IBHC OFFERS

- Comprehensive assessments
  - Mental Health
  - Resources
  - Other health needs
- Psychoeducational groups
  - Understanding your diagnosis
  - Coping Skills training
  - Advocacy
- Brief therapy
  - CBT
  - Motivational Interviewing
  - Family Treatment
  - Solution Focused
- Support groups
  - Grief & Loss
  - Parenting
  - Chronic Pain

Groups will be designed, facilitated and changed based on consumer need.
Mission of IBHC

The mission of IBHC is to address disparities in the availability of comprehensive, integrative behavioral health care for adults who are uninsured or unable to afford low cost, high quality care. A key component in improving quality of life requires clinical intervention, understanding client’s needs, and connecting people to resources that are collectively geared at improving mental health, which requires tools that are not universally available within our community. IBHC services will be available, free of charge, to individuals who are not being served by other agencies.

Call to set up an appointment:
573-882-2428

Clinic Supervisors:
Rebekah A. Freese, MSW, LCSW
&
Kelli Canada, PhD, LCSW

Provider Information

IBHC is a student facilitated integrative behavioral health clinic.
The students providing the services are currently enrolled in the graduate program at the University of Missouri, School of Social Work. The students are under the direct supervision of licensed clinical social workers. Students providing the services remain in a rotation at the clinic for a period 4 months up to 9 months. Services are developed based on individual need and student skill set. Services include but are not limited to: educational groups, process groups, individual, couples and limited family counseling.