

The Difference Makers.





At Lakeview Health, we employ three highly experienced,  
board-certified doctors who lead our medical team.

*We feel good about that.*

Our three M.D.s work on-site every day to look after our patients. Which, for a treatment facility of our size, is highly unusual in Florida. In fact it may not exist anywhere else. And it's a big reason why 92% of our patients are either very satisfied (79%) or somewhat satisfied (13%) with their treatment at Lakeview Health a full six months after they leave.

*Our patients and their families feel good about that.*

Lastly, the providers and treatment centers we partner with, local businesses and community leaders, and the health insurance companies who reimburse us can depend on the fact that we have these three excellent addiction-trained physicians with subspecialties that include dual diagnosis, trauma, and gender-responsive treatment.

*Our stakeholders feel good about that.*

**Meet the difference makers at Lakeview Health.**







“At medical school in Gainesville, I planned to go into ob/gyn medicine. I loved the idea of women’s health in general. But then my dad had open heart surgery, became clinically depressed afterward, and eventually drifted into substance abuse. He couldn’t shake it for the rest of his life.

When he started getting psychiatric treatment while I was still in med school, that was eye-opening for me. His psychiatrist and other therapists shut me and my mom out of his treatment. It was a very negative but transforming experience for me.

It also made me switch my focus to psychiatry. I was determined to do for others what wasn’t being done for my dad. To this day, his experience remains my ‘why.’ It’s why I got into psychiatry and addiction medicine, and it’s why I’m in it still.

I love seeing people get better. I love helping people turn their lives around. Also, I always see myself in the families of our patients. I remember how it was, how helpless and anxious I felt as the daughter of someone with substance use disorder. I try to do what I can to help these families.”

### **Years Treating Substance Use Disorders**

*10*

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### **Specialties**

*Neuroscience of addiction, trauma,  
gender-responsive treatment*

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### **Board Certified**

*Addiction medicine, psychiatry  
and neurology*

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### **Past Positions**

*Fellowship at Yale University  
Faculty at Harvard Medical School*

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### **Medical School**

*University of Florida*

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### **Residency**

*University of Florida*

**Lantie Elisabeth Jorandby, M.D.**  
*Chief Medical Officer*

## What it's like here

*“At Lakeview Health, we do a very thorough evaluation of our patients. Sometimes we discover that a patient hasn't been properly diagnosed in the past, and we try to fix that.*

*What we learn can change the way we approach our patients' recovery, but more important it can change the way our patients approach their recovery.”*

*– Dr. Lantie Forandby*

**Advice to live by**

“When patients arrive at Lakeview Health, I reassure them. I say: ‘You’re here now, and that’s a good thing. Try to shut out the noise in your head – and be present. Take advantage of your time at this place. The 30 days you’ll be here, or however long it will be, may seem like a luxury you can’t afford. But compared to your entire life, 30 days is nothing, and it may make all the difference. I guarantee you will get so much out of this if you make the effort.’”

**Good to know**

“Regarding medication-assisted therapy, or MAT, it’s important to know that it has to be done right to be effective. You need to be sure the patient is also getting therapy, and that you’re treating any medical issues as well. If MAT was the entire answer, we wouldn’t need addiction treatment centers. But we do. That said, it’s playing an increasingly important role in addiction medicine, and that’s a good thing.”

**Leave with a plan**

“Aftercare is not an afterthought at Lakeview. It’s one of the first things we start planning for when a patient arrives. My main job is to do whatever I can to make sure people leave with a solid platform for recovery. We get people started here, but they have to keep working at it once they leave. We want patients to leave with the skills, confidence, and awareness to be successful.”

**Making a difference**

“My colleagues and I are committed to working together to help people turn their lives around. At Lakeview Health, we take a very practical, multi-disciplinary approach. We have addiction specialists, psychiatrists, internists, pain management specialists, nutritionists, physical therapists, regular therapists, and so many other experts. When we meet as a team to discuss patients, we get input from all these disciplines, all these angles. Bringing all that knowledge together is a very powerful tool for us.”









“I’m the medical director at Lakeview Health, so I oversee all of the medical staff except for our chief medical officer, Dr. Jorandby. I make treatment decisions, and I do evaluations of patients.

I spent 20-plus years in internal medicine, got sober, got interested in addiction medicine once I was in recovery, and I’ve been in this field for the last 18 years. I’m passionate about what I do because I’m a lot like the patients. I’ve been through a lot of this stuff, and I’ve been successful at it.

When I see patients, I often see something in them that resonates with me personally. I can refer them to the recovery literature, for instance the Alcoholics Anonymous ‘Big Book.’ That’s when I can say, ‘here, take a look at this passage, you might find this useful.’

Another thing I’m passionate about is Lakeview Health. We take patients other places don’t take, and can handle complex medical cases. I was in internal medicine for the first 20 years of my career, so that’s a challenge I’m up for. I’m in my element.”

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**Years Treating  
Substance Use Disorders:**

*18*

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**Specialties**

*Addiction medicine, psychiatry,  
internal medicine*

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**Board Certified**

*Addiction medicine, internal medicine*

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**Medical School**

*University of Alabama*

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**Residency**

*Carroway Methodist Medical Center,  
Birmingham, AL*

**Ellen Ovson, M.D., FASAM**  
*Medical Director*

## What it's like here

*“The services we provide at Lakeview Health are better by far than anything I have seen in my career in addiction treatment. We run gender-specific groups. We have a trauma group for both genders that is very, very therapeutic and effective. We have a pain recovery program. We have a professionals program for people with high-level professional jobs. We employ physical therapists and personal trainers. We have so many assets to bring to the table, and that's a great thing for our patients.”*

*– Dr. Ellen Ovson*

**Advice to live by**

“When I see patients for the first time, I tell them to keep an open mind and to follow the directions they’re given here. We can’t get you sober, but we can teach you how to get sober. I always reassure patients that we’re here for you, and you’re where you need to be right now. Trust us, and trust the process.”

**Good to know**

It’s important to realize that relapses often happen because people don’t engage with their recovery. They don’t buy into it. Or they decide they don’t need it anymore and are cured. Addiction doesn’t work like that. It’s not like going into a hospital for stitches, then leaving when you’re all better. Your treatment needs to continue after you leave, otherwise you’ll be back to see us in no time.”

**Leave with a plan**

“When patients leave us, they get a very detailed aftercare plan. We have aftercare coordinators who act as patient advocates and help with the planning. They start working on the aftercare plan soon after the patient arrives at Lakeview. The point of the aftercare plan is to try and remove any barriers that might increase the risk of relapse.”

**Making a difference**

“When a patient has a difficult issue or is presenting a challenge, we handle it as a staff. We’re constantly talking to each other. This way everyone on the team knows what’s going on with the patients. We doctors on staff are here all day every day to help look after the patients. We are full-time employees of Lakeview Health. I like to think that’s a huge asset for our patients.”



“My main focus is patient care at Lakeview Health. I provide evidence-based, up-to-date care to people in need.

I also offer support and training to my colleagues here. When a certain addiction-related topic comes up that we need more knowledge on, I often research it and share my findings with the staff. It’s a priority for us to stay on the cutting edge of treatment.

I was drawn to addiction medicine way back during my residency. Soon after that I met and worked with Dr. Mark Gold early in my career at the University of Florida. As a world-renowned addiction expert -- he also happens to be on the Lakeview board -- Dr. Gold had a lot of influence on the direction my career took.

Lakeview is the perfect place for me to follow my professional interests. These include primary care and family medicine, psychiatry, and addiction medicine. I bring all these into play when I’m helping our patients.”

### **Years Treating Substance Use Disorders:**

20

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### **Specialties**

*Addiction medicine, psychiatry,  
and family medicine*

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### **Medical School**

*West Virginia University*

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### **Residency and Fellowships**

- *West Virginia University*
- *University of Florida*
- *Piedmont Columbus Regional  
Medical Center, GA*

**Kevin Holbert, M.D.**  
*Physician*



## What it's like here

*“At Lakeview Health we make it clear to the patient and the patient’s loved ones that the patient is not going to be cut off from them once he or she enters treatment. The clinical team does regular phone calls to loved ones. Sometimes we invite the family in to meet with the patient, and everyone sits in a room to talk. This often gives us a more complete picture of what’s going on. We also run family workshops that can be hugely beneficial to everyone involved.”*

*– Dr. Kevin Holbert*

**Advice to live by**

“When people check themselves in to Lakeview Health, I always tell them to not get overly focused on a discharge date. Focus instead on each day. Even for patients who are here for six or eight weeks, everyone always says the time flies by. Meanwhile, make a point to learn from everyone – the people in your therapy groups, your therapists, the nurses, the clinical team, your doctors, everyone.”

**Good to know**

“People need to know that alcoholism/addiction is a chronic illness, not a character defect. As such it is treatable as an illness – just like diabetes or high blood pressure. Patients are often relieved when they hear this, as many are carrying around the baggage that they are at fault, or they’re weak, or even that they’re bad people. They’re none of those things. There doesn’t need to be any stigma or shame attached to addiction. It’s a recognized disorder that can be successfully treated. People can and often do get better.”

**Leave with a plan**

“When you finish here, you’ll have an aftercare plan, but it’s up to you to follow that plan. It may include stepping down to intensive outpatient (IOP) therapy, living in a halfway house for a period of time, finding a job, paying off a loan, or getting medication-assisted therapy. It will be personalized for you—with your input—and you will take it with you the day you leave. It’s your insurance policy.”

**Making a difference**

“Patients are seen by someone from our medical staff every day they’re in detox, and at least five days a week—more if needed—once they transition to residential. That’s unusual in the addiction treatment industry. Patients normally see a medical person once a week in residential care. We do it differently here. Lakeview Health doctors see patients a lot, and we know it helps them get better.”





*“My main job is to do what I can to make sure people leave with a solid platform for recovery. We get you started here, but you have to keep working at it once you leave.”*

*– Dr. Lantie Forandby*



*Nationally Recognized Drug And Alcohol Recovery Program*





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Change Your Direction.