

Mental Wellness. Well-being, done well.

1932 Aspen Circle, Suite G

Grand Island, NE 688803

308-675-1760

Mentalwellnessgi.com

M,T,TH 8am-6pm, Wed 8am-8pm, some Saturday mornings 8-12

Accepting new patients

Sherry Kropatsch, APRN-FNP

I was raised in Clay County, attended grade school in Ong and graduated from Sutton High School. I graduated with my associate's degree in nursing from CCC-Grand Island campus in 1996. Earned my BSN from UNMC in 2011 and graduated from Clarkson College with my Masters of Science in Nursing and Family Nurse Practitioner in 2014. We moved here from Osceola, NE in 2017 as this community offers so many opportunities for all of us. We optioned our youngest daughter, Reagan, into the Northwest school district where she is currently a Sophomore at Northwest High School. Our other daughter, Madison, attends Wayne State College, pursuing her degree in human service counseling and criminal justice with hopes of joining our clinic. My husband, John Kropatsch, oversees the financial aspects of the business, in addition to his full-time job at the Nebraska Department of Transportation. We are members of the Church of the Resurrection. Mental Wellness is a member of the Grand Island Chamber of Commerce.

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As an RN I worked in medical/surgical, emergency room, long term care/management, and 10 years as a certified hospice and palliative care nurse before completing my family nurse practitioner certification. I then transitioned from palliative nursing into pain management as a nurse practitioner. This background fueled my passion for treating addictions and mental health. I started practicing in Grand Island in 2017, focusing only on mental health disorders. After realizing how underserved our area is for providers willing to prescribe Suboxone, I knew I needed to expand my mental health services by offering this medication assisted treatment to my community with the opening of Mental Wellness in April, 2019. Word has gotten out and I am receiving referrals from colleagues across the state.

People with mental health conditions deserve just as much support and compassion as people with physical health conditions.

I really enjoy having the flexibility of my own practice, I am able to focus my appointments on the quality of time spent with each individual patient by scheduling all new patients for 90 minutes and follow-up appointments for 30 minutes. I also offer expanded office hours to include some evening and Saturday morning appointment times to accommodate school and work schedules.

I see children as young as six, adolescents, adults, and geriatrics. I offer diagnostic evaluations and medication management of all mental health disorders such as:

- ADHD
- Depression
- Bipolar Disorder
- Anxiety
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Schizophrenia
- Insomnia
- Substance Use Disorders (alcohol, opioid)

I am passionate about providing medication assisted treatment for opioid use disorder and helping in their recovery journey. I offer safe, confidential assessments and treatment recommendations using the American Society of Addiction Medicine (ASAM) criteria. There are many different approaches to substance use disorder treatment and each person should have an individualized plan of care. I am waived to prescribe Suboxone to reduce cravings and withdrawal symptoms without producing the intense euphoria or high. Even though this medication is often referred to as a "miracle" by patients, most patients have had multiple years of impaired thinking and self-defeating behaviors. Therefore, I have developed a program of integrative care that encourages patients to seek help with licensed addiction therapists and other community support services in addition to the prescribed medication, with the overall goal being patient empowerment through self-management to maximize functioning and reduce relapse risk. My philosophy is to develop the right treatment program that supports each person's unique recovery efforts.

I am excited to announce that Mental Wellness is a treatment center for the new Spravato nasal spray, recently FDA approved for treatment-resistant depression. In addition, I am pursuing a fellowship for Transcranial Magnetic Stimulation (TMS) for treatment-resistant depression and hope to provide this treatment for our community in the near future as well.

I enjoy reading and implementing new research and feel very positive about the changes occurring in the world of psychiatry. I truly believe there is hope for everyone.

I have implemented Pharmacogenomic (DNA) testing in my practice to help make informed treatment decisions by finding a genetically optimal medication for you in hopes of reducing trial and error.

Memberships include: Nebraska Nurse Practitioners (NNP), American Association of Nurse Practitioners (AANP), American Psychiatric Nurses Association (APNA) and American Society of Addiction Medicine (ASAM).

Mental Wellness's mission is to provide prevention and recovery-oriented mental health and substance use services which are quality assured and person-centered, with increased attention to the "whole person."

I accept most insurances, all Nebraska Medicaid plans, and Medicare.

September 3rd was the first day of our new office manager, Devin Johansen. Devin is from Central City and has several years of experience in patient access and she is currently pursuing a degree in Health Information Management.

