



Drug Addiction Treatment Center Builds Care Around Recovery and Family

September 02, 2026

COTTONWOOD HEIGHTS, UT - September 02, 2026 -

For families dealing with substance use, finding treatment often means looking beyond a residential stay and considering what support will be needed before, during, and after that period of care. Journey Treatment Center provides a continuum that includes social detox, residential treatment, day treatment, and intensive outpatient services, giving adults seeking help for chemical dependency and alcohol abuse options that can change as their treatment needs evolve.

As a drug addiction treatment center in Salt Lake City, Journey Treatment Center takes a family-aware approach shaped in part by the lived experiences of people connected to the organization. Its program was developed by individuals in long-term recovery, family members who have supported loved ones through substance use, and others who have experienced its effects firsthand. The organization describes that perspective as a reason for creating a treatment environment that treats the individual and the surrounding family with dignity and care.

That emphasis aligns with guidance from the Substance Abuse and Mental Health Services Administration, which notes that substance use disorders can affect entire families and that family support can play an

important role in recovery. SAMHSA also points families toward family therapy, counseling, and other forms of support as ways to address the broader effects of substance use.

Journey Treatment Center's clinical program incorporates several established therapeutic approaches. According to the organization, its providers are trained in Motivational Interviewing, Cognitive Behavioral Therapy, Rational Emotive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, Dialectical Behavior Therapy, and Trauma-Focused Cognitive Behavioral Therapy. The program also incorporates Motivational Enhancement Therapy and 12-Step Facilitation Therapy within residential treatment.

The treatment structure extends across multiple levels of care. Social detox is available for individuals experiencing severe withdrawal who need additional support from a medical team. Residential treatment provides an inpatient setting where clients can focus on recovery, with the organization describing stays of approximately 30 to 90 days. Following residential treatment, day treatment, also known as partial hospitalization programming, provides a transition toward greater independence and requires at least 20 hours of participation per week. Intensive outpatient services are offered during evening and morning hours for clients who have greater stability while continuing to work and participate in daily activities.

This progression reflects an important consideration for families evaluating treatment: recovery does not necessarily end when a residential stay concludes. A structured transition can help maintain accountability while a person resumes work, relationships, and other responsibilities. Journey Treatment Center also incorporates community connection, fitness, music therapy opportunities through Fit to Recover, 12-Step programming, Reiki, and other wellness-oriented activities into its broader treatment environment.

The organization's own leadership reflects the value it places on professional knowledge alongside personal experience. Founder and CEO David Campbell is a Licensed Advanced Substance Abuse Counselor, and the center notes that his personal experience in the recovery field influences his work with clients. Admissions Director Tyler Rogers likewise brings lived experience with recovery and family rebuilding to his role at the organization.

For families considering a drug addiction treatment center in Salt Lake City, that combination of clinical treatment, multiple levels of care, and firsthand understanding of substance use can provide useful context when evaluating available options. Journey Treatment Center serves adults aged 18 and older and operates locations in the Salt Lake City area, including Cottonwood Heights and Riverton.

Journey Treatment Center provides private addiction and alcohol treatment for adult men and women, with

residential and outpatient services designed to support individuals at different stages of recovery. Its program combines evidence-based therapeutic approaches with a treatment environment informed by the experiences of individuals and families affected by substance use. For more information about available services, treatment levels, and admissions, visit <https://www.journeytreatmentcenter.com/>.

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For more information about Journey Treatment/Rehab Center, contact the company here: Journey Treatment/Rehab Center (385) 351-5483. JourneyTreatmentRehabCenter@gmail.com 8072 Highland Dr, Cottonwood Heights, UT 84121

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