

Ismel Fernandez-Calienes, APRN, PMHNP-BC: Leading with Compassion Across Florida

Delivering Integrated Psychiatric, Therapy, and ABA Services in Miami through iCare Mental Health and Wellness Services, and in Melbourne at Bella Mental Health



New York City, New York May 22, 2025 ([Issuewire.com](https://www.issuewire.com)) - *iCare Mental Health and Wellness Services* proudly highlights the leadership and clinical excellence of **Ismel Fernandez-Calienes, APRN, PMHNP-BC**, an autonomous, board-certified Psychiatric-Mental Health Nurse Practitioner and founder of iCare Mental Health. With a growing presence in both **Miami and Melbourne**, Ismel is at the

forefront of providing **integrated mental health care** that combines **psychiatric services, psychotherapy, and applied behavior analysis (ABA)** to improve the lives of individuals and families across Florida.

As **Founder and CEO** of *iCare Mental Health and Wellness Services* in **Miami**, Ismel leads a multidisciplinary practice focused on addressing the complex mental health needs of diverse communities. The clinic offers **comprehensive psychiatric evaluations, medication management, psychotherapy, and ABA therapy** for children, adolescents, and adults. Specialties include the treatment of **anxiety, depression, ADHD, autism spectrum disorders, trauma-related conditions, and schizophrenia**—all delivered through a patient-centered, evidence-based model.

In **Central Florida**, Ismel also serves as a core psychiatric provider at *Bella Mental Health* in **Melbourne**, where he delivers **integrated psychiatric and behavioral health services** in collaboration with a dedicated care team. Bella Mental Health offers **medication management, therapy services, and ABA interventions**, ensuring continuity of care for individuals with complex mental health and developmental needs.

Born in Cuba, Ismel began his healthcare journey with three years of medical school before immigrating to the U.S. in 2012. He gained extensive clinical experience as a **trauma burn nurse, ICU nurse, and behavioral health nurse**, ultimately earning both his BSN and MSN in Psychiatric Mental Health from **West Coast University**. He is a proud member of the **Sigma Theta Tau International Honor Society of Nursing**, committed to lifelong learning and service excellence.

“Having worked for many years with different populations in various settings has enhanced my cultural competence and respect for others,” says Ismel. “Only we know what we have been through, but that doesn’t mean we have to fight our demons alone. My willingness, knowledge, and disposition are my best tools to help you.”

At **iCare Mental Health**, Ismel spearheads an integrated model of care that embraces **holistic wellness**, combining **psychopharmacology, psychotherapy, lifestyle modifications, ABA therapy, and wellness support**. His Miami-based clinic stands out for offering **both psychiatric and behavioral therapies under one roof**, with a growing reputation for culturally sensitive, personalized care.

At **Bella Mental Health**, Ismel applies this same clinical philosophy—delivering precise diagnostic care, **medication management**, and **collaborative treatment planning**, especially for patients with co-occurring behavioral and psychiatric conditions.

Ismel’s work is deeply inspired by his sister and business partner, **Lauren Fernandez-Calienes**, whose collaboration has been vital in expanding access to high-quality mental health services throughout Florida.

“It has always been my goal to help others, and that has guided my career choices and specialty,” Ismel explains. Psychiatric nursing is vital to our society, as we are just beginning to understand the true impact of mental health on every aspect of our lives. I find joy in serving others, and my nursing philosophy revolves around compassion, respect, mutual trust, and professionalism.”

With dual operations in **Miami and Melbourne**, Ismel Fernandez-Calienes, PMHNP-BC, continues to lead the way in **integrated psychiatric, therapy, and ABA care**, transforming lives through innovation, empathy, and a commitment to community-based healing.

Learn More about Ismel Fernandez-Calienes:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85023659-Ismel-Fernandez-Calienes-Nurse> or through Bella Mental Health Services, LLC, <https://www.bellamentalhealth.com/ismel> or at the Miami location at <https://pp-wfe-102.advancedmd.com/158139/account/logon> or sending a request email to admin@icaremh.com

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