

Individualized Behavioral Health Services

Salt Lake Behavioral Health is a private, freestanding psychiatric hospital specializing in mental health and addiction medicine. Serving Salt Lake City and surrounding areas, we provide evidence-based treatment to promote positive outcomes. Salt Lake Behavioral Health offers a safe environment where patients and families can feel comfortable knowing they are the focus of our dedicated, individualized treatment.

Our multidisciplinary staff designs customized treatment plans to address the specific issues of each individual. The goal is for the patient to return to daily living with improved functioning.

We offer:

- **Crisis** and **general psychiatric units**
- **Generations** unit for senior adults
- **Courage to Change:** Addiction Medicine Program (medical detoxification and short-term rehabilitation)
- **Strong Hope Military Programs** for service members, veterans and their families
- **Outpatient Services** (Partial Hospitalization and Intensive Outpatient)



For a free, confidential assessment, call 801-264-6000. 24 hours a day, seven days a week.

Medicare, TRICARE®, VA and most private insurances are accepted.



3802 South 700 East
Salt Lake City, Utah 84106

www.saltlakebehavioralhealth.com

801-264-6000

We accept most insurances including TRICARE®.

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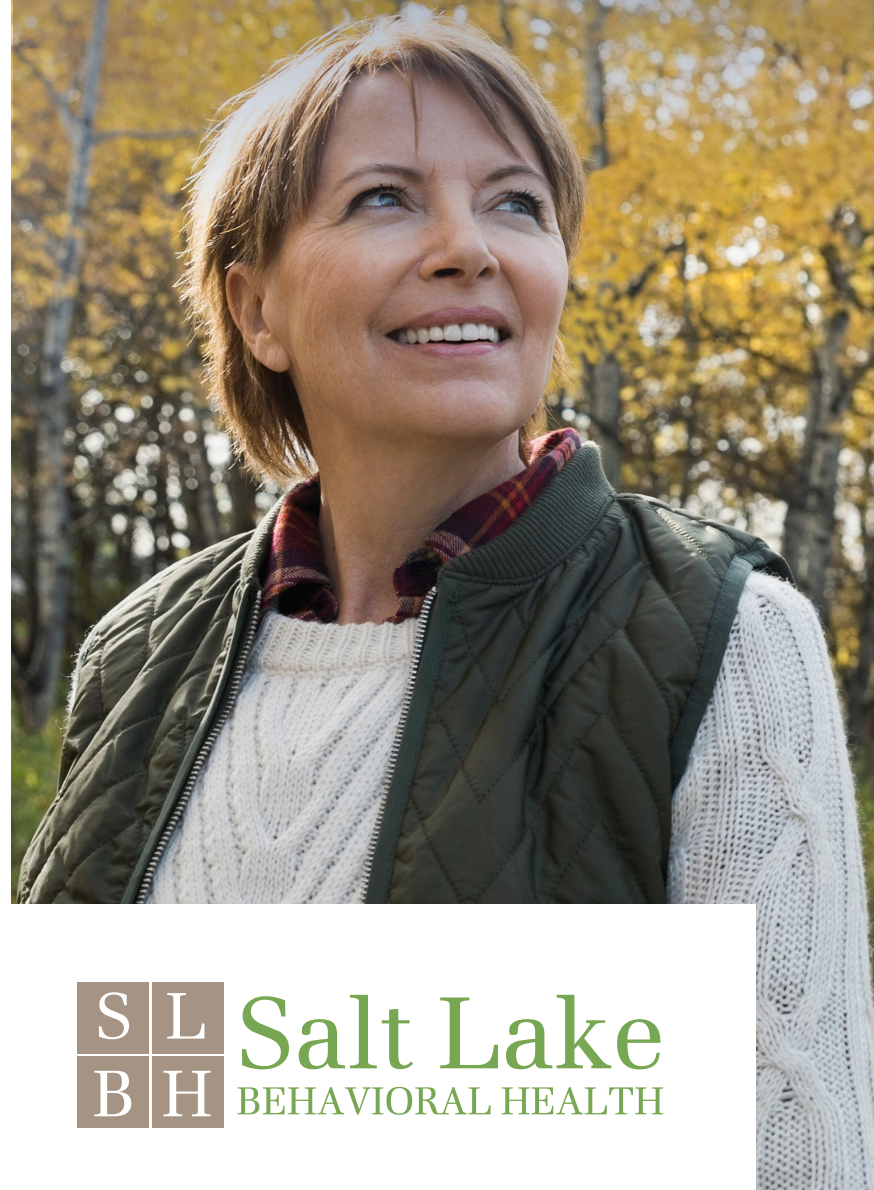
Physicians are on the medical staff of Salt Lake Behavioral Health but, with limited exceptions, are independent practitioners who are not employees or agents of Salt Lake Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians.

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

For language assistance, disability accommodations and the non-discrimination notice, visit our website. 181265 3/18

Specialized Treatment for Mental Health and Substance Use

We welcome referrals from families, physicians, healthcare providers and their loved ones. Assessments are confidential and available at no charge. A member of our staff will assist you in determining if you would benefit from our services. All admissions are coordinated through our Assessment Center. We adhere to all laws and policies regarding confidentiality.





General Mental Health Adult Program

Salt Lake Behavioral Health offers inpatient treatment for adults who need structure and support to overcome depression, anxiety, mood swings, family conflicts or reactions to stress and trauma. We help individuals improve dysfunctional thinking, behaviors and emotional responses through the use of Cognitive Behavioral Therapy and Dialectical Behavior Therapy.

Treatment includes:

- ◆ Crisis stabilization
- ◆ Medication management
- ◆ Group therapy
- ◆ Relapse prevention techniques
- ◆ Recreational therapy
- ◆ Yoga
- ◆ Expressive therapies
 - Art
 - Music
 - Pet



Generations Unit for Senior Adults

This inpatient program for seniors provides psychiatric treatment for those who are experiencing severe emotional and behavioral difficulties. A compassionate staff includes psychiatrists, physicians, therapists, nurses and recreation therapists who will treat your loved one with dignity and respect.

The program includes:

- Cognitive Behavioral Therapy
- Validation therapy
- Reminiscence therapy
- Medication management



Addiction Medicine Program

Courage to Change: Addiction Medicine Program (medical detoxification and short-term rehabilitation)

Our program serves adults over the age of 18 struggling with substance use disorder or co-occurring issues. We can help individuals stabilize from addiction, learn strategies for recovery and connect to a long-term recovery community.

We use Cognitive Behavioral Therapy in conjunction with Acceptance and Commitment Therapy to help individuals break the substance use cycle. Features include pet therapy, art therapy, recreational therapy and yoga.

Skills groups include:

- The 12-step model and/or Dialectical Behavior Therapy
- Relapse prevention
- Thinking errors
- Distress tolerance
- Relaxation techniques
- Trauma-informed care and curriculum



Strong Hope Military Program

This specialized mental health and substance use program serves members of the military, veterans and their families. We provide evidence-based treatment for post-traumatic stress, focusing on areas of military sexual or combat trauma and childhood trauma. We provide individualized services in the areas of addiction, dual diagnosis, depression, anxiety and other behavioral health needs.

The Strong Hope program can serve the behavioral health needs of international patients. Our goal is to take care of members of the military, whether they are home or abroad.

Features include:

- Key staff with military backgrounds
- VA and DOD-approved and recommended Cognitive Processing Therapy
- Medication management in consult with military prescriber
- Weekly update calls to designated Command and clinical contacts
- Comorbidities or dual diagnosis addressed concurrently
- Biweekly individual and as-needed family therapy sessions
- Separate and dedicated units for men and women

We can help. To schedule your same-day appointment, call 801-264-6000.