

Mental Health Services

COUNSELING & PSYCHOTHERAPY

Clarinda Mental Health Clinic has licensed mental health counselors who provide therapy at Villisca Family Health Center. Our providers are trained in several evidence-based treatments:

EVIDENCE-BASED TREATMENTS:


- Motivational Interviewing
- Cognitive Behavioral Therapy for anxiety, depression & insomnia
- EMDR Therapy
(Eye Movement Desensitization & Reprocessing)
- Trauma-Focused Care
- Sand Tray Therapy
- Supportive Client-Centered Approach


PSYCHIATRIC MEDICATION MANAGEMENT

As part of a comprehensive treatment plan for mental wellness, this sometimes includes the need for psychotropic medications. CMHC providers visiting VFHC can provide psychiatric medication management, including commonly used drugs and specialized injectable formulas. We can also provide options for treatment-resistant depression.


Laboratory services are available for the analysis of blood draws and urinalysis for precise prescription drug monitoring.

Clinic Contact Information

 (712) 826-3003

 (712) 826-3043

 309 South 5th Ave
Villisca, Iowa 50864

 ClarindaHealth.com

Clinic Hours

Monday	8:00 - 4:00 PM
Tuesday	8:00 - 4:00 PM
Wednesday	8:00 - 4:00 PM
Thursday	8:00 - 4:00 PM
Friday	8:00 - 3:00 PM

We offer extended hours on Mondays for mental health services: 7:00 AM - 7:00 PM



Caring for your health

Learn more about our comprehensive services for patients of all ages

Primary Care For All Ages

- Acute illness and injury care
- Allergy shots
- Chronic disease management
- Immunizations
- Medicare Visits
- Minor office procedures
- Mental health Counseling
- Medication review & renewal Labs
- Physicals and follow-up visits
- Primary care visits
- Preventative care visits



PEDIATRIC SERVICES

- **Well-Child Checks:** *assessments by our provider for developmental, growth, nutritional, vision, hearing, and medication needs for children.*
- **Sports physicals:** *can be performed during a WCC or as a separate visit to ensure adequate health for participation in physical activities.*
- **Chronic disease screening:** *to reduce disease risk and for early detection, so treatment can be most effective.*
- **Medication Management:** *RX refills and dosage adjustments.*
- **Immunization for all ages**

Meet Our Providers

Christina Solt, DNP
Doctor of Nursing Practice



Trista Grossnickle, PMHNP-BC
Mental Health Nurse Practitioner



Haley Phillips, LMHC
Mental Health Counselor

