



Wasatch Mental Health
Embracing Wellness

Crisis Youth Services

Children, Youth and Family Assessment Stabilization Team (CY-FAST) has quickly grown to provide intensive support to children, youth and families. Our goal is to promote wellness mentally, emotionally, and physically through individual, family, and group therapy, partial day treatment, respite services, and case management support.

Children Youth and Family Assessment Stabilization Team

*Heal your past.
Live in the present.
Prepare for your future.*

Wasatch Mental Health

1175 E. 300 N.
Provo, UT 84606
www.wasatch.org

Last revision 9/27/2019

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Tel: 801-367-6630

CY-FAST Services

Children Youth and Family Assessment Stabilization Team (CY-FAST) is a crisis team comprised of therapists, case managers and human service workers, with a partnership that includes Family Resource Facilitators (FRF's) from Allies with Families. We provide intensive wrap-around support for high-risk children, youth, and families.

Wasatch Mental Health supports a holistic approach and collaborates with many agencies within Utah County to provide the most extensive resources available to aid in stabilization and support. Although a large population of our clientele have Medicaid coverage, there are some grants available to those that qualify.

An intake assessment is required at the onset of services to determine appropriate resources and therapeutic interventions.

Please contact Amanda Stansfield at 801-367-6630 or astansfield@wasatch.org to determine if this program is right for you.

SECONDARY TRAUMA:TAKING CARE OF YOU, MOBILE OUTREACH

Our Secondary Trauma Mobile Outreach program focuses on support for the parent/caregiver. We believe that a family heals as a whole environment and that all members benefit from psychoeducation and support. Our therapists and FRF facilitate this resource, which focuses on skills building, positive parenting strategies, and normalizing the wide range of emotions and challenges that often occur when a loved one struggles with mental illness. *Resource is available upon request.*

TRAUMA-FOCUSED DBT GROUP

Dialectical Behavioral Therapy (DBT) is the premier model of therapy in developing balanced thought and emotion. Our Trauma-Focused DBT Group harnesses the power of DBT while educating group members on how trauma affects the brain. Topics for group include strengthening distress tolerance, improving interpersonal relations, disputing irrational thoughts, and finding a balanced path through use of mindfulness. *Group is held on Wednesdays from 4pm-5pm.*

Wellness in Action

Wellness In Action focuses on mental health stability, skill building, and linking to community resources. Our goal is to promote wellness mentally, emotionally, and physically through community involvement. This program is ideal for motivated teens who are working toward independent living and gainful employment. *Resource is available upon request*

SEEKING SAFETY

Seeking Safety is a nationally recognized curriculum that focuses on skill building to promote healthy coping strategies and problem solving. *This psychoeducational group is available via Vantage Point.*

RESPITE SERVICES

Respite services are offered individually for up to three months. A qualified mentor will spend time with the child/youth a few hours a week to help parent and child have a supported break. To participate the child must be open to services at WMH and therapist must submit a referral to CY-FAST.