



## Feel Seen, Feel Cared For

We offer medication management and therapy in the Sacramento area with a focus on mindful care.

Our practice can see Northern California Kaiser patients who have been approved to see outside providers.



### ABOUT US

## Personalized and Compassionate Care

At Treasure Behavioral Health, the connection between mind and body isn't just clinical rhetoric — it is central to everything we do in our practice. We see patients and above, adjusting our approach to meet the needs of all adults alike.

[Learn More](#)

We place a strong focus on whole health as we recognize mental illness can affect the body in many ways.





FOUNDER

## Dr. Roberta Iyamu DNP, PMHNP-BC

I am a doctoral-prepared psychiatric nurse practitioner who graduated from the University of San Francisco and is a Board Certified Psychiatric Mental Health Nurse Practitioner (PMHNP) who treats patients struggling with depression, Bipolar, and ADHD. I have over fifteen years of experience treating patients from various struggles.

My work and care have a patient-centered approach. I believe every patient has a right to know, get involved with, and make choices about their health. I establish strong relationships with all patients and families to help supply them with knowledge about their care and treatment plans.

My interest in mental health started in my childhood. I grew up in a family where mental health was a taboo topic. As I grew older, I became a Psychiatric Nurse Practitioner. I believe every mental health-related condition has a unique story and deserves special attention based on the individual's needs.

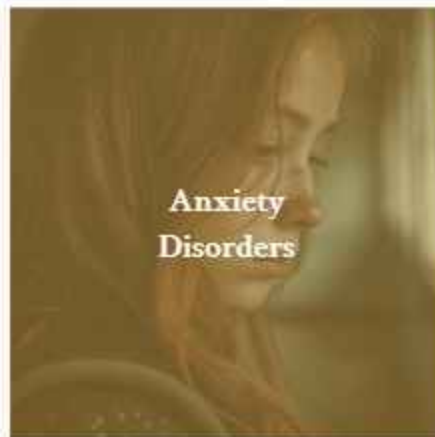
[Schedule an Appointment](#)

## Reaching Out is a Sign of Strength

Understanding the importance of support and choosing to be open about our struggles is not an indication of weakness but an affirmation of our inner resolve.

To ask for help and share our stories is to exercise a deep sense of self-awareness and strengthen the interconnectedness that is essential for our collective growth.

## Our Services



INSURANCES

## Accepted Insurances

Optum

Cigna

UnitedHealthcare

oscar

blue california

## Treatment Approaches

Our practice is intended to offer you the help that works best for you:

**Therapy:** One-on-one sessions focusing on towards wellness.

**Medication Management:** Careful oversight manage any medications.

## Find Your Peace



Feel a sense of calm and relief that comes w  
support. We are here to listen, understand, a  
and move forward.

[Schedule an Appointment](#)

#### FAQ

## Have Questions or Need Help Getting Started?

Give us a call or send us a message – your peace of mind is just a conversation away.

How can I make an appointment?



Do you offer both in-person and telehealth appointments?



Can I use my insurance?



What forms of payment does the practice accept?



What is a behavioral health provider?



Treasure Behavioral Health



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