WELCOME

At THS, we are committed to providing the highest level of Evidence-Based Mental Healthcare through a variety of treatment modalities and approaches. We strive to utilize the newest advances in technology as well as traditional in person therapy to promote the highest level of mental health wellbeing with all of our patients. Our concurrent mission is to help educate the public about our services as well as making a continuing effort to enhance the growth of our company through partnerships in the healthcare industry and acquisitions.

Our first endeavor and original company, The Mental Health Center of Florida (MHC Florida) was founded in an effort to integrate the mental health needs of today's individuals with state-of-the-art care at affordable prices. Due to the continued success of MHC Florida in various geographical locations (other stated) and a variety of new verticals in Medical Healthcare, Dr. Ann established Transformative Healthcare Solutions to incorporate it all!

At THS, our Psychiatric providers work alongside our staff of nearly 100 fully credentialed mental health therapists to offer comprehensive medication management and psychological care for a broad spectrum of mental health issues and disorders. Our office staff and clinical teams are multi- lingual (English, Spanish, Hebrew, Russian and Hindi) and sensitive to the unique cultural diversity of South Florida's residents and their needs. Our clients not only value our skills, but also value the timely, respectful and compassionate manner with which their cases are handled.

At THS, our Licensed Psychologists have advanced training and expertise and use a variety of approaches suited for individual needs. We respect and honor our client's commitment to their health and well-being by treating our clients, their families and our treatment professionals with the utmost care and respect. The THS clinical team is Broward Sheriff's Office Certified to provide services throughout Broward County's jails. We also work extensively with ALFs, SNFs, ChildNet (including being a contracted provider for Human Trafficking cases), Department of Children and Families, helping children and families in crisis.

WWW.THS.HEALTH

Our Founder and current CEO, Dr. Ann Monis

Dr. Ann Monis ©2022 Graciela Valdez

Dr. Ann Monis is a remarkable and dynamic healthcare leader, serving as the visionary Chief Executive Officer (CEO) of both Transformative Healthcare Solutions (THS) and Medical Anti-Aging. These two ventures are instrumental in reshaping healthcare and well-being in the state of Florida and beyond.

Dr. Ann's professional journey has been nothing short of extraordinary. As a licensed Clinical and Forensic Psychologist, her expertise in the realm of mental health is profound. Her academic accolades include a Doctorate in Clinical and Forensic Psychology, a Master's in Business Administration (MBA), and she proudly holds the distinction of being an alumnus of Harvard University's School of Business (HBS). This unique blend of clinical and business acumen sets her apart as a healthcare innovator.

At THS, one of the largest privately owned behavioral health companies in Florida, Dr. Ann has played a pivotal role in establishing comprehensive behavioral health services across a wide range of care settings. She recognizes the intricate relationship between mental and physical health and is a passionate advocate for an integrated approach. This includes seamless coordination between mental health services, psychotropic medication management, and primary care, ensuring that individuals receive holistic care that addresses their diverse needs.

Dr. Ann Monis's leadership extends far beyond the conventional role of a CEO. She is a visionary leader dedicated to revolutionizing healthcare by bridging the gap between physical vitality and mental well-being. Her unwavering commitment to a brighter, healthier future underscores her profound impact on the healthcare landscape.

Proudly serving the entire state of Florida and now, Arizona!
Visit www.ths.health for more information.

APA Accredited Internship Program

THS, in conjunction with MHC Florida, are proud to present the Mental Health Center of Florida Internship Program. This program offers training, knowledge and first-hand experience to a select group of Pre-Doctoral Interns and Post-Doctoral Residents. For more information, visit MHCFlorida.com.

Questions related to the program's accreditation status should be directed to the Commission on Accreditation:
Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE,
Washington, DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org
Instagram: @thshealth

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Toll Free: (888) 743-0244 | Local FL: (954) 885-9500 | Fax: (954) 858-5510

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Changing Lives, Shaping Futures

ON-SITE MENTAL HEALTH & PSYCHIATRY

At THS, we are delighted to report that we come to you!

We have been serving assisted living facilities, skilled nursing homes and adult daycare centers throughout Florida for nearly 25 years. We expertly treat disorders such as Schizophrenia, Bi-Polar Disorder, Substance Abuse Disorders, Depression, Anxiety, Loss of Ability, Sexual Dysfunction and more.

The Treatment Team Model is our main approach to serving the needs of your specific population.

Each team is led by a Psychiatric Provider, Licensed Clinical Psychologist and may include other Psychologists, LCSWs, Neuropsychologists, Post-Doctoral fellows, Pre- Doctoral Interns, and Masters' level interns. Every clinical treatment team will be individualized for the needs of your facility and every region is assigned a Chief Psychologist to oversee these sites in additional to the team lead at each location.

Our teams support optimal evaluation of your residents' needs and provide for a range of services, including individual therapy, group therapy, clinical assessments, mental status exams, and much more! The team model also promotes direct and effective communication with your staff, as well as on site consultation services and staff trainings as needed.

Medication Management

Psychotropic Medications can play a significant role in treating mental disorders and conditions and are often used in combination with other treatment approaches such as individual and group therapy. Medications can affect people in different ways, and it may take several tries to find the medication that is most effective with the fewest side effects. Our team of mental health experts are here to guide you every step of the way and ensure that the right combination of therapy and medication is tailored for the individual needs of each client.

Why Individual Therapy?

Individual psychotherapy involves discussions between the patient and a mental health professional that may focus on current and past problems, experiences, thoughts and feelings. Daily difficulties may occur in relationships, activities of daily living, and in familial relationships that are stressful and taxing to the individual and their loved ones. In sharing one's experience with a trained therapist, patients gradually come to understand more about themselves, their problems and, as a result, develop an improved attitude toward staff and others, as well as new skills.

Group Therapy

Group therapy is another effective form of therapy that is widely used. Individuals facing similar issues meet to discuss their own difficulties and offer support to the other members of the group. Groups also focus on skill building and help to create a positive therapeutic environment in your specific setting. Many types of groups are offered including creative art therapy, living skills, cognitive strengthening, coping skills, smoking cessation and many others. Groups can also be developed for your specific patient populations.

Common Treatment Issues:
- Depression and Anxiety
- Schizophrenia
- Bipolar Disorder
- Addiction
- Medical Issues
- Medication Use & Abuse
- Loss of Ability
- Sexual Dysfunction
- Declining Independence
- Self-Esteem and Relationship Issues
- Familial Discord

On-site staff workshops and training

We are additionally delighted to offer in- service staff training. Our goal is to help staff improve relationships with clients, as well as enhance communication with management and co-workers.

These programs are offered at no charge and may be scheduled at any time. We conduct in-service workshops on- site to meet your specific training needs. Training sessions run approximately one to two hours, depending on the topic(s) addressed.

On-site Medication Management, Mental Health and Psychology in ALF and SNF!

Yes, We Will Come To You!
Call (954) 885-9500

PSYCHIATRY & PSYCHOLOGY

Medication Management

The decision to take medication for mental health is indeed a significant one, and it is essential to approach it with careful consideration. At THS (Transformative Healthcare Solutions), we prioritize a comprehensive and integrated approach to mental health treatment via telehealth, on site services, and in-office appointments. This approach includes, not only medication management, but also expert care that encompasses talk therapy and a holistic lifestyle approach.

Moreover, it's important to note that psychotropic medications are not a cure for mental health conditions, although they are effective for managing and alleviating many symptoms of mental illnesses. Often, the best outcomes are achieved when medication is used in conjunction with psychotherapy or talk therapy. In general, patients benefit from working with professionals experienced in delivering therapies tailored to their specific issues. For example, cognitive-behavioral therapy (CBT) has demonstrated its effectiveness in clinical trials and can be as effective as medication in treating certain anxiety problems.

At THS, we emphasize the importance of individualized treatment plans that consider the unique needs and preferences of each patient. This patient-centered approach helps individuals make informed decisions about their mental health care, whether that involves medication, therapy, or a combination of both.

When a medication management protocol is initiated, the THS clinical team begins the process with an initial evaluation, during which they gather a full medical history to assist in creating an outpatient treatment plan. This process involves education, assessment, and goal development. Subsequently, the clinical team formulates a path towards stability and overall well-being. Achieving psychological wellness may involve the management of psychiatric medications to address chemical imbalances. The THS clinical team continues to monitor the patient's progression to ensure the best possible health outcomes. We consider the individual's physical and mental health needs and aim to maximize independent functioning and healthy relationships in various aspects of life, including work, school, home, social settings and other venues.

What is Clinical Psychology?

The field of Clinical Psychology focuses on the intellectual, emotional, biological, psychological, social, and behavioral aspects of human functioning across the life span, in varying cultures, and at all socio- economic levels. The field integrates science, theory, and practice to understand, predict, and alleviate maladjustment, disability, and discomfort as well as to promote human adaptation, adjustment, and personal development.

What is Forensic Psychology?

Forensic Psychology is the application of psychological knowledge and principles to legal matters. Simply, it is the intersection of mental health and the law. Forensic Psychologists use various methods such as forensic interviewing and standardized psychological tests to help courts, judges, and attorneys answer important legal questions.

Psychologists are the only mental health professionals specifically trained in the use of psychological tests. These tests are one scientific tool that Forensic Psychologists use to measure any given characteristic in an objective and standardized way. For example, Psychologists can use tests to quantify an individual's intellectual abilities and/ or personality traits. Forensic Psychologists commonly work in criminal, civil and family courts.

What are interventions?

Interventions in Clinical Psychology are directed at preventing, treating, and correcting emotional conflicts, personality disturbances, psychopathology, and the skill deficits underlying human distress or dysfunction. Examples of intervention techniques include psychotherapy, psychoanalysis, behavior therapy, marital and family therapy, group therapy, biofeedback, cognitive retraining and rehabilitation, social learning approaches, and environmental consultation and design. The goal of intervention is to promote satisfaction, adaptation, social order, and health.

What does assessment entail?

Assessment in Clinical Psychology involves determining the nature, causes, and potential effects of personal distress; of personal, social, and work dysfunctions; and the psychological factors associated with physical, behavioral, emotional, nervous, and mental disorders. Examples of assessment procedures are interviews, behavioral assessments, and the administration and interpretation of tests of intellectual abilities, aptitudes,personal characteristics, and other aspects of human experience and behavior relative to disturbance.

We offer…..
Telehealth, in office and on-site medication management programs!
Contact us today at
(954) 885-9500

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THS SERVICES

Services offered by THS
(office, on-site, telehealth)

Psychiatry / Medication Management
Marriage/Couple Therapy
Individual Therapy (children, adolescents, adults)
Play Therapy
Substance Abuse Counseling
Family Therapy
Hypnotherapy / Regression Therapy
Cognitive Rehabilitation
Neuro-Biofeedback

Groups: Creative Art Therapy, Coping Skills, Life Change, Smoking Cessation, Process, Grief and Loss, Cognitive Stimulation & More

Parenting Education
Co-Parenting
Domestic Violence
Batterer's Intervention (DCF approved)
Anger Management Groups and Individual Modalities
Supervised and Therapeutic Visitation
Social Skills Training
Human Trafficking Victim Therapy
Sexual Offender Therapy
Family Therapy
Victims of Sexual Abuse Therapy

Assessment for children and adults
(office, on-site, telehealth)

Neuropsychological
Psychological
Psychosexual
Ability to Parent
Psycho-Educational
Substance Abuse
Anger Management
Domestic Violence Attachment
Autism
Disability (ASPD)

We also offer…

Executive Coaching for High Achievers by Dr. Ann
Employee Assistance Programs/ Corporate Healthcare
FL Supreme Court Certified Family Mediation
Qualified Parent Coordination
Mental Health Medical Expert Testimony
Guardian Ad Litem Services for Private Family Cases