

Adolescent Mental Health Options

for adolescent struggling with Anxiety, Depression, School Avoidance, Suicidal Ideation, Panic Disorder, Social Anxiety, Perfectionism, Self-harm, Phobias

Self-help Resources

Individual or Family Therapy

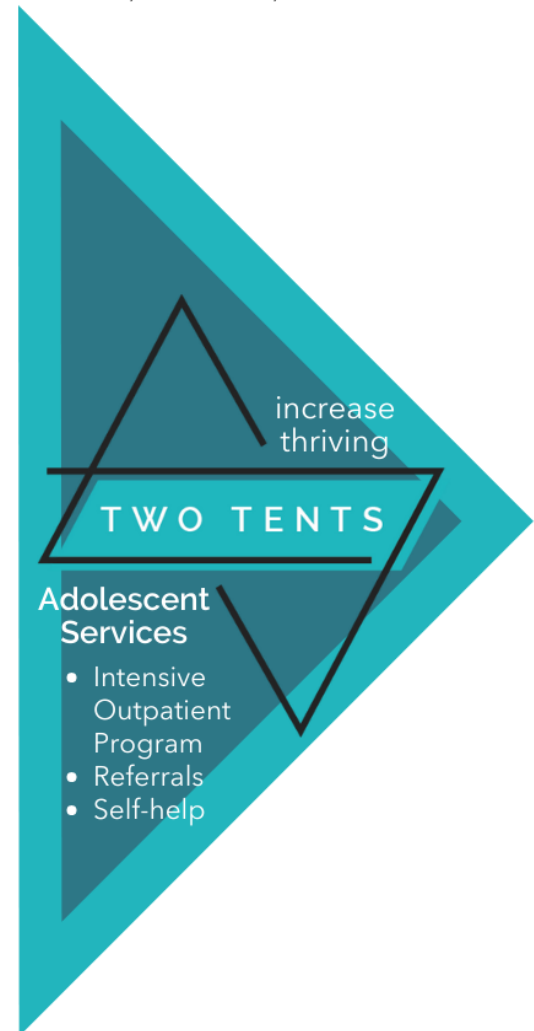
Medication w/ a Psychiatrist

Intensive Outpatient Program

Short-term Hospitalization

Longer Residential Placement

Alternative Strategies



[Free IOP Assessments | AnxietyCenterkc.com](https://www.anxietycenterkc.com)

Taking the first step to seeking treatment for anxiety, depression and other disorders can be difficult, because we can all experience some degree of anxiety, depression, moodswings, etc. in our lives as a normal part of human experience. Common signs of needing to seek treatment might be general anxiety or depression, mood swings, life transitions, career or value confusion and more. Some more severe signs you can look for to seek treatment include (but are not limited to): excessive worrying or fears that affect multiple domains of life (home, work, school, for example), frequent and unmanageable panic attacks, intrusive thoughts and/or urges, increased irritability or outbursts, frequent avoidance of social situations or other feared situations, suicidal thoughts, self-harm or self-harm urges, excessive or increased substance use, and frequent and not developmentally appropriate risky behaviors.

Essentially, if what you're experiencing is interfering with your ability to function on a daily basis, it is likely time to seek some professional help. The type of therapy that will be most helpful varies based on presenting concerns, personal goals and severity of overall impairment. It is also important to note that any type of treatment is often a process that involves both triumphs and setbacks. It is normal and expected that you might feel worse before you feel better. Discomfort or pain may arise when processing thoughts and/or feelings you may have tried to not think about for a long period of time. In addition, the counseling process may impact/disrupt your relationships with others as you begin to process these emotions relevant to your treatment. Please consider whether these risks of treatment are worth the benefits that can come from participating in counseling. Most people who take the risk associated with counseling have found therapy to be helpful. Below are some different treatment options and examples of when they are most useful.

Psychological Testing:

Meadowlark. They are located in corporate woods and do psychological testing for school, autism, ADHD and anxiety disorders. [https://kcmeadowlark.com/services#galleries\](https://kcmeadowlark.com/services#galleries)

Dr. Tish Holub Taylor: <https://tishtaylor.com/>

Jordan Psychological Services: <https://www.jordanpsychological.org/>

Individual therapy: If you're noticing some anxious or depressed feelings, or just notice you're feeling off, but are largely functioning on a day-to-day basis, individual counseling might be a good place to start. Common issues seen and successfully treated in individual therapy include life transitions, grief, general anxiety and depression, relationship difficulties and more. There are dozens of different treatment approaches, so it is important to research or consult with a professional about which type of treatment might align best with your needs.

Group therapy: There are several different types of group therapy that vary in intensity.

Support groups: support groups generally meet weekly (sometimes more) and are typically centered on a specific topic. Examples of support groups include Parenting, Alcoholic Anonymous, divorce support, bullying, etc. These groups are often open to new members at all times and can be considered less structured/more informal than other types of group therapy.

- Two Tents Parent Support Group:

<https://www.eventbrite.com/e/two-tents-parent-support-group-tickets-71622104643>

- 1st & 3rd Wednesdays 6-7:20 pm
- @ Renew Counseling Center: 11695 S. Black Bob Rd, Olathe, KS
- Led by Jason Bohn, LPC, Adolescent Director

- See Group Therapy options below:

Intensive Outpatient (IOP) groups: IOP is a good option to consider when individual therapy is not effective alone, but a residential treatment facility is not yet warranted. IOP groups are typically structured and are focused on psychoeducation and skills-based modalities, as well as emotional processing and peer support. Examples include an Anxiety IOP based in Dialectical Behavioral Therapy (DBT) or a program specifically designed to treat eating disorders. While IOP programs can be extremely beneficial, they are not often sufficient alone long-term. It is also important to recognize that as life continues after intensive treatment, skills may become less easy to use or feel less effective if you are not practicing/reviewing

them regularly. Therefore, it is recommended to continue with regular individual outpatient treatment, including talk-therapy and psychiatric medication management if applicable to ensure the best continuation of progress made during intensive treatment. Continuation of this sort means the client *and* their support system (family, providers, etc.) need to keep involved in reinforcing skills and concepts learned from IOP. Without this reinforcement, the individual has a greater chance of relapsing to the point of needing to return to IOP treatment.

- The Anxiety Center at Renew: The Two Tents IOP: <https://anxietycenterkc.com/adolescent-program/>
- PsychPros of Kansas City: <https://www.psychproskc.com/services.html>
- Lilac Center: <https://www.lilaccenter.org/intensive-outpatient>
- Crittenton's Adolescent Chemical Dependency: <https://www.jacksoncountycombat.com/488/Crittenton-Adolescent-Intensive-Outpatient>
- Cottonwood Springs: <https://cottonwoodsprings.com/child-adolescent/>
- Brookside Counseling: <https://www.brooksidecounselors.com/groups-1>
- Signature Behavioral Health: <https://www.sphkc.net/our-programs/outpatient-treatment/>
- Livingston Counseling: <https://livingstoncounselingcenter.com/services/intensive-outpatient-therapy/>
- KCCAT: <https://www.kcanxiety.com/>
- Research Medical Center: <https://hcamidwest.com/specialties/adolescent-behavioral-health/?location=research-psychiatric-center>
- Drug Rehab Program Crossroads: <https://www.thecrossroadsprogram.com/outpatient-drug-rehab/>
- KidsTLC: <https://www.kidstlc.org/>
- ED Care: Eating disorder treatment, <https://eatingdisorder.care/>
- Thalia House ED: <https://www.thaliacenter.com/>
- McCallum ED: <https://www.mccallumplace.com/about/locations/kansas-city>

In-Patient care is usually acute (short-term) to stabilize during a crisis.

- Marillac: <https://www.kansashealthsystem.com/locations/marillac-campus>
- Research: <https://hcamidwest.com/specialties/adolescent-behavioral-health/?location=research-psychiatric-center>
- Crittenton: <https://www.saintlukeskc.org/locations/crittenton-childrens-center>
- Heartland Behavioral Health: <https://heartlandbehavioral.com/>
- KVC: <https://www.kvc.org/>
- KidsTLC: <https://www.kidstlc.org/>
- Cottonwood Springs: PHP, Partial Hospitalization Program: <https://cottonwoodsprings.com/child-adolescent/>

Residential groups: Residential psychiatric facilities offer a home-like atmosphere and strong sense of community that help residents build self-esteem, develop relationships, and improve life skills. In clinical residential treatment programs, clinicians can view the full picture of a

resident's functioning and use that perspective and insight to fine-tune psychiatric therapy. Residential facilities are unique in this respect, being that they can assess people in a different atmosphere than other types of treatment. Residential care also offers structure, peer support and 24/7 care from trained professionals. Residential treatment is typically warranted after individual counseling and IOP treatments have been tried and deemed not enough, or if an individual has been hospitalized for safety reasons and cannot discharge safely to individual or IOP options. Residential treatment often involves group therapy in addition to structured activities, medication management, individual therapy and family services.

Residential treatment:

- **Starlite Recovery Center:** PO Box 317, Center Point, TX 78010-0317. The Adolescent program serves male and female adolescents ages 13 to 17. This clinical 12-step program is 45-60 days in length; changes in the length of stay are considered on an individual basis and based on clinical needs according to the individual treatment plan. All Adolescent clients are assigned a counselor for individual and family counseling as well as participate in group counseling as part of the recovery program. (866) 863-1164, www.starliterecovery.com
- **Rogers Behavioral Health:** Several locations in Wisconsin: Appleton: 920-843-5660; Brown Deer: 414-865-2500; Kenosha: 262-942-4000; Madison: 608-238-4411; Oconomowoc: 262-646-4411; West Allis: 414-327-3000. Led by a board-certified psychiatrist, our multi-disciplinary team will work together with your son or daughter to address their OCD and anxiety through cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and behavioral activation. To address your child's depression we'll also incorporate dialectical behavior therapy (DBT) components throughout treatment in both individual and group settings. Additionally, family involvement and education is a key part of recovery that allows for more effective treatment and eases the transition after treatment. General phone line: (800) 767-4411, <https://rogersbh.org/>
- **House of Hope Residential Treatment Program:** Our residential, therapeutic program is intended for girls ages 13-17 who are having spiritual, relational, emotional or behavioral challenges. Our program is led by professional counselors and social workers who are Biblically-informed and clinically trained, and is designed to help girls who are struggling due to trauma, adoption, bullying or inappropriate motivations. Our desire is also to come alongside a family to help equip them in rebuilding relationships that can pave the way to family restoration for each girl in our care. For more information or to schedule an appointment, call 913-262-8885 or visit our website at www.houseofhopekc.net
- **Shelterwood Residential Treatment Center** (located in Independence, MO) offers real hope, real heart change and real restoration for struggling teens. We are committed to bringing heart change to teenagers and restoration to families. Shelterwood combines boarding school excellence with the best in therapeutic care for real transformation. At Shelterwood, our desire is to create an environment where teens know they are loved, valued and have purpose. We believe that meaning and hope are found in Jesus, yet we are careful to respect each teen's faith journey. Teens arrive at Shelterwood when they are at their worst, and often leave with a transformed heart and a life restored. Whether you're just curious or in a crisis, call (816) 399-2771, <https://www.shelterwood.org/>

Wilderness treatment:

- **Star Guides Wilderness:** 377 E. Riverside Dr. Bldg. B, St. George, UT 84790. A New Generation Of Therapy, Confronting The Next Generation Of Addictions. Life Changing Treatment For Teens That Actually Works. Website: <https://starguideswilderness.com/>. Admissions department: 800.584.4629. Robin Reeber is the admissions specialist.

Couples therapy: Couples therapy can be helpful in improving communication, parenting, conflict resolution, and overall relationship satisfaction. As with any type of treatment, there are varying approaches. Some deal with family histories and learned or passed-down relationship patterns, while others focus on interpersonal communication or increasing intimacy between partners. Therapists often work with couples to try something different, particularly if the couple feels they are in some sort of rut or cycle that cannot resolve itself. Reasons couples seek counseling are difficulty communicating, high amounts of conflict, lack of intimacy (physical and/or emotional), parenting difficulties, lack of trust or infidelity, and more.

Family therapy & Younger Children: Family therapy is often warranted when one or more family member(s) are struggling with any of the above-mentioned difficulties. It is particularly useful when there are problems with communication, intimacy, anger or contempt between members and general support. Additionally, family therapy is helpful to open up lines of communication and to ensure each member is heard and understood in a safe environment. Adolescents with their parents, in particular, often benefit from family therapy to be able to express emotions and concerns in a productive way, with the guidance and coaching of a trained professional. Making structural changes in a family system often has a 'spillover' effect into individual lives as needs and expectations become clearer and relationships are built back up.

- **How to identify you might need family therapy:** If your young person shuts down when you try to have a meaningful conversation with them.
- **KC PCIT** believes in offering evidence based treatments to improve daily functioning of children and their families. Jennifer and Julie are experts in working with children (ages 2-18) and their families with a wide array of diagnoses and challenges including attention/hyperactivity disorders, anxiety, adjustment disorders, post traumatic stress and family conflict. They also have 5 full-time therapists trained and certified in PCT. <https://www.kcpcit.com/>
- **Well Wilderness Kids (2-8 year-olds)** is led by a team of pediatric professionals specialized in child development from a whole child perspective. Our team is composed of Early Childhood Educators, Physical Therapists, Occupational Therapists, Speech Language Pathologists, Music Therapists, Mindfulness Facilitators and Social Workers. Our mission is to provide a nurturing environment deeply rooted in social-emotional development for children of all ages and abilities to grow and thrive through NaturePlay. <https://www.wellwildernesskids.com/>

Co-Parenting Therapy: Co-parenting means we are tied for years to someone we no longer want as a partner. Instead of being able to leave this person in our past, we now have to try to move on while still communicating with them on a regular basis. This can make our lives a nightmare and these conflicts can inadvertently start to affect children.

Co-parenting therapy is designed to help parents put their anger and hurt aside and move forward in a civil way for the wellbeing of their children. Rather than being controlled by the past, people can use co-parenting therapy to find balance in their lives while remaining the best parents they can be. Co-parenting therapy helps in three main ways – by reducing conflict, improving communication, and implementing helpful parenting strategies.

Co-Parenting Therapists in the JoCo Area:

- **Christy Lanterman:** <https://www.kcresolve.com/our-team/christy-lanterman>
- **Katie Ballard:** <https://www.psychologytoday.com/.../karen-chadwick.../789046>
- **Krystal Proctor Shipps:** 816-200-7626, private pay, telehealth only.
<https://www.mendedkc.com/krystal-shipps-ma-lpc>
- **Julia Battle:** Healthy Roots Counseling, <http://www.healthyrootscounseling.com>
- **Karen Chadwick:** <https://www.karenchadwicktherapy.com/>
- **Amy Hyken-Lande:** <https://kidsincplaytherapy.com/kids-inc/kansas-city/>
- **Kimberly Levitan:** <http://www.playfulsolutionskc.com/contact-kimberly> (after divorce) 4+
- **Karen Chadwick:** karen@mwintegrativetherapy.com

Anxiety Resource List

Individual counseling groups:

- **Renew Counseling Center:** Renew has a team of clinicians who treat all of the above-mentioned issues. There are a variety of clinicians to choose from, each specializing in varying areas including anxiety, depression, trauma, play-therapy, eating disorders, couples and families. 11695 S. Black Bob Road, Olathe, KS. 913-768-6606, www.renewkc.com
- **Responsive Centers for Psychology and Learning:** Responsive Center's psychologists, social workers, and therapists are trained in the latest techniques for identifying and treating a wide range of mental health and behavioral issues. They provide services to children, adolescents, adults, couples, families and older adults in a caring and supportive environment. 7501 College Boulevard, Suite 250, Overland Park, KS. 913-451-8550, <https://responsivecenters.com/>
- **LifeLine Counseling Center:** Teen counseling with an emphasis on depression anxiety. stress bullying self-harming behaviors, abuse grief relationships, identity issues, self-esteem. 405 S. Clairborne Road, Suite 1 Olathe, KS. 913-764-5463, <https://www.lifelinecounselingcenter.org/>
- **Resolve Counseling:** Prairie Village and Northland locations with more than 25 therapists to help with multiple needs: <https://www.kcresolve.com/>
- **Bellatore Counseling:** Individual counselors specializing in eating disorders.
<https://bellatorerecovery.com/>
- **The House of Hope Counseling Center:** Serves Kansas City area families by providing Biblically-informed, clinically trained counseling for teen boys and girls. Family sessions with parents and siblings are also available. Our counselors are equipped to address a variety of issues including substance/alcohol abuse, pornography, depression, anxiety, self-harm, suicidal ideation, and many other behavioral or mental challenges. Most insurance programs are accepted to reduce or eliminate counseling costs. For more information or to schedule an appointment, call 913-262-8885 or visit our website at www.houseofhopekc.net.

Individual Clinicians with Specialities & age ranges they feel comfortable serving

- **Allison Kidd Therapy LLC:** Pre-teen, Teen, Young Adult & Family (previously worked at Marillac) <https://www.allisonkiddtherapy.com/>
- **Michael Lusher:** Clinician for the Two Tents IOP program, provides individual therapy, lushercounseling@gmail.com
- **Joe Segraves:** Clinician for the Two Tents IOP Program, provides individual Therapy at Doors of Hope Counseling, <https://www.doorsofhopekc.com/>
- **Danna Dahl, M.A., LCMFT, LCPC:** Her areas of practice include concerns such as depression, anxiety, life transitions, grief and loss, adjustment difficulties, parent-child relationships, and identity development. 913-491-6876 x102, ddahl@revivekc.com
- **Tom Page, M.A., LPC:** Tom helps clients address many different challenges, including depression, anxiety, lack of direction, poor self-confidence, spirituality, parent-teen relational issues, and sexual addiction recovery. 913-491-6876 x106, tpage@revivekc.com
- **Kelly Linnan LCSW:** <https://www.kellylinnan.com/>
- **Molly Pitkin MA, LPC:** Former Children's Ministry Pastor specializing in attachment therapy: <http://attachmentcounselor.com/molly-pitkin>
- **Charles West LPC, NCCL** Willing to see adolescents. <https://www.discovercounselingkc.com/about>
- **Jason Stary, LCPC:** Teens through families. Lifeline Counseling jstary@lifelinecounselingcenter.org, 913-764-5463, ext 103
- **Kurt Nichols LPC:** kurtnicholscounseling@gmail.com, 913-933-0451
- **Thomson Ticum, MA, LPC, NCC (bilingual):** Ticumtherapy.com, 913-228-3099
- **Jennifer Asbury LPC, NCC:** Ages 12+ specializing in Trauma, Anxiety, Depression, Mood Disorders, Suicidality, and Self Harm <https://www.therapyden.com/therapist/jennifer-asbury-overland-park-ks>
- **Kelsey Bickley M.A., LPC:** Ages 13-24 perfectionism, <https://kelseybickleycounseling.com/about/>
- **Natasha Klutts, LCSW:** Specialties: Foster Care / Adoption, <https://www.healthgrades.com/providers/natasha-klutts-xyln6kf>
- **Hillary Merryfield, MSW, LCSW, LCSW:** Ages 12+ Specialties: Adoption Issues, Clinical Hypnotherapy, <https://www.adoptionoptionkc.com/philosophy/about-the-director/>
- **Elliot Seymour, PLPC:** Ages 10+, <https://openpathcollective.org/clinicians/elliott-seymour/>
- **Mandi Shrock, LPC, NCC:** Ages 10+ Specialties: Parent & Child Relationship Strengthening, <https://openpathcollective.org/clinicians/mandi-shrock/>
- **Natalie Spencer, LPC:** Specialties: Child and Family Therapy, <https://www.therapyden.com/therapist/natalie-spencer-overland-park-ks>
- **Rachel Linnebur:** Specialties: Eating Disorders, OCD, Anxiety, Depression, Life Transitions, and Interpersonal Issues. <https://eatingdisorder.care/rachel-linnebur/>
- **Catie Herst, LCPC:** Specialties: Child and Family, <https://www.monarchfamilytherapy.net/therapist>
- **Morgan Twidwell, LCSW:** Ages: 12 - 30 years old
- **Margo Fund, LMSW, LMAC:** Specialties: Substance Abuse, Children & Schools

Group counseling:

Teen Mental Health Support Group w/ Kelly Linnan: (currently inactive although may start up again soon) Teens are faced with unprecedented levels of stress. This group is offered to create a secure space for teens to process the complicated emotions associated with growing-up in an era where teens are pushed to do more & be more. It's easy to feel overwhelmed in a culture where the pressure to excel is widespread. This group is for teens looking to find connection and hope while learning to cope with a wide range of emotional issues including depression, anxiety, substance use, and eating disorders. Please visit www.kellylinnan.com and click the tab "Work With Me" for more information on this group.

- Wednesday for 14-19 year old's and is \$50 per group session.
- She uses ACT (adult version of DNA-V) and works with adolescents with anxiety.

Brookside Counseling: Is a group of independent therapists working together to help you make the changes you want in your life. The practice is conveniently located in Brookside. The atmosphere is calm, open and inviting, with plenty of natural light. They provide counseling for individuals in all stages of life: children, adolescents, young adults and adults. 601 E 63rd St #340, Kansas City, MO. (913) 972-5712. Jen Lympus Adolescent Facilitator: <https://www.brooksidecounselors.com>

Lilac Center: Dialectical Behavior Therapy-Based Adolescent Intensive Outpatient Program. Location: 2029 Buchanan St. North Kansas City. M) 64116. Contact: (816) 221-0305
[.https://www.lilaccenter.org/](https://www.lilaccenter.org/)

New Leaf Therapy Group: High School Girls Therapy Group. Leawood Executive Centre. 4601 College Boulevard, Suite 275. Leawood, KS 66211. Dori A Velasquez-Peach. 913-228-1176,
<https://newleafkc.com/>

Kansas City Center for Anxiety Treatment: Kansas City 10555 Marty Street, Suite 100 Overland Park, KS 66212. 1st Tuesday and 3rd Thursday of each month at 6:00 PM - 7:00 PM. Free group. To register, please call (913) 956-6217, <https://www.kcanxiety.com/>

Teen Girls Therapeutic Support Group. Noll Counseling LLC. 10925 Antioch Rd. Suite 200. Overland Park, Kansas 66210. (913) 278-1597 <https://nollcounseling.com/>

Adolescent Mindfulness/Meditation Group. Tracy Hadel: Clinical Social Work/Therapist, LSCSW, LCSW. 7381 West 133rd Street - Suite 218 Overland Park, Kansas 66202 (913) 937-0723

High School Girls Connect! Group: Heather England: Counselor, MS, MBA, LMLP, LCPC, CDWF-C. Sana Holistic Care. 8575 W 110 St Suite 225 Overland Park, Kansas 66210. (913) 210-8681,
<https://heatherengland.com/high-school-girls-group/>

Self Harm Adolescent/teen Support Group: Whitney B Ide Counseling, LLC. 8080 Ward Pkwy Suite 180 Kansas City, Missouri 64114. Call Ms. Whitney Ide: (816) 482-3675,
<http://www.whitneyidecounseling.com/>

The Center For Healing and Recovery. DBT Skills Training: Teen/Caregiver - Mondays 6-8pm - Raytown. 8801 E 63rd Street, Suite 101, Raytown, MO 64133. Phone: (816) 368-2000, <https://www.healingandrecoverykc.com/>

Emotional Regulation with DBT. Northland Location: 7211 NW 83rd Street Suite 130 Kansas City, Missouri 64152. Call Embark Counseling Services Llc. (913) 353-3769, <https://embark-counseling.com/service/group-therapy/>

Teen Support Group, Eating Disorder focused:<https://www.thaliacenter.com/our-staff>

Psychiatry

- **Psychiatry Associates of Kansas City (PAKC):** Renew personally recommends Dr. Andrew Segraves or Dr. Christopher Van Horn for adolescents and and Dr. Stephen Segraves for adult patients seeking quality medication management. Other quality physicians are available at PAKC as well. Psychiatry Associates of Kansas City is one of the area's largest Psychiatry practices. 8900 State Line Rd Suite 380, Leawood, KS. (913) 385-7252, <https://pakconline.com/>
- **Dr. Anne Clark:** <https://www.healthgrades.com/physician/dr-anne-clark-22xrr>
- **Dr. Jaclyn Legg:** <https://www.drjaclynlegg.com/>
- **Kansas City Psychiatric Group: Dr. Rimi Grewal, Dr. Ken Sonneschein, Dr. Rubin Moore, Dr. Stephen Samuelson,** <https://kcpsych.com/wp1/>
- **Dr. Poomah Khanna:** <http://mtmkc.com/about-dr-khanna/>
- **Dr. Lindsay Tobler, Dr. Shayla Sullivant, Dr. Kristin Teasdale,** <https://www.childrensmercy.org/departments-and-clinics/developmental-and-behavioral-health/>
- **Dr. Brent Menninger:** <https://pca4u.com/new-patient-info/>
- **Valerie Jansen:** <https://www.clinical-assoc.com/valerie-jansen-aprn-bc>

Low Cost Options: <https://www.opencounseling.com/kansas/olathe>

Options for Family Members: <https://www.rediscoveringyoullc.com/> Whether it be through providing financial assistance for mental health care, supporting those who have lost a loved one to suicide, or providing supports for those in recovery from any mental illness and their loved ones, Rediscovering You is here to walk with you on your journey.

National Mental Health Support Groups

National Association for Mental Illness: NAMI <https://nami.org/Home>

Depression and Bipolar Alliance: DBSA <https://www.dbsalliance.org/>

Local Community Resources #ZeroReasonsWhy:<https://www.zeroreasonswhy.org/new-page>

Axis: Free weekly email designed to help you connect with your adolescent on relevant topics such as social media, technology, etc. There are also options to take online classes or download resources for a small fee. <https://axis.org/>

Alternative Treatment Strategies

1. Optimize Neurofeedback: <https://optimizeneurofeedback.com/>
 - a. NeurOptimal® has been designed to provide information about the non-linear dynamical activity of the brain as it shifts from moment to moment. Because it tracks the brain so precisely and so rapidly micro-second by micro-second, there is no need for evaluation or diagnosis ahead of time.
2. Pediatric Connections (OT): <https://www.pediatricconnectionsot.com/>
 - a. We have a staff of highly skilled Occupational Therapists and Speech Language Pathologists. We specialize in helping children succeed in activities of daily living in the home, school and community. Our OTs are uniquely trained to help children detect, interpret, and regulate sensory information which, in turn, allows for appropriate motor and behavioral responses.
3. Brain Balance: <https://www.brainbalancecenters.com/>
 - a. Brain Balance is a personalized, non-medical program offered in-center or at-home. The program is designed to strengthen and build brain connectivity so your child can find success in the classroom and unleash their untapped potential.
4. TMS: TMS is an effective, non-invasive, non-drug treatment option for Major Depression. It does not require sedation or anesthesia. It is FDA approved and covered by most insurance companies.
 - a. PAKC: <https://pakonline.com/tms/>
 - b. Prime TMA: <https://primetms.com/>