



# Personalized ADHD Diagnosis and Treatment with Family Nurse Practitioner Jennifer Schiavi



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Welcome to Jennifer Schiavi NP in Family Health PLLC, your trusted partner in ADHD treatment and holistic wellness. Attention-Deficit/Hyperactivity Disorder ([ADHD](#)) is a neurodevelopmental disorder characterized by a consistent pattern of inattention, hyperactivity, and impulsivity that interferes with functioning or development.

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[www.ithacaadhd.com](http://www.ithacaadhd.com)



## Understanding ADHD

Attention-Deficit/Hyperactivity Disorder ([ADHD](#)) is a neurodevelopmental disorder characterized by a consistent pattern of inattention, hyperactivity, and impulsivity that interferes with functioning or development. It is commonly diagnosed in children but can also affect adults, presenting challenges in various aspects of life, including academic performance, interpersonal relationships, and employment.

## Key Symptoms of ADHD:

1. **Inattention:** This includes difficulty in sustaining attention, poor organizational skills, and a tendency to be easily distracted.
2. **Hyperactivity:** This manifests as excessive physical movement or talking, restlessness, and difficulty in engaging in activities quietly.
3. **Impulsivity:** This involves hasty actions without adequate thought, which could have high potential for harm, or a pattern of decision-making without considering consequences.

# Why Choose Jennifer Schiavi for ADHD Treatment?

Jennifer Schiavi's approach stands out due to her commitment to personalized care. Understanding that ADHD manifests differently in each individual, she tailors her treatment plans to suit the specific needs and circumstances of each patient. This personalized approach is crucial in [ADHD treatment](#), as it considers unique behavioral patterns, lifestyle factors, and co-existing conditions.

## Holistic and Integrative Methods:

Jennifer's expertise in combining conventional medication management with holistic therapies positions her as a preferred choice for those seeking comprehensive ADHD treatment. By integrating nutrition, herbal support, and essential oils, she addresses the multifaceted nature of ADHD, providing a well-rounded approach to managing symptoms.

## Expertise in Medication Management:

Her detailed knowledge of both stimulant and non-stimulant medications for ADHD ensures that patients receive the most appropriate pharmacological treatment. This includes careful consideration of side effects, long-term outcomes, and interactions with other medications or health conditions.

## Emphasis on Education and Coaching:

Jennifer does not only prescribe medication; she also educates her patients about ADHD and empowers them with strategies to manage their symptoms effectively. Her guidance on executive functioning skills is particularly beneficial for those struggling with organization, time management, and impulse control.

## Advanced Training and Certifications:

As an [ADHD Certified Clinical Services Provider](#) and a Certified Integrative Mental Health Professional, Jennifer has undergone specialized training that equips her to offer high-quality care. Her background in Hardy Nutritionals® Daily Essential Nutrients (DEN) and GeneSight Testing further enhances her ability to provide targeted and effective treatment.

## Commitment to Ongoing Support:

Jennifer understands that ADHD management is an ongoing process. She is committed to providing continuous support to her patients, adjusting treatment plans as needed, and collaborating with other healthcare professionals to ensure comprehensive care.

## **Accessibility and Community Connection:**

Located in Ithaca, NY, Jennifer's practice is an accessible option for the local community. Her connection to the area and understanding of local resources enables her to offer additional support and recommendations tailored to her patients' needs.

In the bustling town of Ithaca, NY, a unique approach to ADHD treatment is emerging, led by Jennifer Schiavi, a board-certified Family Nurse Practitioner (FNP-BC) with a passion for mental health. Jennifer's practice, Jennifer Schiavi NP in Family Health PLLC, is dedicated to providing personalized ADHD diagnosis and treatment through an integrative and holistic approach.

## **About Jennifer Schiavi**

Jennifer Schiavi is not just a healthcare provider; she is an ADHD Certified Clinical Services Provider (ADHD-CCSP) and a Certified Integrative Mental Health Professional (CIMHP). With over 11 years of nursing experience, she brings a wealth of knowledge and a holistic perspective to her practice. Jennifer received her degree from the University of Rochester in Rochester, NY, and her journey into ADHD care was fueled by a deep interest in mental health, the human brain, and holistic well-being.

## **A Holistic Approach to ADHD**

Jennifer believes in a mind-body holistic approach to ADHD treatment. While she acknowledges the role of pharmaceutical medications, including prescription stimulants, she goes beyond conventional methods. Her practice involves a combination of behavioral interventions, nutritional guidance, and the use of essential oils to address the multifaceted challenges associated with ADHD.

## **How Stimulants Work**

Stimulant medications, a common choice for ADHD treatment, target specific neurotransmitters like dopamine and norepinephrine. Jennifer, as a healthcare provider, has the expertise to prescribe various stimulant medications, including methylphenidate-based (Ritalin, Concerta) and amphetamine-based (Adderall, Vyvanse) options. The individualized

approach involves careful assessment of symptoms and medical history to determine the most suitable medication and dosage.

## **Non-Stimulant Options for ADHD**

Recognizing that stimulants may not be suitable for everyone, Jennifer is well-versed in [non stimulant](#) alternatives. Medications such as atomoxetine (Strattera), guanfacine (Intuniv), and clonidine (Kapvay) offer viable options. Additionally, she discusses the "off-label" use of selective serotonin reuptake inhibitors (SSRIs) and bupropion (Wellbutrin) for managing ADHD symptoms, emphasizing the importance of personalized evaluation.

## **Nutrition, Herbal Support, and Essential Oils**

In line with her holistic approach, Jennifer incorporates nutrition, herbal support, and essential oils as complementary strategies for managing ADHD symptoms. While not a replacement for traditional treatments, these approaches can provide additional support. Jennifer emphasizes the importance of individualized consultation to ensure safety and effectiveness.

## **Integrative Approach - Clinically Trained in Hardy Nutritionals® Daily Essential Nutrients (DEN)**

Jennifer is clinically trained in Hardy Nutritionals® Daily Essential Nutrients (DEN), a complex micronutrient formula studied extensively for mental health treatment. While not an established treatment, Jennifer highlights the potential benefits and emphasizes the need for monitoring by a healthcare professional. She provides a detailed overview, including considerations for those transitioning from psychiatric drugs.

## **Gut Health and Mood**

Jennifer delves into the connection between gut health and mood, citing research that suggests imbalances in the gut microbiome can impact mood and mental health. She emphasizes the importance of a comprehensive approach, combining medical evaluation, therapy, and lifestyle modifications for managing mood disorders and ADHD.

## **GeneSight Testing**

Jennifer introduces GeneSight Testing, a genetic test offering insights into how an individual's genetic profile may impact their response to stimulant medications for ADHD. This

personalized approach enhances treatment outcomes by identifying stimulants that are more likely to be effective, minimizing the risk of adverse reactions.

## **Executive Functioning Performance Strategies**

Equipped with specialized coaching in executive skills, Jennifer offers comprehensive care for individuals with ADHD. Beyond medication management, she provides guidance on managing executive function skills such as time management, organization, and impulse control.

[Click to Book](#): Jennifer Schiavi's Appointment

## **Conclusion**

Jennifer Schiavi's approach to [ADHD diagnosis](#) and treatment goes beyond conventional methods. By combining her extensive nursing experience, holistic perspective, and a commitment to personalized care, she strives to empower individuals with ADHD to overcome challenges and lead fulfilling lives. For those seeking a comprehensive and individualized approach to ADHD care in Ithaca, NY, Jennifer Schiavi NP in Family Health PLLC stands out as a beacon of hope.

*Please Note: Jennifer is not trained in EMDR, CBT, or DBT*

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