licensed clinician.

When: One email each week for missionaries to respond to

Fee: \$20 per week

Issues: Coping skills and sexual addiction

Succeeding at Life Skills: Social Skills Group

Aspire Counseling Services
2317 North Hill Field Road, Suite 103
Layton, UT 84041
801-525-4645
www.dwighthurst.com/social-skills
Facilitated by Dwight Hurst, CMHC

This weekly group focuses on life and social skills for young people who are struggling with social interaction, autism spectrum disorders or symptoms, and social or group expectations. The group specifically addresses self care, social efficiency, confidence and strength building, and self advocacy.

When: Every Wednesday from 5:00pm-6:00pm. Call to sign up.

Fee: \$35 per session (some insurances accepted-call for details)

Issues: Self care, social efficiency, confidence and strength building, and self advocacy

Women's Groups

HOPE: for women experiencing depression

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

www.groups.psychologytoday.com Facilitated by Becky Andrews

10-week psychoeducational group led by therapist Becky Andrews. Join with other women for support and tools to help you find joy and happiness again.

When: Mondays from 5:30pm-6:45pm

Fee: \$25 per session or pay for full 10 weeks for a discount of \$225

Issues: Anxiety, coping skills, and depression Contact: Email becky.lpc@gmail.com to register

Mom's Group: for moms who have lost a child

Resilient Solutions Inc. 1355 North Main Street, Suite 1 Bountiful, UT 84010 801-259-3883 www.groups.psychologytoday.com Facilitated by Becky Andrews

8-group sessions. You can continue with the next group if you like.

When: Mondays at 10:30am-11:45am

Fee: \$150 per 8-group session

Issues: Greif

WORTH Group (Women of Rebirth~Therapeutic Healing)

Life Changing Services 1371 North 1075 West, Suite 5 Farmington, UT 84025 970-471-2618 www.lifechangingservices.org/worth

Facilitated by Jennifer Johnson, MS, CMHC

The W.O.R.T.H. group is a free, LDS faith based, therapist led, support group for women healing from betrayal trauma caused by a spouse's sexual addictions and/or sexual misbehaviors. Worth Group therapists teach and tie therapeutic tools such as self-care, boundaries, and honoring emotions to LDS principles through guided discussion support groups. This is where women derive emotional and spiritual strength as they share joys and sorrows, and support each other in their healing journey.

When: Variety of groups available weekly, online and in-person

Fee: Free

Issues: Betrayal trauma

Contact: Call MaryAnn for more information or to sign up, at the

phone number listed

Support Groups

Men's Groups

Men of Moroni

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

The Men of Moroni group works with grown men, married or single, who are dealing with pornography and/or sexual addiction. Men in this group support one another in strengthening their discernment skills.

When: In person and online: see website for meeting times information

Fee: \$50 books and registration, \$30 per session

Issues: Pornography and sexual addiction

Contact: Email mofmbrothers@gmail.com for more information

Senior's Groups	
Alzheimer's Support Group for Caregivers	When: 2nd Tuesday of the month from 3:30pm-4:30pm.
Autumn Glow Senior Activity Center 81 East Center Street Kaysville, UT 84037 Linda Freer: 801-525-5058	
Alzheimer's Support Group for Caregivers	When: Every 3rd Thursday of the month from 3:00pm-4:30pm.
Golden Years Senior Activity Center 726 South 100 East Bountiful, UT 84010 Megan Forbush: 801-525-5088	
Alzheimer's Support Group for Caregivers North Davis Senior Activity Center 42 South State Street Clearfield, UT 84015 Linda Freer: 801-525-5058	When: First Wednesday of the month from 3:00pm-4:00pm.
Alzheimer's Support Group for Caregivers Orchard Cove 485 East 500 South Bountiful, UT 84010 Annie Wagner: 801-298-8983	When: Thursdays at 3:00pm.
Davis County Parkinson's Support Group North Davis Senior Activity Center 42 South State Street Clearfield, UT 84015 801-451-6238	The Parkinson's Support Group meet monthly. Their meetings consist of knowledgeable briefers, fun activities, and social interactions, all aimed at supporting Parkinson's patients, their families, and caregivers. When: To find out about the next meeting visit the Parkinson's Support in Davis County Facebook Page
Early Stages Alzheimer's Support Group Alzheimer's Association Utah Kate Nederostek: 801-265-1944	The Alzheimer's Association's Early Stage Support Groups are led by trained facilitators and offer dementia-related education, resources, emotional support and connections with others living with the disease. Topics include disclosing the diagnosis, changing relationships, maintaining independence, and medications and research. When: Pre-registration is required to attend an Early Stage Support Group. Please contact Kate Nederostek, Program Director at the number provided or knederostek@alz.org

Trainings and Classes	
Alcohol and Drug Intervention (ADI) Davis Behavioral Health Angio Smith 904, 773, 7060	This class is for adults 18 years and older. Participants in the program learn about the adverse effects of alcohol and other drug use. Instructors challenge the common beliefs and attitudes that contribute to high risk alcohol and other drug abuse.
Angie Smith 801-773-7060 www.dbhprevention.com/substance-abuse	When: Visit the website provided to register for a time
www.dbhprevention.com/substance abase	Fee: \$150
	Issues: Substance Abuse
Anger Management Davis Behavioral Health 934 South Main Street	Participants will learn skills in communications, effective listening strategies, conflict resolution, stress management, judgement and impulse control, anger management, empathy and emotional awareness, expectations management forgiveness, and much more. Classes available for youth, teen, adult women, and adult men.
Layton, UT 84041 Angie Smith 801-773-7060	When: Visit the website provided to register the appropriate class and time
www.dbhprevention.org/mental-and-emotional-health	Fee: Free
	Issues: Anger management
Connect	Connect is a training for professionals and communities to prepare them to respond to a suicide attempt or death, in a manner that will promote healing and reduce risk for affected community members.
Davis Behavioral Health www.dbhprevention.org/trainings	When: Visit the website provided to register for a time
www.danpreventien.org/traininge	Issues: Suicide prevention
Cool Minds	Feeling overwhelmed, anxious, or depressed? Come explore creative approaches too getting at the root of emotional distress. This class is for youth 13-17
Davis Behavioral Health 934 South Main Street	When: Visit the website provided to register for a time
Layton, UT 84041	Fee: Free
Angie Smith 801-773-7060	Issues: Mindfulness
www.dbhprevention.org/mental-and-emotional-health	133ucs. Williamicss
Foorloss Marrisgo	
Fearless Marriage Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships	A four-week program for couples who want to enhance their relationship! Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time Issues: Marriage
Davis Behavioral Health Angie Smith 801-773-7060	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship.
Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships Grandfamilies Davis Behavioral Health 801-425-0939	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time
Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships Grandfamilies Davis Behavioral Health	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time Issues: Marriage If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your
Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships Grandfamilies Davis Behavioral Health 801-425-0939	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time Issues: Marriage If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family.
Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships Grandfamilies Davis Behavioral Health 801-425-0939 www.dbhprevention.org/families Guiding Good Choices	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time Issues: Marriage If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family. When: Use the contact information to learn about meeting times Contact Anna O'Hearon at anna@ccutah.org or the phone number listed A program for parents of 4th-8th graders. As children evolve from parent-pleasing little ones, to adolescents yearning for independence, testing
Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships Grandfamilies Davis Behavioral Health 801-425-0939 www.dbhprevention.org/families Guiding Good Choices Davis Behavioral Health	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time Issues: Marriage If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family. When: Use the contact information to learn about meeting times Contact Anna O'Hearon at anna@ccutah.org or the phone number listed A program for parents of 4th-8th graders. As children evolve from parent-pleasing little ones, to adolescents yearning for independence, testing
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Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/relationships Grandfamilies Davis Behavioral Health 801-425-0939 www.dbhprevention.org/families Guiding Good Choices Davis Behavioral Health Angie Smith 801-773-7060 www.dbhprevention.org/parenting How to Avoid Falling for a Jerk(ette) Davis Behavioral Health	Learn to replace communication danger signs with proactive strategies for respectful talking and listening. Explore sharing fun and satisfying needs by working as a team to nurture and support each other. Practice managing stress and reducing the negative effects of stress in a relationship. When: Visit the website provided to register for a time Issues: Marriage If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children. Grandfamilies can help you find your way with tips, tools, and resources to the services and support you need to take care of yourself and your family. When: Use the contact information to learn about meeting times Contact Anna O'Hearon at anna@ccutah.org or the phone number listed A program for parents of 4th-8th graders. As children evolve from parent-pleasing little ones, to adolescents yearning for independence, testing boundaries, and seeking peer acceptance, this proven effective five-week class offers tips for parents on navigating those challenging years. When: Visit the website provided to register for a time Fee: Free Issues: Parenting Skills Everything singles should know about how to avoid falling for a jerk (or jerkette). Learn how to follow your heart without losing your mind in this fun-filled class.

Trainings and Classes Incredible Years Davis Behavioral Health

A program for parents of children ages 2-8. Parenting can be a difficult experience for both parents and children. For children this is a major transition when they are moving from being dependent to exploring the world around them. It is a time when they test the limits of their environment, finding out what will or will not be tolerated. Learn to guide your children as they go through this stage of transition.

Fee: Free

Issues: Parenting Skills

Love and Logic

Davis Behavioral Health
Angie Smith 801-773-7060
www.dbhprevention.org/parenting

A program for parents of children ages 6-15. Your child will win because they'll learn to solve their own problems while gaining the confidence they need to meet life's challenges. And you'll win because you'll establish healthy control-without resorting to anger, threats, nagging, or exhausting power struggles. Parenting with love and logic puts the fun back into parenting.

Fee: Free

Issues: Parenting Skills

Mental Health First Aid

Davis Behavioral Health
www.dbhprevention.org/trainings

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

Issues: Mental health response

Mindfulness Based Stress Reduction

Davis Behavioral Health
www.dbhprevention.org/mental-and-emotional-health
Facilitated by

Stress is a normal part of everyday life. The current amount of physical, mental and social stress many are experiencing in U.S. society, however, is not normal. We practice mindfulness so that we can learn to relate to our stress in a new, healthier way. The practice of mindfulness is a radical shift to embracing and accepting who we are completely, non-judgmentally, with love and compassion.

When: Visit the website provided to register for a time

Issues: Mindfulness

Prime For Life

Davis Behavioral Health www.dbhprevention.org/substance-abuse

This program is for adults 18 years and older. PRIME for Life® is a motivational risk reduction program. It is used most with people who have had a legal or policy violation such as impaired driving, possession, or workplace violation, but it is relevant for everyone. PRIME for Life helps foster attitudes, beliefs, and understanding that helps people reduce risk for any type of alcohol or drug problem. It also creates a unique self-assessment experience to help people be more aware of what they value, what they are risking, and how to protect the things that mean the most in their lives.

When: Visit the website provided to register for a time

Fee: \$150 for the 5 week session

Issues: Substance Abuse

Project Davis

Davis Behavioral Health www.dbhprevention.org/families

A program for parents and children 5-12. Project Davis focuses on teaching family members how to create a respectful positive environment that helps build and strengthen relationships.

When: Visit the website provided to register for a time

Fee: Free

Issues: Relationships

QPR

Davis Behavioral Health
www.dbhprevention.org/trainings

Like CPR, QPR is a simple process that anyone can be trained to use, to help prevent a suicidal act. Participants lean how to recognize the warning signs for someone who may be at risk for suicide, and then get them to appropriate help.

When: Visit the website provided to register for a time

Fee: Free

Issues: Suicide prevention

risk and link them to life-saving resources. When: Visit the website provided to register for a time Issues: Suicide prevention This class is a 2-hour presentation held monthly, based on public interest, designed to aid individuals and couples in becoming the peaceful and intentional parents they want to be. When: Monthly. Call for information and to reserve your spot. Fee: \$30 per person or \$50 per couple 801-896-4181 www.aspireut.com Stepfamilies For remarried couples, stepfamilies, and cohabitating with children. An educational program focused on issues unique to stepfamily relationally insured in the website provided to register for a time Fee: Free Issues: Stepfamilies Strengthening Families A program for parents and youth ages 10 to 14. Do you sometimes worry about your youth's behavior or choices, wonder how they will handle peer pressure, or do you struggle to bond with hem? Would you like to improve your family atmosphere or prevent conflict? Then Strengthening Families program can help When: Visit the website provided to register for a time Fee: Free Within our Reach A three-week program offers a skills-based program with critical, concrete tools that help participants control their own relationship in a way that with add to more entiching, more satisfying interactions with the people that	Trainings and Classes	
Issues: Suicide prevention	Davis Behavioral Health	empowered, and hopeful. Your safeTALK trainer will demonstrate the importance of suicide alertness and help you identify ways people invite help when they're at risk. safeTALK's steps provide a simple yet effective method to engage with people at risk and connect them with resources that can carry out a full scale intervention. At the end of the training, you'll have a chance to practice these skills firsthand. All in all, you can expect to leave safeTALK with practical knowledge of how to identify someone at
Skilful Parenting Class Aspire Counseling Services 2317 North Hill Field Road, Suite 103 Layton, UT 84041 801-896-4181 www.aspireut.com Stepfamilies Davis Behavioral Health Angie Shaivoral Health Www.dbhprevention.org/families Within our Reach Volum Mental Health First Aid A three-week program offers a skills-based program with critical, concrete tools that help participants key skills to help an adolescent who is developing a mental health problem or experiencing a mental health pr		When: Visit the website provided to register for a time
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Issues: Parenting Skills		When: Monthly. Call for information and to reserve your spot.
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Stepfamilies Por remarried couples, stepfamilies, and cohabitating with children. An educational program focused on issues unique to stepfamily relationships. Topics include: communication, conflict management, exspouses, financial issues, parenting non-biological children, plus much more. When: Visit the website provided to register for a time Fee: Free Issues: Stepfamilies Strengthening Families A program for parents and youth ages 10 to 14. Do you sometimes worry about your youth's behavior or choices, wonder how they will handle peer pressure, or do you struggle to bond with hem? Would you like to improve your family amosphere or prevent conflict? Then Strengthening Families program can help When: Visit the website provided to register for a time Fee: Free Within our Reach Davis Behavioral Health Angie Smith 801-773-7060 Www.dbhprevention.org/families A three-week program offers a skills-based program with critical, concrete tools that help participants control their own relationship in a way that will lead to more enriching, more satisfying interactions with the people that matter in their lives, with themse that include: knowing yourself first, smart love, and making your own decisions. When: Visit the website provided to register for a time Fee: Free Youth Mental Health First Aid Youth Mental Health First Aid is a course designed to give participants key skills to help an adolescent who is developing a mental health problem or experiencing a mental health or so, the shour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance abuse. When: Visit the website provided to register for a time		Issues: Parenting Skills
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Issues: Suicide prevention		When: Visit the website provided to register for a time
		Issues: Suicide prevention

Domestic Violence Offender Treatment

Bridges Forensic Counseling	Issues: Domestic Violence Offender Intervention
189 South State Street, Suite 180 Clearfield, UT 84015 801-217-3523	
GMS Counseling	Issues: Domestic Violence Offender Intervention
370 South 500 East, Suite 250 Clearfield, UT 84015 801-825-4876	
Judicial Supervision Services	Issues: Domestic Violence Offender Intervention
370 South 500 East, Suite 170 Clearfield, UT 84015 801-525-3009	
New Horizons	Issues: Domestic Violence Offender Intervention
360 South Fort Lane, Suite 1B Layton, UT 84041 801-593-0008	
Positive Adjustments	Issues: Domestic Violence Offender Intervention
576 West 900 South Bountiful, UT 84010 801-466-4484	
Professional Services Corporation	Issues: Domestic Violence Offender Intervention
391 South State Street, Suite A Clearfield, UT 84015 801-525-0950 http://www.professionalservicescorp.net/	
Resolutions Inc.	Issues: Domestic Violence Offender Intervention
70 North Main Street, Suite 103 Bountiful, UT 84010 801-298-5222 ext1 www.resolutionsutah.com	

Information About Directory

Directory Updates/Corrections

This document is a work in progress. Providers are welcome to add or remove information about their agency and services at any time. These behavioral health resources are also included in an online county health resource locator found at **davis4health.org**.

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

Background

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

Those interested in helping to improve access to mental/behavioral health services can join the community health improvement action group working on the issue. The group has been meeting since fall of 2013. To find out more information or to participate in group meetings contact Isa Perry, Davis County Health Department, <u>isa@daviscountyutah.gov</u>, 801-525-5212.

Prepared By

Davis County Health Department 22 South State Street Clearfield, Utah 84015 www.daviscountyutah.gov/health

