

Intermountain Specialized Abuse Treatment Center

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(801)373-0210

189 South State Street, Suite 160
Clearfield, UT 84015
(801)773-2044

520 South Main, Suite C
Cedar City, UT 84720
(435)586-5966

321 North Mall Drive, Suite VW-104
St. George, UT 84790
(435)628-8075

23 South Carbon Avenue, #10
Price, UT 84501
(435)637-4852

*“They always say that
time changes things, but
you actually have to
change them yourself.”*

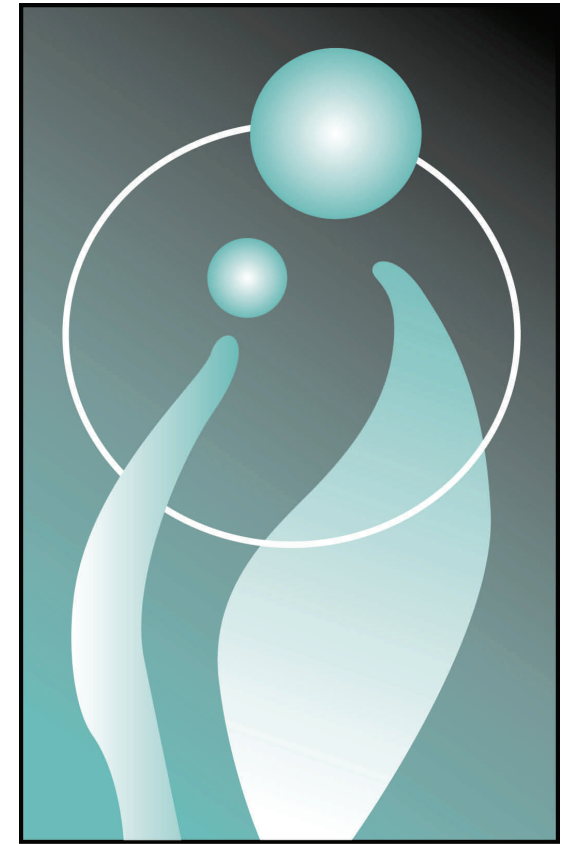
Andy Warhol

ISAT MISSION STATEMENT

Intermountain Specialized Abuse Treatment Center is a private, nonprofit agency with a mission to provide specialized services to individuals and families affected by abuse, in order to help in the healing process and prevent future victimization.

Funded in part by the Utah State Department of Human Services, Utah State Department of Corrections, U.S. Probation, and the United Way (in select offices).

www.ISATcenter.org



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Intermountain Specialized
Abuse Treatment Center

Substance Abuse Program

Intermountain Specialized Abuse Treatment Center Substance Abuse Program

PROGRAM DESCRIPTION

The success of the Substance Abuse Treatment Program is based on helping clients understand that they can change chemical abuse patterns and associated cognitive distortions and thinking errors, while increasing feelings of self-control, self-worth and empowerment.

Other objectives focus on helping clients identify cycles of behavior and learning stress management and sobriety skills, in addition to communication, relaxation, problem solving and relapse prevention skills.

Through the Substance Abuse Treatment Program, clients are empowered to utilize their own strengths and challenge negative self-talk.

Program Components

- Weekly Individual Therapy
- Weekly Group Therapy
- Thorough Intake Assessment
- Coordination with court and/or probation
- Couples and Family Therapy (As deemed appropriate)



Cognitive-behavioral principles, which are effective in motivating change in substance use, are the basis for the treatment program. As a result, individuals learn to make positive, healthy choices. Those who finish the program learn that alcohol and drug use ultimately require voluntary decision making on the part of the individual.

Basic Program Costs

Insurance

If your insurance provides coverage for ISAT therapy, it will help pay a portion of the rate. The remaining balance is based on a sliding fee scale.

Self Pay

The Self Pay plan is based entirely on a sliding fee scale of each client's income.



For more information about ISAT and other programs available, visit our website at www.ISATcenter.org.

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