

Matthew Sachs, MD, MPH, MBA, a Psychiatrist with Reboot Mind, Body, and Health

Get to know Psychiatrist Dr. Matthew Sachs, who serves patients in Virginia Beach, Virginia.



New York, New York City, Mar 8, 2021 ([Issuewire.com](https://www.issuewire.com)) - A dual board-certified psychiatrist, Dr. Sachs is in practice with Reboot Mind, Body, and Health, at their two locations in Virginia Beach, VA. He is well-experienced and offers in-office and telehealth appointments.

The team at Reboot is committed to providing professional, compassionate and confidential care,

enabling patients and their families to focus on recovery and hope. Reboot offers traditional psychiatry care, therapy for individuals and/or couples, functional family medicine, physical therapy, medical massage therapy, therapeutic massage, and lifestyle coaching. The practice believes in total mind and body health.

Dr. Matthew Sachs is a Virginia Beach native-born, raised, and educated in the Virginia Beach public school systems. He is married to his wonderful wife Jenny who is also a budding psychologist. His middle-school-aged son Sam loves sports, reading, and dogs, and aspires (right now) to be an eye doctor for animals. Dr. Sachs is proud to have pursued higher education at the University of Virginia, Virginia Commonwealth University, and Harvard University. He is double-boarded in Adult and Child & Adolescent Psychiatry. Most of his family lives close-by in Virginia Beach and, coincidentally, most are, or have been, dentists. Dr. Sachs fell in love with psychiatry and likes working with patients of all ages, and he combines therapy with medication management in his sessions. When not working, you might find him with his family at a water park or on the ski slope. He plans to be in the area for years to come, and he is excited to join Reboot Mind Body and Health as their chief medical officer.

After graduating with his medical degree from Virginia Commonwealth University in 2006, Dr. Sachs went on to obtain his Master of Public Health degree from Harvard School of Public Health in 2007. Furthering his training, he performed his Adult residency and his fellowship in Child & Adolescent psychiatry with the University of Virginia Health System from 2007-2010 and 2010-2012, respectively. A member of the American Academy of Child and Adolescent Psychiatry, he is board-certified in psychiatry & child and adolescent psychiatry by the American Board of Psychiatry and Neurology (ABPN).

“I have practiced in many settings both inpatient and outpatient, and with all ages, young and old. I was brought up believing in the ‘golden rule.’ My goal is to provide excellent quality care while following the standards of practice for my profession. My hope is that patients meet me halfway in their treatment. I may not be able to prescribe the medications you specifically request, but I promise never to give up on a dedicated individual. My motto is: “I won’t give up if you don’t.” Dr. Sachs feels confident he will get you feeling better.

Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptations related to mood, behavior, cognition, and perceptions. Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results.

Learn More about Dr. Matthew Sachs:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3547279-Matthew-Sachs-Adolescent-Psychiatrist> or

through the Reboot Mind Body and Health company website,

<https://rebootvb.com/>

and through his personal website,

www.matthewsachsmd.com

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Source : Matthew Sachs, MD, MPH, MBA

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