



Program Outline
Updated: 1/8/18

Vista Counseling Services, LLC

Table of Contents

| | |
|---|-----------|
| Welcome | Pg. 2 |
| VCS Highlights | Pg. 3 |
| Transition | Pg. 4 |
| Phase 1 – Launch | Pg. 5-8 |
| Phase 2 – Consistency | Pg. 9-10 |
| Phase 3 – Phase Out | Pg. 11 |
| Protocols & Plan of Action | Pg. 12-13 |
| Student Apartment Living | Pg. 14 |
| Suggested Reading | Pg. 15 |
| Program Costs | Pg. 16 |
| Contact Information | Pg. 17 |
| Compilation of VCS Clinical Staff Vitas | Pg. 18-27 |
| Signature Page | Pg. 28 |

Vista Counseling Services

Welcome

Dear Vista student,

The following Program Outline is a general guide to the Vista Counseling Services, LLC or (“VCS”) transition program and is intended to function as a roadmap toward a successful move to becoming an independent young adult. While some expectations may change as needed, the spirit and intention of the outline will remain constant, with the goal of promoting independent young adults. Please review the entire document and contact the members of the treatment team with any questions or advice. Our hope is that throughout your process of transition you will find success in developing a consistent and healthy pattern of work, play, education, and community involvement. Let us know how we can best assist you in the achievement of these objectives. Welcome to Vista Counseling Services.

Thanks,

Vista Counseling Services, LLC
Matt Checketts, Ph.D., L.C.S.W.
Licensed Clinical Social Worker
Manager & Partner
(m) 801.910.5891
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Vista Counseling Services, L.L.C.

1776 South Main Street, SLC, Utah 84115

TRANSITIONAL LIVING * CLINICAL SUPPORT * MAINSTREAM SUCCESS

VCS Program Highlights

- Full-time support by young adult mentors, including weekends.
- Normalized lifestyle with real world experiences such as part-time employment, dating, college or university enrollment, maintaining a car, music concerts and professional or college sporting events, snowboarding, mountain biking, or civic involvement.
- Transitional setting with a high concentration of clinical staff.
- Licensed graduate-level mental health therapists.
- Licensed substance abuse counselor.
- Young adult mentors provide (a) daily one-on-one mentoring sessions that may include such activities as grocery shopping or physical exercise (b) random drug, alcohol and tobacco testing (c) independent living skills (d) curfew checks.
- Individual, group and family therapy as well as needed personal guidance, independent living skills classes, gym activity, and psychiatry.
- Psychiatric services provided by board certified psychiatrist.
- Graduated step-down composed of 3 phases during 9 months where increased independence is promoted throughout the year.
- Outlined programming that promotes a code of conduct involving abstinence from tobacco use, sobriety, healthy social relationships, work and physical exercise, and meaningful life activities.
- Weekly allowance used for personal budgeting and living expenses. Free same-day wire transfer is set up and provides experience for future direct deposit with employers.
- Students are male and female, generally ages 18 to 28 (or 17 with a completed high school diploma or GED).

Program Philosophy

- * Clinical staff assistance
- * Normalized learning environment
- * Person-centered approach
- * Best practices (CBT, DBT, etc.)
- * Multivariable assessment
- * Solution oriented problem-solving

Typical Student Profile

- * Willing and motivated
- * College bound
- * Interested in employment
- * Committed to program expectations
- * Academic struggles
- * Anxiety and depression

An Example of the Ideal Process of Transition at VCS

Upon deciding that VCS is a good match for your transitional living needs, the VCS therapist with whom you will be working will make every effort to contact the referring program therapist so that, if deemed appropriate, a bridging process may begin between the residential program and VCS. This is meant to help the VCS therapist become more familiar with issues important to the student and family as well as provide valuable information regarding the upcoming transition.

When possible the referring therapist will also bridge over to VCS following discharge from the residential program and participate in family and individual therapy depending on individual need.

When a student is coming from a wilderness program, every effort will be made by the VCS primary therapist to set up at least one session between student, wilderness therapist and VCS therapist to provide greater continuity of care.

1. Enter VCS program, complete phase 1 requirements (get a part-time job, meet with therapist, maintain sobriety, develop health and wellness plan, etc.) within the first 4-8 weeks, continue to phase 2.
2. Maintain status as a phase 2 student (keep continued employment, attend school, maintain healthy life style of exercise, sobriety, and social activity, etc).
3. During phase 2, branch out to university and co-workers as well as develop community connections and a life plan.
4. Continue to participate in phase 2 activities such as therapy (individual, group, and family), attendance of independent living skills classes, and community involvement.
5. Following 4-6 months propose to receive phase 3, and continue to receive weekly support from VCS staff while living independently.
6. Graduate VCS program after 9 months with an established pattern of independent activity, employment, community connection, and social involvement.

Phase 1

Launch

Expectations

- Adhere to a 10:00pm curfew.
- Adhere to the prescribed phase schedule and incorporate these elements into the variable personal schedule.
- Attend the gym regularly to total 12 visits during the first month.
- VCS young adult mentors will assist the student in self-administering prescribed medications through delivery and pickup at the VCS office.
- Submit to random tobacco, alcohol and drug testing.
- Attend group therapy on Tuesdays and Thursdays.
- Meet weekly and additionally as needed with primary therapist.
- Meet daily and as needed with young adult mentor (see page 9).
- Meet as needed with substance abuse counselor, as agreed upon by treatment team.
- Meet monthly and additionally as needed with VCS psychiatrist.
- Participate in weekly or as needed family therapy.
- Obtain and maintain part-time employment of at least 20 hours a week or complete 20 hours of weekly volunteer service through community resources such as The Utah Food Bank, The Humane Society, Habitat For Humanity, etc.
- Enroll in an academic or professional program of study.
- Prepare a weekly to-do list and present it to therapist and young adult mentor (see page 9).
- Attend independent living skills (**ILS**) class on Tuesdays and Thursdays that focus on the following:
 - Finance and Budgeting
 - Where money is spent.
 - Developing a budget.
 - Monitoring a check register or online account.
 - Developing credit and understanding pitfalls.
 - Investing and saving for the future.
 - Renter's insurance and property protection.
 - Health and Wellness
 - Nutrition and healthy eating.
 - Exercise and routine.
 - Recreation and entertainment.
 - Sleep, caffeine use and wakeup patterns.
 - Stress management.
 - STDs and contraception.
 - Finding a primary care physician and dentist.
 - Professional Skills
 - Resume development.
 - Interview skills.
 - Job acquisition.

- Professional presentation.
- Academic Skills
 - Study skills, how, where and when to study.
 - Critical thinking and college expectations.
 - Registering for class and meeting with an academic counselor.
 - Note taking and chapter outlining.
 - Utilizing academic resources such as the disability center, tutoring, math lab, intramural activities, computer lab, or aptitude testing.
- Utilizing Community Resources
 - Navigating the bus and light rail (TRAX) system.
 - Development of healthy leisure activities such as sporting events like Ute football, Jazz games, Bees baseball, snowboarding, free cooking clinics at Wild Oats, rock climbing gym at Westminster.

1st Month Tasks:

- Setup bank account at Wells Fargo, set up wire transfer for weekly allowance checks. This wire transfer is a free same-day service.
- Obtain a driver's license or State I.D. if needed.
- Meet with an academic counselor to discuss and plan classes.
- Obtain a library card from Salt Lake County.
- Establish contact with a primary care physician in the area.
- Obtain and maintain a part time job.

Growth Area Assignments:

- Submit one ticket stub from a community activity such as Ute football game or Jazz basketball game.
- Submit a written budget to therapist and young adult mentor.
- Submit a written health and wellness plan to therapist and young adult mentor.
- Submit a resume to therapist and young adult mentor.
- Submit a written academic plan to therapist and young adult mentor.

Program Requirements for Phase 1

Monday:

10:00am: Arrive at the office to meet with therapist and young adult mentor
10:00pm: Curfew

Tuesday:

10:00am: Group Therapy at the office
11:00am: Independent Living Skills (ILS) class at the office
5:30pm: Go to the gym
10:00pm: Curfew

Wednesday:

10:00am: Arrive at the office to meet with therapist and young adult mentor
10:00pm: Curfew

Thursday:

10:00am: Group Therapy at the office
11:00am: Independent Living Skills (ILS) class at the office
5:30pm: Go to the gym
10:00pm: Curfew

Friday:

10:00am: Arrive at the office to meet with therapist and young adult mentor
10:00pm: Curfew

Saturday:

12:30pm: Go to the gym
10:00pm: Curfew

Sunday:

10:00pm: Curfew

Example of Weekly To-Do List During Phase 1

Monday **Date: July 27**

- 10:00am: Weekly to-do list meeting with mentor
- Bank: Set up checking and savings account with wire transfer
- Register for Salt Lake Community College classes
- Clean apartment for inspections

Tuesday **Date: July 28**

- 9:00am Budget meeting with mentor
- 10:00am: Group Therapy at the office
- 11:00am ILS class at the office
- 12:00pm Individual therapy with primary therapist
- After lunch take placement test at SLCC
- 5:30pm: Go to the gym

Wednesday **Date: July 29**

- Work on resume with mentor
- Finish signing up for classes at SLCC
- Job-searching online
- Get groceries
- Ask primary therapist for curfew extension for the movie tonight

Thursday **Date: July 30**

- 9:00am: Family call with primary therapist
- 10:00am: Group Therapy at the office
- 11:00am ILS class at the office
- Meet with mentor to review academic plan, health/wellness plan, budget plan
- Continue job-search online
- Clean apartment for inspections
- 5:30pm: Go to the gym

Friday **Date: July 31**

- Try the UTA bus system by the apartment, ask about tickets
- Go to the library to sign up for card
- Do job-searching downtown (Gateway Mall, CityCreek Mall, Sugarhouse Center)

Phase 2

Consistency

Expectations

- Adhere to a 12:30am curfew.
- Submit to random tobacco, alcohol and drug testing.
- Attend group therapy on Tuesdays and Thursdays.
- Meet weekly and additionally as needed with primary therapist.
- Meet daily and as needed with young adult mentor.
- Meet as needed with substance abuse counselor, as agreed upon by treatment team.
- Meet monthly and additionally as needed with VCS psychiatrist.
- Participate in weekly or as needed family therapy calls.
- Obtain and maintain part-time employment of at least 20 hours a week or complete 20 hours of weekly volunteer service through community resources such as The Utah Food Bank, The Humane Society, Habitat For Humanity, etc.
- Maintain enrollment in an academic or professional program of study.
- Prepare a weekly to-do list and present it to therapist and young adult mentor.
- Attend independent living skills (**ILS**) class on Tuesdays and Thursdays that focus on the following:
 - Physical or Social Activity
 - Gym activity.
 - Softball.
 - Soccer.
 - Swimming.
 - Musical performance.
 - AA/NA or Spirituality
 - AA/NA meeting.
 - Nature walk.
 - Step Study.
 - Meditation.
 - Academic study
 - Study hours.
 - Chapter review.
 - Tutoring or class schedule review.

Growth Area Assignments

- Participate in one school sponsored group, intramural activity or community class.
- Visit the county clerk's office of Salt Lake City to submit voter's registration.
- Attend 1 drug court session at the Matheson Courthouse.
- Attend 1 performance at the Utah Symphony or Pioneer Theater, or another event as approved by therapist.

Program Requirements for Phase 2

Monday:

12:30am: Curfew

Tuesday:

10:00am: Group Therapy at the office

11:00am: Independent Living Skills (ILS) class at the office

12:30am: Curfew

Wednesday:

12:30am: Curfew

Thursday:

10:00am: Group Therapy at the office

11:00am: Independent Living Skills (ILS) class at the office

12:30am: Curfew

Friday, Saturday, and Sunday:

12:30am: Curfew

Other Weekly Responsibilities

Each day, students on phases 1 and 2 will have individualized assignments and plans that involve one or all of the following:

- Job-searching or attending scheduled work shifts
- School registration and attendance, homework assignments
- Volunteer activities (i.e. Food Bank, Habitat for Humanity, Humane Society, etc.)
- Community involvement such as special events, recreation, outdoor activities

These plans are made with your therapist and young adult mentor, and are accomplished during the week in such a way that they do not interfere with the already scheduled program requirements listed above.

Phase 3

Phase Out

Expectations

- Between generally 4 and 6 months, the client is encouraged to propose to the treatment team an advancement to Phase 4, which involves increased independence in the weekly schedule.
- Student will continue to self-administer medications after picking them up at the main office.
- Submit to random tobacco, alcohol and drug testing.
- Meet weekly or as needed with primary therapist.
- Meet weekly or as needed with young adult mentor.
- Meet as needed with substance abuse counselor, as agreed upon by treatment team.
- Meet monthly and additionally as needed with VCS psychiatrist.
- Participate in weekly or as needed family therapy calls.
- Maintain part-time employment of at least 20 hours a week or complete 20 hours of weekly volunteer service through community resources such as The Utah Food Bank, The Humane Society, Habitat For Humanity, etc.
- Maintain enrollment in an academic or professional program of study.
- Prepare a weekly to-do list and present it to therapist and young adult mentor.
- Attend independent living skills (**ILS**) review each week that focus on one of the following:
 - Review of Weekly Checklist
 - Report on self-administration of medications.
 - Finance and budgeting.
 - Health and wellness.
 - Employment activities.
 - Academic progress and grades.
 - Social activities.
 - Development of aftercare plan that incorporates elements from the various phase ILS classes as well as the following considerations:
 - Physical
 - Mental
 - Social
 - Emotional
 - Spiritual

Growth Area Assignments

- Email parents a summary of weekly review checklist each week following the meeting with VCS young adult mentor.

Substance Use Protocol

In the event of substance use involving illicit drugs and/or alcohol the following substance use protocol will be implemented:

- The weekly \$120.00 allowance will be forfeited and credited to the parents' account.
- An individualized Plan of Action will be developed.
- A family therapy session will be arranged to review the substance use and how it relates to the mental health and/or addictive patterns of the student as well as review the Plan of Action.
- Please be aware that continual use of illicit drugs and/or alcohol can lead to termination of enrollment.

Tobacco/Nicotine Use Protocol

In the event of tobacco or nicotine use, the following protocol will be implemented:

- If a student fails a nicotine test or is viewed smoking (having not previously disclosed to Vista that he/she has chosen to use nicotine) they will receive a \$60 fine per incident (up to \$60 per week).
- If a student opts to disregard the tobacco/nicotine policy of no smoking and is forthcoming with that information with their therapist and/or CD counselor (rather than having to be "caught") they will receive a \$30 fine for the week rather than \$60. If this student later opts to discontinue smoking they can work with their therapist on utilizing a nicotine patch/gum and attending smoking cessation classes.
- If tobacco/nicotine use becomes a chronic problem that is interfering with mental health and/or substance abuse, a Plan of Action may be developed between the client and therapist/substance abuse counselor. This may include, but is not limited to, suspension of curfew extensions, smoking cessation classes, volunteer work, etc.
- A weekly family therapy session may be arranged to review how tobacco/nicotine use can interfere with the student's mental health and the intent of the VCS program to encourage healthy living.
- Please note that smoking on VCS property is absolutely prohibited. Please be respectful of this and dispose of cigarette butts appropriately.
- Fines rendered for the smoking of tobacco will be refunded to client's parents.
- **Please recognize that the easiest, healthiest, and most beneficial action on your part is to commit to refrain from smoking.**

Personal Plan of Action

- In the event of ongoing difficulties or delayed progress the student, therapist and parents will develop a specific, detailed and written Plan of Action.
- A Personal Plan of Action resulting from disregard of VCS expectations of sobriety and/or program participation may include phase one expectations and tasks as well as additional requirements. Primary therapists may also decide to withhold an allowance check for reasons of non-compliance. With a Plan of Action, for example, the student may be expected to comply with the following:
 - “Shadow” young adult mentor on a daily basis as determined by student and therapist.
 - Complete extra service hours and/or submit to additional random drug testing.
 - Schedule time at the VCS office to work on therapy assignments and other pertinent tasks.
 - Discontinue use of personal computer and instead use school computer lab, library computers, or VCS office computers.
 - Self-administer prescribed medications while shadowing young adult mentor and keep a medication log.
 - Incorporation of peer group suggestions or ideas into the Plan of Action.
- A Personal Plan of Action resulting from delayed progress in the program (e.g., delayed eligibility and/or application for phase 3) may include a treatment team recommendation for the student to have increased individualized supervision. For example, the student may be required to work with a personal mentor several hours a week while they make the transition, in addition to other phase 3 expectations and individualized assignments from therapist and/or treatment team.

Apartment Living

VCS student and parents,

As young people move on from adolescence and toward more independent lives, they commonly identify a desire for increased freedom and choice. In an effort to promote a healthy transition the VCS program encourages an apartment style living situation for our participants. Apartments are partially furnished with such items as washers/dryers, living room couches, television sets, tables, etc. We request that each student work with their parents to set up their apartment bedroom with a number of new items. Accordingly, individual apartment items can also be used at a later date after moving out of the apartment. Each student should acquire the following upon admission:

- Twin mattress, box spring, and metal bed frame (the simple metal frames are easiest to set up, move, and take down).
- Wall art, pictures, décor for the bedroom walls.
- 1 clothing dresser, preferably a tall multi-drawer unit instead of the long units that take up more floor space.
- Linens, bed sheets, blankets, pillows, etc.
- Glasses, dishes, pots, pans, and utensils. We recommend a small set of these items instead of the large sets that may go partly unused.
- Cleaning supplies such as brushes, all-purpose surface cleaners, laundry soap, etc.
- Hygiene items including shampoo, toothbrush, soap, towels, etc.
- A very basic vacuum cleaner (most of the bedrooms are carpeted, main rooms have hardwood floors).
- Small lockbox for the storage of personal medications, cash, ID, and other important items. **THIS IS A MANDATORY ITEM REQUESTED BY VISTA FOR EACH STUDENT.**

During the admission process, you will receive a residential lease from the landlord. This will outline the terms each tenant is required to adhere to during their time in those apartments, including cost and other related agreements.

Suggested Reading

- In Sheep's Clothing: Understanding and Dealing with Manipulative People by George K. Simon, Jr., Ph.D. ISBN 0-9651696-0-X
- Emotional Intelligence by Daniel Goleman. ISBN 0-553-37506-7
- Stress, Coping, and Development: An Integrative Perspective by Carolyn M. Aldwin. ISBN 1-57230-543-6
- The Dialectical Behavior Therapy Skills Workbook: ISBN 10: 1-57224-513-1 (required)
- Addictive Thinking and the Addictive Personality by Craig Nakken and Abraham J. Twerski. ISBN 978-1567313314
- Critical Thinking by Brooke N. Moore and Richard Parker. ISBN 978-0073386676
- Creating Health by Deepak Chopra, MD. ISBN 0395755158
- Don't Let Emotions Run Your Life-How Dialectical Behavior Therapy Can Put You in Control by Scott E. Spradlin, MA. ISBN 9781572243095
- Man's Search for Meaning-An Introduction to Logotherapy by Viktor E. Frankl. ISBN 0671244221
- The Te of Piglet by Benjamin Hoff. ISBN 0140230165
- Letting Go of the Person You Used to Be, Lessons on Change, Loss, and Spiritual Transformation by Lama Surya Das. ISBN 0767908740
- The Road Less Traveled by M. Scott Peck MD. ISBN 0743243153
- The Different Drum-Community Making and Peace by M. Scott Peck, MD ISBN 068484858-9
- Compassion and Self-Hate, An Alternative to Despair. Theodore I. Rubin, MD ISBN 0684841991
- Addicted: Notes from the Belly of the Beast edited by Lorna Crozier & Patrick Lane. ISBN 1553651154
- The Pathways to Sobriety Workbook by William Fleeman. ISBN 0897934288
- Lessons in Living by Susan L Taylor. ISBN 00385483791
- The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle. ISBN 1577311523

Program Costs / Monthly Payments Schedule

Month 1 @ \$10,400
 Month 2 @ \$9,400
 Month 3 @ \$8,400
 Month 4 @ \$7,400
 Month 5 @ \$6,400
 Month 6 @ \$5,400
 Month 7 @ \$4,400
 Month 8 @ \$3,400
 Month 9 @ \$2,400

Total 9-month contract of \$57,600

- First month tuition payment due upon admission.

Included in tuition

- Program/professional mental health services.
- Weekly allowance of \$120.00.
- Psychiatry/medication management.
- Drug testing at alternative site.
- The Dialectical Behavior Therapy Skills Workbook: ISBN 10: 1-57224-513-1.

Additional Fees

- Apartment rent is paid separately and will be collected monthly as described in the lease that is sent to you by the landlord during the admission process.
- Parents may need to assist students with miscellaneous costs such as college tuition, books, supplies, separate gym membership, snowboarding pass, etc.



Treatment Team Contact Information

Administration

- * Matt Checketts, Ph.D., L.C.S.W. (m) 801.910.5891
(e) mc@vistatc.com
- * Raymond Archuleta, M.S.W., C.S.W. (m) 801.558.3335
(e) raymond@vistatc.com
- * Emilia Kotter, A.A.S. (m) 801.746.9889
(e) emilia@vistatc.com

Psychotherapy

- * Jeff Larson, M.S.W., L.C.S.W. (m) 801.673.1715
(e) jlarson@vistatc.com
- * PJ Mannion, M.S.W., L.C.S.W. (m) 801.557.5615
(e) pj@vistatc.com
- * Danielle Tanner, M.S.W., C.S.W. (m) 360.612.2688
(e) danielle@vistatc.com

Full-Time Shift Support Mentor

(m) 801.560.8557

Substance Abuse Counseling

- * Rafael Flores, S.U.D.C. (m) 801.910.5892
(e) rafael@vistatc.com

Medical

- * Jeff Kovnick, M.D. (m) 801.910.5822
(e) jeff@vistatc.com

Billing

- * Matt Dixon, CFO (m) 801.910.5900
(e) matt@vistatc.com
- * Katie Dixon, A.S. (m) 801.913.4648
(e) katie@vistatc.com

Compilation of VCS Clinical Staff Vitas

Matthew B. Checketts, Ph.D., L.C.S.W.

Vista Treatment Centers
1776 South Main Street Salt Lake City, Utah 84115
(m) 801-910-5891 mc@VistaTC.com

Revised: January 27, 2015

EDUCATION

Ph.D., Social Work, The University of Utah, College of Social Work, 2008. Dissertation: Female Adolescent Inpatients: An examination of coping with emotional dysregulation, and the treatment experiences of youth with a history of self-mutilation.

M.S.W., Social Work, The University of Utah, College of Social Work, 2000.

B.S., Sociology & Political Science, Utah State University, 1998

Cert., Law & Society, Utah State University, 1998

CLINICAL LICENSURE

Licensed Clinical Social Worker, Utah License # 4873893-3501, 3/24/03-present

PROFESSIONAL EXPERIENCE

Auxiliary Faculty, Clinical Instructor in Social Work, The University of Utah, 2011-2013.

President & Executive Director, Ut-Tex, Inc. (Vista Magna & Vista Sage), Vista Counseling Services, L.L.C., Vista at Dimple Dell Canyon, Inc., Salt Lake City, Utah, 2009-present.

Clinical Director, Vista Counseling Services, L.L.C., Salt Lake City, Utah, 2004-2009

Primary Therapist, Vista Counseling Services, L.L.C., Salt Lake City, Utah, 2004-2009

Partner, Vista at Dimple Dell Canyon, L.L.C., Salt Lake City, Utah, 2004-present

Partner, Vista Counseling Services, L.L.C., Salt Lake City, Utah, 2004-present

Private Counseling Practice, Salt Lake City, Utah, 2004-2014

Clinical Director, Ut-Tex, Inc., D.B.A. Vista Adolescent Treatment Center, Magna, Utah, 2003-2006

Primary Therapist, Ut-Tex, Inc., D.B.A. Vista Adolescent Treatment Center, Magna, Utah, 2001- 2006

Mental Health Worker, Ut-Tex, Inc., D.B.A. Vista Adolescent Treatment Center, 2000-2001

Mental Health Worker, Valley Mental Health, West Jordan, Utah, March 2000-May 2000

Clinical Social Work Intern, Utah Department of Workforce Services, Salt Lake City, Utah, 1999-2000

Clinical Social Work Intern, Utah Department of Child and Family Services, Sandy, Utah, 1998-1999

School Social Work Intern, Murray School District, Murray, Utah, 1998-1999

Undergraduate Teaching Fellow, Utah State University, Logan, Utah, 1997-1998

Academic Student Advisor, Utah State University, Logan, Utah, 1997-1998

Legislative Intern, Utah State House of Representatives, Salt Lake City, Utah, 1995

SERVICE AND COMMUNITY PARTICIPATION

Voting Member, Utah Peace Officer Standards and Training Council (P.O.S.T.), appointed by Governor Gary R. Herbert, August 15, 2012-present.

Advisory Board, Salt Lake County Youth Services, 2012-2013.

Advisory Board, The Salvation Army, Salt Lake City, Utah, 2010-present

Red Kettle Captain, The Salvation Army, Salt Lake City, 2010, 2011

Dining Room Volunteer, The Salvation Army, Salt Lake City, Utah, 2010

Advisory Board, Hope Renews, Inc., Brentwood, California, 2007-present

Voting Member, Executive Committee of the Academic Senate, The University of Utah, Salt Lake City, Utah, 1999-2000

Academic Senate, The University of Utah, Salt Lake City, Utah, 1999-2000

Student Senate, The University of Utah, Salt Lake City, Utah, 1999-2000

HONORS

* 2014 Exemplary Service Award, The Salvation Army

* 2010 Advisory Board Member of The Year, The Salvation Army

* Commencement speaker, The University of Utah, College of Social Work, 2009

* Commencement speaker, The University of Utah, College of Social Work, 2000

* The National Dean's List, The University of Utah, College of Social Work, 2000

* Sociology Student of the Year, Utah State University, 1998

Jeff Larson, M.S.W., L.C.S.W.**Primary Therapist**

Phone: (801)673-1715

E-mail: jlarson@vistatc.com

EDUCATION

2001 – 2003
University of Utah
Master of Social Work

1995 – 2000
University of Utah
B.S. in Psychology

WORK EXPERIENCE

Vista Counseling Services
May 2007 – Current
Primary Therapist

Woodland Park Care Center
November 2006 – May 2007
Department Head, Social Services

Wasatch Youth Support Systems
May 2003 – November 2006
Intensive Outpatient Program Manager, Therapist

Life Matters Counseling
December 2004 – May 2005
Contract Therapist

Second Nature Wilderness Program
April 2003 – July 2003
Therapist

Vista Adolescent Treatment Center
May 2002 – May 2003
Mental Health Worker

INTERNSHIPS

September 2002 – May 2003, Wasatch Youth Support Systems

PJ Mannion, M.S.W., L.C.S.W.
(801)557-5615 | pj@vistatc.com

PERSONAL & PROFESSIONAL STATEMENT:

As a highly educated and dedicated Licensed Clinical Social Worker I have gained expertise and focused experience working with adolescent and young adult populations in a variety of treatment phases. Strong interpersonal and time management skills aid me in modeling appropriate skills for clientele. I find effective communication with honed skills at establishing rewarding relationships to be beneficial in optimizing my clinical services.

CAREER EXPERIENCE:

Vista Treatment Centers, SLC, UT

Primary Therapist, LCSW 2010—Present

- Providing family, individual, and group therapy services to clients.
- Develop and implement individual treatment plans.
- Capable of tailoring treatment by using a variety of therapeutic techniques such as Dialectical Behavior Therapy, Cognitive Behavioral Therapy, and Motivational Interviewing.
- Member of collaborative treatment team to give input and feedback on a variety of therapeutic interventions.
- Work closely with Social Workers, Psychiatrist, Nursing Staff, Recreational Therapist, and Nutritionist.
- Responsible for thoroughly and accurately documenting services and updating records in a timely manner for each client in accordance with agency policy.

Private Outpatient Therapist, SLC, UT

Licensed Clinical Social Worker, 2010—Present

- Provide outpatient services for individual and family therapy.
- Aid clients in setting and achieving attainable goals to support individual growth.
- Help provide insight into client's behavior.

Granite School District, SLC, UT

School Social Work, 2009-2010

- Provided services to help students ages 6-15 function effectively in a school environment.
- Maintained case files and reports to track student problems and progress.
- Communicate with parents, teachers and administrators to provide full view of issues facing students.

EDUCATION:

University of Utah, SLC, UT

Master of Social Work

Bachelor of Psychology

LICENSURE:

Licensed Clinical Social Worker, State of Utah License #: 7719061-3501

Danielle Tanner, M.S.W., C.S.W.
 (360)612-2688 ▪ danielle@vistatc.com

EDUCATION

| | |
|--|----------|
| Bachelor of Science, Psychology | May 2014 |
| University of Utah | |
| Master of Science, Social Work | May 2017 |
| University of Utah | |

CLINICAL LICENSURE

| | |
|---|---------------------|
| Certified Social Worker, Utah License # 10335227-3502 | 05/08/17 to Present |
|---|---------------------|

PROFESSIONAL EXPERIENCE

Primary Therapist

| | |
|---|---------------------------|
| Vista Counseling Services | September 2017 to Present |
| <ul style="list-style-type: none"> • Provide weekly individual, family and group therapy • Take an active role in helping young adults transition to independent living | |

Therapist

| | |
|---|----------------------|
| Whole Kids | July 2017 to Present |
| <ul style="list-style-type: none"> • Provide weekly individual sessions to children and adolescents • Facilitate family therapy as needed | |

Drug and Alcohol Therapist

| | |
|--|----------------------|
| Vista Magna | Feb 2017 to Oct 2017 |
| <ul style="list-style-type: none"> • Provide weekly individual, family and group therapy • Substance abuse education | |

INTERNSHIPS

Clinical Social Worker

| | |
|--|---------------------|
| Vista Magna | Nov 2016 to Present |
| <ul style="list-style-type: none"> • Hold weekly individual therapy sessions with 6-8 adolescent males in a residential setting • Co-facilitate group therapy weekly | |

Clinical Social Worker

| | |
|---|----------------------|
| Vista Counseling Services | Aug 2015 to Apr 2016 |
| <ul style="list-style-type: none"> • Conducted independent living skills group weekly • Provided weekly individual therapy sessions to 5-6 young adults in an outpatient setting • Facilitated group therapy and family therapy weekly, or as needed | |

Rafael Flores, S.U.D.C.
Substance Use Disorder Counselor
Program Coordinator
 e-mail: Rafael@vistatc.com
 cell: (801)910-5892

- 1992-1995** **Division of Youth Corrections**
 Counseling court appointed at risk youth, meeting the required sentencing guidelines such as substance abuse counseling or community service restitution. During this time helped clients enroll or re-enroll into appropriate academic environment, as well as assess academic efficiency. Made recommendations to the court based on client's progress, recommendations involved continuing support for client, as well as possible aftercare placement.
- Utah Gang Task Force**
 Participated in identifying gangs and gang members in the youth corrections system, as well as adult corrections.
- 1995-1998** **Utah Valley Mental Health**
 A.R.T.E.C. (Adolescent Residential Treatment and Education Center)
 Pre Placement Unit; identifying individuals level of substance abuse as well as mental health needs. Involved in planning Independent living skills as well as family preservation. Involved closely with treatment team to assess medication management and mental health strategies to improve outcomes.
- 1998-2002** **Vista Treatment Centers for Youth Corrections**
 Program Director overseeing group home for court ordered at risk youth. Maintained court ordered requirements such as substance abuse education and family preservation as well as community service. Providing individual and family sessions as well as group therapy. During this time clients enrolled in Youth Corrections Class in local High School. Assessed alternative academic methods such as trade schools, mentorship programs.
- 2002-2005** **Vista Treatment Center (Magna Campus)**
 Substance Abuse Counselor assessing degree of substance abuse as well identifying addictive behaviors such as pornography and gambling issues as well as other issues. Facilitated individual and Family sessions as well as group sessions. Incorporated the 12 step program as well as other methods of recovery.
- 2005-Current** **VCS (Vista Counseling Services)**
 Program Coordinator
 Substance Abuse Professional providing assistance for young adults and their families dealing with substance abuse and mental health issues. Helping individuals maintain

Jeffery Arnold Kovnick, M.D., M.S.
Medical Director

Board Certified in Adult Psychiatry
 Board Certified in Child and Adolescent Psychiatry
 Board Certified in Forensic Psychiatry

CONTACT INFORMATION

Telephone: (801)910-5822

Email: jeff@vistatc.com

CURRENT RESPONSIBILITIES

1998 - Present Vista Adolescent Treatment Centers
 Medical Director—Vista programs
 -Vista Residential Treatment Center—Magna, Utah
 -Vista @ Dimple Del Canyon—Sandy, Utah
 -Vista Counseling Services—Salt Lake City, Utah
 -Vista Residential Support—Riverton, Utah

PREVIOUS RESPONSIBILITIES

1999 - 2006 Private Psychiatry Practice
 -Child and Adolescent Psychiatry
 -Consultant to several programs including Utah Youth Village, Ascent, Pine Creek Ranch, etc.

Private Forensic Psychiatry Practice
 -Adult Evaluations (civil and criminal)
 -Child and Adolescent Evaluations

State of Utah, Department of Youth Corrections
 -Psychiatric Consultant: Wasatch, Millcreek, and Decker Lake Youth Centers
 -Private provider for youth in DYC custody (statewide contract)

State of Utah, Department of Child and Family Services (DCFS)
 -Private provider for youth in DCFS custody (statewide contract)

1996 - 1999 Assistant Professor of Psychiatry, University of Utah School of Medicine, SLC, Utah
 -Director, Forensic Evaluation and Consultation Service
 -Course Director: Forensic Child Psychiatry and Adult Forensic Psychiatry

1998 - 1999 Davis Behavioral Health (Community Mental Health)
 -Medical Director-Latency age residential treatment unit, Lakeview Hospital
 -Child, Adolescent, and Adult Clinical Psychiatry

- 1997 - 1998** University of Utah Neuropsychiatric Institute
-Medical Director-Adolescent Services
- 1996 - 1997** University of Utah Neuropsychiatric Institute
-Medical Director-Observation and Assessment Unit
-Contract with the Utah Department of Youth Corrections

RESIDENCY AND FELLOWSHIP TRAINING

- 7/95 - 6/96** Fellowship in Forensic Psychiatry
University of Virginia: Institute of Law, Psychiatry, and Public Policy,
Charlottesville, VA
- 7/93 - 6/95** Fellowship in Child and Adolescent Psychiatry
University of Utah: Primary Children's Medical Center and Affiliated
Institutions, SLC, UT
Chief Resident 1994-1995
- 7/90 - 6/93** Residency in Adult Psychiatry
University of Utah: SLC, UT

EDUCATION

- 8/85 - 5/90** Doctor of Medicine (M.D.) Medical College of Wisconsin, Milwaukee,
Wisconsin
- 8/84 - 8/85** M.S., Columbia University, College of Physicians and Surgeons, New York, NY
Thesis: An effect of Beta-adrenergic hormones of flavin metabolism in rats
- 8/83 - 5/84** Sarah Lawrence College, Bronxville, New York: Coursework: Premedical
- 9/80 - 6/83** B.S., University of Oregon: Eugene, Oregon, Major: Psychology

Raymond A. Archuleta, Jr., M.S.W., C.S.W.

(801)558-3335

raymond@vistatc.com

EDUCATION

University of Utah, Salt Lake City, Utah

Master of Social Work

University of Utah, Salt Lake City, Utah

Bachelor of Science, Psychology, Minor in Sociology

EXPERIENCE

May 2010 to Present *ADMISSIONS DIRECTOR*

Vista Treatment Centers, Salt Lake City, Utah

- Communicate with the treatment teams of a private residential treatment center for adolescents and one young adult transitional program to plan admissions, balance caseloads, and maintain client census
- Plan with educational consultants, families, and clinical teams of students' previous therapeutic programs in order to arrange for transition
- Participate in marketing opportunities such as program symposiums, IECA and NATSAP conferences, and formal tours for educational consultants, families, and representatives from various therapeutic programs

May 2016 to August 2016 *INTERN: EMERGENCY DEPT. CRISIS WORKER / SOCIAL WORKER FOR ADULT INPATIENT PSYCHIATRIC UNIT*

Intermountain Healthcare - LDS Hospital, Salt Lake City, Utah

- Met with emergency room patients for crisis intervention and aided in disposition planning for individuals seeking inpatient hospitalization or community support for mental healthcare services
- Coordinated with a clinical treatment team for the care of adult patients admitted to the psychiatric unit of the hospital, providing therapeutic services in the capacity of a student social worker and therapist
- Completed an organizational project outlining supplemental training for future students on both the crisis unit and inpatient psychiatric unit

July 2008 to June 2010 *RESIDENTIAL COACH / KEY STAFF*

Youth Care Residential Treatment Center, Draper, Utah

- Supervised the treatment of troubled youth in a co-ed residential setting while functioning as a Key Staff in the training and supervision of several counselors
- Created and maintained detailed records of clients' therapeutic progress and treatment goals, including that of daily charting and physical interventions
- Assisted in medication administration as a company-certified handler

October 2007 to July 2008 *OPERATING ROOM ORDERLY*

Utah Valley Regional Medical Center, Provo, Utah

- Assisted professional healthcare providers in the preparation of patients for surgery, including positioning and transport

- Maintained overall cleanliness of sterile environment for each procedure in a department of fourteen operating rooms
- Facilitated provider/patient communication as a qualified Spanish-English interpreter in a clinical setting

August 2005 to August 2007 *UNIT COUNSELOR / TEAM LEAD*

Heritage Residential Treatment Center, Provo, Utah

- Supervised at-risk youth in a residential treatment setting as a Unit Team Lead, working primarily with 12-14 year old male clients
- Encouraged mentally and emotionally healthy relationships among clientele and staff members, providing ongoing training and management
- Attended weekly Treatment Team meetings with therapists, psychiatrists, caseworkers, and other mental healthcare professionals to provide quality care

**ADDITIONAL
INFORMATION**

I worked as a live-in residential advisor in a privately-owned apartment complex where I was responsible for property maintenance, general supervision of the grounds, and tenants' compliance with lease agreements. (July 2011 to April 2013)

Volunteer Work: Served a full-time service mission in Ecuador for The Church of Jesus Christ of Latter Day Saints (August 2002 to August 2004)

Receipt of Copy

I have received a copy of the VCS program outline, will review it and contact the primary therapist or other treatment team members with any questions.

Client signature

Date

Client printed name

Parent signature

Date

Parent printed name

Parent signature

Date

Parent printed name

