Our Board of Trustees

Words cannot adequately express the immense gratitude we have for those individuals who make such a difference in the lives of others.

Thank you to our Board of Directors:
- George Hofmann, Board Chairman
- Stacy Weight, Vice Chairwoman
- John Pingree, Secretary
- Rich Bullough
- David Clark
- Bruce Cummings
- Russ Elbel
- Calvin Hatch
- Cheryl Smith
- Doug Springmeyer

CONTENTS

01 Message from our Board Chairman
02 Message from our CEO
03 Mission Statement
04 2016 Accomplishments
06 Expanded Services
11 ValleyFit
13 Getting the Word Out
15 Events
17 Looking Forward
19 Our Partners Make it Possible
The Board applauds the staff and leadership of Valley Behavioral Health for successfully navigating a complex year. Four years ago, this Board developed and approved an ambitious listing of core values and strategic priorities. We are pleased that Valley leadership has moved to the realization of those priorities while ensuring vigilant alignment with the core values that define the very essence of what we stand for.

Our commitment to providing behavioral health counseling to the communities we serve has expanded greatly, providing strong leadership in Wasatch and Tooele Counties, and expanding into schools in Salt Lake County. Additionally, we have opened a long-needed clinic on Salt Lake’s west side to better serve that clientele.

We remain “inspired by helping others.” That inspiration is what unifies Valley, the Carmen B. Pingree Autism Center of Learning, the Pingree Foundation, the Highland Springs Specialty Clinics and the Board of Trustees. We stand ready to add value in solving the most complex health and social needs that our communities and clients face.

We embark on 2017 stronger than ever in our 30 year history....whatever challenges our communities may face in 2017, we stand prepared to provide solutions and support.

“Let’s deal with it together!”

George Hofmann,
Board Chairman, Valley Behavioral Health

We’re getting stronger every day, every year. Our Information Technology infrastructure is undergoing a complete refresh, which will be completed in the summer of 2017. With the collaboration and support of our many community partners, we have strengthened and expanded services.

We have added 68 participating schools to our “on-site” counseling program bringing us to schools in three counties. We have also added Tooele as a partner! We co-sponsored a community needs assessment with Summit County and were named “Community Partner of the Year” by Canyon’s School District. We have rebuilt our Billing Department to ensure a much more sophisticated commercial insurance collections design. We also implemented a community-based treatment program for children and families challenged with the learning barriers that accompany an autism diagnosis.

Our marketing and social media initiatives are “on fleek” (look it up or ask a millennial). We fully launched “Slack,” an internal communication software that has enhanced communication significantly. After an extensive need analysis, we launched a major, state of the art clinic in West Valley and started a dual executive coaching series to improve the managerial skills across all programs.

Our “inspired by helping others” culture led us to donate thousands of dollars in food and school supplies to needy families and cold weather gear to 700 homeless individuals. Valley’s Wellness Program, “Valley Fit” is one of the most innovative in the industry and is continually getting better.

We have changed the way we hire and are reinforcing the culture with every new hire we onboard. Our “communication saturation” initiative and expansive leadership development series will enhance the speed of adaptation and help to ensure that Valley and its affiliated brands not only survive, but also thrive in the years ahead.

We could not have done all of this without our stakeholders, community partners, our engaged Board of Trustees and our amazing and dedicated employees! We thank you all for a great year.

Gary Larcenaire,
CEO and President, Valley Behavioral Health
At Valley Behavioral Health, we help individuals, families and organizations heal from mental and behavioral health issues, trauma and substance abuse. We are committed to providing warm, professional and compassionate care and connecting people to effective services. Whether you’re suffering yourself, or you care about someone who is, don’t do it alone. Let’s deal with it together.
"There is always something to do, ways to help others, at the same time giving me purpose."

- Steff D., New Reflection House
Expanded Services

West Valley Clinic
When the cry for additional services in the West Valley area was made, Valley answered the call. After carefully geo-mapping the area, we embarked on a detailed assessment of the community’s needs and determined that a majority of clients at the South Valley Clinic were traveling several hours to receive treatment. Frequent weather issues, as well as difficulty in transportation only complicated accessibility for these individuals.

After careful planning and a lot of hard work, our West Valley Outpatient Clinic opened on June 6th, 2016. We are now located at 2948 S. Redwood Road, just one block from the TRAX station and right on the bus line.

School-Based Behavioral Health
In response to an expressed need from our community partners, Valley Behavioral Health has expanded its school-based services. School programs have expanded to 68 schools across eight school districts in Salt Lake, Summit and Tooele Counties. Providers work closely with highly dedicated school teams to provide more accessible and localized behavioral health support to youth and their families in the safety of their neighborhood schools. Valley’s school-based behavioral health programs are critical to not only supporting the social and emotional needs of our at-risk youth, but also in breaking down barriers for student achievement. Valley is committed to providing resources, prevention, and wrap-around interventions to students, their families and the community. School-based behavioral health makes a difference in the lives of children and their families. The successful implementation of school-based behavioral health programs is only possible through committed community partnerships with Salt Lake County Behavioral Health Services, Salt Lake County Health Department, Utah State Board of Education, Utah State Division of Substance Abuse and Mental Health, Canyons School District, Salt Lake City School District, Murray School District, Granite School District, Summit County Health Department, Summit County, South and North Summit Counties, Tooele County and local charter schools.

In 2016 Valley IT made significant gains in system performance due to hardware upgrades, new talent acquisition, and unit site audits.

– Tyler Tait, Chief Technology Officer

“In 2016 Valley IT made significant gains in system performance due to hardware upgrades, new talent acquisition, and unit site audits.”

“I believe our greatest asset is our people. In order to be inspired by helping others, one must love what they do.”

– Christy Calderon, Chief Operating Officer
Valley Behavioral Health honored as “Community Partner of the Year.”

By extending our reach into the education community for students in need of care amidst crisis, we have been honored as “Community Partner of the Year” by Canyon’s School District 2016 Apex of Education. We thank the board for their recognition and will continue to prosper and provide care to the community because every student deserves to heal and excel.

North Davis Clinic

Highland Springs Specialty Clinic expanded our family of clinics into Davis County at the end of 2015. The new clinic is located on Antelope Drive in Clearfield.

The North Davis Clinic services include individual therapy, medicine management, a comprehensive DBT group, groups for post-partum depression and plans to add a yoga meditation group in the near future. We treat all ages with a variety of evidence-based therapy modalities, including EMDR and DBT as well as Play and Sand tray therapies. We offer treatment for alcohol and substance abuse, trauma, depression, anxiety, autism, pornography addiction and many other conditions. We have also added a second APRN and several new therapists.

“Highland Springs three specialty clinics have had impressive growth over the last three years. All three locations ranked in the top ten of 65 clinics for number of patients treated in fourth quarter of 2016.”

– Dr. Thatcher, Chief Medical Officer

The Pingree Center’s Community Based/At-Home Program receives panel approval to accept SelectHealth.

“I cannot say enough good things about Pingree. They made a world of difference in my son’s life and development. Everything was so scary when he was diagnosed and now he’s doing amazing. Tristan is in his second year of transitioning to public education. I don’t know where we would be without the services he received there. I am eternally grateful for the years he was there.”

– Sophia, Pingree Parent

Expanded Services

The Pingree Center's Community Based/At-Home Program receives panel approval to accept SelectHealth.
2016 was an amazing year for our ValleyFit program. Employees participated in a host of different events, including our annual ValleyOlympics.

The staff competed in games aimed to embody the company’s internal wellness program. We held dog walks, self-defense classes, water aerobics, 5K walks, basketball challenges and spin classes, just to name a few. At Valley we believe staying fit can also be fun.
SHINING A LIGHT. 
SHARING OUR STORY.

More children getting screened for autism at a younger age, study says

1 in 54 Utah Children Will Be Diagnosed with Autism

2 Utahns die every day from suicide, but hope is available

Rep. Mia Love runs in support of Autism Awareness month

Best ways to cope with recent violent deaths of youths? Connect, talk it out and seek help, experts say

What is the mental health first aid

Pingree Autism Center Expands Adolescents Program

How Much Do You Know About Mental Health?

Autism Center Fundraiser for Updated Playground

283,016 TOTAL IMPRESSIONS
THERE’S FUN AND THEN THERE’S VALLEY FUN.

We are committed to cultivating a positive environment for our community. Thanks to our wonderful staff, we have been able to instill a culture of growth, bonding and a rich desire to give back.

In 2016, our team came together to make a difference. We participated in multiple community outreach events ranging from clothing drives and food banks to wellness walks and ribbon cuttings. We were a part of 30 community partner meetings. We also served 700 homeless individuals at our annual homeless luncheon; from which we were able to provide ten free mental health screenings and admit 36 new clients. We bonded through serving our community’s needs — all the while, having fun and getting inspired the only way Valley knows how.
WAIT TILL YOU SEE WHAT'S NEXT.

We have an ambitious agenda for 2017! Our first major change is a 180° shift in how we define success. In the past, we have focused on “preventing bad things from happening.” Now we are pivoting to the mindset of “How can we improve the quality and functionality of our patients in their day-to-day lives?”

System-wide communication improvement, expansion and technological advances will also be a major focus for 2017. Highland Springs will unveil a huge technological advancement in Q3, which has been under development for the past year. The Orem Clinic will be a state-of-the-art and fully operational facility in Q2, with another launch in Q4.

We are also working towards implementing a fully integrated behavioral/primary care clinic in West Valley.

While many of the things we are looking forward to in 2017 are significant adjustments, most are simply continuations of systems and methods we already have in place.

The Pingree Center will continue to identify service needs and develop programs for our children with autism. Valley’s marketing will continue to focus on how we return value and educate the community.

Our wellness committee will continue to develop insurance coverage arrangements that align with Valley’s core values.

2016 was a big year for us, but we are determined that 2017 will be even bigger. Rest assured, we are just getting started.

Gary Larcenaire
CEO/President, Valley Behavioral Health
Our Partners Make It Possible

We’re in your debt.

Valley is only as good as our employees, volunteers and supporters who show up day after day to provide the services, wisdom, Isaacites and funding to keep us going. It has been a pleasure having you as a partner and we look forward to many more years to come.

With immense gratitude, we recognize:
THANK YOU.