

UCC Low-cost Community Referral List

PSYCHIATRIC & COUNSELING SERVICE

Impact (previously Polizzi Clinic)

515 E 4500 S, G220, Salt Lake City, UT 84107, (801) 590-9557 8:30-4:30 M, W, TH

- Serve unfunded or low income clients who have lived in Salt Lake County for more than 90 days
- Walk in during their working hours (except lunch hour 12-1pm) to finish a 30 minutes intake with a patient advocate to start treatment there
- Psychiatric evaluation will usually be completed in one week
- Medication management will be provided until clients are stabilized
- Clinic will provide Patient Assistant Program to clients to help them get the medications
- Free individual counseling to clients with no session limits
- The clinic's specialties are: Bipolar Disorder, PTSD, Schizophrenia, and Personality Disorder and they also treat Eating Disorder

University Student Health Center

555 Foothill Dr., SLC, UT 84112 (801)581-6431

- Ct usually can be seen in one to three days
- They only accept the student insurance (United Health Care) and out of state BCBS, but self pay rate is usually \$35-40 for each visit

Care Access Network at Valley Behavioral Health

1-888-949-4864 (801) 263-7100 or (801) 263-7172 8-5 M-F

- Serve unfunded or low income clients who have lived in Salt Lake County for more than 90 days
- Have access to all the units under Valley Behavioral Health
- Provide psychiatric service and counseling (individual, group, couple, and family) service
- Provide DBT groups at a flat rate of \$25.76/each session
- Low income client will pay sliding scale fees (can go as low as \$1)
- Their Medicaid team will help low income clients apply for Medicaid
- They have clinicians who specialize in Eating Disorder
- They do court ordered assessment and treatment for domestic violence and substance abuse
- The only problems they do NOT treat are: treatment for sex offenders

UNI Same-Day Psychiatry Clinic

501 Chipeta Way, SLC, UT 84108 TH, F 11-5 (only see adults) (801) 585-1212

525 E. 100 S. #5000 SLC, UT 84102, M 8:15-12:45, TH 11:45-12:45 Downtown Clinic (see children & adolescence)

- Accept BCBS, Cigna, United Health Care, PEHP
- Call at 7am to book a same day psychiatric evaluation appointment to be seen that day (one time appointment)
- Offer medication management there, but the wait time is 12-18 months now
- Self pay rate is \$300 flat fee for psychiatric evaluation and NO sliding scales
- They do NOT treat Eating Disorder, Substance Abuse or clients on the Autism spectrum

GENERAL COUNSELING SERVICE

Jewish Family Service

1111 E Brickyard Road, Suite 218, Salt Lake City, Utah 84106 *(They will move to a different location at the end of 2019)* Phone: (801) 746-4334

- Offer sliding scale fees to low income clients
- Provide individual, couple and family counseling to anyone who needs help
- Two mindfulness groups: Mind Body Skills Group and Mindful Eating Workshop (not to treat Eating Disorder clients)

MEDICAL SERVICE (ALSO PROVIDE SOME COUNSELING)

Sacred Circle Healthcare

660 South 200 East Suite 250, Salt Lake City, Utah 84111, (801) 359-2256, M-F 8-6

- Is a health division of the Confederated Tribes of the Goshute Reservation
- Open to all peoples
- Offer sliding scale fees to all low-income un-insured people (can go down to \$27 a session)
- Accepts Medicare/Medicaid and BCBS
- Have three counselors to do individual counseling but not psychiatric providers

Fourth Street Clinic

409 West 400 South, Salt Lake City, UT 84101 (801) 364-0058

- Offer sliding scale fees to all low income people
- Currently there are six clinicians to provide Individual counseling but client needs to have medical appointments first to qualify for counseling service there
- New clients need to walk in between M-F 8-10 to get the medical service that day
- Have psychiatrists to provide medication management services

- Has on site pharmacy to provide free medications

Midtown Community Health Center

2253 S State Street, Salt Lake City, UT 84115 (801)486-0911

- Provide medication management (for medical problems only) to low income, uninsured clients with sliding scale fees
- Has one counselor to provide individual counseling to clients at a flat fee of \$15/session

Mid Valley Health Center

8446 S. Harrison St., Midvale, UT (801)417-0131

- Provide medication management for physical health and dental treatment
- Provide individual and couple counseling to low income uninsured clients with sliding scale fees (starting at \$15)

TRAUMA FOCUSED COUNSELING

Rape Recovery Center

2035 South 1300 East, SLC, UT84105 9-5 M-TH (801)467-7282 24/7Crisis Line: (801) 467-7273

- Provide short term coping skill workshops and long term individual counseling
- Provide Women of Color Support Group, Wise Mind Group, Women's Process Group and Men's Process Group focusing on sexual trauma
- Free or low cost (sliding scale fees) for clients with sexual abuse history
- All their counselors are EMDR trained!

UNIVERSITY EDUCATIONAL CLINICS

University of Utah Educational Assessment and Student Support Clinic

1635 Campus Center Dr., Salt Lake City, UT 84112

Adult service (801) 213-3542 Children or adolescent service (801) 581-6068

- \$10 co-pay
- Individual counseling provided by student interns supervised by licensed therapists
- Relatively low cost psychological assessments for child and adolescent,
- No adult assessment at this time

University of Phoenix Counseling Skills Center

5373 S. Green St., Salt Lake City, UT 84123, (801)506-4142 M 4-8pm, T–Th 10am-8pm

- Free counseling by student interns supervised by licensed therapists
- All sessions are recorded for training purposes

University Neighborhood Partners Hartland Bridge Clinic

1578 W 1700 S., SLC, UT 84104 M-F 1-6pm (801) 213-8549

- Free individual counseling provided by MSW students (currently they have 5 students) supervised by licensed therapists
- Free psychiatric service provided by a psychiatrist who works there every other Monday
- Counseling service is open to anybody, but psychiatric service is only open to those who have immigrant or refugee background
- No video recording needed

SUBSTANCE ABUSE

Assessment and Referral Services Interim Groups

450 South 900 East in Suite 300

- There is no need to call, simply show up at one of the groups to begin participation
- Interim Group Schedule: M 7–8 pm; T 6–7 pm; W 5–6 pm; TH 7–8 pm; F 3–4 pm; S 11 am–noon
- After a full evaluation, client will be assigned to an agency with funding for treatment

LGBTQ+

Utah Pride Center

1380 Main St, Salt Lake City, UT 84115 M-F 10-8 (801) 539-8800

- Specialized in working with LGBTQ+ adults and youth
- Offer sliding scale fees to anyone who needs counseling (the waitlist is 1-2 weeks 9/5/19)
- Provide CBT, DBT, EMDR, mindfulness based and trauma focused therapy
- Free Men's and Women's Support Group, Bisexual support group, Trans Adult Support Group and Trans youth group and Trans Parents and Caregivers Group

Encircle: LGBTQ+ Family & Youth Resource Center

331 600E. Salt Lake City, UT 84102 91 W. 200 S., Provo, UT 84601 M-F 2-8pm (801) 610-6720

- Provide individual, couples and group counseling

- Offer LGBTQ+ young adult, LGBTQ+ youth, bisexual, gay male, lesbian, transgender group
- Accept BCBS, United Health Care, Cigna, DMBA, EMI, Optum and Tristar insurance
- Offer sliding scale fee that can go down to \$10/session
- Walk ins welcome; no appointment necessary

DOMESTIC VIOLENCE

Family Justice Center

310 E 300 S, Salt Lake City, UT 84111 9-4:30pm (801) 236-3370 24-hour Crisis Hotline: 1-855-992-2752

- One stop resource center for survivors of domestic violence, sexual assault, human trafficking and stocking survivors

South Valley Services

24 hour Domestic Violence Helpline: (801) 255-1095

- Provide free case management service (referrals to shelter, counseling, legal services and etc.) to survivors of domestic violence.

Child and Family Empowerment

1578 W 1700 S. Salt Lake City, UT 84104 (801)972-2711

- Provide individual and couple counseling to clients who have insurance of CVR, BCBS, United Health Care, EMI, WISE, Medicaid, DMNA

Claudia Zafran-Rona

150 South 600 East, Suite 7B, SLC, UT 84102 (801) 921-6666

- Accept CVR, BCBS, UNI Behavioral Health, DMHB, EMI, PEHP
- Offer sliding scale fees to uninured clients

OTHER RESOURCES

National Alliance on Mental Illness (NAMI)

1600 W. 2200 S., Suite 202, West Valley City, UT84119 (801) 323-9900

- Peer to Peer class: A free, 10-week, peer-led education course about mental illness taught by trained individuals who can speak from personal experience
- Family to Family group: A free 12-week course by trained family members which offers education and support to those who have a loved one with a mental illness
- Connection group: Weekly recovery support group for people living with mental illness

- Mentoring program: A Free service trying to connect unfunded clients with mental health resources

4 Healing Center and Animals 4 healing (previously Utah Healing Center)

5284 S. Commerce Dr., Murray, UT 84107 (801) 266-4643

- Offer individual, couple and family therapy
- Accept Aetna, BCBS, PEHP, Medicaid, United Behavioral Health (U student insurance), and etc.
- Offer EMDR trauma-focused therapy
- Offer animal-assisted therapy
- Their clinical director has the expertise to treat Eating Disorder

Family Support Center

1760 W. 4805 S., Taylorsville, UT 84129 8-5 M-F Phone: (801) 955-9110

- Accept Medicaid, United Behavioral Health (U student insurance)
- Provide FREE counseling for residents living in Taylorsville for any mental health problems
- Their expertise is strengthening family relationships

University of Utah Brain Injury Support Group

1138. Wilmington Avenue, SLC, UT 84106 (801) 581-2221

- Meets 4th Tuesday of the month at 7pm
- For people who have traumatic brain injury or concussions
- Free of charge