



# Mark Jepson PMHNP-BC

**Psychiatric Mental Health  
Nurse Practitioner Idaho  
TMS & Behavioral Health**

By Mark Jepson  
Photos by FoxBear Photography

## **Why/how did you get your start in medicine?**

The science behind medicine has intrigued me since elementary school. I always dreamed of a career in health care, and now I have the amazing opportunity to work not only with science but with the amazing people in our community as well.

## **How did you choose your specialty?**

Originally, I had planned to get my RN and then a master's in health care administration and go into the business side of health care. However, after graduating with my bachelor's, I took what I thought would be a temporary position at a local mental health hospital. After getting accepted to some health care administration programs, I realized that business was not my passion, but mental health care was. I kind of "accidentally" fell in love with it.

## **Were there any other specialties you considered?**

I did have a brief stint in the operating room. I quickly learned that the environment was not a good fit for me and my personality.

## **Tell me about your practice and how you landed there.**

I had been working as a psychiatric mental health nurse practitioner doing medication management for approximately 13 years. I wanted more independence than my current working environment would allow. Over the years, I have worked with many individuals who, at no fault of their own, struggled to get





The Idaho TMS team



Asma, Medical Assistant



Rose Lovell, LMSW

an adequate handle on their depression. They had tried many, many antidepressants and psychotherapy. Nevertheless, they continued to struggle. A few of these patients found *transcranial magnetic stimulation* (TMS) on their own and saw dramatic improvement. At that point, I realized that this was something that I needed to look into. I quickly saw the value of TMS and realized that the community did not have enough resources for TMS treatment. This, along with my desire to change my working environment, led me to begin Idaho TMS. We began to grow and see great success. In time, we added medication management, then psychotherapy services. Today, we go by *Idaho TMS & Behavioral Health*.

**What makes your practice unique in our community?**

We offer state-of-the-art treatment in our TMS services along with more traditional treatments such as medication management and psychotherapy. We also offer a very relaxed and welcoming environment for patients and staff. We pride ourselves on helping people to feel comfortable, ask all the questions they have, and feel fully supported. We also currently have a lot of availability for each of our services. This is certainly unique to our community. Most places have long waiting lists

that prevent people from getting treatment in a timely manner. We really strive to provide faster access to care.

**Tell me about one of your most memorable successes.**

We recently had an individual that had been struggling with depression for many years without any real relief. Fortunately, this individual responded quite well to TMS, and they are now preparing for a new baby to come into their home. They are able to enjoy this time, experience excitement, and have better relationships within their family.

**What do you find are your biggest challenges?**

Really, probably our biggest challenge is just getting the word out about our availability. We have fantastic clinicians that are ready and available to take new patients. We have more clinicians coming on in the near future and will continue to grow as needed. We have availability; there are many people out there waiting for care, and we just need to connect with each other.

**What does a typical day look like for you?**

Typically, I will see mostly medication management appointments throughout the day. This will include new patients and follow-up appointments. I also do





Mark and Willy

consultations for TMS treatment, the initial mapping for TMS treatment, and then periodic follow-ups with patients as they are going through treatment.

**What is your definition of quality care?**

Helping people to feel as happy as possible.

**What motivates you or excites you about what you do?**

I'm very fortunate in my line of work that I have the opportunity to form personal relationships with those that I work with. Typically, when someone comes to us for the first time, they are really struggling. It's an amazing opportunity to see them progress, become happier, and reach their goals. These are amazing people, and I feel very fortunate to be a small part of their life.

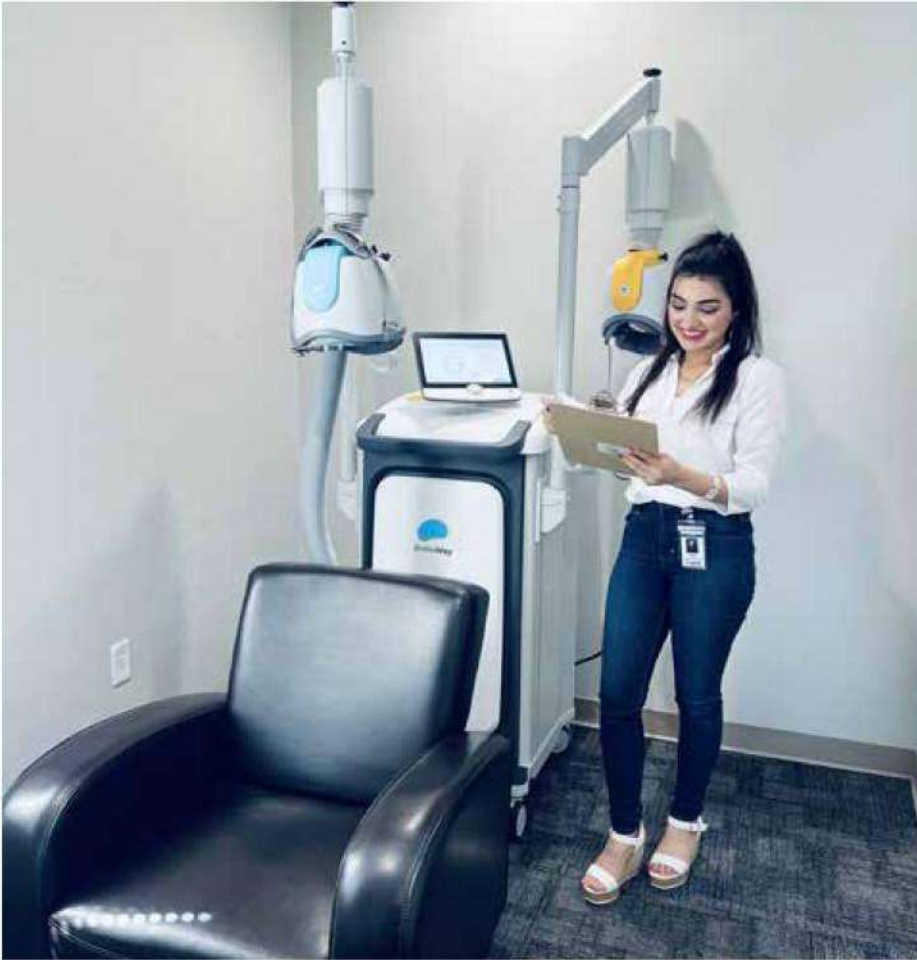
**How do you try to maintain a balanced life outside of work?**

Lots of soccer games! I've three children currently in soccer. Although work can be quite time-consuming and demanding, I



David Dodge, LCSW  
Paula Millward





really enjoy spending time with my family. I enjoy working outside in the yard and call this “my therapy.” I’m also very involved with my church, and this brings a lot of satisfaction.

**How has practicing medicine in your specialty changed over the years?**

The biggest change that I have seen is the technology. TMS itself is a great example of this. When I first started, I never thought that we would be using this type of technology to treat depression. I’m still amazed every time I see it work.

**What would you like to communicate to primary care and referring physicians?**

We are excited to work with you! We love behavioral health and those that are currently struggling with these types of problems. We are happy to assist you and your patients in any way we can. We are ready to accept referrals for TMS treatment, medication management, and psychotherapy. We also appreciate any feedback or suggestions that you may be willing to provide so that we can better serve the community.

**What are some of your hobbies or interests outside of work?**

I enjoy working in the yard. I especially have a passion for trees. My wife says I have too many, but I don’t know that that’s actually possible. I also love traveling and exploring new places.



**Tell me a little about your family, pets, vacations, etc.**

I’ve been married to my wife, Stacey, for almost 22 years. We have five children. Three girls and two boys. The oldest is almost 20, and the youngest is 10. We have a dog named Willy. He comes to work with me each day, and we enjoy having him around the office. 🐕



Contact Us:

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