



Sandy Smith, L.C.S.W. - Therapist



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Sandy is a Utah native who grew up in the coal country in the eastern region of the state in Price, Utah. From her father, an avid outdoorsman, she learned to fish and camp in the wilderness at an early age. These early outings fueled her love for the wilderness that continues to this day. Sandy feels it is amazing to see the changes and growth that take place in students in a relatively short period of time. Because of her early life experiences in wilderness settings Sandy understands the power to affect one's character and way of being. She is continually drawn to the beauty and peacefulness that remains a constant when interfacing with the outdoors.

When she reached junior high and high school she discovered something new—her competitive spirit. Sandy played on the volleyball and basketball teams, in addition to running track. She was a middle distance runner, as well as a high jumper. She stills holds the high jump record at her local high school and was invited to the U.S. Olympic facility in Colorado Springs, CO for her high jump ability.

Sandy's lifelong love of the outdoors and her wealth of clinical experience give her a strong edge in working with adolescents and their families.

Sandy started her college career in her hometown before transferring to Southern Utah University, which she attended on athletic and academic scholarships. It was here that her passion for helping youth would shape her educational goals. She received her bachelor's degree in social work and began working at the Southwest Utah Youth Facility. During her time there she worked with adolescent offenders with an emphasis on sexual offenders. After 2 years counseling adjudicated adolescents in southern Utah she moved to Las Vegas.

Sandy spent more than 20 years in Las Vegas. While living in Las Vegas she earned a master's degree in social work at the University of Nevada Las Vegas (UNLV) and attained her LCSW credentials as a licensed clinical social worker. She was employed by the State of Nevada in the Division of Child and Adolescent Services for over 15 years. During her time in public service Sandy worked in a variety of setting. She has an extensive resume that includes time in group homes, hospital settings, corrections, intensive outpatient services, foster care, residential treatment centers, and private practice. She was a unit supervisor in a residential treatment program for adolescent sexual offenders, teaching parent relief in a group home, clinical case manager for a specialized therapeutic foster care program, night shift worker in an adult psychiatric unit, and in-home therapist for intensive outpatient services. In addition to working for the state, Sandy has maintained a private practice where she has been working with both adolescent and adult patients for over 13 years. She has worked extensively with clients who have been diagnosed with Bi-polar Disorder, Post Traumatic Stress Disorder ADHD, Anxiety and Depressive Disorders, as well as sexual abuse. After moving to Salt Lake City, Sandy significantly downsized her private practice in Las Vegas but still travels to Nevada a couple of times a month to continue her work with the families who count on her.



While Sandy is new to wilderness therapy, with just over a year and a half experience, she is certainly not new to clinical work. Her lifelong love of the outdoors and her wealth of clinical experience give her a strong edge in working with adolescents and their families. Sandy is a warm and compassionate individual who puts her soul into the work she performs with each person she has the opportunity to work with and is dedicated to helping families heal and learn to live healthy and functional lives.

When Sandy isn't working she enjoys quality time with the love of her life, her 7 year old son. Her return to Utah now affords her the opportunity to once again be surrounded by her immediate and extended family. She also gets the added benefit of hitting the slopes to ski and enjoy the greatest snow on earth.