



Journey Rehab Unveils Innovative Addiction Care in Salt Lake City

October 14, 2026

COTTONWOOD HEIGHTS, UT - October 14, 2026 -

Journey Treatment Center today announced the expansion of its clinical behavioral healthcare services with a specialized outpatient recovery program aimed at improving access to evidence-based addiction treatment in Salt Lake City, UT. Scheduled to begin admitting patients on November 1, the new initiative introduces a multi-tiered therapeutic framework designed to treat adults presenting with substance use disorders alongside co-occurring mood, personality, and trauma-related diagnoses. The program establishes an operational model that bridges psychiatric oversight, intensive behavioral intervention, and structured community reintegration protocols. Each patient begins with a comprehensive biopsychosocial evaluation to establish an individualized treatment plan.

The standardized 12-week curriculum is delivered across nine hours of weekly programming, operating as an intensive outpatient program that accommodates both daytime and evening cohorts. Clinical services are led by master's-level licensed clinical social workers, licensed clinical mental health counselors, and consulting board-certified psychiatrists. Core clinical modalities include Cognitive Behavioral Therapy to identify and reframe maladaptive behavioral triggers, Dialectical Behavior Therapy skills training focusing on distress tolerance, emotion regulation, and interpersonal effectiveness, and Motivational Interviewing. These

therapeutic methods are paired with credentialed adjunct interventions, including mindfulness-based stress reduction and certified trauma-informed movement classes, which serve as supportive components to standard psychiatric and psychological care.

"Long-term stability requires clinical protocols that address both the neurobiological mechanisms of substance dependence and underlying psychiatric vulnerabilities," said Dr. Marcus Vance, Clinical Director at Journey Treatment Center. "Rather than relying on standardized recovery timelines, this program utilizes objective baseline assessments, standardized clinical milestones, and weekly progress reviews to monitor engagement. Our clinical team focuses on equipping participants with practical psychological tools, emotional regulation techniques, and relapse prevention strategies that remain functional well after formal discharge."

A defined operational component of the curriculum involves active community reintegration through structured peer mentorship and weekly supervised service-learning partnerships with local non-profit organizations. In addition, the curriculum integrates weekly family psychoeducation groups designed to rebuild interpersonal support systems. Published addiction research demonstrates that prosocial support networks and regular civic engagement decrease social isolation, which represents a critical risk factor during early recovery phases. Alongside treatment programming, the center has made available an educational monograph titled "Understanding Addiction Treatment in Salt Lake City: A Comprehensive Guide." Built upon the placement criteria established by the American Society of Addiction Medicine, the publication clarifies diagnostic levels of care to assist individuals and healthcare providers in navigating clinical care options.

The launch responds to persistent behavioral healthcare demands documented across northern Utah. Data published by the Utah Department of Health and Human Services indicates that unintentional drug overdose deaths and acute hospitalizations associated with synthetic opioids, methamphetamine, and chronic alcohol misuse continue to present critical public health concerns in Salt Lake County. By incorporating standardized toxicology screenings, medication-assisted treatment coordination where clinically indicated, and dual-diagnosis clinical monitoring, the center aims to address these regional substance use patterns through empirically supported clinical practices.

Journey Treatment Center operates as a state-licensed healthcare facility conforming to Utah Division of Professional Licensing regulations and national accreditation standards. The implementation of this structured outpatient track expands regional healthcare capacity by providing a flexible continuum of care tailored to varying stages of clinical acuity. As public health agencies and healthcare networks continue to prioritize accessible, evidence-based behavioral health resources across the region, the availability of specialized addiction treatment in Salt Lake City, UT, provides individuals, families, and referring medical professionals with a transparent, clinically rigorous pathway to long-term recovery and community stability.

###

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

Journey Treatment/Rehab Center

Website: <http://www.journeytreatmentcenter.com>

Email: JourneyTreatmentRehabCenter@gmail.com

Phone: (385) 351-5483

