



Riverton Office

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@SpringRiverMentalHealth&Wellness



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Community Partner

SRMHW is a proud supporter of the United Way!

Adult Services



After Hours Crisis # 1-866-634-2301

<https://www.springrivermh.org/>

Adult Services

Spring River Mental Health & Wellness (SRMHW) provides outpatient office and community-based services. Our clinicians and clients work together to create a care plan that meets the individual needs, focusing on client strengths.

Services can focus on an array of individual concerns which may include:

- Coping with symptoms of mental health disorders
- Building self-esteem
- Gaining insight into relationships and working on conflict resolution skills
- Emotional self-regulation
- Coping with past or current traumatic events
- Support in decision-making



Adult Case Management

Adult case management assists individuals and their families who suffer from a severe and persistent mental illness remain in their home and community. A case manager's role includes assisting the client with removing barriers to recovery and obtaining resources and services helpful for continued individual growth.

Outpatient Services

SRMHW clinical staff help individuals identify the issues confronting them and develop a plan with the client to help them find relief. Outpatient care includes individual, family, couples, group, psychotherapy, psychiatry and psychological testing and evaluations.

Adult Psychosocial Rehabilitation

Adult psychosocial rehabilitation group assists individuals with serious and persistent mental illness to alleviate social isolation, develop supportive relationships, and learn necessary activities of daily living. Individuals are also educated about and practice basic health care, and functional leisure activities, and are encouraged to practice social skills in a variety of community settings.

Tobacco Cessation

A trained tobacco treatment provider will work with a client to meet individual goals, whether that means stopping all tobacco use or reducing the use of tobacco. Evidence-based practices will be used to guide clients in making a lasting change. Sessions will be scheduled based on client need.



Substance Use Treatment

Substance Use Disorder is viewed on a continuum; from mild, to moderate to severe use. Substance Use Counselors, understand this and will work with a client to develop a plan of action that works best for the client and the client's family. Substance use treatment may be provided alone, or if needed, can be provided in conjunction with other mental health services. Substance use treatment sessions can be delivered individually, with family, as a couple, or in group.