

Welcome to our team Dr. Seraji!

Medical Director, Adults

Medical Director, Women's Services

Alternative Behavioral Care is proud to announce Mehrzad Seraji, MD as its adult psychiatrist.

Dr. Mehrzad Seraji comes to ABC with a kind heart, years of experience and a wealth of knowledge. She completed her residency in general psychiatry, and then her fellowship in geriatric psychiatry at St. Louis University. While in private practice for several years, she also served as the Director of the Sexual Disorders Clinic at the Tehran Psychiatric Institute. She has researched the efficacy of Cognitive Behavioral Therapy, Fluoxetine and their combination in treatment of women with Sexual Phobia and has spent countless hours addressing women's mental health issues. Dr. Seraji has extensive teaching and research experience with specific interests in women's mental health, marital counseling, couples therapy, sexual disorders and treatment, as well as geriatric psychiatry. Dr. Seraji is board eligible in general psychiatry and geriatric psychiatry. She is also a member of the American Psychiatric Association. We are excited to have Dr. Seraji on board!



Meet Our New Administrator!

Dianne Huesmann, MA, LCSW, CEAP
Administrator

Dianne Huesemann, MA, LCSW, CEAP comes to us with great experience and knowledge. She earned her Master's Degree at St. Louis University in 1989 and became a Licensed Clinical Social Worker in the State of Missouri in 1991. Dianne also earned her national certificate as a Certified Employee Assistance Professional in 2006. Dianne has served as a Corporate Compliance Officer and has extensive experience managing adult behavioral health and chemical dependency programs. Most notably Dianne has traveled across the U.S. evaluating the Army Reserve troops returning from theatre for PTSD. Dianne's volunteer experience includes serving as a Cub Scout leader and Boy Scout Merit Badge Counselor. Dianne is a current volunteer for the Wildlife Rescue Center of Missouri. Welcome Dianne!



Meet Our Clinical Director!

Megan Helwig, MA, LPC

Clinical Director



Megan Helwig, MA, LPC, graduated Summa Cum Laude from Ottawa University in Phoenix, AZ where she later earned her Masters Degree in Professional Counseling. Megan also earned a Certificate of Advanced Graduate Studies in Clinical Mental Health Counseling and is a member of the National Board of Certified Counselors. Megan began working in the behavioral health field in 2002 and has served in a variety of roles including case management, therapy, and most recently as the Clinical Director for a partial hospitalization/intensive outpatient program in Arizona before moving to Missouri in October 2014. Megan is skilled in working with children, adolescents, and adults with mental illness and substance abuse issues. We are thrilled to have Megan join our team!

Alternative Behavioral Care

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