

Adult Community-Based Services



Inpatient Care

Inpatient care is the most intensive level of treatment for individuals suffering from mental health and substance use disorders. It offers 24-hour care in a safe and secure facility like a hospital, making it best for patients with severe mental health or substance use issues who require constant monitoring. The goal of inpatient care is to stabilize symptoms so that the patient can continue care he or she needs in an outpatient setting.

Outpatient Care

Outpatient care is mental health treatment that does not require an overnight stay in a hospital or other secure facility. Outpatient care may be given in a medical office or a hospital, but it is most commonly provided in a local mental health clinic.

Residential Care

Residential treatment for mental health, substance abuse, and co-occurring mental health conditions is for individuals who need longer-term care and intensive treatment in order to heal from a mental health or substance use condition. Residential care is usually provided in a more home-like environment.

24-hour Emergency Services

If an individual or individuals need immediate mental health help, they can call **Utah's CrisisLine** any time of day at **(800) 273-8255**. A licensed professional will listen, send emergency help if needed, and give referrals for follow-up services.

Psychotropic Medication Management

Psychotropic medications such as antidepressants for depression and mood stabilizers for bi-polar illness are prescribed to patients by psychiatrists, medical doctors, or other licensed professionals to help treat mental illness. When it is hard for patients to manage their daily medications, help is available.

Psychosocial Rehabilitation

Psychosocial rehabilitation services help individuals to focus on their strengths while developing skills such as job training and the social skills needed to be successful and satisfied in their personal, social, education and work environments.

Case Management

Case management is a service available to individuals in treatment at local mental health clinic. A case manager or case-management team work to provide quality mental health care that is customized to aid the individual's recovery that can be impacted by setbacks and persistent challenges.

Community Supports

Community supports are essential to mental health treatment and recovery-- especially to individuals with serious and persistent mental illness. These supports can include finding affordable housing ([Utah Affordable Housing Database](#)), supports for employment and in-home services that focus on successful activities of daily living.

Consultation and Education Services

Children in special education services and classrooms may be referred by the school district for mental health services. After consulting with the parents and obtaining consent, available services may include: individual therapy, group therapy, case management, behavior management, psycho-social rehabilitation services, peer support services, psychiatric and medication management. School-based, community and in-home services are available in some counties.

Mental Health Services to Incarcerated Persons in County Facilities

Jail transition programs help individuals who are presently serving time in jail and who will be released in the near future; or, who have been recently released from jail. Participants must have a diagnosable mental illness such as Depression, Anxiety, PTSD, Schizophrenia, etc., and no medical insurance. Mental health staff will evaluate and prioritize the needs of these individuals and help match them with community resources to help them make a successful transition from jail back into the community. The [Justice Reinvestment Initiative \(JRI\)](#) supports local mental health endeavors to improve and expand re-entry and treatment services.