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NEW OPTIMAE PSYCHIATRIC MEDICATION PRESCRIBER EXPANDS ACCESS TO MENTAL HEALTH SERVICES

Aug. 7, 2019 (FAIRFIELD, Iowa) – Optimae LifeServices Inc. announced today Meredith Olson, a board-certified psychiatric-mental health nurse practitioner, has joined its southeastern Iowa Behavioral Health team.

Olson provides psychiatric diagnostic and medication management services via telepsychiatry. She is well versed in current professional nursing therapy and practice, including motivational interviewing, and relates therapeutically with those she serves in a positive, empathic and caring manner. She is a registered yoga teacher (trauma informed certified), sexual assault nurse examiner, court-appointed special advocate volunteer and Iowa Mediation Society certified mediator.

“By expanding our telepsychiatry offerings, Optimae continues to meet the mental health needs of rural Iowa,” said Tracy Liptak, Optimae’s Regional Behavioral Health Director for Southeastern Iowa.

“Meredith’s holistic approach to wellness and her knowledge of mental health-based practices are a strong complement to our breadth of existing services.”

By practicing at all stages of the health care continuum, Olson skillfully assesses patients and determines the priorities of their care. She brings more than a decade of experience in mental health-based nursing to her position. Prior to Optimae, Olson served as a registered nurse in behavioral health and oncology in Des Moines, as well as a PMHNP in both inpatient and outpatient settings.

Olson graduated with a Bachelor of Arts and Communications degree from the University of Minnesota and earned her registered nurse degree from Des Moines Area Community College. She earned her PMHNP-BC degree from Allen College.

Individuals can schedule an appointment or find out more by contacting 641-472-5771.

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About Optimae LifeServices

Optimae LifeServices, Inc. provides health care and human services for individuals with disabilities and mental illness from more than 40 central, eastern and southern Iowa counties. For more than three decades, we have equipped our customers with supports and services that encourage choice, empowerment and community integration. Our programs include community-based, behavioral health, home health, rehabilitation and residential care services. We advocate for the rights and needs of more than 5,300 Iowans each year, providing the quality of care we would want for our own family.