

America's Best in Medicine Acknowledges Dr. Jay Rivas: A Committed Advocate for Mental Health Care

Bringing a Holistic Approach to Patient Care and Community Well-Being



Seattle, Washington Mar 3, 2026 ([IssueWire.com](https://www.IssueWire.com)) - NuMind Psychiatry is proud to reaffirm its commitment to mental health excellence by continuing to feature Dr. Jay Rivas, DNP, PMHNP-BC, a seasoned board-certified psychiatric nurse practitioner known for his compassionate and

comprehensive approach to mental health care. With a Doctorate in Nursing Practice from The University of Texas Health Science Center, Dr. Rivas has established himself as a leader in the psychiatric field, dedicated to serving patients across the lifespan.

Dr. Rivas's extensive education and advanced clinical training have equipped him with the skills necessary to address a wide array of mental health conditions, including ADHD, anxiety, bipolar disorder, depression, and more. His doctoral research, which focused on post-stroke depression and anxiety, underscores his commitment to exploring innovative strategies that enhance the well-being of individuals facing complex mental health challenges.

At NuMind Psychiatry, Dr. Rivas employs a holistic, patient-centered philosophy that integrates evidence-based interventions tailored to each individual. His comprehensive care plans encompass medication management, psychotherapy, sleep hygiene, nutrition, physical activity, social support, and mindfulness practices. This multifaceted approach not only addresses immediate symptoms but also promotes long-term mental wellness.

"Improving the mental health outcomes of my patients is what I enjoy most about practicing medicine," said Dr. Rivas. "Being able to help individuals navigate challenges and develop coping strategies is profoundly rewarding. Witnessing patients make meaningful progress and regain balance in their lives motivates me every day."

In addition to his clinical expertise, Dr. Rivas is passionate about enhancing community mental health and supporting underserved youth. He actively engages in mentorship programs, guiding young individuals to build resilience and realize their potential. Outside of his professional commitments, Dr. Rivas enjoys quality time with family, sharing meals with his grandfather, and exploring local trails with his beloved Mini Schnauzer, Scotty.

Dr. Rivas is a member of several esteemed professional organizations, including the American Association of Nurse Practitioners (AANP) and the American Psychiatric Association (APA). His dedication to continuous learning and professional development ensures that he remains at the forefront of psychiatric care.

Learn more about Jairo Rivas:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/jairo-rivas>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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