

Otilia Sibanda, MSN, FNP-C, PMHNP-BC: Founder of Living Hope Behavioral and Mental Health Care

Board-Certified Psychiatric-Mental Health and Family Nurse Practitioner Combines Clinical Expertise, Leadership, and a Patient-Centered Philosophy to Improve the Mental and Physical Well-Being of Individuals and Families Across the Lifespan



Phoenix, Arizona Aug 6, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Otilia Sibanda, MSN, FNP-C, PMHNP-BC, is a

distinguished Board-Certified Psychiatric-Mental Health Nurse Practitioner and Family Nurse Practitioner whose career reflects an unwavering commitment to improving the lives of patients through compassionate, evidence-based care. Drawing on years of experience in behavioral health, primary care, clinical leadership, and nursing administration, she has established herself as a trusted healthcare professional dedicated to addressing both the mental and physical health needs of individuals across the lifespan.

Known for her holistic approach to patient care, Ms. Sibanda believes successful treatment begins with understanding the whole person rather than simply managing symptoms. Her expertise includes comprehensive psychiatric evaluations, psychotherapy, psychopharmacology, primary care, crisis intervention, and interdisciplinary collaboration. Through every stage of her career, she has remained focused on creating meaningful relationships with patients while delivering personalized treatment plans that promote long-term wellness and resilience.

As the Founder and primary practitioner of Living Hope Behavioral and Mental Health Care, Ms. Sibanda has created a practice centered on empathy, respect, and individualized care. She provides comprehensive psychiatric assessments, psychotherapy, and medication management for children, adolescents, adults, and older adults, ensuring that every patient receives treatment tailored to their unique circumstances and goals. By fostering a welcoming and supportive environment, she empowers individuals and families to navigate mental health challenges with confidence and hope.

In addition to leading her private practice, Ms. Sibanda serves as a Psychiatric-Mental Health Nurse Practitioner at Winslow Indian Health Care Center in Arizona. In this role, she diagnoses and treats a wide range of psychiatric and substance use disorders, delivers crisis intervention services, and collaborates closely with multidisciplinary healthcare teams to coordinate comprehensive patient care. Her ability to integrate evidence-based psychiatric treatment with collaborative healthcare strategies has made her an invaluable contributor to improving patient outcomes within the community.

Before transitioning fully into psychiatric care, Ms. Sibanda built an impressive leadership career with the Tennessee Department of Intellectual and Developmental Disabilities (DIDD). Serving as both Director of Nursing and Nurse Manager, she managed clinical operations for a 36-bed healthcare facility, supervised more than 40 nursing professionals, ensured regulatory compliance, and led quality improvement initiatives that enhanced patient safety and operational performance. Her leadership emphasized accountability, teamwork, and continuous improvement, helping establish high standards of care throughout the organization.

Earlier in her professional journey, Ms. Sibanda served as Charge Nurse in a busy cardiac care unit. These positions strengthened her clinical judgment, leadership abilities, and capacity to thrive in fast-paced healthcare environments where sound decision-making and compassionate patient care were equally essential. Those experiences continue to inform her multidisciplinary approach to treating patients with complex medical and behavioral health needs.

Committed to lifelong learning and professional excellence, Ms. Sibanda has earned multiple advanced nursing degrees that reflect her broad clinical expertise. She received her Master of Science in Nursing as a Psychiatric-Mental Health Nurse Practitioner from East Tennessee State University and a second Master of Science in Nursing as a Family Nurse Practitioner from Maryville University. She also earned her Bachelor of Science in Nursing from the University of Texas at Arlington.

Her extensive professional credentials further demonstrate her dedication to delivering exceptional care. In addition to holding board certifications as both a Psychiatric-Mental Health Nurse Practitioner

(PMHNP-BC) and Family Nurse Practitioner (FNP-C), she is a Certified Buprenorphine Provider, Basic Life Support Instructor, Infection Control professional, and has completed EMDR Therapy Basic Training. She is also highly proficient in EPIC electronic health records, ICD-10 and DSM-5 clinical documentation, and consistently applies evidence-based clinical practices to support safe, effective, and patient-centered care.

Throughout her career, Ms. Sibanda has remained deeply committed to advancing behavioral healthcare through compassionate leadership, clinical excellence, and advocacy for individuals facing complex health challenges. She believes that mental healthcare extends beyond prescribing medications and instead requires understanding each patient's experiences, strengths, and goals to develop lasting solutions that improve quality of life.

"What I enjoy most about my practice is the opportunity to genuinely help people and make a meaningful difference in their lives. I do not view compensation as the primary goal. Instead, I focus on what truly matters to me, which is positively impacting someone's life and supporting their healing journey. As long as my basic needs are met, I am fulfilled knowing that I am contributing to the well-being of others every day. My approach is centered on providing individualized care, understanding the root causes of my patients' struggles, and helping them find lasting solutions rather than focusing solely on medication management," says Ms. Sibanda.

Through her leadership at Living Hope Behavioral and Mental Health Care and her ongoing service in community healthcare, Ms. Otilia Sibanda continues to make a meaningful impact on the lives of patients, families, and the communities she serves. By combining clinical expertise with compassion, innovation, and an unwavering commitment to whole-person care, she is helping shape a future where mental health services are more accessible, personalized, and focused on lasting healing.

Learn more about Ms. Otilia Sibanda:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Otilia-Sibanda> or through her website, <https://livinghopepsychllc.com/>

America's Best in Medicine

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