

Kamal Malhotra, RN, MBA



President and Co-Founder

Kamal Malhotra specializes in strategic planning, business development, revenue enhancement, and operations management for all IBH facilities and programs. A graduate of Simon school of Business, Ms. Malhotra received her Business Administration degree in 2009 from University of Rochester, New York.

Jeff Jennings, M.S.



Chief Executive Officer

Jeff Jennings is a longtime native of Alabama, and holds a B.S. degree from Jacksonville State University and an M.S. degree from the University of Alabama in Birmingham. Jeff has more than 20 years of executive hospital experience, having served in senior leadership positions at hospitals in Tennessee, Texas, Georgia, Arkansas, and Alabama. Most recently, Mr. Jennings served as CEO at Shoals Hospital. Under his leadership, hospitals have scored in the 95th percentile or better in patient satisfaction as measured by Press Ganey and in the 99th percentile for employee satisfaction.

Sanjay Malhotra, MD, ABNP (DIP)



Founder and Chairman of board

Dr. Malhotra has over 15 years of expertise in Adult and Geriatric Psychiatry. He is a graduate of Maulana Azad Medical College in New Delhi, India and is Board Certified in General and Geriatric Psychiatry. He has been a dedicated physician serving in a multitude of medical and psychiatric capacities since starting his career, and has been awarded numerous designations including Medical Director, Chief of Psychiatry, and Coroner. He specializes in clinical program development and operations, staff training and development, quality improvement, and outcomes management. Dr. Malhotra is dedicated to providing comprehensive, high quality mental health services to his patients, caregivers, and families. His passion is the treatment of Alzheimer's disease and other dementias.

Heath R. Penland, M.D., F.A.P.A.



Medical Director

Dr. Heath Penland was raised in Texas, and received his undergraduate degrees magna cum laude from Texas A&M University in 1997, including a B.S. in Bioengineering and a B.A. in Psychology. He obtained his medical degree from the University of Texas Southwestern Medical School at Dallas in 2001. Dr. Penland completed residency training in General Psychiatry at Duke University Medical Center in 2005, serving as Executive Chief Resident his final year, and fellowship training in Geriatric Psychiatry at Yale University School of Medicine in 2006. Dr. Penland spent two years in private practice in northeast Texas, before moving to North Alabama in 2008. Dr. Penland proudly joined the Integrated Behavioral Health team in February 2015. Dr. Penland is ABPN Board Certified in both Psychiatry and Geriatric Psychiatry, and has been recognized as a Fellow of the American Psychiatric Association. Dr. Penland treats general adult and geriatric patients with a variety of neuropsychiatric problems, with experience in settings including: outpatient, inpatient, partial hospitalization, and intensive outpatient treatment.