



DEER HOLLOW
Recovery & Wellness Centers



Comprehensive Care
for
Trauma & Addiction

888-5WE-KNOW | www.deerhollowrecovery.com

About Us

Deer Hollow Recovery and Wellness Centers are located in Draper, UT, and have been changing lives since 2015. We treat trauma and addiction differently than any other recovery program: rather than focusing on just behaviors, we do a deep dive to explore and reintegrate trauma in a meaningful way.

Deer Hollow uses cutting edge, evidence based, intensive trauma programming. Our unique combination of modalities creates the most effective method to achieve maximum healing potential. At Deer Hollow we have mastered a formula to give clients hope, meaning, purpose, and a value driven life.



The cure for the pain is the pain.

- Rumi

We Specialize in Treating:

- PTSD & Trauma Related Disorders
- Substance Abuse
- Depression
- Anxiety Disorders
- Suicidal Thoughts
- Suicidal Ideation (NOT Active Suicidal Behavior)

Our Specialties have proven useful for:

- First Responders
- Veterans
- General Population
- Medical Professionals
- Teachers

Programs and Specialties

Our specialized curriculum is aimed at giving you everything you need to live a wholehearted, rich and fulfilling life upon completion of the program. Studies show that groups are the most effective format for processing trauma because of the validation offered from the common humanity amongst members. You will participate in weekly individual therapy and have an opportunity for family involvement.

Additionally, there are recreational activities, outings, fellowship meetings, and community service that is a part of your experience.

Deer Hollow believes that treating the whole person is integral to recovery. This is why there is great emphasis placed on engaging in activities that challenge the body, mind and spirit. Studies show that trauma recovery is most effective when the body is involved in the healing process. Clients engage in gym attendance, yoga, Crossfit, meditation, and hiking.



Treatment Modalities

Our therapeutic treatment modalities are designed to maximize the results you feel by offering you a wide variety of ways in which to experience new and inspiring skills training. We use time honored approaches that are evidence-based and proven effective and safe.



- Cognitive Processing Therapy (CPT)
- Dialectical Behavioral Therapy (DBT)
- Mind Body Bridging (MBB)
- Psychodrama
- Internal Family Systems (IFS)
- Schema Therapy
- Shame Resiliency & Self-Compassion
- EMDR: group and individually

Deer Hollow offers a complete Continuum of Care:

- Detox - Community Partners
- Residential Treatment
- PHP - Partial Hospitalization Programming
- IOP - Intensive Outpatient Programming
- Recovery Residences
- Family Programming



Our Multi-Disciplinary Team Includes:

- Master's Level Mental Health Clinicians
- Board Certified Psychiatrist & Substance Abuse Specialist
- On-site Nursing
- EMDR Trained Therapists
- In-house Yoga Instructor

Treatment for Substance Abuse

We treat substance abuse by addressing your underlying pain and trauma.

Numbing your pain doesn't end your pain. Let us teach you how to live your life free of harmful substances and behaviors.

At Deer Hollow Recovery, you will learn life changing skills that will bring you the lasting healing you have wanted for so long.

"I would recommend Deer Hollow to anyone and everyone who is seeking help for PTSD, addictions, anxiety, depression and other issues that are keeping them from living a happy, whole life.

It has helped me to deal with every day stresses and trials, to the bigger issues that may come along in life."

— K.G.

"From day one, the therapists and staff made me feel comfortable and safe. I could talk to them and never once felt judged. The one-on-one and group therapy sessions were highly effective in getting to the root of the problem. I also enjoyed the recreational outings we did often. It was nice learning how to have fun again without the use of drugs and alcohol."

— K.W.





Treatment for First Responders

Deer Hollow specializes in working with First Responders. The clinical team has extensive history and cultural competence to effectively treat the often invisible wounds brought on by their professions. We have proven outcomes showing the successful work we have done with this unique population.



"I started experiencing severe symptoms of PTSD years after events occurred. The overwhelming anxiety, depression, and inability to sleep for a reasonable period of time forced me to acknowledge I had a problem and I did not know what to do. I was encouraged to go to Deer Hollow. I received more benefit than I imagined possible from Deer Hollow. Every person on staff at Deer Hollow was fabulous. I am back to work as a detective and able to manage the PTSD symptoms effectively with many of the tools I learned, so the symptoms no longer control my life."

— B.P.



Admission

When you're ready to join us, we'll provide you with everything you need to know to feel prepared to take this journey. Your intake coordinator will answer all of your questions and provide you with the essentials like packing lists, schedules, and anything else you need for a successful stay at Deer Hollow.

We invite you to be willing to make a change.
It all starts with the first step.

Call for free insurance verification 888-5WE-KNOW

We Are In-Network With:



First Health.



beacon
health options



Cigna®



TRICARE®

PEHP
Health & Benefits

We Accept These Insurance Plans and Many More

aetna®

moda
HEALTH

GEHA®



We know this path is hard and can often feel lonely,
let us help you become who you want to be.

Please call 888-5WE-KNOW
or visit us at www.deerhollowrecovery.com
Our Admissions Team is available 24/7



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Deer Hollow Recovery & Wellness
1481 E Pioneer Rd.
Draper, UT 84020-9623