

GRADUATE MEDICAL EDUCATION

Wellness Resources

- **Crisis and Support Lines**
 - National Suicide Hotline: 988
 - Crisis Text Line: Text HELLO to 741741
 - Compass Healthcare Crisis Line (Jackson County MO): 888-237-4567
 - Physician Support Line (7 days/week 0900-2400): 888-409-0141
- **Individual Therapy** – accepts UMKC insurance and offers telemed
 - UM Employee Assistance Program (EAP) through Optum Live and Work Well:
 - **Unlimited telephonic access to master’s-level clinicians (24/7)**
 - Supports the in-the-moment needs of employees and their household members.
 - Receive confidential support without an appointment by calling 866-248-4094.
 - **Three (3) free counseling sessions per presenting issue** with Optum network providers, offered in-person (in the community at the provider’s office) or virtually.
 - Consider virtual appointments to expand provider specialty/choice.
 - To receive services at no additional cost to you, get an authorization code and share it with your EAP provider:
 - Request an authorization code by calling Optum at 1-866-248-4094
 - Find a provider on Optum’s Live and Work Well website (*exit UM System site*).
 - You can register, sign-in or browse as a guest using the university’s access code: UMISSOURI.
 - When scheduling an appointment with your selected provider, make sure to give them your authorization code, which works like a coupon code.
 - Employees and their covered dependents, who are enrolled in a University of Missouri medical plan, may continue counseling services, with a copay, beyond the three free EAP sessions via behavioral health benefits.

An online platform offering self-directed access to a continuum of tools and resources to support emotional wellness, such as videos, articles, and other resources. Access Optum Wellbeing or Optum’s Live and Work Well (*exit UM System site*) to learn more.

- UMKC Counseling Center: 816-235-1635
 - <http://www.umkc.edu/counselingcenter>
- Psychologists at UH with background in medical education:
 - Dr. Carlie Nikel (UH LW) – call 404-7132 and leave voice mail
 - Dr. Ryan Cox (UH TMC) – call 404-1076 to schedule
- Curis Functional Health: (816) 761-3944
 - <https://gocurisls.com/counseling-kansas-city/individual-therapy/>
- Women’s Psychological Associates: Dr. Jillian Wasson 913-735-4808
 - <https://drjillianwasson.com/>
 - Specializes in women’s mental health but also works with professionals (highly recommended)
- Chrysalis Center for Family Development – Kelli Miesse LPC: 816-960-7111
- Fisher Counseling- Krystal Shipps LPC: 816-396-6002 telemed only
- **Couples Therapy** – may not accept insurance
 - Kat Keller, LMFT: 816-878-0778
 - <http://www.exploretherapy.net/> offers telemed
 - Curis Functional Health: (816) 761-3944
 - <https://gocurisls.com/couples-counseling-kansas-city/>
- **Child Care**
 - UMKC SOM Babysitting Group – private Facebook group for KC area physicians
- **Tips and information:**
 - When searching for a new therapist:
 - Check your insurance website for up to date paneled providers
 - Psychology Today has a directory for therapists that includes type of care, insurance panels, and bio. <https://www.psychologytoday.com/us>
 - When establishing therapy:
 - The first appointment is information gathering and treatment planning, not therapy.
 - There are different types of therapy that are evidenced based for different presenting problems. Ask the therapist about treatment offered. Not every therapist provides every type of therapy. Common evidenced based therapies:
 - Cognitive Behavioral Therapy (CBT): gold standard for most concerns. Manualized and standardized treatment with structured education, exercises, and assignments.
 - Cognitive Processing Therapy (CPT): gold standard for trauma therapy.
 - Eye Movement Desensitization and Reprocessing (EMDR): effective for the treatment of trauma. Standardized protocols by certified clinicians.
- **Other recommended therapy options within community**
 - Water Street Family Counseling (located in Liberty, MO)
 - <http://www.waterstreetfamilycounseling.com/welcome.html>
 - Self-pay only

- Innerworth Psychology: Dr. Tiffany Ruffin 417-413-4434
 - <http://www.innerworthpsychology.com/>
 - Self-pay only
 - Telemed with afterhours and weekends
- Ann Hankan LPC: 816-531-6777
 - <http://annhakanounseling.com/>
 - Self-pay only
- Andrea Dixon LPC: 816-875-0276
 - <https://www.mindsetkc.com/>
 - Self-pay only



Other Therapy Resources:

Lee's Summit, MO:

Changes Counseling and Meditation

Individual, Couples, Family, Addiction, and Eating Disorder Counseling

Website:

<http://www.healthychangescounseling.com/index.html>

Phone: 816-229-2760

200 NE Missouri Rd, Suite 200

Lee's Summit, MO 64086

Healing Grace Counseling Center

Individual, Group, Addiction, Eating Disorders Counseling and

Psychological Testing, PTSD

Website: <https://healing-grace.com/>

Phone: 816-246-4465 *Evening Hours*

1272 NE Windsor Dr

Lee's Summit, MO 64086

New Hope Counseling, LLC

Individual, Family, Couples, Group, Addiction Counseling and Play Therapy

Website:

<http://www.newhopecounselingkc.com/>

Phone Number Varies By Provider- Please refer to the website for more information

656 SE Bayberry Lane, Suite 105

Lee's Summit, MO 64063

Amber Utter-Saturday hours

Peace Partnership

Marriage, Family, Individual Counseling

Website: <http://peacecounseling.org/>

Phone: 816-886-0195

605 NW Woods Chapel Rd

Lee's Summit, MO 64064

PsychPros KC

Individual, Family, Group Counseling

Website:

<http://www.psychproskc.com/home.html>

Phone: 816-272-5656

600 NW Murray Rd

Lee's Summit, MO 64081

Rejuvenate: Mind-Body Wellness Center

Individual, Family Counseling, Play Therapy and Art Therapy

Website: <http://rejuvenatekc.com/>

Phone: 816-761-3944

400 SW Longview Blvd, Suite 160

Lee's Summit, MO 64081

Saturday hours 8-1

Swan Therapeutic Services

Individual, Family, Couples, Group Counseling

Website: <http://www.swantherapy.com/>

Phone: 816-581-3737

529 SE 2nd St, Suite D

Lee's Summit, MO 64063

Evening and Weekend Hours

Turning Leaf Counseling and Consultation

Individual, Family, Couples Counseling

Website: <https://www.tlcac.org/index.html>

Phone: 816-500-2774

660 SE Bayberry Lane, Suite 101

Lee's Summit, MO 64063

Saturdays by appointment

Independence, MO:

Alter Counseling Services

Individual, Family, Group, Addiction Counseling

Website:

<http://www.altercounseling.com/index.html>

Phone: 816-753-1881

15814 E US HWY 24

Independence, MO 64050, *W/E hours*

Bridges Counseling And Consulting

Individual, Family, Couples, Addiction Counseling and Play Therapy

Psychological Testing

Website:

<http://www.bridgescounselingkc.com/index.html>

Phone: 816-373-6761

19401E 40 HWY, Suite 140

Independence, MO 64055

CAPA (Child Abuse Prevention Association)

Individual, Family Counseling
Website: <http://capacares.org/>
Phone: 816-252-8388
503 E 23rd St
Independence, MO 64055

Diakonos Counseling (Religious)

Individual Counseling, PTSD
Website: <http://www.diakonoscounseling.com/>
Phone: 816-373-9240
4200 Little Blue Pkwy, Suite 360
Independence, MO 64057
Evening Hrs, Saturday 9-3

Julie Eubanks, MSW, LCSW

Individual, Family, Couples Counseling
Phone: 816-582-5947
11004 E 40 HWY
Independence, MO 64055

Great Circle

Individual, Family and Group Counseling
Website:
<https://www.greatcircle.org/index.php>
Phone: 816-795-1484
18610 E 37th Ter. S
Independence, MO 64057

KC Psychiatric and Psychological Services

Individual Counseling
Website: <http://www.kcpps.org/home.html>
Phone: 816-373-6433
4731 Cochise Dr, Suite 206
Independence, MO 64055

Marci Payne, MA, LPC

Individual, Family and Couples Counseling
Website: <https://marcipayne.com/>
Phone: 816-373-6761 Ext. 2
19401 E US HWY 40, Suite 140
Independence, MO 64055

Blue Springs, MO:

Cornerstones of Care

Individual, Family and Addiction Counseling

Website: <https://cornerstonesofcare.org/about-us>

Phone: 816-224-9541
5000 NW Valley View Rd
Blue Springs, MO 64015

Focused Concentration

Testing, Individual, Couples and Family Counseling

Website:
<http://www.focusedconcentration.com/>

Phone: 816-224-4400
1942 NW Copper Oaks Cir *Evening Hrs*
Blue Springs, MO 64015 *Saturdays 8-5*

Jane Ruedi, PhD

Individual Counseling
Phone: 816-228-1344
104 MO-7
Blue Springs, MO 64014

Julie Richardson, LCSW

Individual, Family, Eating Disorders and Sexual Identity Counseling, PTSD
Website:
<http://juleerichardso5.wixsite.com/counseling>
Phone: 816-229-1800
1912 NW Copper Oaks Circle
Blue Springs, MO 64015

Kansas City Psychology Center

Individual Counseling *7 days/wk by appt*
Psychological Testing
Phone: 816-301-7916
2307 NW S Outer Rd, Suite 203
Blue Springs, MO 64015 7

Pam Otis, LCSW

Phone: 816-228-4373
320 NW Woods Chapel Rd
Blue Springs, MO 64015

Warrensburg, MO:

Dawn Scarborough, LCSW

Individual and Family Counseling
Website: <https://www.dawnllc.online/>
Phone: 816-384-1318

710 N. College, Suite B
Warrensburg, MO 64093

Diakonos Counseling (Religious)

Individual Counseling
Website: <http://www.diakonoscounseling.com/>
Phone: 816-373-9240
1302 S Maguire St,
Warrensburg, MO 64093

Fuelling and Associates

Individual, Family, Couples, Addiction
Counseling
Website:
<http://www.fuellingandassociates.com/page8.html>
Phone: 660-429-6678
407 E Russell Ave, Suite 4A
Warrensburg, MO 64093

Pathways Community Health

Individual, Family, Group Counseling
Website: <http://compasshealthnetwork.org/>
Phone: 660-747-7127/660-747-2286
616 Burkarth Rd
Warrensburg, MO 64093

Raytown, MO:

The Center for Healing and Recovery

Individual, Couples, Family, Addiction, Group
Counseling and Play Therapy, PTSD
Website:
<https://www.healingandrecoverykc.com/home.html>
Phone: 816-638-2000
8801 E 63rd St, Suite 101
Raytown, MO 64133 *Some eve, w/e hrs*

Kansas City, MO:

The Children's Place

Individual Counseling
Website:
<http://www.childrensplacekc.org/about-us/>
Phone: 816-363-1898
2 east 59th St
Kansas City, MO 64113

Cornerstones of Care

Individual, Family and Addiction Counseling
Website: <https://cornerstonesofcare.org/about-us>
Phone: 816-508-1600
3100 NE 83rd St, Suite 1401
Kansas City, MO 64119

Great Circle

Individual, Family and Group Counseling
Website:
<https://www.greatcircle.org/index.php>
Phone: 816-795-1484
751 E 63rd St
Kansas City, MO 64110

Lilac Center

Individual and Group Counseling, DBT
Website: <http://www.lilaccenter.org/>
Phone: 816-221-0305
Quality Hill
1029 Pennsylvania Ave
Kansas City, MO 64105
Hospital Hill
2546 Holmes St
Kansas City, MO 64108

Mattie Rhodes Center

Individual, Couples, Family, Addiction
Counseling
Website: <http://www.mattierhodes.org/>
Phone: 816-471-2536
1740 Jefferson
Kansas City, MO

MOCSA: Metropolitan Organization to Counter Sexual Assault

Individual and Group Counseling
Phone: 816-931-4532
3100 Broadway, Suite 400
Kansas City, MO 64111

New Hope Counseling Center

Individual, Couples, Family Counseling
Psychological Testing
Website: <http://www.mynewhopecc.com/>
Phone: 816-340-6649

7546 Troost Ave, Suite 200
Kansas City, MO 64131

Northland Counseling

Individual, Couples, Family, Group, Addiction
Counseling, PTSD

Website:

<http://www.northlandcounselingkansascity.com/index.html>

Phone: 816-505-0909

4131 N Mulberry Dr #245

Kansas City, MO 64116 *6 p.m. appts.*

Ann M. Becker-Schutte, PhD

Individual and Couples Counseling

Psychological Testing

Website: <http://www.drannbeckerschutte.com/>

Phone: 816-822-1922 EXT: 6

8080 Ward Parkway, Suite 230
Kansas City, MO 64114

Liberty, MO:

The Center for Healing and Recovery

Individual, Couples, Family, Addiction, Group
Counseling and Play Therapy

Website:

<https://www.healingandrecoverykc.com/home.html>

Phone: 816-638-2000

1524 NE 96th St, Suite C

Liberty, MO 64068