

# 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 - 6:00PM |
| TUESDAY   | 7:00AM - 6:00PM |
| WEDNESDAY | 7:00AM - 6:00PM |
| THURSDAY  | 7:00AM - 6:00PM |
| FRIDAY    | 7:00AM - 5:00PM |

## CONTACT US

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

📞 **712.542.8354**

🖨️ **712.517.1192**

Clarinda Regional Health Center  
220 Essie Davison Drive  
Clarinda, Iowa 51632





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# Clarinda Mental Health Center

*MENTAL HEALTH SERVICES*

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

# CMHC 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.

## 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, Iowa 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.**

## 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**  
Psychiatric 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