



CPMH Wellness Center Accepting Referrals

1011 Dresser Ct. Raleigh, NC 27609

Phone: 919-792-3940 Fax: 919-792-3949

New Patients Call: 919-929-9610

Carolina Partners in Mental HealthCare, PLLC is pleased to announce the opening of our new Wellness Center at 1011 Dresser Ct. in Raleigh. Carolina Partners Wellness Center is a unique, private integrative medicine and mental health practice. We offer high-quality, affordable, alternative health and wellness services for the entire family including homeopathy, massage, acupuncture, hypnosis/mindfulness meditation, nutritional counseling, as well as traditional psychiatry. The wellness center integrates a holistic approach to mind/body wellness with western medicine and mental health care to offer our clients complete care. We currently have a dietitian, Dr. Barbara Ann F. Hughes, a naturopathic doctor, Dr. Kivette Parkes, and a traditional psychiatrist, Dr. Christine Dittmer.

Barbara Ann F. Hughes, PhD, MS, MA, MPH, RD, LDN, FADA, joined Carolina Partners in 2010. Dr. Hughes' diverse professional career includes clinical work, consulting, educational and management experiences in dietetic, nutrition and health services. She has scholarships established at Carson-Newman College, N.C. Dietetics Foundation and the American Dietetic Association Foundation. She holds a BS from Carson-Newman College, where she graduated with honors. Dr. Hughes has also completed an MS Dietetic Internship at the Ohio State University, as well as an MA from the Southern Baptist Theological Seminary. Rounding out her extraordinary educational background is an MPH from The University of North Carolina at Chapel Hill and a PhD from Walden University. She made additional graduate studies in Pediatrics, Maternal & Child Health and, Health Policy. She is a Fellow at the N.C. Institute of Political Leadership and a graduate of Leadership Raleigh for the Greater Raleigh Chamber of Commerce. She is registered by the Commission of Dietetic Registration and the American Dietetic Association. She is licensed by the N.C. Board of Dietetics and Nutrition, while also being a Fellow of the American Dietetic Association. She has a Certificate of Training in Adult Weight Management with the Commission on Dietetic Registration and American Dietetic Association, and holds a Certificate of Training in Childhood and Adolescent Weight Management via the Commission on Dietetic Registration for the American Dietetic Association. **She's in network with Aetna, BCBS, Cigna and Medicare.**

Dr. Kivette Parkes, a naturopathic doctor, joined us in early November, 2010.

Dr. Kivette Parkes is a vivacious, caring professional who strives to educate and assist her patients in their quest for improved health. Dr. Parkes practices are based on the principles of

Naturopathic Medicine. Her Holistic approach encourages active patient participation and is aimed at guiding individuals to physical, spiritual and emotional balance. It is important to note that Dr. Parkes does not diagnose or treat any specific disease. Her focus is instead on treating the whole person, recognizing that all parts of the mind, body and spirit are intricately connected making it impossible to treat one part without affecting another in some way.

Dr. Parkes earned her bachelor's degree in Biology with minors in Chemistry and Mathematics from Sacred Heart University in Fairfield, CT. After dedicating some time to doing research in the biochemical industry, she went on to study medicine earned her Doctorate of Naturopathic Medicine from the University of Bridgeport in Bridgeport, CT. She has also pursued additional research and study in the areas of Homeopathy, Clinical Nutrition, and Optimizing Body Composition and Physical fitness.

Dr. Parkes specializes in treatment for some of the following medical and mental health issues:

- Allergies
- Anxiety
- High Blood Pressure
- High Cholesterol
- Constipation
- Infertility
- Menopause
- Fibromyalgia
- Arthritis
- Chronic Pain
- Depression
- Menstrual Irregularities
- Thyroid Disorders
- Reproductive Disorders
- Digestive Disorders
- GERD/Acid reflux
- Insomnia
- Weight Gain
- Colds/Flu

Dr. Parkes offers free 15 minute phone consultations. Please call 919-929-9610 to set up a consultation.

Christine Dittmer, MD, Doctor of Medicine, joined Carolina Partners in 2009. She earned her BS in Biology and Nursing from George Mason University, and her Master's in Public Health and MD from Boston University School of Medicine. Dr. Dittmer served in the US Military for many years and was appointed as an assistant clinical professor at Texas Tech University Department of Psychiatry. She is board certified by the American Board of Psychiatry and Neurology, and is a member of the American Psychiatric Association, the NC Medical Society, The NC Psychiatric Association and the Neuroscience Education Institute. Dr. Dittmer treats all ages in our Raleigh, NC Annex office, where she specializes in mood disorders, psychotic disorders and medication management. **Dr. Dittmer accepts most insurance plans.**

Working collaboratively, these three providers can offer you the best integrative care for the body and mind. Call now for a consultation or a new appointment! 919-929-9610.

www.carolinapartners.com