

## **America's Best In Medicine Features Jennifer Sizemore, MSN, PMHNP-BC, Visionary Behind Southern Roots Psychiatry Inc.**

Expanding Access to Compassionate, Patient-Centered Psychiatric Care Across the Lifespan



**Madison, Alabama Apr 2, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Jennifer Sizemore, MSN, PMHNP-BC, is a Board-Certified Psychiatric-Mental Health Nurse Practitioner and the Owner of Southern Roots Psychiatry, Inc. in Marianna, Florida, where she is dedicated to providing compassionate, evidence-based mental health care to individuals across the lifespan. With a focus on creating a safe and supportive environment, Jennifer specializes in the diagnosis and treatment of mood disorders, ADHD, autism spectrum disorders, learning disabilities, and a wide range of psychiatric conditions.

At Southern Roots Psychiatry, Jennifer emphasizes comprehensive evaluations and personalized treatment plans tailored to each patient's unique needs. Her approach integrates medication management, psychotherapy, and holistic strategies, ensuring that individuals receive well-rounded care designed to promote long-term wellness and stability.

Prior to founding her private practice, Jennifer served as a psychiatric nurse practitioner at Dothan Behavioral Medicine Clinic and Wiregrass Wellness Center, LLC, where she gained extensive experience in acute psychiatric care, child and adolescent mental health, and geriatric psychiatry. Her clinical background spans both in-person and telehealth services, enabling her to reach and support patients across diverse settings and communities.

"I truly enjoy helping patients embrace their mental health journey and guiding them toward growth and wellness," Jennifer shares. "Being able to make a meaningful difference in someone's life, whether through diagnosis, therapy, or support, is incredibly rewarding." Her philosophy centers on patient advocacy, trauma-informed care, and integrative mental health practices, all aimed at delivering the highest standard of care.

Jennifer brings more than 30 years of experience in healthcare, beginning her career at just eighteen years old as a Certified Nursing Assistant. She later pursued Licensed Practical Nurse training at the Washington-Holmes Area Vocational Technical Center in Chipley, Florida, where she was the youngest student accepted into her class. Over the next 15 years, she worked as an LPN in hospitals, medical offices, nursing homes, and home health care, developing a comprehensive understanding of patient care across multiple environments.

Committed to lifelong learning, Jennifer returned to school to advance her education, earning both her Associate's Degree in Nursing and her Bachelor of Science in Nursing from Chipola State College in Marianna, Florida. In 2020, she achieved a significant milestone by graduating from Regis College in Boston as a Psychiatric Mental Health Nurse Practitioner.

Jennifer's personal and professional journey has been shaped by resilience and perseverance. Following the devastation of Hurricane Michael, she and her family rebuilt after losing their home, while also supporting a loved one through progressive dementia and cancer. These experiences strengthened her commitment to compassionate care and deepened her understanding of the emotional and physical challenges patients and families face.

Today, Jennifer is especially passionate about serving populations that often encounter barriers to mental health care, including children, adolescents, and older adults. Inspired by her own experiences, she is dedicated to listening attentively, advocating for her patients, and ensuring that families feel supported, informed, and respected throughout the care process.

Beyond her clinical work, Jennifer actively contributes to her community through volunteer efforts in child welfare, general health initiatives, rehabilitative programs, and veteran support services. She is a strong advocate for mental health awareness and works to reduce the stigma surrounding psychiatric

conditions, encouraging open dialogue and access to care.

On a personal note, Jennifer is married to her spouse of more than 30 years, who remains her lifelong partner. Together, they have built a close-knit family, and she is a proud grandmother. Throughout her career, her family has been a constant source of strength, encouragement, and unwavering support.

Through her leadership at Southern Roots Psychiatry, Jennifer Sizemore continues to empower individuals and families, fostering resilience, growth, and overall well-being while helping to shape a more compassionate and accessible mental healthcare landscape.

### **Learn more about Jennifer Sizemore:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/jennifer-sizemore> or through her website, <https://jennifer-sizemore.clientsecure.me/>

### **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.

### **Media Contact**

America's Best in Medicine

\*\*\*\*\*@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Jennifer Sizemore

[See on IssueWire](#)