

Adult services:

IBH offers a wide range services to assist adults and couples (over the age of 18), provided under the direction of a board certified psychiatrist, psychiatric nurse practitioner, and/or licensed therapist. Services may include and are not limited to: individual, relationship, family and/or group therapy, disease education, medication management, and when warranted inpatient hospitalization, and/or electroconvulsive therapy. Our practitioners treat a variety of mental health conditions including depression and anxiety, grief and loss, trauma, insomnia, dementia and other treatable disorders. Our practitioners will work with you individually to identify your specific needs and help optimize your treatment response and outcomes.