



Get Personalized ADHD Diagnosis & Treatment in Ithaca with Family Nurse Practitioner Jennifer Schiavi

In today's fast-paced world, attention deficit hyperactivity disorder (ADHD) is a common neurodevelopmental disorder that affects individuals of all ages. Managing ADHD can be challenging, but with the right approach, individuals can lead fulfilling lives. At Jennifer Schiavi NP in Family Health PLLC, located in Ithaca, NY, we specialize in providing personalized ADHD diagnosis and treatment using a holistic and integrative approach. Led by Jennifer Schiavi, a board-certified Family Nurse Practitioner with a passion for ADHD care, our practice offers comprehensive services tailored to meet the unique needs of each patient.

About Jennifer Schiavi NP

Jennifer Schiavi NP is dedicated to helping individuals with ADHD overcome emotional, behavioral, relationship, and achievement challenges using a holistic approach. With over 11 years of nursing experience and specialized training in ADHD assessment, diagnosis, and interventions, Jennifer is committed to providing compassionate and effective care to her patients. As an ADHD Certified Clinical Services Provider and a Certified Integrative Mental Health Professional, she combines her expertise in traditional and alternative therapies to offer personalized treatment plans that address the root causes of ADHD symptoms.

Understanding ADHD and Treatment Options

ADHD is a complex neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with daily functioning. While stimulant medications are commonly prescribed to manage ADHD symptoms, our practice takes a comprehensive approach to treatment that includes behavioral interventions, nutritional support, and pharmaceutical medications when necessary. By addressing the underlying factors contributing to ADHD, we help patients achieve optimal outcomes and improve their overall well-being.

How Stimulants Work

Stimulant medications are often the first line of treatment for ADHD due to their ability to target specific neurotransmitters in the brain, such as dopamine and norepinephrine. These medications enhance the availability and activity of these neurotransmitters, leading to

improvements in attention, focus, and impulse control. At Jennifer Schiavi NP in Family Health PLLC, we have the knowledge and authority to prescribe a variety of stimulant medications, including methylphenidate-based and amphetamine-based formulations, based on each patient's individual needs and preferences.

Non-Stimulant Options For ADHD

In addition to stimulant medications, we also offer non-stimulant options for individuals who may not tolerate or prefer not to use stimulants. Non-stimulant medications like atomoxetine (Strattera), guanfacine (Intuniv), and clonidine (Kapvay) can help improve attention, reduce impulsivity, and manage ADHD symptoms without the risk of abuse or dependence. By carefully evaluating each patient's medical history and symptoms, we can determine the most appropriate non-stimulant medication to support their treatment goals.

"Off-label" Non-Stimulant Options For ADHD

In some cases, off-label use of medications like selective serotonin reuptake inhibitors (SSRIs) or bupropion (Wellbutrin) may be considered for [ADHD treatment](#). While these medications are primarily prescribed for depression and anxiety disorders, they have shown effectiveness in managing ADHD symptoms in some individuals. However, it's important to note that off-label use should only be done under the supervision of a qualified healthcare professional, and the effectiveness of these medications may vary from person to person.

Nutrition, Herbal Support, and Essential Oils

As part of our holistic approach to ADHD treatment, we offer guidance and support in incorporating nutrition, herbal supplements, and essential oils into our patients' treatment plans. While these complementary therapies may not replace traditional treatments, they can provide additional support for managing ADHD symptoms and improving overall well-being. By working closely with each patient to develop a personalized treatment plan, we empower them to take an active role in their health and wellness.

Executive Functioning Performance Strategies

In addition to medication management, we also offer guidance and support in strategies to improve executive function skills such as time management, organization, and impulse control. Through specialized coaching and evidence-based interventions, we help patients develop practical skills and coping strategies to navigate the challenges of ADHD and achieve their goals.

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

We offer an integrative approach to ADHD treatment that includes clinically trained guidance on using Hardy Nutritionals® Daily Essential Nutrients (DEN). This complex micronutrient formula has been studied extensively for its potential benefits in mental health treatment, including improvements in attention, mood regulation, and overall functioning. While DEN may not be suitable for everyone, we work closely with our patients to monitor their progress and adjust their treatment plan as needed to ensure optimal outcomes.

Gut Health and Mood

Research suggests that imbalances in the gut microbiome can impact mood and mental health, including conditions like ADHD. At Jennifer Schiavi NP in Family Health PLLC, we recognize the importance of gut health in overall well-being and offer comprehensive testing and support to address any imbalances that may be contributing to ADHD symptoms. Through targeted interventions and personalized care, we help our patients achieve optimal gut health and improve their overall quality of life.

GeneSight Testing

Gene Sight Testing is a groundbreaking genetic test that offers valuable insights into how an individual's genetic profile may impact their response to stimulant medications commonly prescribed for ADHD. By examining specific genes involved in drug metabolism and neurotransmitter pathways, Gene Sight Testing enables healthcare professionals to make more informed decisions when selecting stimulant medications for ADHD treatment. This personalized approach can significantly improve treatment outcomes by identifying stimulants that are more likely to be effective and minimizing the risk of adverse reactions. Gene Sight Testing empowers both patients and clinicians by providing a comprehensive understanding of how genetic factors may influence the selection of stimulant medications, leading to more targeted and individualized ADHD care.

Why Choose Jennifer Schiavi NP in Family Health PLLC?

Choosing the right healthcare provider for your [ADHD diagnosis](#) and treatment is a crucial decision that can significantly impact your well-being and quality of life. At Jennifer Schiavi NP in Family Health PLLC, we understand the importance of finding a provider who not only has the expertise and qualifications but also shares your values and priorities. Here are several reasons why you should choose us for your ADHD care:

- 1. Holistic and Integrative Approach:** Our practice takes a holistic and integrative approach to ADHD diagnosis and treatment, addressing the underlying factors contributing to ADHD symptoms while also considering the whole person—mind, body, and spirit. We believe in treating the individual, not just the diagnosis, and strive to provide personalized care that meets the unique needs of each patient.
- 2. Expertise and Qualifications:** Jennifer Schiavi NP is a board-certified Family [Nurse Practitioner](#) with specialized training and certification in ADHD assessment, diagnosis, and interventions. With over 11 years of nursing experience and a passion for mental health and holistic care, Jennifer brings a wealth of knowledge and expertise to her practice. She is dedicated to staying abreast of the latest research and best practices in ADHD treatment to ensure that her patients receive the highest quality of care.
- 3. Comprehensive Services:** We offer a wide range of services to support individuals with ADHD, including medication management, behavioral interventions, nutritional support, executive functioning strategies, and more. By providing comprehensive care under one roof, we streamline the treatment process and make it easier for patients to access the support they need to manage their ADHD symptoms effectively.
- 4. Personalized Treatment Plans:** We understand that no two individuals with ADHD are alike, which is why we take a personalized approach to treatment. We work closely with each patient to develop a customized treatment plan tailored to their unique needs, preferences, and goals. Whether you're seeking medication management, behavioral therapy, nutritional support, or a combination of approaches, we'll work with you to create a plan that works for you.
- 5. Accessibility:** We believe that access to quality healthcare should be convenient and accessible for all. In addition to in-person visits at our office in Ithaca, NY, we offer virtual appointments for out-of-town patients. Our telehealth platform allows patients to connect with Jennifer Schiavi NP from the comfort of their own homes, making it easier than ever to access expert ADHD care.
- 6. Compassionate Care:** At Jennifer Schiavi NP in Family Health PLLC, we prioritize compassionate, patient-centered care. We understand the challenges of living with ADHD and are committed to supporting our patients every step of the way. From the moment you walk through our doors, you'll be treated with empathy, respect, and understanding.
- 7. Community Engagement and Advocacy:** We are actively engaged in our community, raising awareness about ADHD, providing education and resources, and advocating for policies that support individuals with ADHD and their families. By participating in research, professional associations, and advocacy efforts, we contribute to the advancement of ADHD care and the creation of a more inclusive and supportive environment for those affected by ADHD.

Frequently Asked Questions (FAQ)

Q: What ages do you treat for ADHD?

A: We specialize in treating adults aged 18-45 for ADHD. We do not diagnose children, but treat ages 6 and up in collaboration with their therapist. We also provide comprehensive care older adults on a case-by-case basis.

Q: Do you prescribe stimulant medications for ADHD?

A: Yes, as a board-certified Family Nurse Practitioner with expertise in ADHD care, Jennifer Schiavi NP has the knowledge and authority to prescribe stimulant medications when appropriate. We offer a variety of stimulant options and work closely with each patient to determine the most suitable medication and dosage based on their individual needs.

Q: What if I prefer not to take medication for my ADHD?

A: We understand that medication may not be the right choice for everyone. In addition to medication management, we offer a range of alternative treatments and therapies, including behavioral interventions, nutritional support, and executive functioning strategies, to help individuals manage their ADHD symptoms effectively without medication.

Q: Do you offer virtual appointments for out-of-town patients?

A: Yes, we offer virtual appointments for out-of-town patients who are unable to visit our office in person. Our secure telehealth platform allows patients to connect with Jennifer Schiavi NP from anywhere, making it convenient and accessible to receive expert ADHD care.

Q: How long does a typical appointment last?

A: The length of appointments may vary depending on the nature of the visit and the individual needs of the patient. Initial appointments for ADHD assessment and diagnosis typically last between 60-90 minutes, while follow-up appointments may range from 30 minutes. We strive to ensure that each patient receives the time and attention they need to address their concerns and develop a personalized treatment plan.

Q: Do you accept insurance for ADHD treatment?

A: We do not accept any insurance plans.

Q: How can I schedule an appointment?

A: To schedule an appointment with Jennifer Schiavi NP in Family Health PLLC, you can contact our office by phone at 315-534-4905 or visit our website at www.ithacaadhd.com to request an appointment online.

Q: Can you provide educational resources for ADHD management?

A: Yes, we offer a variety of educational resources and materials to support individuals with ADHD and their families. This may include information about ADHD symptoms, treatment options, coping strategies, and community resources. We believe that education is key to empowering our patients to manage their ADHD effectively and achieve their goals.

Q: What sets your practice apart from others offering ADHD treatment?

A: Our practice distinguishes itself through our holistic and integrative approach to ADHD diagnosis and treatment. We combine traditional and alternative therapies to address the underlying factors contributing to ADHD symptoms, providing personalized care that meets the unique needs of each patient. With expertise, compassion, and a commitment to excellence, we empower individuals with ADHD to thrive and achieve their full potential.

General Tips for Managing ADHD

Living with ADHD can present unique challenges, but with the right strategies and support, individuals can learn to effectively manage their symptoms and improve their quality of life. Here are some general tips for managing [ADHD](#):

1. **Establish a Routine:** Creating a structured daily routine can help individuals with ADHD stay organized and focused. Set specific times for waking up, eating meals, working or studying, and going to bed, and try to stick to these routines as much as possible.
2. **Break Tasks Into Manageable Steps:** Large tasks can feel overwhelming for individuals with ADHD. Break tasks down into smaller, more manageable steps, and tackle them one at a time. Set realistic goals and celebrate small victories along the way.
3. **Use Visual Aids:** Visual aids such as calendars, to-do lists, and color-coding systems can help individuals with ADHD stay organized and keep track of important tasks and deadlines. Use these tools to prioritize tasks, set reminders, and stay on track throughout the day.
4. **Minimize Distractions:** Create a quiet, clutter-free workspace free from distractions such as noise, clutter, and electronic devices. Minimize interruptions by turning off notifications on your phone and computer and setting specific times for checking email and social media.
5. **Practice Mindfulness and Relaxation Techniques:** Mindfulness meditation, deep breathing exercises, and other relaxation techniques can help individuals with ADHD calm their minds, reduce stress, and improve focus and concentration. Incorporate these practices into your daily routine to promote a sense of calm and well-being.
6. **Get Regular Exercise:** Regular physical activity can help individuals with ADHD manage their symptoms by increasing dopamine and norepinephrine levels in the brain, which are neurotransmitters associated with attention and focus. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
7. **Eat a Balanced Diet:** A balanced diet rich in fruits, vegetables, whole grains, and lean proteins can provide the nutrients your brain needs to function optimally. Avoid excessive sugar, caffeine, and processed foods, which can exacerbate ADHD symptoms.

8. **Get Plenty of Sleep:** Adequate sleep is essential for overall health and well-being, especially for individuals with ADHD. Aim for 7-9 hours of quality sleep each night and establish a relaxing bedtime routine to help you wind down and prepare for sleep.
9. **Seek Support:** Don't be afraid to reach out for support from friends, family members, healthcare professionals, or support groups. Talking to others who understand what you're going through can provide valuable insight, encouragement, and practical tips for managing ADHD.
10. **Practice Self-Compassion:** Living with ADHD can be challenging at times, but it's important to remember that you are not alone and that it's okay to ask for help when you need it. Be kind to yourself, celebrate your strengths, and focus on progress rather than perfection

By incorporating these strategies into your daily routine and seeking support when needed, you can effectively manage your ADHD symptoms and live a fulfilling and productive life. Remember that managing ADHD is a journey, and it's okay to take small steps forward each day. With patience, perseverance, and a positive attitude, you can overcome obstacles and achieve your goals.

Conclusion

At Jennifer Schiavi NP in Family Health PLLC, we are committed to providing personalized ADHD diagnosis and treatment that addresses the unique needs of each patient. With a holistic and integrative approach that combines traditional and alternative therapies, we help individuals with ADHD achieve optimal outcomes and improve their overall quality of life. If you or a loved one are struggling with ADHD, we encourage you to reach out to us to learn more about our services and how we can help. Together, we can create a personalized treatment plan that empowers you to thrive.

Direct link to book now: <https://www.tebra.com/care/provider/jennifer-schiavi-1528548344>