

Agency Information Sheet

1. NAME AND ADDRESS OF AGENCY
Hopeful Beginnings - 3280 West 3500 South, Suite E
West Valley City, UT 84119
2. AGENCY WEBSITE
www.hopefulbeginnings.net
3. AGENCY MISSION
To promote hope and healing, while empowering clients to reach their full potential.
4. CLIENT POPULATIONS SERVED
Youth, Families, Adults
5. TRAINING OPPORTUNITIES
Weekly supervision, monthly clinical trainings
6. SPECIAL PROGRAMS/UNITS (LOCATION, FUNCTION)
In-home services, Day Treatment
7. SPECIFIC DAYS/HOURS/TRAINING/ASSIGNMENTS REQUIRED OF STUDENTS
Normal business hours, some evenings and weekends if requested
8. QUALITIES WE LOOK FOR IN A PRACTICUM STUDENT
Looking for students who are motivated, responsible and have excellent communication skills
9. NUMBER OF STUDENT PRACTICUMS AVAILABLE
3-5
10. STIPEND/AMOUNT/CRITERIA FOR AWARDING
Paid internship positions available

Agency's Primary area of focus:

- ☐ Aging
- ☐ Child Welfare
- ☐ Forensics
- ☒ Mental Health
- ☐ Global
- ☐ Health
- ☐ Mental Health
- ☐ Substance Use

Hopeful Beginnings



Helping People Find HOPE



We provide an **in-home** and **office setting outpatient mental health** and **medication management services**. We serve **children, adolescents, and adults**. Our mission is to promote **hope** and **healing**, while enabling you to **reach your full potential**. We are dedicated to helping you **achieve your life goals** and help **pave the road to recovery**. Our goals are three fold: **Self Awareness, Self Dignity, and Self Accountability**, so you can help yourself.

OUR SERVICES

- In-home Services
- Day Treatment
- School-Based Services
- Respite Care
- Skills Development Services
- Group Therapy
- Medication Management
- Crisis Intervention

ACCEPTED INSURANCES

- Medicaid
- Blue Cross Blue Shield
- Ecclesiastic Pay
- Employee Assistance Pay
- Select Health
- United Health Care
- United Medical Resources



PHONE: (801) 979-1351

CRISIS LINE: (801) 216-3193



3280 W 3500 S, SUITE E

WEST VALLEY CITY, UT 84119



HOPEFUL@HOPEFULBEGINNINGS.NET

ABOUT US

Hopeful Beginnings is an outpatient mental health agency that specializes in in-home and community based services for residents living in Salt Lake County. We strive to provide the services that our community is in need of by improving access to mental health treatment.



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OUR SERVICES

At Hopeful Beginnings we use many proven methodologies including CBT, EMDR, Play Therapy, TF-CBT, Motivational Interviewing, and many others.

3

School-Based Therapy

School-Based Therapy is a site based program in which clinicians provide therapy directly in your child's school. This provides a safe place for you child to work through problems, cope with stress, and develop social skills.

6

Skills Development

We are able to help clients develop skills they may be lacking in their lives. This includes: parenting skills, life skills, communication skills, and independent living skills. Skills Development typically takes place in the client's home for the most effective skill application.



OUR IMPACT:

7+YEARS
SERVING THE
COMMUNITY

3K+ INDIVIDUALS
IMPACTED

310K HOURS OF
SERVICE



1

In-Home Services

We provide counseling, therapeutic services, and case management services within the convenience and comfort of our client's home. We will work with you to coordinate the highest level of care in conjunction with you and your family's schedule.

4

Respite Care

Respite serves to provide relief for caregivers and their children from one another. A trained Respite Provider takes a group of children into the community, providing age appropriate, safe, and structure activities.

7

Medication Management

Our licensed Psychiatrists and APRNs can help to ensure that medication is managed properly to maintain effectiveness, while minimizing undesired side effects and address specific needs of our clients.

2

Day Treatment

Day Treatment is a short-term, intensive program that provides therapeutic behavioral skills training and reinforcement, cognitive behavioral therapy, and wrap around client and family support. Social Service workers, licensed therapists, and other trained staff provide these services.

5

Group Therapy

Group therapy is a powerful and important tool in helping people to find hope. Within an open, honest, and tolerant group atmosphere, individuals can find assurance that they are not alone.

8

Crisis Intervention

Crisis intervention is an on-call service offered to all Hopeful Beginnings clients. Our Crisis team is staffed with licensed clinicians trained in de-escalation, emotional regulation, and safety planning.