

# Carla Mills, ARNP

carla@maverickhealth.com

## EDUCATION AND TRAINING

8/94 to 12/95	University of South Florida, Tampa, FL. MSN, Family Nurse Practitioner, cum. GPA 3.7
8/82 to 5/86	Hunter-Bellevue School of Nursing, New York, N.Y. BSN, Cum Laude, cum. GPA 3.6
10/73 to 3/75	American Academy of Dramatic Arts, New York, N.Y. Associate of Occupational Studies

## PROFESSIONAL EXPERIENCE

<u>2004 to present</u> 10/04 to present	<u>CM, Inc – Internal Medicine</u> with Diane Brzezinski, DO, FACOI	<u>Naples, Florida</u> FNP-C
<u>2001 to 2004</u> 11/01 to 8/04	<u>R.A.S. Medical Associates</u> Willough at Naples Hospital	<u>Naples, Florida</u> FNP-C
<u>2001</u> 1/01 to 11/01	<u>Naples Urgent Care</u> Walk-in Urgent Care Center	<u>Naples, Florida</u> FNP-C
<u>1997 – 2001</u> 5/97 to 1/01	<u>Naples Community Hospital</u> Emergency Department	<u>Naples, Florida</u> FNP-C
<u>1996 – 1997</u> 4/96 to 4/97	<u>Anchor Health Centers</u> with John R. Diaz, MD, ABFP	<u>Naples, Florida</u> FNP-C
<u>1995 – 1996</u> 4/95 to 3/96	<u>Columbia Hospital, Corp.</u> Able Care Home Health	<u>Ft. Myers, Florida</u> Part Time Per Diem RN
<u>1989 – 1995</u> 7/94 to 3/95 3/90 to 7/94 5/89 to 3/90	<u>Lee Memorial Hospital</u> Rehabilitation Dept. <u>Lee Memorial Home Health</u> Emergency Department	<u>Ft. Myers, Florida</u> Part Time Staff RN RN Case Manager Staff RN
<u>1988 – 1989</u> 10/88 to 2/89	<u>Beekman Downtown Hospital</u> MICU, CCU, and Recovery Room	<u>New York, N.Y.</u> Per Diem Float RN
<u>1986 – 1989</u> 5/88 to 4/89 5/86 to 5/88	<u>Bellevue Hospital</u> Main ED, ED ICU, Trauma Main ED, ED ICU, Trauma	<u>New York, N.Y.</u> Per Diem Float RN Staff RN

## CERTIFICATIONS

Certified Health & Wellness Coach, Wellcoaches, 3/11 to 2/14  
ANCC Certified Family Nurse Practitioner, 9/96 to 8/16  
Certified Emergency Nurse, active, 4/88 to 4/92  
Advanced Cardiac Life Support, 10/00 to 10/02  
Instructor, AHA BCLS, 2/87 to 2/89  
AHA Healthcare Provider BCLS

## BUSINESS EXPERIENCE

### **Owner & Founder of Maverick Health & Carla Mills, Inc.**

**Maverick Health** was founded and is dedicated to building a *health* care system to complement our current *sick* care system. Its mission is to reduce chronic diseases, prevent catastrophic health events and promote wellness in both individuals and populations through evidenced-based clinical practice, education and wellness coaching. Maverick Health published and promotes an award-winning book I wrote called *A Nurse Practitioner's Guide to Smart Health Choices*. Using a very practical and measurable approach, my book and Maverick Health teaches people with no prior medical knowledge how to effectively and efficiently manage their own health and health care. In addition, Maverick Health is currently seeking developers for a patient-centered EHR and/or smart phone app based on the book to give patients a tool to assess and monitor their unique health risks, record their medical histories and keep track their health care. For more see [www.maverickhealth.com](http://www.maverickhealth.com).

**Carla Mills, Inc (CM, Inc)** is a company I founded to provide NP services to a single physician internal medicine practice in Naples, FL. Since its founding in 2004 I have generated more than one million dollars in gross revenue to the physician's practice (approximately \$200,000/year). This business model spares the physician the cost of salary, health insurance, benefits, vacation time, CEU time, etc. CM, Inc receives revenue from a percentage of the collections I generate in the practice. In addition to expanding practice volumes and revenues, I am able to manage the practice alone allowing the physician to take time-off several weeks each year. The physician as well as a network of specialists accept referrals at my request for any medical problems I deem are outside my scope of practice. The lack of need for physician supervision is what makes this business model work. The lack of full practice and prescriptive authority in Florida and unequal reimbursement rates are what limit the model from being even more effective than it is.

## HONOURS & SCHOLARSHIPS

Leadership Collier Graduate, Class of 2010  
Who's Who in American Nursing, 6<sup>th</sup> ed., '96 – '97  
Nurse's Educational Fund Scholarship, '94 – '95