

Elevating Minds Psychiatry Launches Revolutionary Digital Portal to Transform ADHD Care Access Across California

Neurodivergent-led practice offers groundbreaking subscription telehealth model with affordable monthly pricing and support designed specifically for ADHD minds

SAN DIEGO, CA, UNITED STATES, October 29, 2025 /EINPresswire.com/ -- [Elevating Minds Psychiatry](#), a pioneering neurodivergent-led mental healthcare practice, today announced the launch of its innovative digital portal designed to eliminate traditional barriers to quality [ADHD](#) care for California residents. The new telehealth platform offers comprehensive psychiatric services through a revolutionary subscription-based model that makes quality mental healthcare accessible and affordable while prioritizing personalization and authentic understanding.



Traditional healthcare leaves families with long wait times, unpredictable costs, and impersonal care. Elevating Minds Psychiatry's subscription telehealth for Californians eliminates barriers, providing affordable, accessible ADHD care with unlimited provider access.

Founded by Daniel Mattox, PMHNP-BC, a board-certified psychiatric mental health nurse practitioner who brings both clinical expertise and lived experience with ADHD, Elevating Minds Psychiatry addresses critical gaps in traditional mental healthcare delivery. The practice's unique approach combines evidence-based treatment with genuine understanding of neurodivergent challenges, creating care pathways that work with, not against, ADHD minds.

Revolutionary Subscription-Based Care Model

Unlike traditional fee-per-visit psychiatry, Elevating Minds Psychiatry operates on an innovative subscription model that provides predictable, affordable monthly pricing with unlimited access

to care. This groundbreaking approach eliminates the anxiety of unpredictable costs and insurance complications while ensuring patients receive the ongoing support they need.

The new digital portal features several groundbreaking elements designed specifically for neurodivergent individuals:

- Affordable Monthly Subscriptions: Transparent, budget-friendly pricing that makes quality psychiatric care accessible without financial barriers
- Direct Provider Texting: HIPAA-compliant messaging system enabling immediate communication with psychiatric providers -- included in subscription
- Automated Support Systems: Medication reminders and wellness check-ins that accommodate ADHD brain patterns
- Flexible Virtual Scheduling: Appointment systems that honor neurodivergent time management challenges

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Traditional psychiatry often fails neurodivergent individuals with long wait times, short appointments, high costs, and providers who lack understanding. Our subscription model changes everything.”

Daniel Mattox, PMHNP-BC

- Complete Telehealth Access: Comprehensive care from anywhere in California, eliminating geographic barriers

"Traditional psychiatry often fails neurodivergent individuals through long wait times, brief impersonal appointments, prohibitive costs, and providers who lack genuine understanding of ADHD experiences," said Daniel Mattox, PMHNP-BC. "Our subscription model changes everything -- patients know exactly what they'll pay each month and have unlimited access to their provider without worrying about surprise bills or insurance denials. As someone who spent years 'powering through' with

unmedicated ADHD, I recognized the critical need for care that combines clinical expertise with authentic empathy and true affordability."

Comprehensive Virtual Service Offerings with Transparent Pricing

The practice offers [four distinct subscription-based telehealth care plans](#) designed to meet



Elevating Minds Psychiatry combines evidence-based treatment with authentic understanding of neurodivergent experiences, creating pathways to wellness that honor each person's unique journey. The telehealth platform brings Californians comprehensive ADHD care.

diverse patient needs:

- Discovery Plan: Comprehensive ADHD evaluations for first-time patients
- ADHD Copilot Plan: Streamlined ongoing care for previously diagnosed patients with unlimited provider messaging
- Beyond ADHD Plan: Specialized care for complex cases requiring comprehensive evaluation
- Stability Plan: Quarterly medication management for stable depression/anxiety patients

All subscription plans feature transparent, affordable monthly pricing with both insurance and self-pay options available. The predictable cost structure eliminates common financial barriers and ensures accessibility for patients across different economic circumstances—making quality psychiatric care attainable for those who have been priced out of traditional mental healthcare systems.

Clinical Excellence Meets Lived Experience

Mattox brings extensive clinical credentials including board certification as a Psychiatric Mental Health Nurse Practitioner, ADHD Clinical Services Provider certification (ADHD-CCSP), and advanced degrees from National University and Pepperdine University. He is currently pursuing a Doctorate in Nursing Practice, expected completion in October 2025.



Elevating Minds Psychiatry celebrates neurodivergence as differences to be understood and supported, not deficits to be "fixed." Founded by a fellow neurodivergent psychiatric provider, the practice bridges lived experience with clinical expertise.



"We believe there are always better days ahead and that no one needs to struggle alone," says Daniel Mattox, PMHNP-BC, founder of Elevating Minds Psychiatry. The practice's innovative subscription model ensures cost is never a barrier to getting the help you need.

"Our approach centers on building genuine partnerships with patients," Mattox explained.

"Treatment decisions emerge from collaboration between clinical expertise and patient self-knowledge, recognizing that lasting change requires mutual respect and shared decision-making. The subscription model allows us to focus on care rather than billing, and patients can reach out whenever they need support without worrying about the cost of an extra appointment."

Addressing Critical Healthcare Gaps in California

The launch addresses significant challenges in ADHD care accessibility across California, where demand for specialized mental health services often exceeds availability and affordability. The practice's telehealth-first subscription approach ensures comprehensive, budget-friendly care for residents throughout the state, from San Diego to Los Angeles to San Francisco and beyond, eliminating the need for lengthy commutes or relocation to access quality neurodivergent-focused care.

Recent studies indicate that ADHD affects approximately 4.4% of adults in the United States, with many remaining undiagnosed or receiving inadequate care due to system barriers. Elevating Minds Psychiatry's subscription-based telehealth model eliminates common obstacles including insurance complications, unpredictable costs, lengthy wait times, geographic limitations, and impersonal care delivery.

Commitment to Neurodivergent Community

The practice specializes in ADHD across all presentations while also providing comprehensive mental health services for anxiety, depression, PTSD, and other conditions commonly experienced alongside neurodivergence. The approach recognizes ADHD and neurodivergence as differences to be understood and supported, not deficits to be "fixed."

"We believe there are always better days ahead and that no one needs to struggle alone," Mattox emphasized. "Every interaction reinforces possibility, growth, and positive change. Our subscription model means cost is never a barrier to getting the help you need."

About Elevating Minds Psychiatry



Daniel Mattox, PMHNP-BC, founder of Elevating Minds Psychiatry, brings both professional expertise and lived experience with ADHD to provide compassionate, patient-centered care for adults in California.

Elevating Minds Psychiatry redefines mental healthcare for the neurodivergent community through a revolutionary subscription-based telehealth approach that prioritizes ease, convenience, affordability, and deeply personalized care. Founded by a fellow neurodivergent psychiatric provider, the practice bridges the gap between lived experience and clinical expertise, delivering high-quality virtual services to California residents statewide at predictable monthly rates that make quality mental healthcare accessible to all.

The practice operates on core values of authentic understanding, accessibility without compromise, neurodivergent celebration, genuine partnership, and hope-centered care. Virtual services are available to all California residents, with expansion plans for additional states.

Office Locations:

San Diego, CA □ 2305 Historic Decatur Road, Suite 100 San Diego, CA 92106

Los Angeles, CA □ 515 S. Flower St., 18th & 19th Floor Los Angeles, CA 90071

San Francisco, CA □ 95 Third Street, 2nd Floor San Francisco, CA 94103

Contact Information:

Phone: (808) 563-4128

Website: <https://elevatingmindspsihchiatry.com>

Consultation: Complimentary 15-minute virtual consultation calls available

About Daniel Mattox, PMHNP-BC:

Daniel Mattox is a board-certified Psychiatric Mental Health Nurse Practitioner and ADHD Clinical Services Provider who combines clinical expertise with authentic understanding of neurodivergent experiences. He holds advanced degrees in psychiatric nursing and psychology, maintains active research and conference presentation activities, and brings personal experience with ADHD to create compassionate, evidence-based, and affordable subscription-based telehealth care delivery.

Note to editors: Daniel Mattox, PMHNP-BC, is available for virtual interviews. High-resolution photos and additional background materials available upon request.

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