

CHILDREN’S HEALTH & RESOURCE GUIDE

United Way. We focus on what matters.

United Way of Utah County Information & Referral provides access to health and human service resources, providing options to help alleviate the challenges accompanying difficult circumstances.

By providing appropriate referrals, we empower individuals to achieve self-sufficiency and focus on what matters.

Health Services

Community Health Connect increases specialty health care access to low-income, uninsured and minority residents through networking existing providers and community resources. Open hours are Monday thru Friday 10am to 6 pm, and Friday 10 am to 12 pm

.....818-3011

Kids Cause provides eyeglasses, clothing, dental or medical services to children in public schools. Children must be referred by each school’s Kids Cause Coordinator.....224-2055

Mountainlands Community Health Center provides primary medical and dental care for low-income and medically underserved populations

- Medical/Mental services include well-baby exams, immunizations, obstetrics, gynecology, pregnancy/deliveries, vision/hearing screenings, diagnostic lab testing, therapy, counseling, and education.....374-9660
- Dental services include exams, cleanings, fillings, and crowns.....429-2012

Utah County Health Department provides various clinics and services for Utah County residents

- Cancer screenings.....851-7045
- CHEC- Medicaid for children.....851-7058
- Children’s Special Health Services.....851-7054
- Immunizations.....851-7044
- School Health Services.....851-7015

UVSC Dental Hygiene Clinic in Orem offers dental cleanings for anyone for \$25 by appointment only. The clinic is closed May thru August for summer terms.....863-7608

Volunteer Care Clinic provides basic medical care to low-income individuals and families without health insurance. No chronic care is available. The clinic is open Tuesday and Thursday evenings from 5 to 7 pm.

.....812-8094

Health Insurance/Medication

Caring Foundation for Children provides up to \$1000 in dental coverage for non-insured children

.....1-800-772-5437

CHIP (Children’s Health Insurance Program) is a Federal program for children who do not have health insurance.....1-888-222-2542

Medicaid (national information line).....1-800-662-9651

Medicare (national information line)...1-800-MEDICARE

RX Connect links uninsured individuals to prescription help programs.....1-866-221-0265

Partnership for Prescription Assistance connects patients to free or reduced cost prescription programs. More information can be found at www.pparx.org.

.....1-888-477-2669

Mental Health/Counseling

BYU Comprehensive Clinic services include individual and family counseling, parenting groups, evaluations and referrals with sliding scale fees.....422-7759

Canary Gardens helps youth 3-18 who are dealing with death through support groups.....361-8758

Family Support & Treatment Center provides a crisis nursery and play therapy for children who are victims of domestic violence. Therapy is also offered to parents and families.....229-1181

Gathering Place offers children’s play therapy for ages 0-12, family support, and DUI classes.....226-2255

Institute for Cognitive Therapy provides outpatient treatment for issues with mental health, substance abuse or domestic violence. Insurance and Medicaid are accepted.....802-8608

LDS Family Services has family counseling services, parent work and adoption services. Requires a Bishop referral and offers insurance and self-pay options:

- American Fork.....216-8000
- Provo.....422-7620

Mental Health/Counseling-cont'd

Life-Line is a long-term residential facility in Salt Lake City that diverts runaways, helps families overcome issues with substance abuse, school problems, depression, acting out, and more. Out of their district is private pay.....801-963-4000

UVRMC Psychiatry/ Depression Center provides evaluation, diagnosis, intensive psychiatric treatment, referrals and intervention education for adults and children experiencing emotional problems.....357-7376

Wasatch Mental Health provides mental health treatment and prevention to Medicaid clients. Services include screening and referral, crisis intervention, inpatient/residential/outpatient treatment, case management, consultation, and homeless outreach.373-4760

Crisis/Support Lines

Center for Women & Children in Crisis offers a 24-hour hotline for victims of domestic violence and rape.....377-5500

Crisis Line of Utah County is a 24-hour hotline to help callers in crisis226-4433

Division of Child and Family Services enables anyone to report child abuse.....374-7257

Runaway & Battered Youth Hotline is a national hotline that offers assistance to youth in crisis situations.....1-800-999-9999

Vantage Point Youth Services offers services to divert runaway/ungovernable youth, age 12-18, from the juvenile justice system.....373-2215

Disability Services

Access Utah Network provides the most current and accurate referrals for disability issues1-800-333-8824

Division of Services for People with Disabilities promotes opportunities and family support through services including residential care, day training and respite care.....374-7005

Recreation and Habilitation, RAH! offers education, training, social and recreational activities for individuals with disabilities on a weekly basis374-8074

Special Education

- Alpine School District.....756-8410
- Nebo School District.....354-7416
- Provo School District.....374-4934

Nutrition

Community Action Services facilitates the Community Action Regional Food Bank for individuals and families who are economically disadvantaged, and offers other self-sufficiency services.....373-8200

Department of Workforce Services offers supportive services including food stamps

- American Fork.....492-4500
- Provo.....342-2600
- Spanish Fork.....794-6600

Food and Care Coalition serves three hot meals a day Monday thru Friday.....373-1825

School Lunch Programs provide school lunches at reduced or no cost to eligible families:

- Alpine School District.....756-8400
- Nebo School District.....354-7400
- Provo School District.....374-4800

Utah State University Extension offers the Expanded Food & Nutrition Education Program (EFNEP) to give information about nutrition and food budget management. Outreach services are available to low-income families.....370-8460

Women, Infants, and Children (WIC) offers nutritional counseling and food assistance for families....343-4WIC

Education

Alpine Family Literacy Programs serves families with pre-kindergarten children by doing literary activities through home visitation. ESL, GED, and parenting classes are available for adults.....227-8782

Alternative Education is offered at the following:

- East Shore High School in Alpine- offers K-12 and adult GED services.....227-2440
- Center for High School Studies in Provo is for young mothers to complete GED.....374-4840
- Young Parent High School in Spanish Fork gives young parents a high school education and allows for children 0-5 to be brought...794-0065

Kids on the Move offers developmental education for children ages 0-3 including Early Intervention and Early Head Start.....221-9930

Mountainland Head Start is a preschool for children 3-4 years old of low-income families; qualified families can bring their children free of charge.....375-7981

Parent Information Resource Center (PIRC) offers educational materials and classes for parents and children to improve parenting and developmental skills.....225-7440

Education- cont'd

Parenting Classes are offered at the following:

- Alpine School District.....756-8518
- Family Support and Treatment Center...229-1181
- ToughLove Int'l (troubled teens).....375-6488
- Turning Point.....863-7580

Provo Early Education Program (PEEP) serves children 0-3 with special needs.....374-4965

W.I.A. Youth assists youth ages 14-21 with job training, job placement, and education.....374-7093

Substance Abuse

Adolescent Tobacco Cessation Classes offers support group for teens to quit smoking.....851-7126

Alanon offers support group for families of individuals who are struggling with substance abuse.....375-8620

Gathering Place offers an outpatient facility for individuals dealing with substance abuse and pornography addictions. Youth groups and recreational therapy are also offered.....226-2255

Utah County Division of Substance Abuse provides referrals and services for overcoming substance abuse.....851-7128

Youth Tobacco Hotline helps teens learn about tobacco and how to quit.....1-888-567-TRUTH

Pregnancy

Baby Your Baby provides financial assistance with prenatal care370-8733

Gathering Place offers a prenatal class...226-2255

LDS Family Services 422-0165

Teen Pregnancy Hotline422-6232

Pregnancy Resource Center 221-2591

Pregnancy Risk Hotline1-800-822-BABY

Welcome Baby provides information and support to first-time parents..... 851-7059

WIC Program provides nutrition services for lactating mothers, infants and children.....343-4WIC

Hospitals

American Fork.....763-3300

Mountain View (Payson).....465-7000

Orem Community.....224-4080

Timpanogos Regional (Orem).....714-6000

Utah Valley Regional Medical Ctr (Provo).....373-7850