



Dr. Ellen M. DeMars

Credentials

Doctor of Nursing Practice (DNP)

Schooling/Educational Background

Undergraduate School: South Central College

Undergraduate Degree: Associate Degree in Nursing (ADN)- Register Nurse (RN)

Undergraduate School: Minnesota State University, Mankato Undergraduate Degree: Bachelor Science of Nursing (BSN)

Doctoral School: The College of Saint Scholastica.

Doctoral Degree: Doctor of Nursing Practice Degree (DNP) in Psychiatric Mental Health Nursing

Licensure

Licensed Advanced Practice Registered Nurse (APRN), Certified Nurse Practitioner (CNP) in the state of Minnesota. Board Certified through American Nurses Credentialing Center (ANCC) as a Psychiatric Mental Health Nurse Practitioner, (Across the Lifespan) (PMHNP-BC)

Years of Experience

21 plus years' experience in psychiatry inpatient, outpatient community setting. 12 years' experience as a Registered Nurse- Forensic Secure Psychiatric Hospital, Crisis Stabilization- Emergency Department setting

Competencies

Working the lifespan from pediatrics to geriatric patient population.

Special Interests/Skills Area

I specialize in children, adolescents, young adults, and families. My clinical interest is addressing medication management in mental health concerns related to Attention Deficit Hyperactivity Disorder (ADHD), Learning Disabilities, Thought/Mood Disorders, Obsessive Thought Disorder (OCD), Eating Disorders, Posttraumatic Stress Disorders (PTSD), Gender Dysphoria, LGBTQIA+ individuals, side effect management, crisis psychiatry and holistic approaches to mental health.