

Children's services:

IBH is committed to providing quality mental health services and treatment to children, adolescents, and those who care for them, above the age of 5. We see children and adolescents with a variety of problems including depression, grief and loss, trauma, anxiety, attention deficits and other behavioral problems. Our team, consisting of board certified child and adolescent psychiatrists, nurse practitioners, and licensed counselors, offers a multitude of child and family services including behavior modification, medication management, play therapy, psychoeducation, parenting strategies, and family therapy. IBH employs one of a few therapists in Alabama trained and certified in Trauma-Focused Cognitive Behavioral Therapy.