



STATERA

Integrated Health & Wellness Solutions

Sarah Mitchell, DNP, PMHNP
*Board-Certified Psychiatric
Nurse Practitioner*

Sarah's philosophy of care centers on a personalized, collaborative approach to supporting her patients' well-being by incorporating therapeutic techniques and thoughtful medication management.

- Depression/Anxiety
- Bipolar & Mood Disorders
- Stress Management
- Medication Management
- Insomnia
- ADHD & Focus Concerns
- Memory Concerns
- Therapy Support

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Sarah Mitchell, DNP, PMHNP



Sarah Mitchell is a board-certified psychiatric nurse practitioner who earned her Bachelor of Science in Nursing from the University of Wisconsin–Madison in 2017 and her Doctor of Nursing Practice from the University of Iowa in 2025. With nearly a decade of experience in both psychiatry and hospice care, she brings a compassionate, patient-centered approach to mental health treatment that spans the lifespan and all stages of wellness.

I am passionate about helping individuals 16 and older navigate life's challenges through personalized, supportive care. I combine therapeutic techniques with thoughtful medication management to address a wide range of mental health concerns, including ADHD, anxiety, and depression. I believe the best care happens through collaboration—whether that's working alongside primary care providers, specialists, or the patient themselves. My goal is to help each person manage symptoms and thrive at their optimal quality of life.

Outside of work, I enjoy life with my husband and our pets. You'll often find me gardening, canning, or reading a good book.



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