Inner Journey Healthcare

Joey Banks is renowned for her work at Blue Mountain Clinic and Planned Parenthood of Montana. She joined forces with Dr. Donna Ryngala, a psychologist who has been a pillar of the Missoula community for over two decades. Together, they founded Inner Journey Healthcare — an innovative clinic blending scientific advances with spiritual care. Their shared mission was to bring emotional and physical healing under one roof, offering holistic care through comprehensive primary care, therapy and modern treatments.

To make this vision a reality, Banks and Ryngala enlisted the guidance of the Montana Small Business Development Center. They recognized the challenge of translating their clinical ideal into a sustainable business and knew that navigating health insurance would be essential. With SBDC support, they carefully developed their business plan, analyzed costs and established a resilient financial model tailored to the unique needs of a small healthcare practice.

Thanks to the SBDC's hands-on assistance with strategic planning, cash flow analysis and loan packaging, Inner Journey Healthcare secured $1.67 million in capital and hired five full-time staff by February 2025. The staff offer inclusive, holistic services, bridging traditional medicine with cutting-edge treatments, including primary care consulting, ketamine-assisted therapy and SPRAVATO®. Their efforts didn't just build a clinic — they sparked meaningful job creation and delivered a new model of care to families throughout Missoula.

Regional Director Jennifer Stephens commented, "Inner Journey Healthcare's opening strengthens Missoula's healthcare landscape by adding a locally owned, values-driven clinic. The clinic's success demonstrates how targeted advising and access to capital can help entrepreneurs translate purpose into practice."

ECONOMIC IMPACT

- **Business Start**
- **$1,514,190 Owner Financing**
- **$113,488 Additional Owner Investment**
- **5 Jobs Created**

Jennifer Stephens
Regional Director

Steve Clairmont
Business Advisor

UNIVERSITY OF MONTANA

"I have been so happy with all the work Jennifer has put into helping our business and making our budgets seem like a reality. I feel safe knowing how to get started and how to move forward in the next few months of doors opening."

Joey Banks and Donna Ryngala, owners of **Inner Journey Healthcare**

