



**FAMILY GUIDANCE CENTER**  
for behavioral healthcare

**Contact Us** (816) 364 - 1501

We complete  
assessments on a  
walk-in basis.

Monday - Friday 8:00-5:00

**St. Joseph  
Maryville  
Cameron**



# FAMILY GUIDANCE CENTER **ADULT MENTAL HEALTH SERVICES**

## **Treating the Whole Person**

The primary goal of Family Guidance Center's Adult Mental Health Services is to help individuals with severe and persistent mental health concerns improve their overall health, optimize relationships, pursue recovery and succeed in their communities. We believe that for an individual to function successfully, we must address more than just the mental health concerns. We must treat the whole person and many circumstances that impact their lives. In addition to providing evidence-based mental health treatment, we help individuals obtain jobs, find places to live, and provide ongoing support. We understand that all aspects of a person's life- home, health, family, and spirituality- is important, so we strive to provide a holistic approach to strengthen and improve overall wellness.

Family Guidance Center believes in meeting the consumers where they are most comfortable. Consumers may receive services in their homes, at the Family Guidance Center offices and in other community locations. The frequency of visits depends on individual need, so this varies from person to person. Interventions range from multiple times weekly, if it is needed, to once a month with improved wellness.

**Serving:**  
**Andrew County**  
**Buchanan County**  
**Atchison County**  
**Gentry County**  
**Holt County**  
**Nodaway County**  
**Worth County**  
**Clinton County**  
**DeKalb County**

## **Integrated Treatment of Co-Occurring Disorders**

Individuals that have been diagnosed with both a serious mental illness and substance use disorder may experience more legal concerns, more frequent psychiatric hospitalizations, chronic homelessness, and medical disorders. Family Guidance Center offers Integrated Treatment of Co-Occurring Disorders (ITCD) to these consumers aiming to reduce symptoms and improve these outcomes. ITCD's goal is to provide therapeutic services in an integrated manner with all necessary services being provided by a continuous treatment team at one physical service location. A person receiving ITCD services may be seen by a psychiatrist/nurse practitioner, a registered nurse, a team leader, community support specialist, an ITCD substance use disorders specialist and a group facilitator. All members of the team are knowledgeable in regards to each consumer's situation, strengths, and needs.

### **Medication Management**

We offer medication management to assist in regaining stability and ability to function to your highest potential. FGC Physicians and NPs assess to determine individual need for medications at an initial evaluation and provide ongoing monitoring to ensure that the medication therapies prescribed are effective.

### **Peer Support**

Peer supports are responsible for arranging/providing services to adult consumers that encourage and promote healthy functioning, recovery efforts, consumer independence/self-care and responsibility.

### **Therapy**

Goal-oriented therapy is provided when a person is experiencing mental health issues that interfere with his/her ability to adjust to personal, family, school/work, or social situations.

