



Ark of Eagle Mountain

Residential treatment for professionals and older adults, who suffer from mood disorders, personality disorders, behavior addictions, and substance abuse.

Mission Statement

The Ark of Eagle Mountain's addiction treatment and mental health programs are discreetly located in a high-end facility within the Eagle Mountain community; providing individual healing and serenity for professionals and older adults who are seeking treatment for personality disorders, mood disorders, behavioral addictions and substance abuse.

What We Treat

The Ark of Eagle Mountain's multi-disorder treatment facility specializes in treatment for professionals and older adults who are experiencing a broad range of mental health problems like anxiety, depression, mood disorders, and personality disorders as well as compulsive disorders like chemical dependency, sexual addictions, eating disorders, gambling and shopping addictions. Our fully-credentialed treatment team uses a multi-dimensional approach that includes cognitive therapy, behavior modification, medical stabilization, 12-step and a multitude of other experiential activities in a spiritual setting.

Treatment Process

Our multi-diagnosis, month-to-month program offers different tracks to individualize treatment for our patients. We take into consideration cognitive and behavioral needs of the patient and develop a 'master treatment plan' specifically designed for the individual. During this portion of treatment our patients undergo individual and group counseling along with mental health therapy.

Ark Programs

We combine the most effective treatment procedures and a full continuum of care for long-term treatment. Our step-down treatment is deliberately designed to meet the individual's needs; reducing the risk of self-sabotaging behaviors and/or relapse into old behaviors.

The following programs offer the greatest chance for success when assisted with professional help	
Social Detox	Day Treatment
Interventions	Residential/ Inpatient Treatment
Outpatient	Transitional / Sober Living
Intensive Outpatient	Aftercare

Therapeutic Services

Treatment at the Ark is based on an integrated and holistic approach. This means that we treat the 'whole person,' placing strong emphasis on treating the emotional, medical, spiritual, physical, social and dietary needs of our patients.

Some of the numerous therapeutic activities that we offer include:	
Education	Cognitive Therapy
Individual Therapy	Behavior Modification
Group Therapy	Equine Therapy
Family Therapy	Inner Child Therapy
Psychological Testing	Art and Music Therapy
Medical Stabilization	Community Outreach - Resources



When you are neck deep and the water is rising.. come into the Ark.

Professional Evaluation

The Ark is contracted with the University of Utah Hospital (Patient Medicine and Physical Rehabilitation) to administer all of our psychological testing and state-of-the-art, 24-hour medical care. Each patient receives a full medical evaluation and comprehensive psychological testing. We believe that taking time and using the appropriate tools are vital in obtaining a true and accurate clinical diagnosis.



Aftercare

Patients who complete the extended portion of their program may be eligible for life-long aftercare. Aftercare is free of charge and includes a weekly aftercare group and an individual counseling session with a counselor each month. In addition, if an aftercare patient finds themselves in a relapse (or headed that way), we encourage them to meet with our clinical team to assess their weakness and work through their struggle. We refuse to give up on those who continue to seek help.

Family Involvement

Our comprehensive family program offers both individual and group session with our patients and their families. The family program allows the clinical team to help the family work through any issues that need to be resolved. At the Ark we believe that the development of meaningful, supportive relationships for our patients is the “key principle” for success. This central element in improving retention and well-being of patients has led to the development of our Family Roles class, Relationship class, and other Educational groups. The expected outcomes of this design are directly measured in terms of “positive changes in parenting, family management, bonding, and communication skills.” Family involvement is crucial to work with family and loved ones while developing necessary skills to maintain healthy relationships.

Directions

Simply follow these directions from the I-15 freeway:

1. Take I-15 to exit 279 (Lehi Roller Mills Exit),
2. Turn Left onto ‘SR-73’ (Main Street) in Lehi,
3. Drive West on ‘SR-73’ for 8.5 Miles to ‘South Sunset Drive’,
4. Turn Left onto ‘South Sunset Drive’ (1 mile west of ‘Ranches Park Drive’)
5. Proceed South until you are forced to turn Right onto ‘Prairie View Drive’,
6. The Ark of Eagle Mountain will be the first home on the left (south side of street).



**Help is Available, Call Now
24 Hour Admission Hotline
(800) 370-9520**

Ark of Eagle Mountain

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(801) 733-0410 • info@arkrecovery.com • **www.arkrecovery.com**

Financing is Available • Most Insurance Accepted