TMC Behavioral Health delivers services through community outreach clinics in the Kansas City metropolitan area as well as at our main location in the Crossroads Art District. Our unique role as a hospital-based mental health center supports a whole-person, integrated care approach that is increasingly the standard of best practice for healthcare.

We provide mental health services aimed at assisting our clients in managing the symptoms of their illness and in improving function in their day-to-day lives. Our services also provide the support many persons with mental health issues need to regain a sense of meaning and purpose in life.

Our Services
- Community-based Services
- Individual, Group and Family Counseling
- Psychiatry Services
- Substance Use Services
- Trauma Informed Care

Our Locations

Healing Canvas Building
300 W 19th Terrace
Kansas City, Missouri 64109

Lakewood Counseling
300 SE 2nd Street, Suites 100 &201
Lee’s Summit, Missouri 64063

TMC Health Sciences District
Behavioral Health Inpatient Unit
1000 E. 24th Street
Kansas City, Missouri 64108

TMC Lakewood/Lakewood Care Center
7900 Lee’s Summit Rd.
Kansas City, Missouri 64139

Adult Services (816) 404-5709  Youth Services (816) 404-5755
Community-based Services

Community Assistance Program
TMC Behavioral Health’s Community Assistance Program (CAP) provides services for those diagnosed with severe and persistent mental illness, and who require significant support and treatment to live in the community. Our CAP team members provide care and treatment to help decrease symptoms while enhancing strengths to overcome barriers. They also help our clients access food, insurance, medication, Social Security income, educational/vocational programs, housing, general health and wellness services.

New Frontiers
TMC Behavioral Health’s New Frontiers is a referral-based program for clients with severe and persistent mental illness. The program provides a day setting with structured groups that focus on topics including self-esteem, mental health, nutrition, physical wellness, music therapy, and independent living skills. Eligible clients need to be receiving services through a community mental health center and referred by a mental health professional.

The Peer Center
TMC Behavioral Health’s Peer Center is a drop-in center that promotes recovery and embraces hope through peer support for individuals living with mental illness. The Peer Center offers a variety of activities within a support network, to help clients develop social skills, job skills, and symptom management skills. As this is a drop-in center any individual who is living with mental illness is eligible to attend without a referral.

Assertive Community Outreach
Assertive Community Outreach (ACO) engages individuals experiencing homeless and severe mental illnesses. Most ACO clients have experience with substance use, serious physical health conditions, legal involvement, and trauma history. The goal of ACO is to connect individuals who traditionally have difficulties accessing services with housing and ongoing supports.

Intensive Community Services
Using a comprehensive team approach and lower staff-to-client ratios, the Intensive Community Services team serves individuals who have chronic mental health conditions and have likely had psychiatric hospitalization, jail time, and other significant legal issues. The Intensive Community Services team is referral-based and requires an internal referral from a TMC Behavioral Health clinician or team.

Individual, Group and Family Counseling Services

Crossroads
Crossroads Counseling offers individual and group psychotherapy for children, adolescents and adults. Providers address a variety of mental health concerns and phase-of-life challenges through a collaborative and trauma-informed approach. Client strengths are identified and incorporated in treatment, in order to help develop coping strategies and build stronger life skills in a safe and supportive environment.

Futures
Futures provides outpatient services to children, teenagers and adults up to age 25 and their families. We focus on helping them think clearly, develop self-confidence and esteem, and have a healthy emotional outlook on life. A Certified Peer Specialist and a Family Support Provider are available to mentor families. Our program also offers evidenced-based and trauma-informed practices including: Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Processing Therapy (CPT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Play and Art Therapy.
Post-Traumatic Stress Disorder
Post-Traumatic Stress Disorder, commonly referred to as PTSD, is a mental health condition that can occur after someone has been through a traumatic event. TMC’s treatment team consists of Licensed Clinical Social Workers, Psychology Residents and Interns, and Licensed Psychologists who are trained in specialized treatments. Our providers are trauma-informed and dedicated to providing a safe and supportive environment to each of our clients as they work to recover.

Psychological Assessments
A psychological assessment is a complete evaluation of an individual’s current psychological functioning that will help guide treatment. At TMC, our trained psychologists offer assessments for children, adolescents and adults. Our testing is completed in a timely manner so that feedback is responsive, and all healthcare providers and/or schools receive complete results and recommendations. Assessments available include Autism Spectrum, Attention-Deficit/Hyperactivity Disorder (ADHD), Pre-Bariatric, and Spinal Cord Stimulator Evaluation.

Substance Use Services
Substance Use Services provides adult treatment for those who suffer from both substance use disorders and one or more psychiatric conditions. We offer comprehensive services conveniently located at one downtown location. Services include: Assessment and Treatment planning, individual, group, and family therapy, Medication Assisted Treatment such as Suboxone for opioid use, Integrated Dual Disorder Treatment, and Relapse Prevention.

Trauma Informed Care
Trauma Informed Care (TIC) is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Through the Center for Trauma Informed Innovation (CTII), our TIC team brings awareness to the way trauma impacts the brain, behaviors, beliefs, emotions, and relationships. We offer training and case consultation services to assist internal and external providers who work with high-exposure populations or individuals who have experienced trauma.

Psychiatry Services

Adult Inpatient Psychiatry Services
TMC’s Adult Inpatient Psychiatric Unit is a short-term, crisis stabilization center for patients 18 years of age and older. Patients receive round-the-clock nursing care and daily program structure, which provides a safe environment during treatment. We tailor care plans to address the needs of each patient. Comprehensive services can include: individual and group therapy, education about medication, nutrition, pain management and wellness, and recreation therapy. Admissions require medical clearance and transfer from the emergency room closest to the patient’s location.

Older Adult Inpatient Psychiatry Services (55+)
The Older Adult Psychiatric Unit provides short-term inpatient services for those 55 and older who may be experiencing anxiety, depression, bipolar disorder, delirium, dementia, psychosis or other psychiatric disorders. Treatments can include medication management, psychotherapy and neuropsychological evaluation, if needed. Patients can participate in a daily wellness group, recreation and music therapy as well as individual leisure activities. Our Namaste Care Room provides a comfortable place to enjoy sensory-focused activities such as music, lighting, massage and aromatherapy.

Outpatient Psychiatry for Children and Adults
At TMC Behavioral Health, we offer comprehensive outpatient Psychiatric care for both children and adults. Our services include medication management to monitor how your medicines are working. Medication management may be a stand-alone service or combined with other services including; counseling, case management, psychosocial rehabilitation in our day program, housing and employment supports.
Behavioral Health/Psychiatric
Spanish-speaking psychiatrist at all locations

Location Key:

HC – Healing Canvas
HSD – TMC Health Science District
LW – TMC Lakewood Hospital
LWC – Lakewood Counseling Services

Adult Counseling & Psychiatry  HC  LWC
Autism Spectrum Disorders  HC  LWC
Child and Adolescent Counseling and Psychiatry  HC  LWC
Electroconvulsive Therapy  HC  LWC
Gambling Addiction Counseling  LWC
Geriatric Psychiatric Unit  LW
Inpatient Psychiatric Unit  HSD
Outpatient Services  HC  LWC
Medical Detox Unit  LW
New Frontiers: Community Life Skills  HC
Psychotherapy  HC  LWC
Psychological Assessment  LWC
PTSD Services  HC  LWC
Recovery Health Services  HSD
Rehabilitation Center  HSD
Walk-in Services: AIMS-Assessment, Intake, Medication Services  HC

TMC Behavioral Health offers a range of community-based programs and inpatient services designed to help our clients and their families live quality, self-fulfilled lives.