

MEET YOUR DOCTOR



meet

Sheila Thomas

MD

*Medical Director,
Behavioral Health*

HOMETOWN

Mexico, Missouri

UNDERGRADUATE

William Jewell College and
St. Louis University

GRADUATE SCHOOL

Oceania University of Medicine

BOARD CERTIFIED

American Board of
Psychiatry and Neurology

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“The model where behavioral health is integrated into primary care is one where the patient is the winner. It is rewarding to practice in that kind of patient focused collaboration where we can exemplify the World Health Organization’s definition of health as “a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.” Each person is respected as an individual, worthy of the best, evidence-based care we can provide.”

