

Meet the Provider: Elise Montoya, APRN, PMHNP
Interviewed by David R. Parker, Ph.D.

CRG was very pleased to welcome Elise Montoya to our team in April 2014. She became the fourth medical provider on staff and has quickly become busy working with a range of patients who are now under her care. Read on to learn more about Elise and her practice at CRG.

DP: What is your role at CRG? What types of services do you provide and what kinds of patients do you work with?

EM: As a psychiatric nurse practitioner, I see patients from 3-83 years of age. I am able to work with individuals or individuals and their families to develop a diagnosis and treatment plan that may include medication.

DP: Tell us a little about your professional background. What have you done to prepare for the work you do at CRG?

EM: Working in the ICU for several years, I developed a sound foundation of medical knowledge. More recently I worked in an outpatient medical clinic for individuals with developmental disabilities and in an outpatient clinic for Transition Planning for youth with special health care needs transitioning into adult health care and adult life. The outpatient clinics dealt with many individuals with behavioral or psychiatric issues. This medical background, in addition to my experience working with other families in the developmental disability community, has given me a great deal of insight into the needs and stresses of caregivers, families, and individuals who deal with these challenges.

DP: What do you like best about your work at CRG?

EM: What I like best about CRG are the people and the model of care with which we practice. It is rare to find this comprehensive model, in which we offer complete psycho-educational evaluations, psychotherapy, coaching, and medication management. This allows for a very thorough understanding of the individual's talents and challenges, which in turn provides for more informed and, I would argue, more effective treatment.

DP: Do you have a philosophy or set of basic beliefs that guide your professional work? If so, how would you describe that philosophy?

EM: I see my professional relationship with patients as a partnership and use a strengths-based approach.

DP: If you could learn more about one aspect of your work in the year ahead, what would that be? How would you like to acquire that knowledge?

EM: I plan to go to the Neuroscience Education Institute (NEI) Conference Fall of 2015 to

become more knowledgeable about advances in psychopharmacology.

DP: Away from work, what are some of your hobbies? What do you like to do with your time away from the office?

EM: I love being outside! I love to garden, walk the dogs, run, and bicycle. I also am a voracious reader. My husband and I really enjoy going to community theaters and to the IRT.

DP: Tell us one unique thing about yourself (a talent, an experience, an interest; anything) that others may not know about you.

EM: I love raising and training our German shepherd puppies, Mitzie and Oso.