

Journey Home West

(Transitional Independent Living Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Keoni Anderson Admissions Contact: Kim Peterson Email: admissions@solsticertc.com Phone: (801) 444-0794 Fax: (801) 444-0793 Address: PO Box 160623 Clearfield, UT 84016 (Program located in Layton, UT) Website: www.journeyhome.com	Gender: Female Only, as assigned at birth Ages: 16 - 21 Grades: N/A Enrollment: 10 Duration: 7 months Founded: 2012
NATSAP Member Since: 2016	 Airport: Salt Lake City, UT (SLC)

Journey Home West is a step-down program for females ages 16-21 who have successfully completed a more intensive therapeutic program. Journey Home West is a 10 bed program, located in Layton, Utah.

The clients at Journey Home West are young women who struggle with a variety of presenting problems such as:

Depressive Disorders, Anxiety, Body Image Issues, Learning Disorders, Low Self-Esteem, and Others.

Journey Home helps clients who have received prior, more intensive treatment, who have demonstrated significant progress; indicating their readiness for life-skills based transitional living program. The emphasis with these clients is to assist them in maintaining success in academic, vocational, emotional, social, and career goals and plans.

The Journey Home focuses on 5 key areas:

Education, Healthy Living, Social Integration, Personal Responsibility, and Life Skills.

The individual plan and goals of each client revolve around each of these five areas.

Clients participate in weekly individual and group therapy sessions, as well as bi-weekly family therapy sessions. Clients attend a local high school or college, and learn to take responsibility of a variety of life-skills oriented topics, such as:

Meal Preparation, Shopping, Budgeting, Maintaining Cleanliness of Living Space and Property, Transportation, Time Management, Gaining Employment, Appropriate Recreation, Personal Hygiene, Nutrition, Fitness, etc.

Accreditation, Licensure: State of Utah, Office of Licensing, Department of Health
Professional Affiliations: NATSAP - Full Member