

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 - 5:30PM
TUESDAY	7:00AM - 5:30PM
WEDNESDAY	7:00AM - 5:30PM
THURSDAY	7:00AM - 5:30PM
FRIDAY	8:00AM - 4:30PM

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
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📞 **712.542.2176**

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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

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

Austin Barth, LMHC

BEDFORD FAMILY HEALTH CENTER

- Every Tuesday

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

COUNSELING & PSYCHOTHERAPY

CMHC employs several skilled counselors and psychologists who provide individual and family therapy. Our providers are trained in several evidence-based treatments.

Evidence-based treatments:

- Motivational Interviewing
- Cognitive Behavioral Therapy for anxiety, depression & insomnia
- Dialectical Behavior Therapy
- EMDR Therapy
(Eye Movement Desensitization & Reprocessing)
- Prolonged Exposure & Cognitive Processing Therapy for PTSD
- Sand Tray 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
Prescribing Psychologist &
Clinical Neuropsychologist



Axel Bouchard, Ph.D., MSCP
Licensed Psychologist &
Clinical Neuropsychologist



**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