

Foundations of PMHNP Practice graduate-level course. Led course content development.

Boulder Community Health

12/19-4/23

- Perform psychiatric mental health assessments, evaluations, diagnosis, medication management, follow-up care, and interpersonal therapy in an acute inpatient medical and psychiatric hospital setting
- Take call for all hospital emergencies and admissions 1-2 nights per week, in 24 hour periods
- COVID taskforce co-chair
 - Work on development and implementation of staff wellness initiatives. Co-created business/implementation plan for staff wellness center.

Benson Health Clinic

10/18-2/22

- Perform psychiatric mental health assessments, evaluations, diagnosis, medication management, follow-up care, and interpersonal therapy in an outpatient setting

Serenity Psychiatric Care/Dr.Love LLC, private practice 11/2018-2/22

- Developed private practice, seeing patients via telepsychiatry in both CO and OR
- Perform psychiatric mental health assessments, evaluations, diagnosis, medication management, follow-up care, and interpersonal therapy
- Integrated genetic testing and laboratory connections for the utilization of patients in my private practice

Address: 65 Division Ave, Ste W1, #214 Eugene, OR 97404

Phone: 541-632-3824

- Contracted with the following companies under LLC to deliver telepsychiatry services including:
 - **Telepsychiatric Bridge Services** 04/2018-5/1/19
Address: 4300 Marsh Landing Blvd, Suite #203
Jacksonville Beach, FL 32250
Phone: (904) 686-1512
Reason for Leaving: Increasing demand and hours at private practice (Benson Health Clinic)
 - **Mind Springs Health** 12/2018-4/2019
Address: 515 28 3/4 Rd Grand Junction, CO 81501
Phone: (970) 241-6023
Reason for Leaving: Increasing demand and hours at private practice (Benson Health Clinic)

Mental Health Center of Denver

09/2016-9/28/2018

- Perform psychiatric mental health assessments, evaluations, diagnosis, medication management, follow-up care, and interpersonal therapy in an outpatient setting
- Prescribe Buprenorphine per SAMSHA guidelines

Mind Springs Inc.

10/2014-10/2016

- Performed psychiatric mental health assessments, evaluations, diagnosis,

medication management, follow-up care, and interpersonal therapy in both inpatient and outpatient settings

- Took call for all hospital emergencies and admissions 1-2 nights per week, in 24 hour periods

Home Health Nurse 02/ 2014-10/14

- Performed various nursing tasks such as catheter insertion and removal, range of motion exercises, transfers, I&O's, and proper documentation
- Assisted in various activities of daily living like dressing, medications, and household tasks

Catholic Charities 07/2011-06/2012

- Worked as a Care Specialist
- Observed and wrote case notes concerning visitation for parents and their non-custodial children

OTHER EXPERIENCE:

NAMI Jefferson County 7/2024-present

- Serve on governing board as Secretary, Social Media Lead; participate in monthly strategic and operational meetings
- Lead digital engagement strategy, creating targeted content to grow audience and increase event participation
- Support planning and promotion of quarterly community education events
- Assist with outreach efforts to expand awareness of mental health resources

Co-chair COVID-19 Recovery Taskforce 03/2021-12/08/21

- Identified and assisted Boulder Community Health (BCH) staff members in improving mental health symptoms during and after the COVID-19 pandemic
- Disseminated current research and evidence-based practices
- Obtained and utilized staff and administrative feedback to assist in anticipation of current and future needs
- Implemented practice-based ideas and guidelines to address and meet potential needs of staff
- Co-authored and developed proposal for a wellness center for staff

Disaster Response Team for the Denver area 12/2016-09/2018

- Attended disaster and field response training through the Colorado Crisis Education and Response Network (CoCERN)
- Emphasis on trauma, resiliency, neurobiology of acute stress responses, community intervention, safeguards, and the response process

National Alliance for Mental Illness 08/2013-08/2014

- Vice President of the Vanderbilt Chapter
- Facilitate and lead support groups for mental health consumers and their families

Conference for Dialectical Behavioral Therapy 11/ 21/2013

10 hour training

- Training on Dialectical Behavioral Therapy with emphasis on working with adolescents

Diversity Festival

03/2012

- Directed and obtained grant for hosting Diversity Festival on the University of Tennessee-Knoxville's college campus
- Procured and organized over 100 campus affiliated diversity groups to showcase their history and encourage acceptance and inclusion

CLINICAL
EXPERIENCE:

Kairos

10/2013-08/2014

- Co-facilitated DBT (dialectical behavioral therapy) groups with adults with various mood and personality disorders
- Conducted individual DBT skills training and interpersonal therapy with both adolescents and adults

Mental Health Cooperative

10/2013-08/2014

- Collaborated with the Mental Health Nurse Practitioner while conducting mental health assessments, evaluations, pharmacological interventions, and interpersonal therapy.
- Conducted individual interpersonal therapy with both adolescent and adult clients on PACT (Program of Assertive Community Treatment)

The Next Door

08/2013-08/2014

- Conducted individual therapy with clients involved in the disease of addiction
- Co-facilitated weekly group therapy sessions focused on Marsha Linehan's Dialectical Behavioral Therapy Module
- Attended group therapies focused on emotional regulation and relapse prevention from a Cognitive Behavioral Therapy Approach
- Shadowed Mental Health Nurse Practitioners and social workers to collaborate with them in diagnosing, prescribing medications, and referring clients to appropriate community resources
- Created and implemented a Wellness Campaign for residents which included providing psychoeducation, creating a running group, and encouraging residents to live an overall healthier lifestyle

Vanderbilt Psychiatric Consult-Liaison Services

12/2013-02/2014

36 total hours

- Provided mental health services to Vanderbilt University Hospital's emergency room, medication and surgical inpatient services, and associated outpatient clinics
- Collaborated with the Mental Health Nurse Practitioner while conducting mental health assessments, evaluations, and pharmacological interventions

- The Village at Vanderbilt** 02/2014-04/2014
23 total hours
- Worked specifically with the geriatric population to perform assessments, administer psychometrics, and collaborate with the Psychiatrist when diagnosing and initiating pharmacological therapy
- Wellness Solutions in Lebanon** 01/ 2014-02/2014
34 total hours
- Worked specifically with the geriatric population to perform assessments, administer psychometrics, and collaborate with the Psychiatric Nurse Practitioner when diagnosing and initiating pharmacological therapy
- Hendersonville Hospital** 08/2012-07/2013
- Performed nursing tasks such as delegation, medication administration (IV, IM, PO), assessments, diagnosis, care plans, and basic nursing skills (catheter insertions, starting IV' s, D/C NG tubes, catheters, etc.)
 - Performed all skills with empathy and client-centered care
 - Organized, multi-tasked, and advocated for clients
- Middle TN Mental Health Institute** 03/2013-11/2013
- Applied the nursing process to create care plans, nursing diagnosis for one patient assigned to each week
 - Attended group therapy meetings
 - Followed a Family Nurse Practitioner for 70 hours, performing physical exams, and treating basic complaints
- Friendship Center of Helen Ross McNabb** 08/2011-05/2012
- Assisted with therapy groups
 - Assisted with various psychosocial classes, skills development programs
 - Implemented and directed a smoking cessation program and healthy lifestyle program for indigent mental health consumers
 - Active housing Manager
 - Advocated for patients
 - Referred patients to community resources
- Bradford Health Services** 02/2010-05/2010
- Worked in Crisis Center
 - Assisted with initial assessments
 - Observed and assisted with group therapy, treatment groups
 - Administered drug tests
 - Paperwork- compiled charts, created treatment plans, care plans, and progress notes
 - Worked in business department working with insurance companies and billing