

COMMUNITY TRAINING OPPORTUNITIES

IRMHC is proud to be a provider of Youth and Adult Mental Health First Aid courses. Additionally, we have partnered with the American Foundation For Suicide Prevention (AFSP) and have trainers to provide programs, such as Talk Saves Lives and More Than Sad.

Youth Mental Health First Aid: These courses are for adults who encounter young people and focus on educating about youth 12-18 to recognize mental health or substance abuse symptoms/crises, ways to respond to the symptoms/crises, and reducing the stigma of treatment.

Adult Mental Health First Aid: These courses are aimed at community members, professionals, and first responders. The focus is on recognizing mental health or substance abuse symptoms/crises, ways to respond to the symptoms/crises, and reducing the stigma of treatment in adults.

Talk Saves Lives: An AFSP Program designed to educate people about suicide prevention, including statistics, possible warning signs, how to reach out to others, and how to help.

More Than Sad: Teen Depression: An AFSP Program designed to education 8th-12th graders on recognizing depressive symptoms in themselves and others and encourages them to get help.

More Than Sad: Parent/Educator Training: An AFSP Program designed to education parents and school personnel on teen depression and preventing teen suicide. The training includes statistics, identifying warning signs, videos, common treatment strategies, and how to get help.

Indian Rivers employs the skills and expertise of Psychiatrists, Licensed and Non-Licensed Master's Level Therapists, and Bachelor's Level Clinicians in the delivery of a full continuum of care. We offer a variety of therapeutic treatment modalities including cognitive behavioral and play therapies.

Please call or visit us online for more information about the services we can offer you or your family member.

OUR CORE VALUES

-To focus on recovery and resiliency, working with those who receive our services to define and achieve each person's best outcome, respecting their desires and encouraging their active involvement.

-To hold ourselves accountable to those who receive our services, their families and advocates, and to the community at large, by encouraging their participation in the planning of services and feedback regarding the delivery of these services.

-To use the best science and most advanced information technology to improve treatment and provide the best clinical outcome for the people we serve.

Contact Us

Tuscaloosa County Office (Main)

Physical Address:
2209 9th Street
Tuscaloosa, AL 35401

Mailing Address:
P.O. Box 2190
Tuscaloosa, AL 35403
Phone: (205) 391-3131
Fax: (205) 391-3138

Website:
www.irmhc.org

Bibb County Office

Physical Address:
2439 Main Street
Brent, AL 35034
Phone: (205) 926-4681
Fax: (205) 926-6016

Pickens County Office

Physical Address:
890 Reform Street
Carrollton, AL 35447
Phone: (205) 367-8032
Fax: (205) 367-9291



Indian Rivers Mental Health Center

Children's Services

*Proudly serving the behavioral
health needs of Tuscaloosa,
Bibb and Pickens Counties*



About Children's Services at Indian Rivers

Indian Rivers is a comprehensive mental health center. We offer a rich continuum of care for individuals age 5-17 and with either a diagnosis of Mental Illness, a mental health or emotional crisis, serious behavioral disorders, or who are at significant risk of developing serious behavioral / emotional problems, including:

- ◆ Psychiatric Evaluation
- ◆ Medication Monitoring
- ◆ Individual and Family Therapy
- ◆ Case Management
- ◆ Group Therapy
- ◆ Intensive In-Home Services
- ◆ Basic Living Skills Training
- ◆ Mental Health Consultation
- ◆ Community Education
- ◆ Psychological Testing
- ◆ School-Based Mental Health Services

We strive to create a treatment plan centered on you and your needs and to reach the goals that you set. Our goal is to help you to develop the skills and support network needed to maintain your success.

Indian Rivers accepts various insurances including Medicaid, ALL Kids, some BCBS policies, and other commercial insurances. We also offer a sliding fee scale for those who do not have insurance coverage.

Programs & Services

Children and Families Program

Our Outpatient Children's Services consists of Licensed and Non-Licensed Master's Level Therapists who provide mental health assessment and evaluation, crisis intervention, individual and family therapy, family support, group therapy, medication management, and referral services.

Children's Intensive Services (FIND & CHINS)

In-Home Intervention, or IHI, is our most intensive level of treatment. IHI targets children at risk for out-of-home placement, beyond parental control, or in danger of Juvenile Court involvement. We have two IHI Teams, Family Integrity Network Demonstration (FIND) and Children In Need of Supervision (CHINS), consisting of a Master's Level Team Leader and Bachelor's Level Co-Leader. IHI is a 12-16 week short term intensive treatment aimed at keeping children at home.

Case Management

Case Management, provided by a Bachelor's Level clinician, is available to children meeting admission criteria. Services include needs assessments, advocacy, linkage, crisis intervention, and transportation.



Programs & Services

Journey Program

The Journey Program, initiated in December 2014 with Tuscaloosa City Schools, is the first of its' kind in central Alabama, offering School-Based Mental Health Services, by a Master's Level Therapist. Each school year, we have been excited and honored to expand the program to provide more mental health services to additional schools.

In January 2017, IRMHC partnered with Tuscaloosa County Schools to begin implementing the Journey Program in a small set of schools. Our hope is the program will be so well received it will grow just like Tuscaloosa City Schools.

Alabama Juvenile Court Liaison Initiative

Our Juvenile Court Liaison (JCL), also a Master's Level Therapist, works with the court system to identify and provide treatment to youth involved with or at risk of becoming involved with Juvenile Court.

Community Outreach Therapist

This new Master's Level Position provides both case management and therapy services to clients in the community, at their home, or in the school. The goal of this service is to ensure mental health needs are met, where the most need has been identified.

