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Why Long-Term Marriages Last: A Review

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Why Long-term Marriages last: a review

BY

Paula Gabell

Thesis submitted in partial fulfillment

Of the requirements for the degree

Of

UNIVERSITY HONORS

Approved:

Advisor: Dr. Scot Allgood

Director of Honors Program

Utah State University
Logan, Utah
1998

Marriage is a social institution experienced by most adults at least once in their life-time. Like any other type of institution marriage has its own set of norms and roles that are culturally specific to the area where it is being practiced. Marriage has existed in some form in almost every culture throughout time. There are four major types of marriages practiced in the world today. They are polygynous (one husband and many wives), polyandrous (one wife and several husbands), multilateral (several people of both sexes existing as a part of one marriage) and monogamous (two partners usually one male and one female). Currently in the United States, the only socially accepted form of marriage is a monogamous relationship involving one wife and one husband and any children born or adopted into the union living in what is called a nuclear family (Rice, 1993).

Historically, marriage was a necessary fixture in the lives of adults. By 1890 the mean age for men to marry was 26, while women married by age 22. When women reached the age of 35 she was considered a spinster and past the marrying age. Failure to find a mate and start a family could result in becoming ostracized. For them society was closed because they failed to live up to the expectations of family, friends, and society (Watkins, 1984). The expectations of marriage were taught by the family unit at a very young age. Parents set the example of what a marriage was and what each role in the partnership entailed, this was known as a generational transmission. This generational transmission included values, expectations, and attitudes regarding marriage and family (Rice, 1993). Once the vows had taken place the only socially accepted ways to end the union was death. The stigmatism of divorce, especially for women, remained until after the mid 1960's (Reiss, 1976).

In today's society it is hard to stay married. Outside distractions, easier divorce laws, and lowered societal expectations make divorce an easy and quick solution to solving disputes

between married couples. In preparation of this paper journals were searched through for information on marriage. It was discovered that research existed by the ton on being divorced, getting a divorce, and complications of divorce. There is even more information on adjustment for adults and children completing divorce. It was a startling reality that so little information was available on long-term marriage.

For the purpose of research on long-term marriages, text books and professional journals were scoured. All the articles that were discovered are included in this review of literature. This paper discusses how satisfaction, stability, and quality are the cornerstone of long-term marriages that lead to longevity.

Satisfaction

The U-Shape or curvilinear pattern model one of the best scientific mechanisms to show satisfaction over the life-cycle. This pattern has three adjustment periods that depict high satisfaction at the beginning of marriage, a dip at the start of the child-bearing years, and high again during retirement (Anderson, Russell, & Schumm 1983). Recent data shows that the U-shaped theory is greatly influenced by the quality of marriage before children are born. A marriage experiencing a high level of satisfaction at the start of the adjustment period of a marriage and maintains this level until the birth of the first child will regain the satisfaction once children leave home (Anderson, Russell, & Schumm 1983).

The first adjustment period exists at the start of the marriage when couples change from independent individual to a committed part of a couple. This requires that this couple mesh ideas, goals, hopes, and expectations. Commitment is necessary to satisfaction. Then the new couple must work out a way to express and met the needs of the other member of this new dyad.

Commitment is the number one ingredient necessary for high levels of marital satisfaction (Rice, 1993).

It is during the second adjustment period, which occurs with the birth of the first child, that satisfaction dips curving downward before it begins its upward mobility when children reach the end of their adolescent years. The many crises of infancy, childhood, and adolescence mark the many changes and adjustments that families must face as a unit. It is a time where many individuals must work together as a whole and yet develop as unique and separate beings. (Levenson, Cartensen, & Gottman, 1993).

The third adjustment of marriage occurs as the child centered home revolves around the couple once again alone. Here, they begin the road to discovery of the couple making new roles and norms to fit the new situation that they find themselves experiencing once more. One problem that can harm the upward swing in the U-shape curvilinear pattern is called the empty nest syndrome which occurs when one parent, usually the mother, experiences role confusion once children have left home. Role confusion can occur as a crises when there are no outside interests to help in the transition from a child centered life-style to re-adaption as a couple (Levenson, Cartensen, & Gottman, 1993). When the transition is made successfully a higher level of health, wealth, and happiness is discovered in marriages of couples who are 60 years old and older (Berger & Thompson, 1994). This is a testimony of the effects of long-term relationships. Research shows that a necessary part of marriage longevity is commitment (Swensen & Trahaug, 1985).

In American history there were two types of marital commitment practiced. The first type of commitment practiced in the United States was based on obtaining the necessary but unpaid services needed for daily survival. The needs supplied by women were cooking, sewing,

washing, housekeeping, mothering for a man's children that had been born from a previous wife and men supplies food on the table and shelter overhead. In this marriage services dictate the reasons for the union and determine the commitment that was practiced (Swensen & Trahaug, 1985). This type of marriage is still practiced in some form world wide. Although it was very popular the start of the twentieth century, Americans typically do not practice this type of marriage in modern times (Swensen et al. 1985).

The second form of commitment is intrinsic. Intrinsic marriages are based on emotional bonds couples create from unique and cherished characteristics that each partner brings into the relationship (Swensen & Trahaug, 1985). This type of marriage is stronger than the first and in today's society it has a greater chance for success. Intrinsic dyads have the capacity to grow and endure in both good times and bad. Although survival is still emphasized the commitment is directed to both physical and emotional aspects of marriage. The difference between the two types of marriage may rely on the fact that people and needs change over time, and a service based type of marriage does not have the capability to expand as the situation in modern times demands. (Copeland, Bugaighis, & Schumm, 1984). Although there is no evidence to support such a conclusion, it is felt that some people who married in a needs based marriage many have crossed over into the intrinsic marriage as time passed and flexibility was practiced in difficult times. Appreciation and love for a spouse increases the chances of marital longevity (Copeland, Bugaighis, & Schumm, 1984).

In one study of couples married over fifty years, commitment over the marital relationship was researched. These couples expressed the strong belief that divorce had never been considered an option. The couples listed trust, respect, and honesty being a part of any commitment regarding marriage (Sporakowski & Hughston, 1978). Marriage required hard work

on both sides and that it took both partners to achieve a high level of satisfaction (Sporakowski & Hughston, 1978). Once commitment was in place then the next step for couples who had successfully traversed the road to longevity was how they expressed their needs and support.

Needs and support are a big part of marriage. Here is where longevity is the most complicated. Expression of these very important factors included social and gender factors that have been apart of the human race since time began. It encompasses emotional, and sexual needs. The outward showing of love or creating a system that both partners understand. Here cognitive, social, and emotional domains come together (Sporakowski & Hughston, 1978).

In a second study about long lasting marital relationships couples stated that emotional support spanned great changes in social expectations. When love was new, men had to appear strong, and emotions were often left unexpressed in the public arena. Unsurprising was the fact that most men quoted the showing of physical love was experienced as the frequency of sexual encounters with their wives. Wives however, stated that sex was the biggest indication of emotional satisfaction. It was this part of their relationship that was responsible for the maintaining high morale. (Ade-Ridder, 1984). Most of the couples who had been married over fifty years explained that sexual activity was still a strong part of their marriage, and had been an important factor in the last five years (Fields, 1983).

Other needs included in a happy long-term relationship were acceptance, similar values, and life philosophy. Most couples also shared recreational activities (Parron, 1982). This became even more important in the retirement years when the couple had more time to spend with each other (Levensen, Cartensen, and Gottman, 1993).

When problems did occur in marital satisfaction it usually dealt with inequality. This was especially true after the women's movement became strong in the United States. Ambivalence

and resentment often prompted by more traditional roles left women with a lack of employment skills, fewer years spent in education, and little value beyond the role of mother (Siegel, 1983).

This created problems once children were raised which left a role loss and societal devaluation.

A relationship started as androgynous was found to be stronger than tradition. These types of roles were noted to change with the life-span of the couples. Those that started as androgynous often changed to traditional roles once children were born and returned to their pre-child patterns in retirement (Tryban, 1988). As imagined, these households would be free of role loss of housewives once the husband had retired. This also had the added ability to strengthen the stability of a marriage.

Stability

Two major components must be met to insure the stability of a marriage. They are perception of emotions expressed and the is the perception of mates personality and the congruence of personality and shared knowledge about each other. The first type was perception of emotions expressed. This meant that a person felt that they knew their husband or wife and can with reasonable certainty predict behavior of that person (Sporakowski and Axelson, 1989). This reflected on the meaning of feelings and the awareness of needs (Fields, 1983).

The second type of perception is congruence of personality and shared knowledge that each mate has of the other. Here, the importance is placed on the agreement of life events. It is the truth of self disclosures one believes and trusts in (Sporakowski and Axelson, 1989). Through self disclosures of the past couples form their knowledge of their mate. It goes further as trust and stability is built upon the knowledge people believe they have of each other. Future goals and mutual expectation are created of this truth and the quality of the marriage can be determined.

Quality

The last aspect to a successful and happy long-term marriage is quality. This, as previous indicators of longevity, has two very important aspects. If a marriage has high quality and experiences longevity it must traverse crises. These start at the very beginning of marriage as a couple learns to separate from their family and develop a unique combined identity. To accomplish the goal of a long-term marriage the couple must have good communication and conflict resolution skills.

Communication exists as both verbal and non-verbal. Verbal ability is words and the meaning that has been attached to them. Every couple creates their own unique language often spoken in short hand that is confusing to any one not of this dyad. Understanding, tolerance, and humor are all aspects often quoted by experts as necessary components of this skill (Perron, 1982). Non-verbal communication is the body language that connects words to subconscious actions that tell of emotion not always expressed by words. People with an accurate understanding of their mate had the ability to accurately connect the two types of language (Lauer, Lauer & Kerr, 1990). If these skills are present at the beginning of the marriage then negotiation in times of crises became easier. Patterns of negotiation included the sharing of emotional needs and wants for both partners (MacKinnon, MacKinnon & Franken, 1984). Couples were also able to come to a consensus on family finances, recreation, demonstrations of affection, expression of desire of future goals, and acceptable family behavior (Lauer, Lauer, and Kerr, 1990; Roberts, 1979). When these skills were in place then problem solving abilities came easier.

Conflict resolution or problem solving is the second key to longevity. How stress is handled is predictive of adaption in role strain during crises or conflict (Cole, 1984). Normal

relationship development must include conflict to grow. A complex stage of ego development must occur. This means that both partners in the dyad must be independent capable to actively cope as a mature, creative adult (Swensen, Eskew, & Kohlepp, 1984). When this condition is not met then the relationship can become enmeshed or unhealthy. Since this paper is about happy long-term marriages it is assumed that growth must occur to achieve success.

Conclusion

Marriage is a social institution that has a long history throughout the world. In the United State the socially accepted form of marriage practiced is a monogamous relationship involving one man and one woman who live in a nuclear family. There is no question that staying together is harder as societal expectations about marriage has changed and divorces become easier to obtain. Historically marriages were created to meet survival needs of daily living but as time went by a new form of commitment was created based on intrinsic (emotional) needs. To achieve a successful long-term marriage three components must exist. These are satisfaction, stability, and quality. Satisfaction was the expression of both sexual and emotional needs. Stability contained the elements of congruence. Quality, by its very nature rated skills of communication and conflict resolution. Furthermore, the level of all three aspects must be high in an overall comparison. This means that when the studies were conducted these couples rated themselves as having a high quality of all three components.

Knowing what components are involved in the creation and maintenance of long-term marriages may not always be enough to ensure that longevity occurs. Every couple goes through adjustments in almost every phase of marriage. The adjustment periods require that each person overcome an obstacle and then the couple must work together in finding the solution. The U-Shape Curvilinear pattern of marital satisfaction requires three major adjustment periods during

the life cycle. The three periods of time include new marriage partners, new parenthood, and readjustment after children leave home. The family life cycle transitions that occur do not always happen smoothly. Some of the problems that can occur include financial difficulties, health problems, new employment requiring job skill training or retraining, or a change in housing status. In stability the couple must be able to grow based on the trust created by the congruence of a mates perception and personality. Sometimes as a result of problems in congruence, crisis intervention becomes required. The quality of marriage includes traversing crises of separating from family, communication skills, and conflict resolution. When problems occur, marriage longevity can be increased through outside intervention such as family and marital counseling.

In researching the topic of this thesis, it was discovered that there is a lack of organized information for couples seeking help in dealing with life cycle transitions. It is undisputed that different forms of help are available to aid families in this area, but until now one comprehensive listing of the different types of serves available did not exist in one place. Included in the back part of this paper is a directory that was created to give this information in the Cache Valley and Box Elder Counties. It is the hope by the writer of this thesis that this listing will help families through crisis and increase the chances of marital longevity.

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Resources

for

Cache and Box Elder Counties

Dedication

**This book is dedicated to
Dannielle Marie Lundquist
Who at the tender age of 8
Died. She is an inspiration
to all who knew her.**

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Child

Section A

Allied Project

Support group for Utah Parent Center

Salt Lake City, Utah

1 (800) 468-1160

Logan Chapter Contact: April Sweat

(453) 787-4006

A volunteer parenting support group and
mentor program designed to provide peer
support to parents of special needs children.

Bear River Health Department

655 E. 1300 North, Logan 752-3730
125 South 100 West, Tremonton 257-3318

Open M-F, 8 a.m. to 5 p.m.

Childhood Immunization Clinics

by appointment on Tuesday through Friday 1 p.m. - 5:30 p.m.

Well Child Clinics

Physical exams & developmental testing, counseling to parents about management of common childhood health issues.

All visits must be by appointment. Fees are based on a sliding scale.

WIC (women, Infants and Children)

Health clinic checkups, nutritional counseling, and food supplements.

by appointment, no fee.

Child Health Evaluation & Care (CHEC)

Health care services for children up to 21 years of age. Parent or guardian must have a current Medicaid care to use this service.

by appointment, no fee.

Family Planning

Information, counseling, & birth control.

by appointment, fees are based on a sliding scale.

Cervical & Breast Cancer Screening

pap test, pelvic & breast exams, & instruction on self breast exams.

by appointment, fees are based on a sliding scale.

Baby Your Baby Prenatal Program

Income eligible, home visits by qualified nursing staff.

Health Promotion Programs

health risk analysis; fitness nutrition & stress management; and tobacco education.

by appointment, small fee and group rates.

Infant and Car Seat Program

safety car seats available at a low cost (for rent) for nine months.

Buckle Up for Love

1-800-887-KIDS

Cards available to mail someone in violation of the seat belt and child safety carrier laws, or call to report a child under 4 not being in a car seat or a child under 5 not being in a seat belt.

Dental Health

instructions on brushing , flossing and fluoride rinse for school aged children.

Infectious Disease Control

confidential testing & treatment of people with communicable diseases such as tuberculosis, hepatitis & sexually transmitted disease. Pre and post counseling for AIDS as well as testing.

Vital Statistics

Birth and death certificates are available and a fee is charged per copy.

Community Services

infectious disease investigation & break out control

public health education

speakers bureau - public speakers on medical issues available for all types of groups

film library - films on a variety of subjects. (\$2 - \$5 per tape)

Environmental Health

septic tank inspections

water & air quality monitoring

food service inspections & licensing food handlers inspections

control of unauthorized smoking in public areas

animal & insect control

laboratory facilities

school play ground & surface

hazardous waste control

Bureau of Child Support Recovery Services

Salt Lake City
1-800-336-2629

Hours are Monday through Friday 8 to 5 p.m.

Child support can be collected two ways (1) by court order or by (2) administrative order through the Bureau of Child Support Recovery Services. The custodial parent needs to call this department and ask to speak to a intake worker who will determine if an application will be sent out. No one is turned down although some cases (non-custodial parent is not filing taxes, whereabouts are unknown, or homeless). There are several case workers who collect child support and each person carries a load of about 3 to 4 hundred a piece. Exact numbers of how many people served or how much is collected is not tracked.

Center for Persons with Disabilities

Utah State University, Logan Utah

797-1981

The CPD (Center for Persons with Disabilities) is open from 8 a.m. to 5 p.m. excluding holidays.

This program is designed to help children and adult with physical, mental, emotional, and learning disabilities. They provide information on laws, services and equipment for disabled Utah citizens. The services are listed below.

Services:

- Family Intervention Programs
- Evaluations
- Psychological assessments
- Speech and language evaluations and therapy
- Gross and Fine motor evaluations and therapy
- Parent and family training
- Behavioral treatment services
- Nutritional counseling
- Referrals to other services when needed.

Child Evaluation Treatment Center

130 South Main Street, Suite 100

Logan, Utah 84321

(801) 753-2222

CETC helps children, teens and their parents cope with **behavioral, cognitive and emotional problems such as:**

- depression and low self-esteem
- anxiety and excessive worry
- excessive anger and aggression
- rebellious or defiant behavior
- Attention- deficit Hyperactivity Disorder
- manipulative & / or irresponsible behavior
- poor social interaction
- school problems

Services Offered

Counseling

Individual Counseling

Group Therapy

Psychological Evaluation

Case Management (including acting as a liaison between the schools and the families)

Child & Family Support Services
380 W. 1400 N., Logan 752-8880
&
Box Elder Family Support Center
25 West 400 South, Brigham City 723-6010

Services are available M-F 8 am to 5 p.m. (Crisis Nursery & hot-line open 24 hours)

Crisis Nursery

A 24 hour home like atmosphere for children (ages 1 week to 11 years) whose family is under stress or the children are in an unsafe environment.

Other services provided

Outreach program to enhance family relationships

24 hour hot-line 752- 8880

parenting classes

children's social skills & self esteem groups

family crises intervention & referrals

professional counseling at no costs to qualifies clients

Situations to use the crisis nursery

- parents feel they are about to loose control
- parents are involved in a mental health crisis, family violence, or alcohol/ drug abuse
- parents are incarcerated
- parents have medical needs
- parents have attempted suicide
- there is a high risk that if the crisis nursery isn't used the child will be in danger of abuse, neglect or abandonment.

Children With Special Health Care Needs

Utah Department Of Health
Division Family Health Services

Utah Department Of Health, Division of Family Health Services has coordinated a group of interdisciplinary services and clinics to help families who has children with special health problems. These clinics are open 9 a.m. to 5 p.m. excluding Holidays.

<u>Program</u>	<u>Contact</u>	<u>Services</u>
Orofacial Clinic	Amy Passman Box 144740 Salt Lake City, 84114-4740 584-8284/PCMC 584-8533	Multidisciplinary clinic And case management for children with cleft Lip/palate.
Orthopedic Clinic	Dottie Krause Box 144740 SLC, UT 84114-4740 584-8284	Multidisciplinary clinic and case management for children with cerebral palsy or orthopedic defects.
Neurological Clinics	Kathie Marti Box 144740 SLC, UT 84114-4740 584-8284	Specialty clinic and case management for children with epilepsy or neurological disorders.
Child Development clinic	Kitty Burgess Box 144740 SLC, UT 84114-4740 584-8284	Multidisciplinary clinic and case management for children 0-5 with developmental delays.
Neonatal Follow- up Program	Susan Wiley Champine Box 144651 SLC, UT 84114-4740 584-8284	Multidisciplinary clinic and case management for children 0-5 discharged from NICU's.
ABLE Clinic	Barbara Ward Box 144710 SLC, UT 84114-4710 584-8284	Multidisciplinary clinic and case management for children 5-17 with attention and behavior problems.
Hearing Speech and Vision Services	Tom Mahoney Box 144640 SLC, UT 84114-4710 584-8284	Speech and audiology evaluations for children 0-5 years old.
Travis C. Waiver	Carrie Carter Box 144722 Salt Lake City, UT 84114-4722 584-8240	Waiver services for technology dependent children.

Baby Watch Early Intervention	Sandra Saunders Box 144620 SLC, UT 84114-4620 584-8226/ 800-829-8200	Developmental intervention and case management for children 0 -2 years old with delays.
Ogden Satellite	Marian Murray 2540 Washington Blvd. Ogden, UT 84401	Multidisciplinary clinics and case management for Northern Utah.
Spina Bifida Clinic	Paula Peterson PCMC 588-3382	Multidisciplinary clinic for children with Spina Bifida.
Cystic Fibrosis	Deann Evan PCMC 588-2716	Multidisciplinary clinic for children with Cystic fibrosis.
Hemophilia Clinic	Sylvia Hutchinson University of Utah Med Center 581-7914	Multidisciplinary clinic for children with Hemophilia.
Metabolic Clinic	Sharon Earnst University of Utah Med Center 581-8943	Multidisciplinary clinic for children with metabolic disorders like PKU.
Arthrogryposis	Joyce Taylor Shriners Hospital 532-5307	Multidisciplinary Clinic for children with Arthrogryposis.
Oseogenesis Imperfecta Clinic	Joyce Taylor Shriners Hospital 532-5307	Multidisciplinary Clinic for children with Oseogenesis.

Division of Family Services

115 Golf Course Road, Logan 787-3400
1050 South 500 West Brigham City 734-4075
125 South 100 West, Tremonton 257-0123

Now under DWS (Department of Work Forces)
open M - F, 8 am - 5 p.m. Closed on holidays.

Child Abuse 787-3400

Disabilities 787-3450

Division of Family Services, Child Abuse Department handle all calls reporting abuse to children. They then investigate any reports to determine if a child needs to be removed from the home and placed into a shelter until they return to their parents or are placed into foster care. They work closely with parents to set up a program which will allow them to correct any problems which are dangerous to their child and their first priority is the ultimate goal of reuniting the family. They work closely with the juvenile Justice System and the Guardian ad Litem in cases where abuse has occurred to a child. They will also supervise court order supervised visitation and transport children to visitation.

The Department of Disability help adults who became disabled before the year of 18 (brain tumors being an exception). They provide respite care to parents of disabled children. They help children go to school and with the job training and job search section of DWS adults find employment.

Guardian Ad Litem

55 North Main, Suite 104

Logan Utah 84321

755-8079

Fax 755-8627

Guardian AD Litem: Dianne R. Balmain

CASA Coordinator: Shelly Keller

The Guardian Ad Litem is a court appointed attorney for children in domestic abuse cases. She works to help children through the legal process they are faced with when they have been abused or when the court feels that their rights need to be independently protected in a domestic case such as divorce and custody litigation's. She is a neutral party to the dispute that may be affecting the parents case and reports back to the judge on the children's best interests.

CASA (Court Appointed Special Advocate) volunteers aid the Guardian Ad Litem by gathering important information needed to protect the best interests of children in a litigation procedure. They also go to court to be with the child when a child must appear before a judge.

Intermountain Specialized Abuse Treatment Center

95 West 100 South, Logan 753-5411
862 South Main Street Brigham City, 723-5126

A private non-profit agency that specialize in services to individuals and families affected by sexual abuse and domestic violence.

Services

diagnostic and physiological evaluations

physiological arousal analysis

child sexual abuse corroboration assessments

individual, marital, & family therapy; educational, parenting &

therapy groups for victims and perpetrators

domestic violence counseling for victims & offenders

therapy for adults molested as children

24 hour crisis counseling

juvenile sex offender treatment program

community resource referral

Mountain Plains Regional Resource Center

1780 North Resource Park Way, N. Logan

752-0238

Mt. Plains Regional Resource are available to discuss resources to the 11 mid west states including Utah and public schools under the Bureau of Indian Affairs Monday through Friday 8 a.m. to 5 p.m.. They provide special education to students who need this type of resource on the state level.

Primary Children's Medical Center

100 North Medical Drive
Salt Lake City, Utah 84113
588-2000

Primary Children's Hospital is the leading medical provider specializing in children in the state of Utah. Some of the services provided are done so at a low or no cost depending on the financial conditions of the parents. Donations are taken during the year to keep costs to families down. When a child is seriously injured or critically ill and needs specialized care they are sent by life-lite or ambulance to Primary Children's Hospital.

Frequently called Departments are listed below.

Audiology	588-3950	Pediatric Surgeons	588-3350
Brace Shop	588-3920	Pharmacy Outpatient	588-2665
Cardiology	588-2600	Physical Therapy	588-3930
Child Abuse/ Neglect	588-3650	Psychiatry, Crises/Intake	588-3566
Craniofacial Anomalies	588-3630	Psychiatry, Information	588-3526
Dentistry	588-3620	Psychiatry, In-home	588-3535
Diabetes	588-2711	Psychiatry, Outpatient	588-3560
EEG	588-3388	Radiology	588-2490
Emergency	588-2233	Rehabilitation Clinic	588-3941
Epilepsy	588-3325	Same Day Surgery	588-3450
IHC Laboratories	588-3140	Speech/Language/Hearing	588-3950
Learning Problems Clinic	588-3576	Spina Bifida Clinic	588-3382
Neurology	588-3385	TDD	588-2010
Neurosurgery	588-3400	All other departments	588-2000
Outpatient Clinic/ Appointments	588-2700		

Travis C. Waiver for Technology Dependent/ Medically Frail Children

Division of Community and Family Health Services

584-8240

Baby Watch Hot-line (& other inf. concerning the above program)

1-800-829-8200

Services Available

- Case Management
- Respite Care
- In Home Respiratory Care
- In Home Family Counseling
- Nutritional Evaluation and In Home Based Treatment
- Portable Oxygen

Who may receive these services

Children under 21 who are dependent on specific types of technology related may be eligible to receive services from this program. The child must have at least two care givers who are (or willing to be) trained to provide the care required by the child. The child must live at home where she or he is accommodated with the necessary medical equipment. Without this waiver the child would most likely live in a nursing facility. The child must qualify for Medicaid on their own resources (parents not included). A limited number of children are admitted to this program. If your child qualifies he or she may have to wait for assistance.

United Cerebral Palsy

1831 East Fort Union Blvd. Suite 222

PO Box 21586, Salt Lake City, Utah

84121-0586

801-944-8965

Programs

- Play Therapy/ Parental Support - once a month participants of UCP Play Therapy and their family get together. They have a meal and then play on a theme begins (themes are holidays, events, etc) with the clients and their siblings while parents have a chance to talk to each other.
- Respitality- Radison Hotel provides free accommodations and a meal for two during a twenty-four hour respite period to allow the parents a break from the challenge of raising a child with CP.
- Information and Referral- UCP has a full library on CP and related topics and provides referral services to other agencies on an as needed basis.
- Housing Program- this is provided for adults with disabilities. It includes: group living, supervised apartment living, and peer support for those individuals who choose to live on their own.
- Peer Support Group- a time and place is provided for people in the UCP programs to discuss their challenges and support needs with others like themselves.
- Loan Library- lends technical equipment such as speech boards and communication equipment for extended periods for people with disabilities and their families.
- Equipment Purchases Assistance Program - provides financial assistance to purchase wheel chairs, communication boards and other assistive technology.

Future Programs

- Family Support Services - in home services provided to UCP clients and their families. These include: feedings, toileting and dressing, therapy, education, socialization, or community awareness (to include siblings when possible), integration into community activities when possible, and other requested tasks.
- Disabled Parents United - peer support for parents of disabled children.
- Scholarship fund- to assist capable young people with CP who wish to obtain an education or training when other financial means are unavailable.

Work Force Service
(formally AFDC, Food Stamps, & Medicaid)

115 W. Golf Course Rd., 753-3683
1050 South 500 West, Brigham City 734-4075

As of July 1, 1997 the Work Force Service replaced the pre-existing departments for all aspects of welfare and job services previously offered. From this time on the address listed above will be title Logan South Office (welfare services). Call for an appointment, no further information than what is listed on this paper will be given.

New Philosophy

1. Self sufficiency planning occurs before eligibility determination with diversion from ongoing cash assistance as an option. Emphasis is on self-sufficiency & finding employment. A self-sufficiency assessment occurs before the eligibility interview. if the client has immediate employment prospects or other sources of income are offered job placement assistance, a financial payment to meet immediate needs & transitional medical & child care support services.

2. Universal participation in employment- related activities is mandatory based on individual self-sufficiency plans. All parents will develop a self-sufficiency plan regardless of their age or children's age. There are no exceptions. Illness, medical problems, lack of transportation, child care, are all taken into consideration in developing the plan.

- plans are individualized
- child support is emphasized (collections are expedited for diversion cases & case w/ earnings)
- participation is supported (extra \$40 a month is granted for full time self-sufficiency activities, educational income & \$8,000 in equity value of one car are not counted)
- an improved conciliation process has been implemented (a parent is deducted \$100 a month until parent chooses to participate).

3. Employment is supported rather than penalized

- cash assistance - the first \$100 of earnings are not counted + 50% of the remainder of earned is not counted when determining the financial grant. The incentive is not time limited.
- Food Stamps - first \$100 of earning are not counted as income to take into account t work related expenses.
- Transitional Medicaid & Transitional Medicare - any family with earned income that leaves assistance because of income from another source, can get 24 months of Transitional Medicaid & transitional Child care on a sliding fee scale indefinitely.

4. Cash assistance, Food Stamps, Medicaid & Child Care rules have been simplified so that workers and participants can focus on self-sufficiency rather than requirements.

For the Employment & Training Office see Job Services.

Clothing

Section B

New - Department & Discount Stores

Bargain Outlet	750-0059
725 South Main	
Logan, Utah	
Bargain Outlet	257-5435
19 West Main	
Tremonton, Utah	
Christensen's	723-5551
75 South main	
Brigham City, Utah	
Christensen's	257-3978
45 East Main	
Tremonton, Utah	
Kings Department Store	752-6009
115 East 400 North	
Logan, Utah	
King's Variety Store	723-5601
60 South Main	
Brigham City, Utah	
K-Mart	723-1083
989 South Main	
Brigham City, Utah	
K-Mart	752-9530
170 East 1800 North	
Logan, Utah	
Penny, J C	752-3781
Cache Valley Mall	
Logan, Utah	
Shopko	723-1400
747 South Main	
Brigham City, Utah	
Shopko	753-3800
1341 North Main	
Logan, Utah	
Wal-Mart	753-0880
1550 North Main	
Logan, Utah	
ZCMI	(800) 759-6666

Cache Valley Mall
Logan, Utah

New - Specialty Shops

Children's

Brats 752-8167
1300 North Main
Cache Valley Mall, Logan

Play Time Kidz 787-4509
10 South 100 East
Logan, Utah

Men's

Kater Shop 752-1195
81 North Main
Logan, Utah
752-1195

Leven's 752-7032

69 North Main
Logan, Ut

Mainland Clothing Co 787-2201
1472 North Main
Logan Utah

Mr. Mac 753-0020
1300 North Main
Logan Utah

Sportsman, The 752-0211
129 North Main
Logan, Utah

Women's

Accents 753-3497
57 South Main
Logan, Utah

Away Upstairs 752-0676
601 West 1700 South
Logan, Utah

Bauns Fashions 755-3119
Cache Valley Mall
Logan Utah

Down East Outfitter 753-5122
79 East 1400 North
Logan, Utah

Classic Shop 257-3414
2 West Main
Tremonton, Utah

DeLona's 723-5749
35 South Main St.
Brigham City, Utah

Fifth Column 753-3591
29 West Center
Logan, Utah

Lerner 753-0844
Cache Valley Mall
Logan, Utah

Maurices 752-3441
1300 North Main
Logan, Utah

Outlet, The 752-7597
541 North Main
Logan, Utah

Vanity 752-3070
1300 North Main
Logan, Utah

Religious

Beehive Clothing (LDS Apparel) 753-3580
462 ½ Main, Logan

Disability

Section C

Access Utah
555 East 300 South, Suite 201
Salt Lake City, Utah 84102
1-800-8824

Access Utah Network specializes in information on issues for disabled people and adaptive equipment. They are affiliated with the Utah Governor's Council for People with Disabilities.

J.T. Simkins is the I & R Specialist and Manager. M. Maree Kolendar is an I & R Specialist. Both can help with any questions or order equipment you may need.

Services:

Services And Supports- A central service directory of descriptions of over 800 government and private agencies Utah wide that provide resources for people with disabilities.

Used Equipment- Free public service to match people who need to buy adaptive equipment with those wishes to sell equipment.

New Assistive Devices - over 19,000 devices in a nationwide computerized listing of products with brief descriptions and manufactures.

Americans with Disabilities Act- a complete library with brochures, technical manuals, accessibility checklists, computer searches, and video tapes that can be loaned out.

The Arch of Cache County

105 West 800 South
Wellsville, Utah 84339
752- 5889

Contact People: Beth Price (President) & Connie Casselman (Secretary)

The commitment of the Arch of Cache County and other chapters is to promote and defend the rights of the mentally retarded to have the necessary supports to choose and complete their goals. These goals include how they live, learn, work, and play. This is accomplished through educational programs, research, advocacy and the support of local families.

Services:

Advocacy on the federal, state and local levels to ensure the rights and support of good programs for the mentally retarded.

Integration of children into mainstream schools while still providing them with help to meet their needs.

Assisting families with family members who are mentally retarded through promoting legislation for government services, and financial support when it is needed.

Increasing employment opportunities in regular job settings.

Promoting community involvement so that mentally retarded people can participate and interact with the community. This includes equality in being accepted as citizens living independent of any institutions.

Support and information through a news letter (Horizons) and helping to gain mini-grants for families with needs not covered under other programs.

Prevention of future mental retardation's that are avoidable by educating the public about Fetal Alcohol Syndrome, HIV, AIDS and other medical conditions that could cause mental retardation.

(main office)

The Arch of Utah

455 East 400 South, Suite 300
Salt Lake City, Utah 84111
364-5060 or 800-371-5060

Center for Persons with Disabilities
Utah State University, Logan Utah
797-1981

The CPD (Center for Persons with Disabilities) is open from 8 a.m. to 5 p.m. excluding holidays.

Services:

- Family Intervention Programs
- Evaluations
- Psychological assessments
- Speech and language evaluations and therapy
- Gross and Fine motor evaluations and therapy
- Parent and family training
- Behavioral treatment services
- Nutritional counseling
- Referrals to other services when needed (includes information on adaptive equipment)

Dayspring Drug and Alcohol Rehabilitation Program

Logan Regional Hospital 750-5353

Columbia Brigham City Community Hospital 734-4160

24 hours a day

- confidential information by telephone or appointment
- free assessment consultation
- variety of informational pamphlets.
- community speaking presentations.

Detoxification (3 to 5 days)

- Round the clock monitoring for withdrawal signs/ symptoms.
- Intervention of withdrawal syndrome with medication & clinical support.
- Continuous psychosocial support from staff
- Physical examination by a physician
- Psychosocial assessment by a psychologist & addiction counselor.
- Transfer to Day patient when appropriate.

Day patient Program (20 sessions on weekdays from 9 a.m. to 4 p.m.)

- Individual, group and family counseling.
- Physical examination by a physician.
- Psychosocial assessment (includes a psychological evaluation).
- Nutrition assessment and education
- Patient & family education
- Physical fitness program.
- Recreation assessment with additional recommendations.
- Referral for ongoing medical, psychological, educational and other identified needs as appropriate.

Extended Care

- Aftercare services for a period of at least one year.
- Continuing access to counselors and support groups as needed.

Referral Sources

Patient

- Confidential inquiry interview (includes insurance verification & pre-authorization).
- Referrals given as appropriate.

Family & Friends

- Intervention (by family or friends in the presence of a counselor).
- Codependency educational sessions available for individuals concerned about some one else's substance abuse.

Referrals for employers & Health Professionals (see brochure).

Common Ground

Contact Person is Kate Stevens 750-7171

This is a project designed to provide accessible community outdoor recreating. Common Ground organizes hiking, canoeing, rafting, cycling, dog sledding, camping & other outdoor activities for youth & young adults with physical disabilities. Their goal is to integrate disabled people with the community and to empower people and raise awareness. Common Ground provides adaptive equipment to allow people with disabilities to participate in the activities along with their non disabled friends.

Department of Work Forces
(Job Assistance for disabled, Seniors, And Veterans)
446 North 100 West, Logan
752-5381
138 West 990 South, Brigham City
257-3637

Open M-F, 8 am to 5 PM. Now to be known as Department of Work Forces (DWS) Logan Central Office.

Training program for dislocated, economically disadvantaged, or single mothers entering the work force. Applications for this program must be filed with in 103 weeks from being laid off, even after all unemployment benefits have been used. Job listings, unemployment insurance claims, and skills testing is a part of the services found in this office.

The Jobs Services are no longer called by this name, it is referred to as the Department of Work Force Service (DWS) Logan Central Office. Utah House Bill 375 which took effect July 1, 1997 combined job services, training and welfare departments all under one title. Further information as to welfare services are listed under DWS.

DWS (Department of Work Force Services)

Job Counseling Services

Available to any one who has not yet chosen a career or job goal path.

Dislocated Worker Program

Employment & training program for workers who have lost their jobs due to economic conditions.

Eligibility - workers who are unlikely to return to work due to plant closure or mass lay-off, workers who are long termed unemployed & formally self-employed (includes housewives and farmers).

Older Worker Program (AKA: Senior Community Employment Program or Green Thumb Program)

Part time employment for people over 55

Eligibility based on being over 55 & meeting specific income requirements

Services for People with Disabilities

Work search, job coaching, information on work place modifications & community resource referrals.

Available to anyone with a disability that may limit employment.

Testing

Some jobs require accuracy and speed (typing, ten key, spelling, dictation)

Trade Adjustment Assistance (TAA) & NAFTA TAA

Employment & training to assist workers who have lost their job due to America's foreign trade policy.

Veterans Services

- job referrals
- career counseling
- career assessment
- employment assessment
- labor market information
- educational assessment
- job search
- special programs
- referral to education services
- resume assistance

Hospice of Cache Valley
A part of IHC Home Care
Logan Regional Hospital
750-5477

Services

- Specialty Nurses
- Trained Volunteers
- Pain & Symptom Management
- Social Services
- Spiritual Counseling
- Respite Care
- Bereavement Follow-up Care for the family

Options for Independence

1095 N. Main

753-5353

Hours are Monday - Friday 9 A.M. to 2 P.M.

Call for an intake appointment.

Services

Advocates for making the community more accessible to people with disabilities.

The contact person for this group is Judy Biggs.

This group:

teaches basic living skills

refers clients to disabled services

peer counseling & support group

public education

technical assistance (assistive devices - buy, rent, loan)

help in filling out government forms (including assisted technology loan forms).

transportation (when needed)

Housing assistance (remodeling to fit disability)

ADA Assistance (Americans with Disability Act)

contact person is Corey Rawley

Employment practices

provisions of state & local government services

access to services provided by public accommodations & commercial facilities

assistance to consumers with complaints on ADA non-compliance

consultation, training, information, and referral on ADA provisions & compliance

provision of information fact sheets & check lists to assist entities in accessing ADA

compliance needs.

Independent Living for Older People with Visual Disabilities

contact person is Pat Haskell

teaching adapted living techniques

minor modifications of home environment (i.e.: tactile markers on appliance controls)

information about services & devices available from agencies, non profit

organizations, & private vendors.

assistance is obtaining costly devices when needed

factual information about blindness & low vision as a basis for realistic attitudes

Assistive Technology

contact person is Tracy Woolstenhulme

evaluations

selecting, fitting, & maintaining devices

training professionals, employees, & others who provide A. T.

loaning devices temporarily

training individuals to use assistive technology

information & referral

developing funding resources

consulting on access, barriers removal

Activities & Events

contact person is Mac Hafen

picnics in the park

lunch & dinner breaks

county fairs & rodeos

swimming

grocery shopping trips

fishing trips

movie nights

holiday celebrations

art classes

sewing classes

shopping trips at the mall

gardening classes

theatre art workshops

USU sporting events

Golden Spike historical

Hogle Zoo

Ellen Eccles Theatre

Pickleville Playhouse

Crystal Hot Springs

Hardware Ranch

Utah Jazz games

Hansen Planetarium

Jensen Historical Farm Summer Fest

Festival of the American West

Fall leaves sightseeing trip

transportation is available on a first come basis

Common Ground - Out Door Adventures

contact person is Kate Stephens

canoeing

camping

hiking

rafting

dog sledding

skiing

People First

Contact person is Beth Price. Her phone numbers are 797-3295 or 752-5889.

People First is a professional volunteer and family group to help individuals with disabilities increase their independent living skills. This group plans outings and provides transportation as well as chairing on various committees throughout the year.

Senior Citizens Center

240 N. 100 E., Logan

752-9456

150 South Tremont, Tremonton

257-3371

Volunteer Center (for seniors)

240 N. 100 E., Logan

752-3103

Health & Nutrition

Health Clinics offered on a regular basis

- Blood pressure checks
- Blood sugar testing
- Foot clinics (with Logan Regional Hospital)
- Flu shot clinics (with the Health Department).

Nutrition Program

- Well balanced noon meal served at the center
- Special diets available
- Home delivery program provides frozen and hot meals to those who qualify.

Outreach

- Telephone reassurance: regular or daily calls
- Assessment & case management for in-home services
- Help in filling out forms such as Heat, Circuit Breakers, Food Stamps, Medicaid, Medicare, insurance, Etc.
- Tax return information and assistance
- Budget planning assistance

Transportation

to medical/ dental appointments, therapy, hair dressers, volunteer jobs, grocery shopping, center activities and other places within the Cache County area.

Social & Recreation

Craft Classes
Bingo
Shuffle Board

Bridge
Quilting
Ceramics

Dances & Musical Programs
Entertainment Programs
Billiards

A News Letter is sent out periodically to keep Seniors listed with the center up to date on all upcoming events.

Social Security Administration

255 N. Main, 1st room on the right if entering from the street)

138 West 990 South Brigham City

324 East 25th Street, Ogden

1-800-772-1213

Services:

SSI, Medicare

To make an appointment for the Logan site call 1-800-772-1213

Appointments for Logan are held on the 1st and 3rd Wednesday of every month 9:30 - 12:00
and 1:00 - 3:00.

The Social Services Personnel are at the Brigham City Location (Job Services) 138 West
990 South, Brigham City between the hours of 10 - 12 am & 1 - 3 p.m. every 2nd Thursday of
the month.

The Ogden Office is open every Monday - Friday 8 a.m. to 4 p.m.

Sunshine Terrace
255 North 200 West
752-0411

Services

- Residential Treatment
- 24 Hour Nursing
- Restorative Services
- Therapeutic Recreation Program
- Art, Pet & Music Therapies
- Occupation, Physical, & Speech Therapies
- Dentist, Podiatrist, Dietitian Services
- Pharmacy & Medical Records Specialists
- Licensed Beauticians & Barber
- In House x-ray & Electrocardiogram Machines
- Dental Room when dentist comes
- Transportation Provided to Medical, Dental, and other appointments
- Equipment Loans
- Extended Care
- Special Needs Unit (Alzheimers, Hospice, ETC.)
- Short Term Rehabilitation Unit

Only Adult Day Care Program in this area

- Adult Day Care Program (Monday through Friday 7:30 a.m. to 5:30 p.m. & Saturday 9 a.m. to 5 p.m.

Phone Number for Day Care is 752-9321

Fibromyalgia Support Group Meets here every first Thursday of the Month 7 p.m.

United Cerebral Palsy

1831 East Fort Union Blvd. Suite 222

PO Box 21586, Salt Lake City, Utah

84121-0586

801-944-8965

Programs

- Play Therapy/ Parental Support - once a month participants of UCP Play Therapy and their family get together. They have a meal and then play on a theme begins (themes are holidays, events, etc.) with the clients and their siblings while parents have a chance to talk to each other.
- Respite- Radison Hotel provides free accommodations and a meal for two during a twenty-four hour respite period to allow the parents a break from the challenge of raising a child with CP.
- Information and Referral- UCP has a full library on CP and related topics and provides referral services to other agencies on an as needed basis.
- Housing Program- this is provided for adults with disabilities. It includes: group living, supervised apartment living, and peer support for those individuals who choose to live on their own.
- Peer Support Group- a time and place is provided for people in the UCP programs to discuss their challenges and support needs with others like themselves.
- Loan Library- lends technical equipment such as speech boards and communication equipment for extended periods for people with disabilities and their families.
- Equipment Purchases Assistance Program - provides financial assistance to purchase wheel chairs, communication boards and other assertive technology.

Future Programs

- Family Support Services - in home services provided to UCP clients and their families. These include: feedings, toileting and dressing, therapy, education, socialization, or community awareness (to include siblings when possible), integration into community activities when possible, and other requested tasks.
- Disabled Parents United - peer support for parents of disabled children.
- Scholarship fund- to assist capable young people with CP who wish to obtain an education or training when other financial means are unavailable.

Vocational Rehabilitation

270 1/2 N. Main, Logan 752-9766

695 South Main St., Brigham City

Mission

To assist eligible individuals with disabilities to obtain employment.

Eligibility depends on :

1. The presence of a physical or mental impairment which constitutes a substantial impediment to employment.
2. The individual requires vocational rehabilitation services to become gainfully employed.

Eligibility will be determined by existing medical information. However, other evaluative services may be required (i.e. medical examinations and psychological evaluations). A financial needs test must be applied to determine the extent to which a client/family can participate in the cost of services.

Services

- medical services & treatment too reduce or stabilize the effects of the disability
- personal adjustment training to help gain more self-confidence as workers & adjust to work situations
- vocational training to gain vocational skills
- counseling & guidance to assist with career decision making & individual rehabilitation plan implementation
- assistive technology, evaluation & purchase of adaptive equipment to enable clients to complete their program plans
- to provide other goods & services to enable clients to complete their vocational rehabilitation
- job placement, counselors will work with clients to find & keep a job
- follow up to insure client satisfaction & adequate job adjustment.

Employment and Training

Section D

Bridgerland Applied Technology
1301 North 600 West, Logan 753-6780
325 West 1100 South, Brigham City 734-0614

Logan has full- time training programs which take approximately one year to complete. The programs are open access and can be started at anytime depending upon availability of class space. A pretest is required on all programs and classes are available to those whose skills need to be raised to meet the requirements to enter their program of choice. Adult and High School Student programs are available as well as day or evening classes. Brigham City offers both short and full time programs.

Available Programs

Auto Collision	Auto Mechanics	Building Trades
Business	Commercial Drivers License	Culinary Arts
Drafting	Electronics	Farms Management
Forklift Driver	Health Science	Law Enforcement
Machine Shop	Welding	

Learning Skills for Life

English as a Second Language	Essential Education Skills	GED Prep Class
Effective Communication	Life Skills	Child & Family
Support -		

Parenting & child social skills classes

Fees & tuition are calculated by class type and are due on a quarterly basis. The price of each class is listed in the class schedule

The Center for Travel Education

1301 North 600 West, Logan

Located at Murdock Travel

755-9859

This school is owned and operated by Education Systems.

An 11 week course totally 156 hours of instructional class time. It can be extended as long as the program is completed within one year. The school year has no vacation breaks (Holidays are observed for the day they land on or arranged by the school). Classes are held every week day and are divided into day classes (9 a.m. to 12 p. m.) and evening classes (6:15 p.m. to 9:15 p.m.).

Coarse Description

Travel Reservation	18 Hours
Geography	16 Hours
Computer Reservation Systems	42 Hours
Fares & Tickets	24 Hours
Leisure Travel	29 Hours
Sales & Customer Services	18 Hours
Resume & Interview	6 Hours

A self study program is possible. Credit for previous education is granted by testing out of a section (costs \$40 a test to exercise this option). Placement assistance is available. A non-refundable fee is required when the contract is submitted.

Corporate Office:
Education Systems
11038 Longdale Circle
Sandy, UT 84092
801-572-3454

Department of Work Forces
(FORMERLY Job Services)
446 North 100 West, Logan 752-5381
138 West 990 South, Brigham City 257-3637

Open M-F, 8 am to 5 PM. Now to be known as Department of Work Forces (DWS) Logan Central Office.

Training program for dislocated, economically disadvantaged, or single mothers entering the work force. Applications for this program must be filed within 103 weeks from being laid off, even after all unemployment benefits have been used. Job listings, unemployment insurance claims, and skills testing is a part of the services found in this office.

The Jobs Services are no longer called by this name, it is referred to as the Department of Work Force Service (DWS) Logan Central Office. Utah House Bill 375 which took effect July 1, 1997 combined job services, training and welfare departments all under one title. Further information as to welfare services are listed under DWS.

DWS (Department of Work Force Services)

Job Counseling Services

Available to any one who has not yet chosen a career or job goal path.

Dislocated Worker Program (located at Bridgerland Applied Technology- contact is Judy)

Employment & training program for workers who have lost their jobs due to economic conditions.

Eligibility - workers who are unlikely to return to work due to plant closure or mass lay-off, workers who are long termed unemployed & formally self-employed (includes housewives and farmers).

Older Worker Program (AKA: Senior Community Employment Program or Green Thumb Program)

Part time employment for people over 55

Eligibility based on being over 55 & meeting specific income requirements

Services for People with Disabilities

Work search, job coaching, information on work place modifications & community resource referrals.

Available to anyone with a disability that may limit employment.

Testing

Some jobs require accuracy and speed (typing, ten key, spelling, dictation)

Trade Adjustment Assistance (TAA) & NAFTA TAA

Employment & training to assist workers who have lost their job due to America's foreign trade policy.

Youth Employment & Training Program

(Youth Stay in School, Youth Employment & Training Program & School to Work)

Part time & summer employment programs designed around class schedules to help high school students make money and stay in school.

Unemployment Insurance

- Workers must have worked for an agency who is covered by the Utah Employment Security Act (independent contractors and self-employed are not covered).
- Terminated from the job due to their own fault is not covered.
- Applicant must be available & actively seeking employment. They must be able to work the customary hours for the customary pay for their chosen field & be physically able to work.
- They must have total wages of 1 ½ times their highest quarterly wages of earning \$1,900 in the base period or show that they have earned at least \$95. in 20 weeks during the period of time needed to establish eligibility (base period).
- Duration of benefits can be anywhere from the standard 10 weeks to 26 weeks (only 4% in 1995 received 26 weeks, no current information given).

Veterans Services

- job referrals
- career counseling
- career assessment
- employment assessment
- labor market information
- educational assessment
- job search
- special programs
- referral to education services
- resume assistance

LDS Employment Services
55 North 200 West, Logan
752-7911

This is a service of the Church of Jesus Christ of Latter Day Saints and as such it requires that a person who requires this service obtain permission of his or her ward Bishop.

Services

- Resume writing skills and assistance
- Interviewing skills
- Job leads

Learning Technics

Logan 755-9486

Ogden 393-3009

Diagnosis and retraining for people with learning problems. One on one instruction with most programs taking about 24 weeks.

Common Learning Problems

- Dyslexia
- Hyperactivity
- ADD (Attention Deficit Disorder)
- Poor Reading or Comprehension
- Difficulty Following Directions or Sequencing Information
- Difficulty Remembering
- Difficulty Concentrating or Short Attention Span
- Inability to Complete Tasks
- Poor Self-image
- Directional Problems

Hearing Discrimination Problems

Utah State University
 University Hill Logan Utah (Main Campus)
 275 West 1100 South Brigham City 737-2277

Academic Support Services.....	797-3373
Admissions & Records Office.....	797-1096
Alumni Relations	797-2055
Bookstore	797-1666
Career Exploration	797-3737
Center for Persons with Disabilities	797-1981
Computer Services	797-2391
Computer Solutions	797-3357
Disability Resource Center (for students)	797-2444
Extension & Continuing Education	797-2200
Family Life Center	753-5696
Financial Aid	797-0173
Gerontology Program	797-1593
Graduate Studies	797-1189
Housing Services	797-3113
HEART (First Fiends Mentoring Program for 1st year disabled students).....	797-3295
Hyper Recreation Building	797-1503
Independent Study	797-2132
International Students & Scholars	797-1124
Libraries Merril	797-2633
SCI TECH	797-2915
Special Collections	797-2663
Loan Office	797-1075
Mental Health Counseling	797-1012
Personnel Department	797-1805
Reentry Student Center	797-1728
Student Employment	797-0184
Student Health Services	797-1660
Student Information	797-1710
Student Records & Transcripts	797-1118
Student Support Services	797-3372
Testing	797-1004
Ticket Office	797-0305
USU Police Department	797-1939
Writing Center	797-2712

Dean's and Scholastic Department Offices

College Of Agriculture 797-2215

Biological & Irrigation Engineering	797-2785
Landscaper Architecture	797-0500

College Of Business 797-2272

Business Graduate Studies	797-2360
Business Relations	797-2279
Business Administration	797-2362
Business Information Systems	797-2342
Economics -Agricultural & Business	797-2330

College of Education	797-1437	
Elementary Education		797-0385
Industrial Technology & Education Department		797-1795
Secondary Education Department		797-2222
Special Education & Rehabilitation		797-3243
College of Engineering	797-2775	
Civil & Environmental Engineering Department		797-2932
Electrical & Computer Engineering Department		797-2840
Mechanical & Aerospace Engineering		797-2867
College of Family Life	797-1536	
Family & Human Development Department		797- 1501
Human Environment		797-1558
Nutrition & Food Science Department		797-2126
College of Humanities Arts & Social Sciences	797-1195	
Art Department		797-3460
Computer Science		797-2451
English Department		797-2733
Communication Department		797-3292
Communicative Disorders & Deaf Education		797-1375
Mathematics & Statistics Department		797-2809
Music Department		797-3000
Physics Department		797-2857
Publications Design & Production		797-2625
Sociology, Social Work & Anthropology Department		797-1230
Theater Arts Department		797-3046
Western Literature Department		797-1603
Women's Studies		797-0006
College of Natural Resources	797-2445	
Ecology Center		797-2555
Geography & Earth Resources		797-1790
Geology Department		797-1273
College of Science	797-2478	
Animal & Veterinary Sciences		797-2145
Biology Department		797-2485
Center for Atmospheric & Space Sciences		797-2961
Chemistry & Biochemistry Departments		797-1619
Political Science Department		797-1306
Psychology Department		797-1460
Soil Science		797-2179
Veterinary Science Department		797-1880
School of Graduate Studies	797-1191	

Vocational Rehabilitation
270 1/2 N. Main, Logan 752-9766
695 South Main St., Brigham City

Mission

To assist eligible individuals with disabilities to obtain employment.

Eligibility depends on :

1. The presence of a physical or mental impairment which constitutes a substantial impediment to employment.
2. The individual requires vocational rehabilitation services to become gainfully employed.

Eligibility will be determined by existing medical information. However, other evaluative services may be required (i.e. medical examinations and psychological evaluations). A financial needs test must be applied to determine the extent to which a client/family can participate in the cost of services.

Services

- medical services & treatment too reduce or stabilize the effects of the disability
- personal adjustment training to help gain more self-confidence as workers & adjust to work situations
- vocational training to gain vocational skills
- counseling & guidance to assist with career decision making & individual rehabilitation plan implementation
- assistive technology, evaluation & purchase of adaptive equipment to enable clients to complete their program plans
- to provide other goods & services to enable clients to complete their vocational rehabilitation
- job placement, counselors will work with clients to find & keep a job
- follow up to insure client satisfaction & adequate job adjustment.

Food

Section E

Bear River Health Department

655 E. 1300 North, Logan 752-3730

125 South 100 West, Tremonton 257-3318

Open M-F, 8 a.m. to 5 p.m.

WIC (women, Infants and Children)

Health clinic checkups, nutritional counseling, and food supplements.
by appointment, no fee.

Cache Community Food Pantry

South Main St., Logan

753-7140

Services: One time emergency food package, a weekly food program, or surplus food program. An intake sheet must be filled out and help is immediate. It is recommended that

Food Stamps also be requested for further help. If turned down for food stamps the pantry will still help.

Hours: intake is Tuesday and Wednesday 11:00 - 3:30
and food pick-up is M-F 10:30 - 5:00.

Community Pantry
271 North 100 West
Brigham City
723-1449

Open Monday through Friday 8 a. m. to 5 p. m.. There are no set criteria to get help with food. It

is suggested that any one needing help just come on in.

LDS Bishop's Storehouse
55 North 200 West, Logan
752-6425

This is a service of the Church of Jesus Christ of Latter Day Saints and as such permission must be gained from the individuals Bishop before using these services.

The Storehouse provides food and cleaning supplies to families involved in the LDS church who have obtained a Bishop's Food Order from the relief Society President in their ward.

Work Force Service

115 W. Golf Course Rd., 753-3683

1050 South 500 West, Brigham City 734-4075

As of July 1, 1997 the Work Force Service replaced the pre-existing departments for all aspects of welfare and job services previously offered. From this time on the address listed above will be title Logan South Office (welfare services). Call for an appointment, no further information than what is listed on this paper will be given.

New Philosophy

1. Self sufficiency planning occurs before eligibility determination with diversion from ongoing cash assistance as an option.

Emphasis is on self-sufficiency & finding employment. A self-sufficiency assessment occurs before the eligibility interview. if the client has immediate employment prospects or other sources of income are offered job placement assistance, a financial payment to meet immediate needs & transitional medical & child care support services

2. Universal participation in employment- related activities is mandatory based on individual self-sufficiency plans. All parents will develop a self-sufficiency plan regardless of their age or children's age. There are no exceptions. Illness, medical problems, lack of transportation, child care, are all taken into consideration in developing the plan.

- plans are individualized
- child support is emphasized (collections are expedited for diversion cases & case w/ earnings)
- participation is supported (extra \$40 a month is granted for full time self-sufficiency activities, educational income & \$8,000 in equity value of one car are not counted)
- an improved conciliation process has been implemented (a parent is deducted \$100 a month until parent chooses to participate).

3. Employment is supported rather than penalized

- cash assistance - the first \$100 of earnings are not counted + 50% of the remainder of earned is not counted when determining the financial grant. The incentive is not time limited.
- Food Stamps - first \$100 of earning are not counted as income to take into account t work related expenses.
- Transitional Medicaid & Transitional Medicare - any family with earned income that leaves assistance because of income from another source, can get 24 months of Transitional Medicaid & transitional Child care on a sliding fee scale indefinitely.

4. Cash assistance, **Food Stamps, Medicaid & Child Care rules have been simplified so that workers and participants can focus on self-sufficiency rather than requirements.

For the Employment & Training Office see Job Services.

Housing and Utilities

Section F

Apartments & Housing Management Companies

Appletree Apartments 691 South 600 East, Brigham City	734-2632
Bear River Valley Apartments 757 West 600 South, Tremonton	257-0346
Bess Realty 95 South Main St., Brigham City 120 North 800 East, Hyrum 755 East Main St., Tremonton	734-2047 245-4224 257-5456
Brigham Heights 295 East 800 South, Brigham City	723-1442
Bushnell Lodge Apartments East 700 South, Brigham City	723-8575
CFA Services (Apartment Finders) 666 North Main, Logan	753-7827
Coldwell Banker Real Estate Services (buyers & renters) 135 South Main, Logan	753-8824
Foothill Manor Apartments 650 North Main St., Brigham City	734-2535
Mountain View Apartments 219 East 700 South Apartment 20, Brigham City	723-2075
Parker Real Estate Services (buyers & renters) 198 North Main, Logan	755-9900
Preferred Property Management 150 East 400 North, Logan	752-5003
RVA Property Management 67 North Main Suite B, Logan (entrance is in the rear of the building of the Coppermill)	753-4670
St. Marks Terrace 50 North 500 West, Brigham City	734-2169
Tremonton Village Apartments 730 West 960 South, Tremonton	257-0434

Bear River Association of Governments (BRAG)

170 N. Main Street, 2nd Floor (Logan) 752-7242
663 West 950 South (Brigham City) 734-9511

Hours are Monday through Friday, 8 a.m. to 5 p.m. (not open on government declared holidays)

Bear River Associates of Government works on grants provided Federally and by the state of Utah. Their funding arrives each year in January and their programs last as long as funding is available. Applications are filled out during an intake process and will not be mailed out.

Heat Program- A subsidy of heat payments from November to March. Applications are taken starting on November 1 through March. November 1 to the 15 is reserved for the elderly and the disabled. Applications are opened up for all families in need of assistance after the 15th. Please contact Garth after the 1st or 15th depending on your status. Contact person is Garth.

Section 8 Housing - A monthly housing assistance program. Qualified applicants are placed on a waiting list for about a year before they are able to be assisted. Each year about 200 families are taken from the waiting list created the previous year. Once they are helped then a new waiting list can be made for the next year. To qualify you must be a family of at least two people, elderly or disabled and need financial assistance. The yearly start of accepting applications is unpredictable. Start calling in January and then call every few months. Contact person is Tricia.

Emergency rent assistance program- in order to prevent families from becoming homeless or helping homeless families find a home a \$200 one time grant is available. State funds are usually available from January until they are exhausted. Contact person is Garth.

First Time Home-buyer Program- a grant available for first time homebuyers (exception is a divorced parent buying a home by themselves for the first time even if they previously owned a home with a spouse). First step is to contact USU Family Life Center. There they have a video to see. Also housing counseling and financial counseling services are available. The housing counselor is federally funded and as such is free to the public. Financial counseling is based on a sliding scale and the first appointment is free. Next you need to contact Kenna (752-9242) at BRAG.

Minor Home Repair Program- this is designed for low income homeowners to make Health/ Safety/ or Emergency repairs. This grant is to be used when all other resources of a homeowner have been exhausted. Up to \$2,000 is available to cover the repairs and money is to be paid directly to a licensed contractor after the repairs are completed. The following is a list of approved repairs that can be covered: electrical, plumbing, roofing, safety/ health, and disabled access improvements. This program was designed to cover any repairs that produce a threat to health or safety or to halt further damage. (contact person is Kenna).

Major Home Repair Program is a low interest Federal loan for low and moderate income homeowners. The loan covers necessary repairs for electrical, plumbing, roofing, painting, siding, bath/ kitchen remodeling, floor covering, disabled access repairs, yard clean-ups, and

livability improvements. Qualified homeowners can borrow up to \$35,000 to make these repairs. The money is to be paid directly to licensed contractors once the work is completed. for further information call Kenna at BRAG.

Citizens Against Physical and Sexual Abuse (CAPSA)

752-4493 (business Line)

753-2500 (Crisis Line)

CAPSA is a non profit organization that provides services to domestic violence and rape victims in the bi-county area of Northern Utah and Southern Idaho. CAPSA is a licensed shelter and rape crisis center and as such provides a safe, caring, and non-judgmental environment.

Services

24 hour crisis intervention:

- telephone line 753-2500

- mobile advocate team

emergency shelter & food

individual & group counseling

coordination of services

& support with criminal justice, law

enforcement, legal services, social

services, medical & mental health

personnel.

educational presentations & workshops

protective order assistance

Habitat for Humanity

290 North 400 East, Logan 752-8419

435 East 700 South, Brigham City 723-7133

Open M - F, 10 am to 2 p.m. Please call before coming to the office she is hard to get a hold of and is out of the office a lot.

No interest homes for low income families. Criteria: (1) agree to a partnership with Habitat (physically help to build the house), (2) a genuine need for housing, and (3) fall under the low income guideline, but be able to afford a reasonable house payment. They are always looking for volunteers to help with housing projects as well.

Red Cross
666 North Main, Suite 301, Logan
752-1125

A non-profit volunteer organization that helps the community in times of need, disaster, blood drives, & information assistance.

Help available

Red Cross aids needy families to pay utilities when they have no other resources.

They provide food, clothing, bedding, and shelter if a family dwelling burns down or a natural disaster occurs.

Training and education about natural distress and how to prepare for them is given by seminars and having speakers come to requesting groups.

CPR training classes.

Health & safety classes and speakers

Family tracing services are provided during times of war & the Red Cross coordinates with the armed forces to send emergency communications over seas to family members in the military.

Blood drives services will be started in the Cache County area soon.

Medical

Section G

Bear River Health Department
655 E. 1300 North, Logan 752-3730
125 South 100 West, Tremonton 257-3318

Open M-F, 8 a.m. to 5 p.m.

Childhood Immunization Clinics

by appointment on Tuesday through Friday 1 p.m. - 5:30 p.m.

Well Child Clinics

Physical exams & developmental testing, counseling to parents about management of common childhood health issues.

by appointment. Fees are based on a sliding scale.

WIC (women, Infants and Children)

Health clinic checkups, nutritional counseling, and food supplements.

by appointment, no fee.

Child Health Evaluation & Care (CHEC)

Health care services for children up to 21 years of age. Parent or guardian must have a current Medicaid care to use this service.

by appointment, no fee.

Family Planning

Information, counseling, & birth control.

by appointment, fees are based on a sliding scale.

Cervical & Breast Cancer Screening

pap test, pelvic & breast exams, & instruction on self breast exams.

by appointment, fees are based on a sliding scale.

Baby Your Baby Prenatal Program

Income eligible, home visits by qualified nursing staff.

Health Promotion Programs

health risk analysis; fitness nutrition & stress management; and tobacco education.

by appointment, small fee and group rates.

Infant and Car Seat Program

safety car seats available at a low cost (for rent) for nine months.

Buckle Up for Love

1-800-887-KIDS

cards available to mail someone in violation of the seat belt and child safety carrier laws.

Or call to report a child under 4 not being in a car seat or a child under 5 not being in a seat belt.

Dental Health

instructions on brushing, flossing and fluoride rinse for school aged children.

Infectious Disease Control

confidential testing & treatment of people with communicable diseases such as

tuberculosis, hepatitis & sexually transmitted disease. Pre and post counseling for AIDS as well as testing.

Vital Statistics

Birth and death certificates are available and a fee is charged per copy.

Community Services

infectious disease investigation & break out control

public health education

speakers bureau - public speakers on medical issues available for all types of groups

film library - films on a variety of subjects. (\$2 - \$5 per tape)

Environmental Health

septic tank inspections

animal & insect control

water & air quality monitoring

laboratory facilities

food service inspections & licensing food handlers

school play ground & surface

inspections

control of unauthorized smoking in public areas

hazardous waste control

Bear River Valley Hospital

440 West 600 North

Tremonton, UT 84337

257-7441

Bear River Valley Hospital is a 20 bed acute care facility owned and operated by Intermountain Health Care.

Services

Community Services (EMT & Life Support Training, & transfers to other medical facilities)

Emergency Surgery

General Surgery

Industrial Nursing Services (first aide on site, OSHA reporting, immunizations, wellness screening, and

Maternity/ Obstetric/ Neonatal

Radiology

Oral and Maxofacial Surgery

Orthopedic Surgery

Pathology

Podiatry

Columbia Brigham City Community Hospital

950 South West
Brigham City, Utah
734-9471

24 Hour Emergency Care Service

Extensive Care

Intensive Care

Women's & Children's Services

Same Day Surgery

Adult and Adolescent Mental Health Services

Home Health

Logan Regional Hospital

1400 North 500 East

750-5366

Services: Charity Care (must apply for Medicaid first)

Business Office Hours are M-F, 8 am to 5 p.m.

Outpatient Clinic Hours: 10 am to 9 PM.

7 days a week, treating infections and illnesses. For treatment of major problems such as breaks, major bleeding or organ problems treatment will occur in the Emergency Room.

1997 Community Health Screening for Seniors Tuesday 7 am Education Center And Thursday 3:30 to 5 p.m. in the Hospital Cafeteria (June, July, and August, after that it's 4 p.m. to 5 PM).

Medical Library 750-5315 (hours M-TH. 8 am to 7 PM, F 8 am to 4 PM)

Pamphlets (.25 each), Consumer Books (check out for a week), Computers (Info. Search), Journals, Audio Visuals, Anatomical Models (\$1 a day, \$1 late fee if not returned on time), inter library loans, and check out extensions.

Other Programs held by the hospital

Education Center

750-5310

Social Services

discharge planning, extended care counseling and placement, home health care referrals, help with financial assistance (SSI, Medicaid/Medicare, Charity Care, insurance), hospice referral, Rescue Alert, transition care, psychological assessments, family counseling, patient advocating, crisis intervention, adoptions, transportation, outpatient assistance, respite care resources and abuse/neglect referrals.

Education for mother to be and family

Early Pregnancy Class (from beginning of pregnancy through 6 months)

exercise, nutrition, discomfort of pregnancy, physical and emotional changes.

Lamaze and Prenatal Childbirth Classes (\$45 a couple, Medicaid will cover)

relaxation and breathing, labor and delivery, medications, hospital procedures, newborn care, post partum adjustment and a hospital tour.

Other Childbirth classes

Prenatal weekend Friday evening and all day Saturday.

(\$45 a couple, Medicaid will cover)

C- Section Class (preparation for mothers who will deliver by C Section) by apt.

\$15 a couple.

Childbirth Education at home

Option 1 - persecuted videos and a manual (\$35.00)

Option 2 - Option 1 plus an instructor to answer your questions (\$50.00)

Prenatal One Night Refresher, for parents with at least one child already at home. (\$20.00, Medicaid will cover).

Lamaze Refresher, designed for those who have completed Lamaze before, \$16.00 an hour, by appointment (Medicaid will cover).

On Our Own, for single and pregnant mothers to be. \$20.00 Medicaid will cover.

Stork Alert Beepers (rental beepers for expectant parents \$1.00 a day)

Prenatal and Postnatal Exercise

Preparation for Breast-feeding, for parents who have decided or are deciding to breast-feed.

No charge for couples if registered for a late pregnancy class, \$5.00 if not in a class.

Lactation Clinic - consultation and support seven days a week.

750-5413

Big Brother/ Big Sister Party, Helping siblings ages 3- 10 except the new baby. (\$3 per child)

RSVP the Friday before a party. At least one adult or parent must accompany the child.

Parenting class , to prepare to be a parent \$5 per couple, free if registered in a LRH late pregnancy class. Next classes are on Sept. 27 & Nov.22).

Other classes offered

Asthma Program for kids

Capable Kids (education for children left at home on their own) \$5 per child

Kid Care Baby-sitting Class, for ages 9 and up the emphasizes the baby-sitter's responsibility for providing fun and safe child care. \$18 (includes book and materials)

Cardio Kids, Aerobics and healthy lifestyle education for kids (Next class August 1) 12 per child

Huggy Bear Presurgery Party

Hysterectomy class

I Can Cope (7 week series designed to help cancer patients)

EMT (Emergency Medical Technician) Basic class \$475 (INCLUDES \$80 State Test Fee)

Next class starts October 1, 1997

Advanced Cardiac Life Support class \$75 + \$50 for the test & \$20 for the book)

Next class starts on October 22 1997.

CPR/ First Aid classes for infants \$8, by apt. Next date class offered Oct. 6 , Nov. 3 no classes in Dec.

Quit for Life (Stop Smoking) \$30 behavior modification and peer support

Primary Children's Medical Center

100 North Medical Drive
Salt Lake City, Utah 84113
588-2000

Primary Children's Hospital is the leading medical provider specializing in children in the state of Utah. Some of the services provided are done so at a low or no cost depending on the financial conditions of the parents. Donations are taken during the year to keep costs to families down. When a child is seriously injured or critically ill and needs specialized care they are sent by life-line or ambulance to Primary Children's Hospital.

Frequently called Departments are listed below.

	588-3950	Pediatric Surgeons	588-3350
Audiology			
Brace Shop	588-3920	Pharmacy Outpatient	588-2665
Cardiology	588-2600	Physical Therapy	588-3930
Child Abuse/ Neglect	588-3650	Psychiatry, Crises/Intake	588-3566
Craniofacial Anomalies	588-3630	Psychiatry, Information	588-3526
Dentistry	588-3620	Psychiatry, In-home	588-3535
Diabetes	588-2711	Psychiatry, Outpatient	588-3560
EEG	588-3388	Radiology	588-2490
Emergency	588-2233	Rehabilitation Clinic	588-3941
Epilepsy	588-3325	Same Day Surgery	588-3450
IHC Laboratories	588-3140	Speech, Language, Hearing	588-3950
Learning Problems Clinic	588-3576	Spina Bifida Clinic	588-3382
Neurology	588-3385	TDD	588-2010
Neurosurgery	588-3400	All other departments	588-2000
Outpatient Clinic/ Appointments	588-270		

Brigham City Medical Clinic

600 Hospital Road

Brigham City, Utah

734-2041

Hours:

Monday- Friday 8 a.m. to 7 p.m.

Saturday 8 a.m. to 5 p.m.

Physicians

Keller, Bruce General Practice, OB, GYN

Markeson, John Internal Medicine

Mathews, Thomas Family Practice

Taylor, James Family Practice

Wilding, Greg Family Practice

Wilding, David Internal Medicine

Cache Valley Community Health Clinic

246 1/2 N. Main Street

752-7060

Services: Medical clinic open 6 p.m. to 9 p.m. Tuesday and Thursday for people who are uninsured and not Utah State University Students. Fees are based on income.

IHC Health Centers & Physician Groups

Budge Clinic 225 East 400 North, Logan	752-0422
Summit Clinic 502 South Main, Smithfield	563-3222
Cache Valley Family Practice 550 East 1400 North, Logan	752-7845
Douglas R. Hyld, MD 1340 North 600 East #3, Logan	753-2857
David Edwards, Podiatrist 1300 North 500 East #110, Logan	753-4454

Medical Specialties

Dermatology	Internal Medicine	Ears, Nose & Throat
Medical Oncology	Endocrinology	Neurology
Family Practice	Obstetrics/Gynecology	Gastroenterology
Pediatrics	Podiatry	Hematology
Surgery	Urology	

Additional Services

Diagnostic Imaging	X-ray	Dietitian/Nutrition
Laboratory	Lactation Consultation	Pharmacy

Medical Arts Clinic
984 South 500 West
Brigham City
723-5248

Hours: Monday through Friday 9 a.m. to 6:30 p.m. And Saturday 9 a.m. to 12 noon.

Physicians

Beard, Lynn Internal Medicine
Fonteyne, DouglasFamily Practice
Hannum, ThomasFamily Practice
Lish, JefferyFamily Practice & OB
Smith, Wendalyn Family Practice

Mountain West Physical Therapy
850 East 1200 North, Logan 797-3674
451 West 600 North, Tremonton 257-3809

Services

- Pain Reduction
- Neurological Rehabilitation
- Improved Range of Motion
- Increased Strength
- Restoration of Function

Northern Utah Therapeutic Massage

189 North 200 East Logan

752-3314

Lana White, LMT

Debra Bishop, LMT

Members of the American Therapy Association

Services

- Swedish Massage
- Trigger Point
- Russian Massage
- Fibromyalgia Therapy
- Stress Reduction

Western Medical Inc. Specialty Clinic

471 West 600 North Suite B

Tremonton

257-1115

Orthopedic Surgeons 1- 888-797-9633

Dr. Larsen

Dr. St. Ives

Ears, Nose & Throat Specialist 753-8334

Dr. Gibbons

The phone numbers listed next to specialty are alternate numbers for the physicians

Citizens Against Physical and Sexual Abuse (CAPSA)

752-4493 (business Line)

753-2500 (Crisis Line)

CAPSA is a non profit organization that provides services to domestic violence and rape victims in the bi-county area of Northern Utah and Southern Idaho. CAPSA is a licensed shelter and rape crisis center and as such provides a safe, caring, and non-judgmental environment.

Services

24 hour crisis intervention:

- telephone line 753-2500

- mobile advocate team

emergency shelter & food

individual & group counseling

coordination of services

& support with criminal justice, law

enforcement, legal services, social

services, medical & mental health

personnel

educational presentations & workshops

protective order assistance

Planned Parenthood

550 N. Main, Logan

753-0724

Office Hours are — F 8 a.m. to 5 p.m.

Services:

Birth control information, instruction and supplies
pregnancy testing, counseling, and referrals
communicable disease education, counseling and testing
vasectomy and tubule legations
health exams and cancer screening
infertility counseling & screening
sexual education
community outreach program to educate the community through guest speakers

The office has a Spanish speaking staff member

ALERT NET HOT-LINE (801) 238-ALERT = current laws on reproductive rights

Bear River Mental Health Services

90 East 200 North, Logan

752-0750

Mountain Ridge Counseling

663 Hospital Way, Brigham City

734-9449

Tremonton phone #257-0121

Medicaid Patients

Medicaid patients must have prior approval before receiving any mental health care services.

Services

- Crises Intervention
- Outpatient Care
- Adult Day Care
- Case Management
- Residential Treatment Placements (Long Term)
- Inpatient Care (Short Term)
- Community Education

Reasons to seek treatment

- depression
- feelings of hopelessness
- panic/ anxiety
- losing touch with reality
- marital problems
- child management issues adjustment to divorce
- coping with daily life
- sexual problems
- impulse control
- stress

Center for Counseling
246 East 1260 North, Logan
750-6300

James Kirby, MD
Kent Anderson, Phd
Kim Bushman, Phd
Bruce Johns, Phd

Services

- Adults, Adolescence, and Children
- Couple and Family Therapy
- Psychiatric and Psychological Evaluations
- Depression and Eating Disorders
- Anxiety and Panic Disorders
- Behavioral and Learning Problems

Most insurance plans are accepted.

Dayspring Drug and Alcohol Treatment Program

Logan Regional Hospital 750-5353

Columbia Brigham City Community Hospital 734-4160

24 hours a day

- confidential information by telephone or appointment
- free assessment consultation
- variety of informational pamphlets.
- community speaking presentations.

Detoxification (3 to 5 days)

- Round the clock monitoring for withdrawal signs/ symptoms.
- Intervention of withdrawal syndrome with medication & clinical support.
- Continuous psychosocial support from staff
- Physical examination by a physician
- Psychosocial assessment by a psychologist & addiction counselor.
- Transfer to Day patient when appropriate.

Day patient Program (20 sessions on weekdays from 9 a.m. to 4 p.m.)

- Individual, group and family counseling.
- Physical examination by a physician.
- Psychosocial assessment (includes a psychological evaluation).
- Nutrition assessment and education
- Patient & family education
- Physical fitness program.
- Recreation assessment with additional recommendations.
- Referral for ongoing medical, psychological, educational and other identified needs as appropriate.

Extended Care

- Aftercare services for a period of at least one year.
- Continuing access to counselors and support groups as needed.

Referral Sources

Patient

- Confidential inquiry interview (includes insurance verification & pre-authorization).
- Referrals given as appropriate.

Family & Friends

- Intervention (by family or friends in the presence of a counselor).
- Co-dependency educational sessions available for individuals concerned about some one else's substance abuse.

Referrals for employers & Health Professionals (see brochure).

Camille Call, LCSW
2600 North Main Ste 205
Logan
757-7963

Camille Call works in couple therapy

Evergreen Family Therapy Center
167 East 200 North Suite 3, Logan
752-1976

Victor Nelson, STM Director

Thorna Nelson, Phd

Scot Allgood, Phd

Susan Campbell, Phd

Laurel Carter, MS

Pamela K. King, MS

Karen Logan, LCSW

Jill T. Morgan, LCSW

John A. Neece, Phd

Ken Thevenin, MS

Services

- Counseling for individuals, groups, and families, including adults, teens, and children
- Men's and women's issues
- Couple and marriage therapy
- Domestic violence and child abuse
- past abuse trauma
- Obsessive compulsive, depression, and ADHD Disorders
- Teen and behavioral problems

**Se Habla Espanol

Intermountain Specialized Abuse Treatment Center

95 West 100 South, Logan 753-5411

862 South Main Street Brigham City, 723-5126

A private non-profit agency that specialize in services to individuals and families affected by sexual abuse and domestic violence.

Services

diagnostic and physiological evaluations

physiological arousal analysis

child sexual abuse corroboration assessments

individual, marital, & family therapy; educational, parenting &

therapy groups for victims and perpetrators

domestic violence counseling for victims & offenders

therapy for adults molested as children

24 hour crisis counseling

juvenile sex offender treatment program

community resource referral

LDS Social Services
95 West 100 South, Logan
752-5302

This service is provided by the Church of Jesus Christ of Latter Day Saints, and as such permission from a Bishop of the church is required for counseling and adoption placement services.

Services

- Counseling for adults, adolescents and children
- Family and individual sessions
- Pregnancy counseling
- Adoption placement services for both birth mothers and adopting couples
- Psychological evaluations
- Domestic violence and child abuse
- Depression and anxiety problems
- Eating disorders
- Adolescent and behavior modification
- Child and adult adjustment Problems

Life Span Mental Health Services

91 West 200 North, Logan UT

753-0272 or 753-2252

Services

- Individual & Group Psychotherapy
- Marital & Family Therapy
- Prevention & Education
- Psychological Assessment
- Psychiatric Medication
- Consultation
- Child Custody Evaluation

Gary Sazama, Phd, APC
150 East 200 North, Logan
752-8010

Licensed Clinical Psychologist

- Individuals, groups, and families
- Adults, adolescents, children
- depression and anxiety
- sexual dysfunction and trauma
- marital and pre-marital counseling
- Attention Deficit Disorder
- Child and adolescent problems
- Psychological testing
- Custody Evaluations
- hypnotherapy
- Psychotherapy

Sweet Grass Counseling Services

752-0133

Deborah Coupal, Phd, LPC

- counseling available for adults, youth, and couples
- Anxiety, depression, and eating disorders
- Certified sports consultations
- Wellness, pain management, and injuries

USU Marriage & Family Therapy Clinic
493 North 700 East (Family Life Center)
753-5696

Fees are based on family income and the size of a family according to a fee's schedule.

The clinic's staff members are graduate students in Marriage and Family Therapy. They are under the close supervision of a licensed clinical Facility.

Couple Therapy

Premarital

Marital Dissatisfaction

Sexual Problems or Concerns

Divorce

Remarriage

Family Therapy

Blended Families

Problems with Children & Adolescents

Family Conflict

Domestic & Child Abuse and Violence

Individual Therapy

Work Or School Problems

Life Transitions

Stress

Feelings of Loneliness, Sadness, Anxiety & Fear

Depression

Substance Abuse

Eating Disorders

USU Psychology Community Clinic
950 East 700 North (Education Building)
797-3401

Hours are Monday through Friday, 8 a.m. to 5 p.m. This does not include Holidays. Services are provided by graduate students under the supervision of qualified licensed Ph.D. psychology faculty. Fees are based on a modest sliding scale based on a schedule, take home pay of the client and the number of persons in the family. The clinic is a participating provider with Blue Cross Blue Shield of Utah.

Services Provided

- Individual Psychotherapy - conflict resolution, anger management, & depression.
- Child Services- behavior, depression, ADHD, planning school intervention & home programs, psycho educational & behavioral assessment.
- Couple & Family Therapy- conflict resolution, marital disorders, improvement of parenting skills and communication.
- Group Psychotherapy - peer support, alternative points of view, climate for developing skills.

Applegate Home Health Agency

1-800-871-0102

Logan Office 787-1234

FAX 394-3901

- Nurses- Registered & Licensed
- Home Health Aides - State Certified
- Rehabilitation Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Respiratory Therapy
- Infusion Therapy
- Medical Social Workers
- Specialized Medical Equipment
- Homemaking & Companion Services & More

Beehive Home Health Care

1155 1/2 North Main # B-5

Phone # 755-5755

FAX # 755-6999

Services

- Nursing Assessment
- Wound Care
- Full Range of Diabetic Care
- In Home Laboratory Work
- IV / TPN Therapy
- Injections
- Tube Feeding
- Full Range of Respiratory Care
- Colostomy / Ileostomy Care
- Catheter Care
- Gait Training
- Strengthening & Therapeutic Exercise
- Retraining of Activities of Daily Living (ADL'S)
- Assistance with ADL's (including light housekeeping)
- Financial & Emotional Counseling
- Language & Communication Retraining
- Care for Permanently Ill

Columbia Home Care

1-800-273-7393

Offices in Brigham City & Logan.

Home health

- Skilled Nursing
- Home_Health_Aid Services
- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Medical Social Services
- Medical Social Services
- Nutritional Counseling

Home Infusion Services

Therapies

- Antibiotics
- Pain Management
- Hydration
- Anti-coagulation
- Enteral/ perentral
- TPN

High Technological Skills

- Peripheral
- Med-line
- Central Line
- NG / J- tube

Medical Equipment & Supplies

- Hospital Beds
- Wheelchairs & Mobility Aids
- Respiratory Care & Oxygen Supply
- Licensed & Certified Respiratory Therapists
- Oxygen Concentrators - Home & Travel
- Oxygen Conserving Devices
- Liquid Oxygen
- Home Ventilator & Supplies
- Nasal CPAP / BIPAP
- Nebulizers
- Apnea Monitors
- Pulse Oximeters
- Diabetic Care Products
- Enteral Pumps & Supplies
- Bathroom Aids
- Orthopedic, Rehabilitation & Physical Therapy Equipment

Brigham City And Logan Offices

Community Nursing Services (CNS)

Box Elder, Cache, & Davis Counties

Cache County 752-3355

other two county 776-4445

Visiting Nurses Program

- Skilled Nursing
- Diabetic Information & Education
- Colostomy
- IV Therapies
- Dressing Changes
- Medication
- Instruction on Health Matters
- Disease Management
- Elderly Care
- Long Term Care
- Physical, Speech & Occupational Therapy
- Nutrition Therapy
- Social Work
- Personal Care Assistance
- Senior Companion
- Homemaking Assistance
- Volunteer Services
- Pediatric Care
- Maternal- Child Health Care
- High Risk Pregnancy
- Newborn Care
- Prenatal/Postnatal Care
- Psychiatric-Mental Health Nursing
- 24 Hours a Day & 7 Day a Week Service

Hospice (Interdisciplinary Approach)

The team includes:

- Patient & Family
- Physician, Nurses & Home Health Aids
- Social Workers
- Physical & Speech Therapists
- Pastoral Counselors
- Pharmacists
- Volunteers
- 24 Hour, 7 Day a Weeks Care

Journey Home Program (AIDs Patients)

- Disease Management
- IV Therapies
- Medication
- Instruction
- Pain / System Management
- Hospice Care
- Bereavement & Grief Support
- Pastoral Care
- Volunteers
- 24 Hour a Day, 7 Days A week Care

Home Health Plus

- Private Duty Nurses (RNs , LPNs, Skilled Nursing, & Intermediate Nursing)
- IV Therapy
- Ventilator Care
- Advanced Wound Care
- Anti- Partum Care
- Pediatric Care Program
- HIV & AIDs Care
- Certified Home Health Aides

Therapies

- Occupational, Speech, & Physical

Occupational Health, Wellness, & Communicable Disease Prevention

- Health Fairs
- Preschool Screening
- "Slug A Bug" - Mobile Immunization Program for Children
- "Be Wise...Immunize" influenza prevention clinic
- Hepatitis B & Tetanus immunization clinic
- Case Management
- Managed Care
- Respite & Homemakers Services
- Alzheimer Support Group
- Lifeline Emergency Response
- Referral Services
- Care Tailored to Clients Needs
- 24 Hours a Day, 7 Days a Week Service

Note: Kaleidoscope (a program for children) brochure is not available yet.

Pharmacy and equipment rental is also available to patients.

Intermountain Home Care
Logan Regional Hospital
750-5477

Home Health

- Skilled Nursing
- Hospice
- Education
- Certified Aides
- Infusion Therapy
- Physical, Occupational, & Speech Therapy
- Diabetes Instruction
- Emergency Response System

Home Medical Equipment

- Oxygen
- Beds
- Mobility Aides

Logan Nursing & Rehabilitation Center

A residential Treatment Center

1480 North 400 East, Logan Utah

750-5501

Nursing

- 24 Hour RN Care
- IV Certified (TPN & Central Line)
- Exceeds state requirements for patient / nurse ratio

Social Services

- Family Counseling
- Individual Patient Contact
- Assistance with Medical & Medicaid
- Discharge Planning

Dietary

- Well-balanced Meals
- Rotation and Cycle of Meals
- Special Diets Available
- Registered Dietitian

Recreational Therapy

- Two Full-time Therapists
- Outing, Socials, Bingo, & Animal Therapy
- One to One Church Services

Rehabilitation

- Physical, Occupational, & Speech Therapies
- Follow-up Home Health Care

Special Needs Unit

- Safe & Secure environment
- Full-time Recreation Therapists
- 24 Hour Individualized Programs
- Temporary Stays & Respite Care

Additional Services

- Pharmacy
- Podiatry & Dental Care
- Personalized Laundry Service
- Religious Services
- Beauty / Barber Shop
- Resident counseling

Sunshine Terrace
255 North 200 West
752-0411

Services

- Residential Treatment
- 24 Hour Nursing
- Restorative Services
- Therapeutic Recreation Program
- Art, Pet & Music Therapies
- Occupation, Physical, & Speech Therapies
- Dentist, Podiatrist, Dietitian Services
- Pharmacy & Medical Records Specialists
- Licensed Beauticians & Barber
- In House x-ray & Electrocardiogram Machines
- Dental Room when dentist comes
- Transportation Provided to Medical, Dental, and other appointments
- Equipment Loans
- Extended Care
- Special Needs Unit (Alzheimers, Hospice, ETC.)
- Short Term Rehabilitation Unit
- Adult Day Care (Monday through Friday 7:30 a.m. to 5:30 p.m. & Saturday 9 a.m. to 5 p.m.

Phone Number for Day Care is 752-9321

Fibromyalgia Support Group Meets here every first Thursday of the Month 7 p.m.

Hospice of Cache Valley
A part of IHC Home Care
Logan Regional Hospital
750-5477

Services

- Specialty Nurses
- Trained Volunteers
- Pain & Symptom Management
- Social Services
- Spiritual Counseling
- Respite Care
- Bereavement Follow-up Care for the family

Pharmacies & Home Health Supplies & Equipment

Advantage Medical Suppliers 1017 South 500 West, Brigham City	734-0488
Albertson's Pharmacy 49 East 400 North, Logan	752-6850
Brigham City Community Hospital 950 South 500 West, Brigham City	734-9471
CNS Medical Equipment & Supplies 95 West Golf Course Road, Logan	752-3355
Cash Valley Oxygen Home Health Care Center 1395 North 400 East, Logan	752-2227
Fred Meyers Pharmacy 950 North Main, Logan	753-1643
Grants Pharmacy (pharmaceuticals, supplies & equipment) 225 East 400 North, Logan-	752-6585
Home Care Center 24 West 100 South, Brigham City	723-6222
K Mart Pharmacy 170 East 1800 North, Logan	752-9641
Option For Independence (loans & help with purchasing) 1095 North Main, Logan	753-5353
Payless Drugs 50 East 400 North, Logan	752-8495
Shopko Pharmacy 1341 North Main, Logan	753-2700
Smith's Pharmacy 442 North 175 East, Logan	753-6570
Smithfield Community Pharmacy 850 South Main, Smithfield	563-6262
Spences North Pharmacy (& supplies)	753- 8500
Spence's Prescription Pharmacy 981 South Main, Logan	752-1111
Tremonton Community Pharmacy 44 East Main St., Tremonton	257-5249

U & I Furniture (Hospital Beds)
28 West 100 North, Logan

752- 0161

Walmart Pharmacy
1550 North Main, Logan

753-0990

Whitmore Medical Supply
896 North Main, Logan

753-1111

Misc.

Section H

Bail Bonds

A Hoyts Bail Bonds	752-1818
Beehive Bail Bonds	770-5544
Hal & Rand's Bail Bonds	753-2316
Pioneer Bail Bonds	257-0140
State Wide Bail Bonds	752-7692
Legal Aid	1-800-662-2538

Auto Rentals

Agency Rental	755-5892
Auto Care Collision Repair (rental while car is being repaired) 1240 South Highway 89-91, Logan	752-4544
Chrysler 2900 North Main, Logan	752-0500
Dales Cars & Rental 625 North Main, Logan	752-8257
Enterprise Car Rentals 1155 West Main, Logan	755-6111

Public Transportation

Buses	
Logan City (main terminal is in Smith's parking lot) (see full page information)	755-9977
Greyhound Bus Lines (station is at the Logan Airport) 2500 North 900 West, Logan	752-4921
Lewis Brothers Stages (charter bus) 549 West 5th South, Salt Lake	1-800-826-5844
Taxi Cab	
Logan City Cab Company 362 West 200 South, Logan	753-3663

Logan Transit District (City Bus)
430 W. 1400 N., North Logan
755-9977

Busses run M - F from 6:15 until 9 p.m., and on Sat. from 9:15 am until 6:45 p.m.

CALL A RIDE	753-2255
TDD/TTY	750-6394

(Dave's Transportation is the company that is subcontracted) Services: provides bus services to the city area, also provides special pick-up and delivery for clients with physical disabilities called "Call A Ride" (must have an approved application on file for this service). You can Call A Ride for a try out by dialing 753-2255. Busses run on half hour schedule and the main bus terminal for Logan is in the Smith's parking lot.

State Agencies

Utah Anti-Discrimination Division (housing & employment)
160 East 300 South
PO Box 146640
Salt Lake City, UT 84114-6640

1-800-222-1238
FAX 530-7609

The first step is speaking to an intake person. If they feel that you have a case they will send you the application. They have a person who speaks Spanish but he is not always available (Richard). They have the forms in Spanish. Translators are not provided, you must have your own.

Utah Consumer Protection

1-800-721-7233

A worker will determine if a form will be sent or a case started.

Utah Poison Control Center
410 Chipeta Way, Suite 230
Salt Lake City, 84108

800-456-7707

A 7 days a week, 24 hours a day emergency hotline (38,000 calls received a year with most occurrences happening to children under the age of 6).

When you call have the following information available

1. Exact name of the product.
2. Amount that was taken.
3. When did the poisoning occur?
4. The age and weight of the poisoned person.
5. How is the person doing ?

Public Safety Department

800-222-0038

All issues of public safety including traffic hazards

Support Groups

Alano Club		734-9096
Alcoholics Anonymous (Brigham City)		734-8817
	Logan Chapter	755-7772
Alzheimers Support Group		752-3355
	Ogden Chapter	627-0966
American Mothers Inc. (moral & spiritual foundation of home & family)		575-6667
Arc of Utah, The (advocacy & support for the mental retarded)		752-5889
	Beth Price & Connie Casselman	
	Salt Lake City	800-371-5060
Citizens Against Physical Sexual Abuse_(CAPSA)_		753-2500
Common Ground (Kate Stevens)		750-7171
Concerned Citizens with Disabilities Coalition (Becky Keely)		753-5353
Evergreen International (Same Sex Attraction)		363-3837
Fibromyalgia Support Group (meets at Sunshine Terrace)		752-0411
Focus (non-custodial support group - contact person = Michael Zufett)		566-2954
Journey of Hope (family & friends of the mentally ill Dell & Wanda Allen)		755-8720
	or Burt & Linda Black	753-3869
Low Vision Support Group (Pat Haskell)		753-5353
Mothers Against Drunk Driving (MADD)		269-8645
People First (Beth Price)		797-3295 or 752-5889
Resolve of Utah (Infertility Support Group)		483-4024
Responsible Utah Father (Ebbert)		942-8022
Share (Parents, Pregnancy, & Infant Loss)		272-5355
United Cerebral Palsy Of Utah		266-1805

Victim/witness Assistance Program

110 N. 100 W. Logan 752-892

advocates are Rebecca & Renee

Located at the County Attorney's Office. Ask for Rebecca or Renee.

In Box Elder County the program is located at the YWCA
435 East 700 South, Brigham City
723-5600.

This program is designed to provide advocates for victims and witnesses of violent crime.

Victims Bill of Rights

- to know what is happening with your case
- to be present during scheduled hearings, trials, & sentencing
(unless excluded by the judge)
- to advance notice of court dates and times
- to be free of threats, intimidation's, & harm by anyone
- to be safe, while awaiting to testify
- the fastest possible solution of your case
- to a clear explanation of any proposed plea bargains & their consequences
- to be paid restitution for medical bills, counseling, funeral costs, & other expenses
- to assistance to get time off from work to testify
- to get your property back when it's no longer needed as evidence

To qualify for compensation you must:

- be a victim of a crime that has caused physical or psychological injury to you or your family
- be a family member or dependent of a deceased victim
- be a resident of Utah or the crime must have been committed in Utah
- file a police report within 7 days after it happened
- have a claim to the state filed within one year after the crime has been committed
- give full cooperation to the law enforcement agencies in their investigation of the crime