

# Sting Marketing

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## Psychiatrist, Paul Valbuena, on Florida Shooting and Nationwide Need for Mental Health Education

Scottsdale, Arizona, February 16, 2018 (Newswire.com) -

Dr. Paul Valbuena, a double board-certified psychiatrist, who has been in the public and private sector of mental health for over 10 years, says **"we have a nationwide problem of ignoring mental health issues and signs of trouble"**. Obviously, there were red flags in the Florida shooting case but the monitoring of Cruz and his mental health fell through the system and was not given the attention or care needed".



None of the warning signs he put out should be taken lightly which is why we need a better system that takes the time to notice and care for people that show mental health concerns especially when it involves anger or violence".

"We need to **educate** parents, and the public about the signs and cries for help that should not be ignored".

*"Mental health is more than a chemical in the brain; it is a body, mind, and soul experience with the ultimate goal being a happy and fulfilling life over the long run"*

— DR. PAUL VALBUENA  
PRESIDENT

**Dr. Valbuena served as Chief Medical Officer at Valley Hospital in Phoenix, where he still works as an attending psychiatrist. He is director of psychiatry at Calvary Center, an associate professor at Midwestern University, and owner and founder of Valbuena 360° Wellness.**

During his career as a top psychiatrist for many hospitals and eventually becoming a medical director, he saw the system become more medication-focused. **"Over the years our medical system has become a mill of over-prescribing and polypharmacy, lack of communication with other doctors, and treating humans as a number,"** says Dr. Valbuena. "While there are good doctors trying to manage this, the system has changed from treating patients as a whole to simply medicating or letting them fall through the cracks".

### ABOUT DR. PAUL VALBUENA AND VALBUENA WELLNESS:

Paul R. Valbuena, M.D., is a double board-certified physician. He is a diplomat of the American Board of Psychiatry & Neurology and a diplomat of the American Board of Child & Adolescent Psychiatry. He specializes in addiction psychiatry, hormone-replacement therapy, nutrition, and wellness.

Dr. Valbuena's clinical practice and experience started here in Arizona. He has held many leadership positions in both inpatient and outpatient settings. He served as Chief Medical Officer at Valley Hospital in Phoenix, where he still works as an attending psychiatrist. He is director of psychiatry at Calvary Center, an associate professor at Midwestern University, and owner and founder of Valbuena 360° Wellness.

With the help of his wife, Gina, who is CEO of Valbuena 360° Wellness, and a team of healthcare providers, Dr. Valbuena is excited to provide tools and assistance to people of all ages to help them achieve happiness and avoid over-medication.

The couple opened the new location in January 2018.

Valbuena 360 Wellness Center and is located at 9831 E. Bell Rd, Scottsdale, AZ 85260. 480-474-4122

[www.valbuenawellness.com](http://www.valbuenawellness.com)

Source: Valbuena Wellness