

HIGH-ACHIEVERS ALSO REQUIRE BEHAVIORAL HEALTH TREATMENT

Fort Lauderdale, FL, 06/28/2022 – As the country recovers from Covid-19 fatigue, rampant inflation, and a general state of heightened anxiety, mental health awareness is at the forefront of our minds. Round-the-clock news reporting, viral social media stories, and a new focus on maintaining behavioral health wellness bombard us with a sense of dread – “Am I okay emotionally?” “Why do I feel down today?” “Do I need professional help?”

The simple answer is – “yes, you are mostly okay emotionally, it’s okay to feel down at times and sure, we could all use some help after the last two years.” As community-based care centers, schools, and even employers are now repeating this same message and offering mental health care services to increasing numbers of people, there is a surprising niche of the population that are also recognizing the need to ask for help.

Call them the one-percenters, high-achievers, or anything else – the reality is those who (seemingly) do not have a care in the world struggle with the same anxiety, concerns, and human emotions we all do. Chief executive officers, business owners, professional athletes, actors, and those with extreme wealth; these bon vivant carefree few not only share the same frailties and flaws that mere-mortals do, but they also often carry enhanced responsibilities and challenges that come from achieving extreme success. The spotlight is on them - be it market watchers, employees’ dependent upon them as an owner, or the media scoping them out for the first sign of fragility; those in this position cannot or will not show any weakness for fear of shame, loss of power, or ostracizing. Now, many in this segment are stepping out from behind the curtain and asking for help. Some in a public manner and others quietly, behind the scenes. The reasons do not matter, the point is we all need to find equilibrium and support that enables us to function at our best - in mind, body, and spirit.

Enter Dr. Ann Monis, a licensed clinical and forensic psychologist with expertise in the evaluation and treatment of a range of mental health disorders. Dr. Ann is the founder, owner, and CEO of Transformative Healthcare Solutions and The [Mental Health Center of Florida](#), the largest provider of behavioral health care services in the state of Florida and 5th in the country, serving vulnerable seniors, adults, at-risk youth, and first responders. Dr. Ann’s vast clinical team also provides extensive pro bono services through her non-profit [Florida Mental Health Coalition](#), serving those most in need and lacking resources of their own. Finally in her private practice, [Dr. Ann Monis, P.A.](#), highly accomplished and successful individuals seek her expertise for One-on-One therapy and/or Business Coaching. Specializing in substance abuse, anger management, performance improvement, and mental health tune-ups, Dr. Ann provides discreet services specifically aimed at the “1%.” Through her experience and clinical training, as well as serving as the CEO of a thriving, multi-site practice, she recognizes and understands the unique concerns and obstacles that those in this population must manage. As Dr. Ann notes, “self-doubt creeps its way in quietly in the silent moments. It’s those still waters that run deep and the silence that deafens. Those intimidating, quiet doubt-filled thoughts that can hinder even the best performers. This is not shameful, it is not weak. We train our bodies to perform, so why not our minds? This is a journey to optimize performance and slay the obstacles that hinder.”

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