### **CMHC EVALUATIONS**

#### **PSYCHOLOGICAL EVALUATIONS**

Diagnostic psychological evaluations are used to determine if an individual exhibits any signs of a specific psychological diagnosis. As there are no lab tests to confirm the mental illness. psychological testing can be essential for arriving at an accurate diagnosis and for the purposes of treatment planning. Psychological testing is used to help confirm common psychological disorders such as ADHD, bipolar disorder, anxiety disorders, and many others. CMHC also has the capability to test for intellectual disabilities, learning disorders, and other similar problems.

### **NEUROPSYCHOLOGICAL EVALUATIONS**

### What is a Neuropsychological Evaluation?

This type of evaluation can be useful for doctors to understand how an injury or illness is affecting the function of the brain and can be used to help find the right diagnosis when the problem may not be clear, as well as to detail a comprehensive treatment plan.

### Who needs this type of evaluation?

Reasons for referral can be for any illness or injury that affects the functioning of the brain. Common reasons include:

- Traumatic brain injury/concussion
- · Alzheimer's, Parkinson's
- Other forms of dementia
- Stroke
- Brain tumor
- Metabolic, toxic, and other forms of encephalopathy (damage or disease that affects the brain)
- Neurodevelopmental disorders

### **CMHC CLINIC HOURS:**

MONDAY 7.00AM - 6.00PM7:00AM - 6:00PM TUFSDAY WEDNESDAY 7:00AM - 6:00PM 7:00AM - 6:00PM THURSDAY

FRIDAY

7:00AM - 5:00PM

### **CONTACT US**

Clarinda Mental Health Center 400 W Glenn Miller Drive Clarinda, Iowa 51632

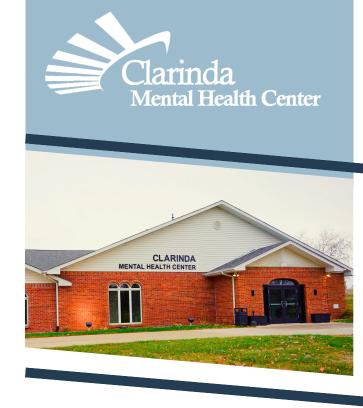
**L712.542.8354** 

**3** 712.517.1192

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# Clarinda Mental Health Center

MENTAL HEALTH SERVICES

400 W Glenn Miller Dr P |712.542.8354 Clarinda, Iowa 51632 F | 712.517.1192











# MENTAL HEALTH SERVICES IN VILLISCA & BEDFORD, IOWA

Because we realize just how important mental health services are, we are making sure underserved areas have easy access to these services as well. We have community clinics in Villisca and Bedford, lowa and we have a therapist and Nurse Practitioner that make visits to those clinics!

### Trista Grossnickle, ARNP, PMHNP, BC

VILLISCA FAMILY HEALTH CENTER

Every Monday

CLARINDA MENTAL HEALTH CENTER

Every Tuesday

BEDFORD FAMILY HEALTH CENTER

Every Wednesday

### Haley Phillips, LMHC

VILLISCA FAMILY HEALTH CENTER

Every Thursday

Call CMHC at 712-542-8354 to schedule appointments in Bedford or Villisca.

## SERVICES

### **COUNSELING & PSYCHOTHERAPY**

CMHC employs several skilled clinicians to provide psychological counseling and psychotherapy services. Our staff is a strong advocate for evidence-based treatments.

### Examples include:

- Motivational Interviewing
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Parent-Child Interaction Therapy
- Rational Emotive Behavior
- EMDR Therapy
- Trauma-Focused Cognitive Behavior Therapy

### PSYCHIATRIC MEDICATION MANAGEMENT

As part of a comprehensive treatment plan for mental wellness, this sometimes includes the need for psychotropic medications. CMHC provides psychiatric medication management to include commonly used medications as well as specialized injectable formulas. We can also provide options for treatment-resistant depression. A dedicated lab is available for the analysis of blood draws and urinalysis for precise prescription drug monitoring.

### **OUR CMHC TEAM**



Ryan Ernst, Psy.D., MSCP
Neuropsychology
& Clinical Psychologist



**Axel Bouchard, Ph.D.**Clinical Psychologist



Benn Rayment, ARNP, PMHNP-BC Psychiatric Nurse Practitioner



Trista Grossnickle, ARNP, PMHNP-BC
Psvchiatric Nurse Practitioner



Kim Schoonover, ARNP, PMHNP-BC
Psychiatric Nurse Practitioner



Marcy Howard, LMHC Mental Health Counselor



Haley Phillips, LMHC Mental Health Counselor



Katie Abold, LMHC Mental Health Counselor



Austin Barth, LMHC
Mental Health Counselor