



The Ark of Little Cottonwood

*Treatment in a safe, caring environment
for those who suffer from mental health issues and
behavior and chemical addictions.*

Mission Statement

The Ark of Little Cottonwood's discrete and high-end facility is located in the foothills of the majestic Wasatch Mountains; providing individual healing and serenity, for those seeking treatment for Mental Health, addictions, and behavioral disorders.

Treatment Process

Our multi-diagnosis, 10-week 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 options to develop long-term treatment plans for our residents. 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.

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Detoxification*	Day Treatment
Interventions	Residential / Inpatient Treatment
Outpatient	Transitional / Sober Living
Intensive Outpatient	Aftercare
Traditional / Professional Programs	* location may vary based on substance and quantity.

What We Treat

The Ark's multi-disorder treatment facility specializes in the treatment of a broad range of mental health issues like anxiety, depression, mood disorders, and personality disorders as well as compulsive disorders like chemical dependency, sexual addictions, eating disorders, gambling and shopping addictions.

Services

Some of the numerous therapeutic activities that we offer include:	
Education	Psychological Testing
Individual Therapy	Medical Stabilization
Group Therapy	Community Outreach - Resources
Family Therapy	

Treatment Modalities

Treatment at the Ark of Little Cottonwood 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 residents.

Some of the numerous therapeutic activities that we offer include:	
Cognitive Therapy	Inner Child Therapy
Behavior Modification	Art and Music Therapy
Equine Therapy	Community Outreach - Resources
Family Therapy	

Aftercare

Residents who complete their treatment 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 client 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.

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

Family Involvement

Our comprehensive family program offers both individual and group session with our clients 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 clients is the “key principle” for success. This central element in improving retention and well-being of clients 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.

Mental Health Evaluation

We believe that taking time and using the appropriate tools are vital in obtaining a true and accurate clinical diagnosis.

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.

Program Information

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

Directions

Simply follow these directions from the I-15 freeway:

1. Take I-15 to the 9000 South Exit in Sandy.
2. Drive East on 9000 South to 3100 East (9000 South turns into 9400 South, stay on this road!).
3. Turn Right onto 3100 East and head south until you reach the stop sign at 9800 South.
4. Turn Right on 9800 south heading west.
5. Continue west until you reach approximately 2900 east. There is a private lane on the right (North) side of the street called Granite Hollow St. (Look for the blue street sign)
6. Turn right and head North on Granite Hollow St.
7. Dial 6 and # on the call box when you arrive at the black iron gate.



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

Ark of Little Cottonwood

2919 Granite Hollow Street, Sandy, UT. 84092

(801) 733-0200 • info@arkrecovery.com • www.arkrecovery.com

Financing is Available • Most Insurance Accepted