

BOX ELDER COUNTY

Mental Health Resource Directory 2013



Introduction

This resource directory was created so that Box Elder county residents will know **where** and **how** they can access mental health services locally.

The ultimate goal is a healthy, happy community.

Comments or corrections may be directed to Marisa Erickson at merickson@brhd.org.

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Direct Services-1

Associated Psychotherapists

120 North Main

Brigham City, UT 84302

435-723-2881

Mon 7:30-6:30 pm, Tues 7:30-8:30 pm, Wed 7:00-8:30 pm, Thur 8:00-8:30 pm, Fri 7:30-5:30 pm. Hours available for each therapist may vary.

contact@associatedpsych.com

www.associatedpsych.com

Staff	Services Provided	Fees/Payments
<p>John Christensen, LMFT John Arrington, LMFT Jason Williams, LMFT Aaron Gardner, LPC</p>	<p>Provides individual, couples and family counseling. Treatment specialization includes:</p> <ul style="list-style-type: none"> ● Depression and Anxiety ● Marriage Counseling ● Panic Attacks and Phobia ● Sexual and Relationship Problems ● Medical and Health concerns ● Grief and Loss ● Anger Management ● Work and Career issues ● Stress Management ● Addiction & Recovery ● Parenting & Family Issues ● Conflict Resolution ● Custody Evaluations 	<p>We accept most major health care plans and are providers for many Employee Assistance Programs (EAP). Services may be covered in full or in part by your health insurance or employee benefit plan.</p> <p>Rates are available upon request.</p> <p>Cash, check, all major debit & credit cards, and benefit cards accepted for payment.</p> <p>Cancellation policy – If you do not show up for your scheduled appointment, and you have not notified us at least 24 hours in advance, you will be charged a no-show fee.</p>

Direct Services-2

Bear River Mental Health

440 West 600 North, Tremonton, UT 84337

663 West 950 South, Brigham City, UT 84302

Tremonton: 435-257-2168

Tremonton: Monday-Thursday 8-6 pm, Friday 9-1 pm

Brigham City: 435-734-9449

Brigham City: Monday-Thursday 8-6 pm, Friday 8-4 pm

www.brmh.com

Staff	Services Provided	Fees/Payments
Includes: psychologists, clinical social workers, marriage and family therapists, psychiatrists, nurses, and professional counselors experienced in working with adults, adolescents, and children. Together with a caring support staff, we provide quality mental health services.	<p>Services for children, teens, and adults include:</p> <ul style="list-style-type: none"> ● Assessments ● Behavior management ● Case management ● Crisis services ● Medication management (only by therapist referral for those receiving active therapy) ● Psychological testing ● Psychosocial rehabilitation ● Psychotherapy (individual, group, and family) ● Residential care and services ● Respite ● Skills development 	<p>Medicaid clients School contracts</p>

*Bear River Mental Health also has offices in Logan, Randolph, and Garden City.

Direct Services-3

Bear River Valley Hospital Behavioral Health Services

905 North 1000 West

Tremonton, UT 84337

435-207-4500 or 435-207-4741

Monday – Friday 8 am – 5 pm

Sean.horsley@imail.org

<http://intermountainhealthcare.org/hospitals/bearriver/Pages/home.aspx>

Staff	Services Provided	Fees/Payments	Extras
Sean Horsley, LCSW Angela Shumway, CSW	Outpatient mental health services for children, adolescents, adults and families	Accepts most insurance (SelectHealth, Blue Cross Blue Shield, Altius, United Health and Medicare). Physician referral required – must bring to first appointment.	Support groups available at no charge. Screening is required. Family cancer support group, family grief support group, and mental health support group

Blomquist Hale Consulting

118 East 100 North

Brigham City, UT 84302

435-723-1610

www.blomquisthale.com

Contact directly for more information.

Direct Services-4

Brigham City Community Hospital

Emergency Room Services

950 South Medical Drive

Brigham City, UT 84302

435-734-9471

24 hours a day, 7 days a week

www.brighamcityhospital.com

Staff	Services Provided	Fees/Payments
Board Certified Emergency Room Physicians	Mental health crisis intervention – all ages Assessment, evaluation, referral	Accepts most insurances
Registered Nurses		
National Certified Counselor		

Chuck Sharp Counseling

431 West 200 North

Brigham City, UT 84302

435-225-1132

Contact directly for more information.

Direct Services-5

GayLyn White, LPC

431 West 600 North

Tremonton, UT 84337

435-730-3888

Varied (weekends)

whitehouseut@gmail.com

Staff	Services Provided	Fees/Payments	Extras
GayLyn White, LPC	Mental health counseling: anxiety, depression, couples counseling, domestic violence, women's issues, adolescence, family (no substance abuse).	No insurance, no sliding scale. Fee for service (\$85 per session). Will take LDS bishop pay, or from New Hope Crisis Center, Voc. Rehab	Specializes in cognitive behavioral therapy

LDS Family Services

700 South 400 East

Brigham City, UT 84302

435-752-5302

By appointment only

FAM-UT-Logan@ldsfamilyservices.org

<http://providentliving.org/lds-family-services?lang=eng>

Staff	Services Provided	Fees/Payments	Extras
Elizabeth Lund, LCSW	Counseling and mental health	Accepts most insurances, cash, check, credit card and ward assistance.	Office is inside a church building. Look for the door marked "LDS Family Services" on the back side of the building.
Dennis Wheatley, LMFT (also speaks Spanish)	Options for single, expectant mothers	LDSFS Central billing office 1-855-537-1000	

*Additional services available in Logan (435-752-5302) and Ogden (801-621-6510)

Direct Services-6

Sean Horsley, LCSW

18 North 200 East, Suite 307

Tremonton, UT 84337

435-225-2645 or 435-881-6438

Sean: Mon/Tues evenings, Fri/Sat mornings

shorsleylcsw@gmail.com

Angela: Wed/Thurs evenings, Fri days

amartinezcsw@gmail.com

Staff	Services Provided	Fees/Payments	Extras
Sean Horsley, LCSW Angela Shumway, CSW	Adult, child, adolescent, couple, and family therapy	Low cost fee for service counseling. We work with individuals and families based on income limits. We also take referrals from local LDS bishops and other clergy.	Works with Rudd/Rogers & Taylor funeral home to provide free grief counseling to the community. Call for a free screening. Services available in Spanish.

Serendipity, PC

430 West 2700 South

Perry, UT 84302

435-734-2923

Monday-Friday 8-6pm, weekend appointments can be arranged.

dianaayotte@yahoo.com

serendipitypc.com

Staff	Services Provided	Fees/Payments Extras
Diana S. Ayotte, Clinical Mental Health Counselor	<ul style="list-style-type: none"> • Individual, couples, groups, and family counseling • Eye movement desensitization and reprocessing (treatment for trauma) • Sand and play therapy • Court-referred counseling for domestic violence, anger management, theft, and substance abuse • Life and career coaching • Parenting classes • Social Skills training 	<p>Accepts most insurances</p> <p>Uninsured - cash pay discount according to sliding fee scale.</p>

Other Services-7

Bear River Health Department – Substance Abuse

817 West 950 South, South Building, Brigham City, UT 84302

440 West 600 North, Tremonton, UT 84337

435-695-2076

Brigham City: Monday-Thursday, 8-6 pm, Friday, 8-1 pm

Tremonton: Monday-Thursday, 8-6 pm

www.brhd.org

Staff	Services Provided	Fees/Payments	Extras
Includes: licensed clinical social workers, clinical social workers, licensed marriage and family therapists, and licensed professional counselors	We provide quality, affordable treatment programs for people struggling with drug and alcohol-related problems.	Accepts some insurance Cost for services is based on the patient's ability to pay	Accepts self referrals and court ordered referrals Spanish services available

Box Elder Family Support Center

276 North 200 East

Brigham City, UT 84302

435-723-6010

Monday – Friday 8-4 pm Crisis Nursery Monday –Friday 8-8 pm

fsckaty@qwestoffice.net

brigham.utahfamilyutahsupport.org

Staff	Services Provided	Fees/Payments	Extras
Katy Bonds, LCSW	<ul style="list-style-type: none"> ● Crisis nursery for families with children aged 0-11 who are in need of safe childcare. ● Family life education classes ● Clinical family therapy ● Resource & referral service 	All services are free.	Provide childcare to persons receiving therapy at Bear River Mental Health.

Other Services-8

Box Elder School District

960 South Main

Brigham City, UT 84302

435-734-4800

Regular School Hours

besd.net

Staff	Services Provided	Fees/Payments
School counselors School psychologists	Short term counseling, psychological testing for special education purposes. Help with behaviors of children and teenagers. Crisis team support and counseling.	Must be enrolled in Box Elder county schools Free for students

Brigham Hypnosis Center

903 West 885 South

Brigham City, UT 84302

435-720-1678

Monday-Friday 9-6 pm

hypnotist46@gmail.com

www.BrighamHypnosis.com

Staff	Services Provided	Fee/Payments	Extras
Martha Wilks Harrison, RN, BCH, CI Certified by the National Guild of Hypnotists as a Consulting Hypnotist and Instructor of the Professional Hypnosis Training Course. 26 years experience.	Uses hypnosis to assist clients to stop smoking, lose weight, eliminate nervous habits; reach peak athletic performance, increase motivation and confidence, overcome sleeplessness, and generally to become all they were created to be.	Initial session (1.5 hrs) is \$135 and that includes a hypnosis CD. All other sessions are one hour and cost \$95. (10% discount to other professionals.)	Achieving hypnosis is the opposite end of the scale of fear and anxiety, so it is very effective in overcoming stress, mending relationship, focusing on the task at hand, and marching to a swifter, stronger beat.

Other Services-9

NAMI – Box Elder

435-740-0645

<http://www.namiut.org/find-local-support/item/8-box-elder>

All classes and support groups offered by NAMI are free.

Family-to-Family: A 12 week course for family caregivers of individuals with severe mental illness.

BRIDGES: A 12 week recovery course that brings together people who share the experience and knowledge of mental illness to empower each other with the tools to build bridges of recovery.

Connection Support Group: A recovery support program for adults (14 & older) living with mental illness.

Family Support: A support group for parents and families (14 and older) who have a loved one suffering with mental illness.

*Support groups offer respect, understanding, encouragement, and hope. Groups are confidential.

New Hope Crisis Center

435 East 700 South

Brigham City, UT 84302

435-723-5600 or 877-723-5600

24 hrs/day, 7 days/week, 365 days/year

newhopecrisiscenter@gmail.com

www.newhopecrisiscenter.org

Staff	Services Provided	Fees/Payments	Extras
<ul style="list-style-type: none"> • Licensed social workers • Certified domestic violence/sexual assault advocates 	Shelter, advocacy, case management, court assistance including protective order and stalking injunction, preparation, transitional housing and housing advocacy, education outreach for prevention and awareness, classes in teen and adult anger management, parenting, life skills for teens and adults, economic empowerment (including budgeting for teens and adults, individual and group counseling, and community resource referrals.	All services are free.	Offers the entire spectrum of services for victims of domestic violence, dating violence, stalking, sexual assault and child physical and sexual abuse. Victims need not stay in shelter to receive services.

Other Services-10

Youthtrack – Utah

862 South Main Street, Suite 4

Brigham City, UT 84302

435-723-1799

Monday-Friday 8-5 pm (evening hours as arranged)

kbarlow@rescare.com

www.rescare.com/youthtrack-utah/index.php

Staff	Services Provided	Fees/Payments	Extras
Kevin N. Barlow, MS, LMFT	Residential treatment center for males 12-17 year olds with sexual offender issues.	Medicaid payments associated with DCFS and DJJS purchase service agreements.	Joint Commission accredited.
Troy Hartman, LCSW	Therapeutic foster care services for children and adolescents.	Cash for services or private placement options available.	Several providers are NOJOS (Network on Juveniles Offending Sexually) certified.
Ashley Dasianu, MMFT, LMFT	Outpatient individual, couples, and family therapy for children, youth, and adults.	<i>Willing to pursue paneling with other insurance companies</i>	
Robyn Thorsted, M.EDc, ACMHC	Psychiatric evaluations and medication management for clients also participating in mental health services.		

Other Resources-11

Local Funeral Homes

Gillies Funeral Home
634 East 200 South
Brigham City, UT 84302
435-723-5236
www.gilliesfuneralchapel.com

Rogers & Taylor Funeral Home
111 North 100 East
Tremonton, UT 84337
435-257-3424
www.rogersandtaylor.com

Myers Mortuary
205 South 100 East
Brigham City, UT 84302
435-723-8484
www.myers-mortuary.com

Rudd Funeral Home
1234 South Main
Garland, UT 84312
435-257-5050
www.rogersandtaylor.com

*Contact funeral home directly for grief support resources.

Crisis Intervention Teams (CIT)

Crisis Intervention Teams (CIT) are teams of specially trained law enforcement officers. These officers are trained in tactics to effectively deal with a person experiencing a mental health crisis.

The Box Elder County Sheriff's office, Brigham City PD, Tremonton PD, and Garland PD all have CIT trained officers.

Other Resources-12

Crisis Lines

National Suicide Prevention Life Line	1-800-273-TALK (8255)
UNI Crisis Line	1-801-587-3000
Bear River Mental Health	435-452-8612
Bear River Valley Hospital	435-207-4500
Bear River Health Department	435-730-2793

Glossary

ACMHC	Associate Clinical Mental Health Counselor
CSW	Certified Social Worker
LCSW	Licensed Clinical Social Worker
LPC	Licensed Professional Counselor
LMFT	Licensed Marriage and Family Therapist
LSW	Licensed Social Worker

Bear
Health River
Department

