



STRENGTHENING FAMILIES BY  
PREVENTING HARM,  
PROVIDING HOPE AND  
HEALING RELATIONSHIPS

The Family Support & Treatment Center is a private, nonprofit agency, established in 1984, with a primary purpose of preventing and treating child abuse. We support individuals & families in Utah, Wasatch, Summit, Millard & Juab counties.

For more information about our services, please call 801.229.1181. **Se habla español.**

Many of our services are free. Our fee for service program rates may be reduced for those who qualify.

 Follow us on Facebook at:  
[facebook.com/OremFSTC](https://facebook.com/OremFSTC)

## MAJOR SPONSORS

Utah Division of Child and Family Services  
Utah Department of Workforce Services  
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George S. & Dolores Doré Eccles Foundation  
The City of Orem  
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UCCU  
Bank of American Fork

*We are very grateful for all of the  
time, money and in-kind items  
that are so generously  
donated each year!*

*Each SMALL donation  
makes a HUGE difference!*



*home of hope and healing*

### FAMILY SUPPORT & TREATMENT CENTER

JOY A. O'BANION BUILDING  
1255 N 1200 W, OREM, UT 84057  
P: 801-229-1181 | F: 801-229-2787

[UtahValleyFamilySupport.org](http://UtahValleyFamilySupport.org)



 **Family Support**  
& TREATMENT CENTER

CRISIS RESPITE NURSERY • THERAPY • EDUCATION

PROVIDING HELP WHEN  
YOU NEED IT MOST

# HOW WE CAN HELP

## RESPIRE

### CRISIS RESPIRE NURSERY

The nursery is a safe, home-like setting for children under 12 whose families need extra support during stressful situations.

This NO COST, 24 hour service provides an environment where children have the opportunity for positive interactions with adults, while parents can address critical family issues. Some reasons families use the nursery are:

- *High levels of stress, needing a break*
- *Mental health crisis*
- *Attending therapy/support groups*
- *Medical or other appointments*
- *Work emergencies*

Please call ahead to schedule a spot for your child.

### ADOPTION RESPIRE

Respite services are available for families who have adopted through the Division of Child and Family Services. Respite gives parents relief while the children are safely cared for. Respite time is usually provided in your home. On-site services are also available.



## THERAPY

### PROFESSIONAL COUNSELING

Our expert staff of therapists (LCSW, CSW, RPT-S) provides opportunities to heal from traumatic experiences.

Professional counseling is available for children, adults and families whose lives have been affected by child abuse, trauma or other personal and family issues.

Counseling is tailored according to individual needs and includes play therapy, sand tray therapy and other experiential methods in addition to traditional therapies.

*Medication management is referred to psychiatrists or family physicians.*

## EDUCATION

### Prevention and Personal Safety

Presentations are made to community groups and schools in the Alpine, Nebo, and Provo districts. NO COST, district-approved information is presented to preschool through high school students. Age appropriate topics for younger children include personal safety and sexual abuse prevention. Topics for older students or community groups include dynamics of abuse, dating violence, depression & suicide prevention and positive child guidance.

### Parenting

Based on *Love, Limits and Latitude*, this ten week workshop is offered in your home or as a traditional group course which is offered several times each year. Please call for more information.

### Trauma Resilience

Based on the *ACE Study*\*, we train adults so they can better support children who have experienced toxic stress from Adverse Childhood Experiences. Training is available to school staff, parents and child care providers.

\*[www.cdc.gov/violenceprevention/acestudy](http://www.cdc.gov/violenceprevention/acestudy)

### SUPPORT GROUPS

#### Adoption/Foster Support Group

An open enrollment support group is available for parents who have adopted or fostered children. The group is focused on discussing concerns or topics generated by these parents and is held weekly.

#### YESS Group

Youth Enhancement of Social Skills (YESS) classes are free for children ages 5-11 and usually offered in the summer. Topics include communication, team work, expressing emotions, safety, and peer relations.

Check online for other support group information.