

Sapandeeep Khurana, MD, a General & Child and Adolescent Psychiatrist with Healthy Minds & Nevada Mental Health

Get to know General & Child and Adolescent Psychiatrist Dr. Sapandeeep Khurana, who serves patients in Las Vegas, Nevada.



New York, New York City, Mar 29, 2021 ([Issuewire.com](https://www.issuewire.com)) - In practice for over two decades, Dr. Khurana is a board-certified general & child and adolescent psychiatrist treating a variety of conditions affecting mental health. He serves as the Assistant Medical Director at Healthy Minds & is one of the founding partners at Nevada Mental Health in Las Vegas, Nevada.

Nevada Mental Health is a practice that provides insurance-based outpatient care to patients of all ages. At Nevada Mental Health, the mantra is for patients to receive the care that we would expect for our friends and family, with Medical staff taking their time with the patients, and with Medical staff supervised by double board-certified psychiatrists.

About 70-80% of his patients are children and adolescents and 20-30% are adults. He practices using the biopsychosocial model of psychiatric disorders and applies elements of the cognitive-behavioral approach during his medication management visits.

Specializing in the treatment of bipolar disorder, PTSD, and anxiety problems, and with a special interest in childhood-onset problems that continue through the life span like ADHD, Autism, and other Neurodevelopmental and Neuro-cognitive disorders, Dr. Khurana describes his work as both “frustrating and exciting.” Frustrating because he sees how far there is to go to bring the overall quality of Las Vegas’s mental health care to a higher level, yet exciting because he sees both huge potential and the impact of the improvements he is helping to bring about.

“I subscribe to the notion that ‘a stitch in time saves nine;’ basically, if we can treat a child early in life, we not only stop a potential cycle of harm that impacts countless others, but we can help that child grow into a healthy, productive adult. The more children we can provide with quality mental health care in Nevada today, the fewer problems and costs we’ll have 5 or 10 or 20 years down the road” expressed the doctor.

Born and raised in the northern state of Punjab, India, Dr. Khurana graduated with his medical degree from Government Medical College, Amritsar in 2002. Upon graduation from medical school, he began to work in cardiothoracic surgery; however, despite his talent and the importance of the medical care he provided, he soon regretted his decision to become a surgeon.

He realized that he had chosen a specialty area poorly suited to his personality and interests. He needed to deeply know, understand, and connect with his patients in ways he would never be able to as a surgeon. That is when he started preparing for a move to the United States to pursue a career in psychiatry – despite the fact that this meant he had to start anew in his education.

After moving to the United States, Dr. Khurana went for a Masters's and Graduate degree in Health Promotion and Behavioral Sciences from San Diego State University.

After grad school, he moved across the country to the University of Virginia, where he began a residency program, followed by a psychiatry fellowship program where he served as the Chief Fellow. He loved the work, reinforcing his decision to not only change careers but also to live in a new country and culture.

A Distinguished Fellow of the American Academy of Child and Adolescent Psychiatry, and a Fellow of the American Psychiatric Association, Dr. Khurana is board-certified in general psychiatry & child and adolescent psychiatry by the American Board of Psychiatry and Neurology (ABPN). The ABPN is a not-for-profit corporation dedicated to serving the professions of psychiatry and neurology.

Feeling that it is his calling to help children, his research interests include autism spectrum disorders, Tourette's disorder, and ADHD.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions.

Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

Happily married, Dr. Khurana and his wife have two children. He describes two personal goals he has for himself: first, to raise a good family and provide a good life for them, and secondly, to serve the Las Vegas community, his home, to the best of his abilities for as long as he can. He speaks four languages: English, Hindi, Punjabi, and Urdu.

Learn More about Dr. Sapandeep Khurana:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3626776-Sapandeep-Khurana-Adolescent-Psychiatrist?zipcode=22908>, through <https://www.healthymindslv.com/our-team/> or through Nevada Mental Health, <https://www.nevadamentalhealth.com/our-psychiatrists/>

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