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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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

<table>
<thead>
<tr>
<th>Staff</th>
<th>Services Provided</th>
<th>Fees/Payments</th>
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<tbody>
<tr>
<td>John Christensen, LMFT</td>
<td>Provides individual, couples and family counseling. Treatment specialization includes:</td>
<td>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.</td>
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<tr>
<td>John Arrington, LMFT</td>
<td>● Depression and Anxiety</td>
<td>Rates are available upon request.</td>
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<tr>
<td>Jason Williams, LMFT</td>
<td>● Marriage Counseling</td>
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<tr>
<td>Aaron Gardner, LPC</td>
<td>● Panic Attacks and Phobia</td>
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<td></td>
<td>● Sexual and Relationship Problems</td>
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<td>● Medical and Health concerns</td>
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<td></td>
<td>● Grief and Loss</td>
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<td>● Anger Management</td>
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<td>● Work and Career issues</td>
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<td></td>
<td>● Stress Management</td>
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<td></td>
<td>● Addiction &amp; Recovery</td>
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<td>● Parenting &amp; Family Issues</td>
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<td>● Conflict Resolution</td>
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<td></td>
<td>● Custody Evaluations</td>
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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.
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
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.

Services Provided
Services for children, teens, and adults include:
- 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

Fees/Payments
Medicaid clients
School contracts

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

<table>
<thead>
<tr>
<th>Staff</th>
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<th>Extras</th>
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<tbody>
<tr>
<td>Sean Horsley, LCSW</td>
<td>Outpatient mental health services for children, adolescents, adults and families</td>
<td>Accepts most insurance (SelectHealth, Blue Cross Blue Shield, Altius, United Health and Medicare). <strong>Physician referral required</strong> – must bring to first appointment.</td>
<td>Support groups available at no charge. <strong>Screening is required.</strong> Family cancer support group, family grief support group, and mental health support group</td>
</tr>
</tbody>
</table>

Blomquist Hale Consulting

118 East 100 North
Brigham City, UT  84302
435-723-1610
www.blomquishale.com

Contact directly for more information.
**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

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<tr>
<th>Staff</th>
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<tr>
<td>Board Certified Emergency Room Physicians</td>
<td>Mental health crisis intervention – all ages Assessment, evaluation, referral</td>
<td>Accepts most insurances</td>
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<td>Registered Nurses</td>
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<tr>
<td>National Certified Counselor</td>
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**Chuck Sharp Counseling**

431 West 200 North

Brigham City, UT 84302

435-225-1132

Contact directly for more information.
GayLyn White, LPC
431 West 600 North
Tremonton, UT  84337
435-730-3888
Varied (weekends)
whitehouseut@gmail.com

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

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<thead>
<tr>
<th>Staff</th>
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<tbody>
<tr>
<td>Elizabeth Lund, LCSW</td>
<td>Counseling and mental health</td>
<td>Accepts most insurances, cash, check, credit card and ward assistance.</td>
<td>Office is inside a church building. Look for the door marked “LDS Family Services” on the back side of the building.</td>
</tr>
<tr>
<td>Dennis Wheatley, LMFT</td>
<td>Options for single, expectant mothers</td>
<td>LDSFS Central billing office 1-855-537-1000</td>
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</table>

*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  

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<tr>
<th>Staff</th>
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</table>
| 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  

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<th>Staff</th>
<th>Services Provided</th>
<th>Fees/Payments</th>
<th>Extras</th>
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</table>
| Diana S. Ayotte, Clinical Mental Health Counselor | • 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 | Accepts most insurances  
Uninsured - cash pay discount according to sliding fee scale. |
### 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

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<tr>
<th>Staff</th>
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<th>Fees/Payments</th>
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| 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

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<tr>
<th>Staff</th>
<th>Services Provided</th>
<th>Fees/Payments</th>
<th>Extras</th>
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| Katy Bonds, LCSW | • 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

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<tr>
<th>Staff</th>
<th>Services Provided</th>
<th>Fees/Payments</th>
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| 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

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<tr>
<th>Staff</th>
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| 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

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

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<tr>
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<th>Services Provided</th>
<th>Fees/Payments</th>
<th>Extras</th>
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<tr>
<td>Licensed social workers</td>
<td>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.</td>
<td>All services are free.</td>
<td>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.</td>
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</tbody>
</table>
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

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

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

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

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

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<tr>
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<th>Phone Number</th>
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<tbody>
<tr>
<td>National Suicide Prevention Life Line</td>
<td>1-800-273-TALK (8255)</td>
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<tr>
<td>UNI Crisis Line</td>
<td>1-801-587-3000</td>
</tr>
<tr>
<td>Bear River Mental Health</td>
<td>435-452-8612</td>
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<tr>
<td>Bear River Valley Hospital</td>
<td>435-207-4500</td>
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<tr>
<td>Bear River Health Department</td>
<td>435-730-2793</td>
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### Glossary

<table>
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<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tr>
<td>ACMHC</td>
<td>Associate Clinical Mental Health Counselor</td>
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<tr>
<td>CSW</td>
<td>Certified Social Worker</td>
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<tr>
<td>LCSW</td>
<td>Licensed Clinical Social Worker</td>
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<tr>
<td>LPC</td>
<td>Licensed Professional Counselor</td>
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<tr>
<td>LMFT</td>
<td>Licensed Marriage and Family Therapist</td>
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<tr>
<td>LSW</td>
<td>Licensed Social Worker</td>
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