Meet Dr. Peace Ishmael Bosire Okienya, DNP, PMHNP-BC

Founder & CEO | 24-7 Shalom Psychiatry PLLC
Psychiatric Mental Health Nurse Practitioner | Healthcare Leader | Mental Health Advocate

A Passion for People. A Commitment to Healing.

For Dr. Peace Ishmael Bosire Okienya, mental healthcare has never been simply a profession. It is a calling rooted in compassion, service, and a genuine desire to make a difference in people's lives. As the founder of 24-7 Shalom Psychiatry PLLC, he has devoted his career to helping individuals navigate difficult emotional and psychological challenges. He understands that behind every diagnosis is a real person—with a story, a family, responsibilities, dreams, fears, and a desire to feel better. His approach is grounded in a simple belief: people deserve to be listened to, understood, and treated with dignity.

A Journey Built on Hard Work and Experience

Dr. Okienya worked his way through different levels of the nursing profession, from hands-on caregiving to registered nursing, psychiatric emergency care, nursing leadership, healthcare administration, and doctoral-prepared advanced psychiatric practice. He earned his Doctor of Nursing Practice (DNP) from Walden University. His experience across psychiatric care, long-term care, hospice, and palliative care has deepened his appreciation of the connection between physical health and emotional well-being. These experiences taught him that sometimes what a struggling person needs first is someone who will genuinely listen.

Understanding Mental Health Beyond the Diagnosis

Dr. Okienya focuses on ADHD, depression, anxiety, chronic pain-related psychological distress, insomnia, trauma-related conditions, and other psychiatric disorders. He understands that depression can make ordinary tasks overwhelming, anxiety can turn daily situations into exhausting battles, and ADHD can leave capable people frustrated by difficulties with focus and organization. Chronic pain can disrupt sleep, relationships, and emotional stability. Rather than rushing to conclusions, he seeks to understand each person's history, daily challenges, symptoms, and goals.

A Thoughtful Approach to Medication and Psychotherapy

Dr. Okienya believes effective psychiatric treatment should not be reduced to prescribing medication. His approach integrates evidence-based medication management, diagnostic evaluation, psychoeducation, and appropriate psychotherapy. His therapeutic orientation draws on cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT)-informed skills, acceptance and commitment therapy (ACT), supportive psychotherapy, person-centered and humanistic approaches, psychodynamic principles, trauma-informed care, mindfulness, behavioral activation, and motivational interviewing. He values shared decision-making and tailoring care to individual clinical needs.

A Healthcare Leader Who Has Never Forgotten His Beginnings

Dr. Okienya understands healthcare from many perspectives: providing hands-on care, supporting people in distress, collaborating with clinical teams, and leading healthcare organizations. His career has reinforced that quality care requires more than credentials. It requires patience, accountability, humility, sound judgment, and

respect. Despite his academic and leadership achievements, he values the human connection that first drew him to healthcare.

The Man Behind the Profession

Outside his clinical work, Dr. Okienya is a devoted husband and proud father of five. Family has shaped his understanding of the pressures people face balancing work, parenting, relationships, and personal well-being. He values faith, education, perseverance, kindness, and service to others. He believes success is measured not only by professional accomplishments but also by the positive difference one makes in other people's lives.

Why He Founded 24-7 Shalom Psychiatry

Dr. Okienya founded 24-7 Shalom Psychiatry PLLC to help make mental healthcare more accessible, personal, and responsive to everyday life. He has seen people delay seeking help because of stigma, demanding schedules, limited access, or fear of being misunderstood. The name Shalom, associated with peace, wholeness, and well-being, reflects his vision of care that supports not just symptom improvement but also healthier relationships, self-understanding, emotional stability, and hope.

A Personal Message From Dr. Peace Okienya

> "I have spent many years caring for people, and if there is one thing my journey has taught me, it is that everyone is fighting a battle we may not fully understand."
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> "Some people wake up every morning overwhelmed by depression. Others live with anxiety, racing thoughts, sleepless nights, or the frustration of trying their best while struggling with ADHD. Some are living with chronic pain that has affected nearly every part of their lives."
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> "I have learned that people do not always need someone to tell them what is wrong with them. Sometimes, they need someone willing to listen carefully, understand their concerns, and help them find a way forward. That is the kind of psychiatric care I believe in."
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> "I want the people I serve to feel comfortable asking questions and participating in decisions about their treatment. I know healing does not always happen overnight. Progress can be gradual, and sometimes there are setbacks. But small improvements—sleeping better, feeling less anxious, concentrating more effectively, or reconnecting with family—can make a tremendous difference."
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> "My goal is not to promise a perfect life or a quick solution to every problem. It is to provide thoughtful, compassionate, evidence-based care and to walk alongside individuals as they work toward better mental health."
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> "You are more than your depression. You are more than your anxiety. You are more than your ADHD, your pain, or your past experiences. You are a human being with dignity, strengths, potential, and a future worth investing in."

— Dr. Peace Ishmael Bosire Okienya, DNP, PMHNP-BC
Founder & CEO, 24-7 Shalom Psychiatry PLLC

My Guiding Philosophy

“Every person deserves to be heard, every struggle deserves compassion, and every journey toward healing deserves hope.”

Compassionate Care. Thoughtful Treatment. Restoring Hope, One Life at a Time.