

University Health Behavioral Health Services Guide

University Health Behavioral Health (UHBH) delivers mental health, substance use and recovery services through a number of clinics in the Kansas City metropolitan and surrounding areas. These services help our clients to manage symptoms of their illness, improve function in their day-to-day lives, and get the support they need to regain a sense of meaning and purpose in life.

Our unique role as a hospital-based mental health center supports a whole-person, integrated care approach that is the standard of best practices in healthcare.

Our Services

- Addiction treatment and recovery
- Community-based services
- Individual, group & family therapy
- Psychiatry (inpatient & outpatient)

Our Locations

Outpatient

UHBH Crossroads

300 W 19th Terrace
Kansas City, Missouri 64109
816-404-5850

UHBH Lakewood Counseling

300 SE 2nd Street, Suites 100 & 201
Lee's Summit, Missouri 64063
816-404-6170

UHBH The Center for Recovery & Wellness

2020 Charlotte Street
Kansas City, Missouri 64108
816-404-5850

Inpatient

UHBH Acute Care–Lakewood Medical Center

7900 Lee's Summit Road
Kansas City, Missouri 64139

UHBH Acute Care–Truman Medical Center

1000 E 24th Street
Kansas City, Missouri 64108

Ages Seen

Adults (21+)

Children & Adolescents (ages 3-21)

**Spanish-speaking psychiatrist and therapist at most locations.*



UHBH Crossroads



UHBH Lakewood Counseling



UHBH The Center for Recovery & Wellness



UHBH Acute Care-Lakewood Medical Center



UHBH Acute Care-Truman Medical Center

Outpatient

Community Behavioral Health Services

Case Management helps adults and children who need extra support to manage their mental health, substance use or life challenges. Case managers work with clients to create personal plans that help them get the care and services they need, like housing, healthcare, and financial support. They guide clients through the system and remove any barriers that make it harder to access important services, ensuring clients receive the right help at the right time.

Psychotherapy is a type of goal-focused talk therapy that helps people work through their feelings, thoughts, and problems. In individual, group, or family therapy, trained therapists help clients understand their emotions, build better relationships, and develop coping skills. Psychotherapy helps with mental health issues like stress, anxiety, or depression and supports clients in finding ways to live healthier, happier lives.

Psychiatry focuses on the medical side of mental health. Psychiatrists and other mental health providers assess clients, diagnose mental health conditions and provide medication when necessary. They also manage conditions like depression, anxiety and other mood disorders, adjusting treatments as needed. Psychiatry is an important part of helping people get better and maintain their mental health.

Community Social & Activity Services provides a safe place for people to get support and engage in structured daily activities that improve their mental health. Group discussions, skill-building exercises and social events help clients gain skills, manage their symptoms and feel part of a community. Day centers play a key role in improving overall well-being.

Employment Services supports individuals who need help finding and keeping a job. These services include building resumes, preparing for interviews, and finding job opportunities that fit clients' skills and goals. Employment specialists work with clients to identify their strengths and guide them through the job search process. This service helps people gain independence and improve their overall quality of life by achieving stable employment.

Substance Use Services for those who struggle with drug or alcohol addiction. These services include therapy, substance use counseling, medication-assisted treatment (MAT) and support to prevent relapse. The goal is to help people understand their addiction, find healthier ways to cope, and stay sober over time. Substance use services play an important role in helping individuals take control of their lives and improve their health by addressing both addiction and mental health issues.

Clinic-Based Services

Mental health care is provided through individual therapy and psychiatric services in a more traditional clinic setting. These services accept most major health insurance plans, making care more accessible to those in need.

Inpatient

Adult Psychiatric Inpatient Treatment is short-term, crisis stabilization for adults requiring more intensive psychiatric care. Patients receive round-the-clock nursing care, daily therapeutic activities, and tailored treatment plans to stabilize acute mental health issues. Services include individual and group therapy, medication management, and wellness education.

How to get help:

New clients seeking treatment can utilize walk-in hours at UHBH Crossroads Mon.–Fri., from 8:00 a.m.–12:00 p.m. or the Center for Recovery & Wellness Mon.–Thurs., 8:00–11:00 a.m. To establish care at UHBH Lakewood Counseling, please call 816-404-6170.

Existing clients can call their clinic directly to schedule an appointment.

If you're experiencing a **mental health crisis**, please dial **988** now.

The Mobile Care Team, a partnership between University Health and Swope Health, provides rapid response to 988 calls in Kansas City.



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