

REDEFINING MENTAL WELLNESS

MENTAL HEALTH

TODAY



INTEGRATING WELLNESS
AND MENTAL HEALTH
FOR YOUR OPTIMAL SELF

LEARNING TO ACHIEVE WELLNESS

Learning to Achieve Wellness offers personalized mental health care, including TMS, Spravato, and GeneSight Testing. Founded by Lillian Ingram, the practice serves all ages and backgrounds with eight Florida locations. Their patient-centered approach focuses on root causes, minimal side effects, and innovative treatments, ensuring accessible, high-quality care for depression, anxiety, bipolar disorder, and more.

LEARNING TO ACHIEVE WELLNESS

INNOVATING MENTAL HEALTH SOLUTIONS, 'LEARNING TO ACHIEVE WELLNESS' IS REDEFINING MENTAL HEALTH CARE ACROSS FLORIDA



Welcome to *Learning to Achieve Wellness*, a beacon of hope for those seeking mental health solutions that truly work. Founded by Lillian E. Ingram, MSN, PMHNP, FNP, NP-C, our practice is built on the belief that everyone deserves access to high-quality, personalized psychiatric care. We offer innovative treatments like NeuroStar Advanced TMS Therapy, Spravato, GeneSight Testing, and functional psychiatry to address the root causes of mental health challenges without compromising comfort or dignity.

Our mission is simple yet profound: To provide accessible, cutting-edge mental healthcare tailored to each individual's needs, because wellness shouldn't be one-size-fits-all.

In April 2022, Lillian Ingram embarked on this journey as the sole provider with a vision to create an inviting space where patients felt valued and understood. Fast forward to today, we've expanded to eight locations across Florida, serving thousands of patients with over 50 dedicated staff members. Our growth reflects not just numbers, but a steadfast commitment to improving lives through compassionate care.

At *Learning to Achieve Wellness*, we operate under three core principles that define who we are and how we serve our patients. These guiding values ensure that every individual receives

the highest standard of care in a supportive, effective, and personalized environment.

Patient-Centered Care: Every decision we make revolves around what's best for the patient. We believe in fostering an open dialogue where you feel heard, respected, and empowered to take charge of your mental health journey.

Evidence-Based Treatments: At *Learning to Achieve Wellness*, only the most up-to-date, scientifically-proven therapies make it into our clinics. By combining cutting-edge technology with compassionate care, we deliver results that truly matter.

Holistic Approach: True wellness extends beyond treating symptoms—it's about addressing both mind and body to ensure lasting results. We take a comprehensive approach to mental health by considering all aspects of your life, including lifestyle, genetics, and emotional well-being.

At *Learning to Achieve Wellness*, we specialize in treating a wide range of mental health conditions, including depression, anxiety, bipolar disorder, ADD, OCD, and schizophrenia, as well as providing post-hospital care, SN-F/ALF care, and medication management. We serve patients of all ages, backgrounds, and insurance types,

including Medicaid and Medicare, with sliding scale fees and scholarships available. From our inviting clinic environments to our dedicated staff, every aspect of *Learning to Achieve Wellness* reflects our unwavering commitment to helping you achieve your best self.

At *Learning to Achieve Wellness*, the focus is on providing innovative and effective solutions for mental health challenges. Our clinic specializes in therapies that minimize side effects while maximizing outcomes, ensuring personalized care tailored to each individual's needs.

The key services offered include:

- **NeuroStar Advanced TMS Therapy:**
A non-invasive, drug-free treatment that uses magnetic fields to stimulate brain activity, helping to alleviate symptoms of depression and other mental health conditions.
- **Spravato (Esketamine):**
An FDA-approved nasal spray that provides rapid relief from depressive symptoms, often within 24 hours, making it an ideal option for those who haven't found success with traditional medications.
- **GeneSight Testing:** A genetic test that helps determine how a patient's genes may affect medication

outcomes, allowing for more precise and effective medication management tailored to their unique biology.

Medication Management &

Therapy: Comprehensive psychiatric care that includes personalized medication plans and various therapeutic modalities to support mental wellness and address underlying issues.

Learning to Achieve Wellness takes a holistic and patient-centered approach, ensuring that every individual receives the highest quality of care in a comfortable and supportive environment.

Addressing Treatment-Resistant Depression and Innovations in Mental Health Care

Depression is a complex condition, and for many individuals, traditional treatments, such as antidepressant medications, may not provide the desired relief. This challenge, known as **treatment-resistant depression**, affects millions of people worldwide, leaving them searching for alternative solutions. Fortunately, advancements in technology have paved the way for innovative therapies that target the root causes of depression without relying solely on medication. Among these groundbreaking options are **Transcranial Magnetic Stimulation (TMS)**, **Spravato (esketamine)**, and **GeneSight Testing**, all of which are offered at *Learning to Achieve Wellness*. These cutting-edge approaches are transforming mental health care by providing personalized, effective, and minimally invasive treatment options.

Breaking Barriers in Mental Health Care: The Role of Transcranial Magnetic Stimulation (TMS)

Transcranial Magnetic Stimulation (TMS) is revolutionizing how we treat depression, particularly for those who have not responded to traditional therapies. Unlike medications that circulate throughout the body, TMS uses **focused magnetic pulses** to stimulate



specific areas of the brain associated with mood regulation. This non-invasive technique works by activating inactive synapses (connections) in the brain, effectively "restarting" neural pathways that contribute to depressive symptoms. Importantly, TMS does not involve surgery, anesthesia, or systemic side effects, making it a safe and appealing option for many patients.

At *Learning to Achieve Wellness*, we utilize **NeuroStar Advanced TMS Therapy**, a state-of-the-art system designed to deliver precise and consistent results. Sessions typically last about 19 minutes and are administered over a course of 36 treatments. Patients often begin to notice improvements in their mood within two to three weeks, including fewer "depressed days", increased motivation, and a greater desire to engage with others. Completing the full treatment cycle offers the best chance for long-lasting relief from depression symptoms.

Our expert team, led by industry leaders like **Dr. Leo Yason, MD**, combines decades of experience with a commitment to staying at the forefront of psychiatric innovation. The calming and welcoming environment of our clinics further enhances the healing process, ensuring that patients feel supported every step of the way.

Why Choose Learning to Achieve Wellness for TMS? At our practice, we deliver proven results, with studies showing an 83% reduction in depres-

sive symptoms and a 62% remission rate among patients who complete their TMS cycles. Our expert team of highly trained professionals is dedicated to providing compassionate, evidence-based care tailored to your unique needs. We pride ourselves on offering a comfortable environment, as our clinics are thoughtfully designed to feel more like home than traditional medical offices, creating a calming atmosphere that promotes healing. Additionally, we provide comprehensive support throughout your journey, from intake to follow-up, ensuring you are guided every step of the way and never feel alone.

Spravato: The Next Step in Depression Care

An innovative, FDA-approved nasal spray providing rapid relief for those facing treatment-resistant depression

For patients seeking rapid relief, *Learning to Achieve Wellness* offers Spravato, an FDA-approved nasal spray that delivers fast-acting results, often within 24 hours. Administered in-office, Spravato is particularly effective for individuals with treatment-resistant depression. Over the course of one month, patients receive twice-weekly treatments followed by weekly sessions. Clinical



studies show that 52.5% of patients achieve remission of symptoms after just four weeks of treatment. Spravato represents a significant breakthrough for those who have struggled to find relief through other methods.

Experience the transformative power of Spravato at Learning to Achieve Wellness, where personalized care meets innovative solutions for mental health.

GeneSight Testing: Unlocking Personalized Mental Health Solutions

Personalized medicine is at the heart of modern psychiatric care, and GeneSight Testing plays a crucial role in this approach. This genetic test analyzes how your unique biology may affect medication outcomes, helping your provider determine which treatments are most likely to work for you. The GeneSight test may reveal which medications to treat depression, anxiety, ADHD, and other mental health conditions that:

- Require dose adjustments
- Be less likely to work
- Have an increased risk of side effects based on your DNA

By tailoring treatment plans based on genetic insights, we minimize trial-and-error prescribing and maximize the likelihood of success.

A Holistic Approach to Mental Wellness

Beyond TMS, Spravato, and GeneSight Testing, *Learning to Achieve Wellness* also offers comprehensive wellness programs to support overall well-being. From weight loss solutions like **Semaglutide** and **Physiq Body**

Contouring to emotional support services, we address both mental and physical health to help you achieve balance and vitality.

Contact Us

Visit us at any of our convenient locations throughout Florida:

- 1. Brandon**
Address: 413 W Robertson St., Suite B, Brandon, FL 33511
- 2. Brooksville**
Address: 16332 Cortez Blvd, Brooksville, FL 34601
- 3. New Port Richey**
Address: 8300 Massachusetts Ave, New Port Richey, FL 34653
- 4. Tampa**
Address: 12954 N Dale Mabry Hwy, Tampa, FL 33618
- 5. Ocala**
Address: 200 NE 25th Ave., Ocala, FL 34470
- 6. St Petersburg**
2191 9TH AVE. N STE. 235, St Petersburg, FL 33713
- 7. Lakeland**
1046 S. Florida Ave., Lakeland, FL 33803
- 8. Sun City Center**
1601 Rickenbacker Drive STE. 2, Sun City Center, FL 33573

Call Now : (813) 999-1516
Text Now : (813) 999-1516
Email Us : info@LTAW.net
Website:
<https://learningtoachievetowellness.com>



WHAT OUR CLIENTS SAY ABOUT THEIR JOURNEY WITH LEARNING TO ACHIEVE WELLNESS

"I give them 10 stars! I can't thank them enough for how RESPONSIVE they are. I had an urgent need with my adult son and they responded so quickly - from my first interaction with their receptionist (she was lovely!) to our in-office visit, it was clear that my call was taken seriously. They were so calm, patient, quick to get back to me when they needed to gather info (minutes not days!). They really LISTEN to you and utilize technology to make communication quick and effective! The BEST experience ever and let's face it - mental illness is stressful enough as it is. They make it easy and even pleasurable to work with them."

Heather S.

"This place literally saved my life, and also improved my quality of life. They actually care about their patients. When I first started I was even able to book an appointment the same day."

April

"Not just my life has changed. But my husband and children now have the wife and mother they needed. I've been in denial thinking I can get better by myself. But with the therapy and TMS, I have my life back at young age of 52. I don't regret one single visit."

Tina P.

