

# SHERRA STCLAIR DNP PMHNP-BC

CHS Rm 441 • 307-766-5402 • sseifert@uwyo.edu

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## PROFESSIONAL SUMMARY

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Compassionate Psychiatric Mental Health Nurse Practitioner with seven years of clinical psychiatric nursing experience. Passionate about working with diverse patient populations, nursing faculty, and healthcare professionals to foster trusting relationships, improving mental health services and outcomes.

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## EDUCATION

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**Psychiatric Mental Health Doctor of Nursing Practice: 08/19**

University of Wyoming • Laramie, WY

Capstone Project: Improving Patient Flow from Emergency Department to Inpatient Psychiatric Unit

**Bachelor of Science in Nursing: 08/16**

University of Wyoming • Laramie, WY

Capstone Project: Albany County / Laramie Wyoming Vulnerable Populations: A Central Resource

**Associate Degree in Nursing: 05/14**

Laramie County Community College • Cheyenne, WY

**Master of Fine Arts: Medical and Biological Illustration: 05/98**

University of Michigan • Ann Arbor, MI

Capstone research in how to best teach complex anatomical concepts through illustration

**Bachelor of Arts: Humanities and Fine Arts with Honors, Minor in Biology: 05/96**

University of Wyoming • Laramie, WY

Honors Thesis: The History of Medical Illustration

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## RESEARCH AND WORK EXPERIENCE

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**Partner, Owner, PMHNP • Mind Matters, LLC: 08/19 – present**

- Started mental health clinic from the ground, up beginning 08/19
- Adaptation from in-person to telehealth functionality soon after opening, due to COVID pandemic
- Contract PMHNP work with Healthworks (an FQHC in Cheyenne) weekly
- Contract PMHNP work with Northern Star Counseling online via telehealth, weekly

**Temporary Lecturer • University of Wyoming FWWSON: 08/20-present**

- N5883 DNP: Advanced Psychiatric Child & Adolescent; Section 40; 4 credits; Fall 2020

**DNP Capstone Project: 05/18 – 04/19**

- Worked with stakeholders to evaluate problems, need for changes in inpatient flow between units
- Literature review, Plan-Do-Study-Act to improve patient flow and efficiency of RN hand-off
- Developed final article formatted for American Psychiatric Nurses Association publication
- Presented final project and results at Fay W. Whitney nursing scholarship day, 04/19

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## RESEARCH AND WORK EXPERIENCE, CONTINUED

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**Graduate Assistant:** 08/17 – 05/18, 01/19 – 05/19.

- Freshman Nursing Seminar life skills, APA formatting, healthcare safety, quality improvement
- Performed literature reviews, surveys for faculty research and publication

**Registered Nurse • Ivins Memorial Hospital, Behavioral Health Services:** 06/14 – 11/18

- Supervision of inpatient psychiatric unit staff and patients
- Administered medications and non-pharmacological therapeutic interventions to psychiatric inpatients with serious mental illness, substance intoxication and withdrawal
- Monitored responses while working with healthcare teams to adjust care plans

**Owner and Lead Medical Illustrator • Illustrated Anatomy:** 01/98 – 08/16

- Illustration and labeling of medical textbooks, journals, websites, and demonstrative evidence
- Medical animation and virtual reality dissection of human body systems
- Management and artistic direction of subcontracted illustrators
- Collaboration with physicians, art directors, trial lawyers, government agencies, and patient educators

**Adjunct Art Instructor • Laramie County Community College:** 08/10 – 05/12

- Built curriculum for, and taught beginning drawing, design, and art history

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## CLINICAL PRACTICUM EXPERIENCE

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**Albany Community Health Center:** 01/19 – 05/19

- Outpatient psychiatric care throughout the lifespan

**Ivins Memorial Hospital • Behavioral Health Services:** 01/19 – 05/19

- Inpatient psychiatric care for individuals with serious mental illness, suicidality, and substance intoxication
- Treatment team planning for discharge and continuity of care

**Snowy Range Health Center:** 01/19 – 05/19

- Outpatient psychiatric care throughout the lifespan

**Veterans Administration Hospital Tele-psychiatry:** 08/18 – 12/18

- Outpatient tele-psychiatric care of veterans in 5 remote locations across Wyoming and Colorado

**Cheyenne Regional Medical Center • Behavioral Health Services:** 01/18 - 05/18

- Shadowed 7 psychiatrists in inpatient, surgical, residential group home, and outpatient settings. Psychiatrists' specialties included substance abuse, pediatric psychiatry, residential pediatric psychiatry, and electroconvulsive therapy

**University of Wyoming Laboratory School:** 09/17 - 12/17

- Individual and group therapy for students aged 5-13

**Pathways Mental Health Clinic:** 08/17 - 12/17

- Individual psychotherapy for adolescents and adults for a broad range of psychological concerns

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## LICENSURE, CERTIFICATION, AND TRAINING

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- Advanced Practice Registered Nurse, Wyoming license #44637
- Board Certified: Psychiatric Mental Health Nurse Practitioner #2019056809
- NPI #1639729056
- WY Controlled Substance Provider #CS02578
- DEA# MS5484655
- Registered Nurse, Wyoming, multi-state license #33887
- Certification in Pharmacogenomics, CU Anschutz: 07/19
- American Heart Association, CPR for Health Care Providers: 06/18-06/20 (renewal delayed by COVID)
- Certification of Basic EKG Interpretation, issued by Iverson Memorial Hospital: 10/15
  
- Completed coursework:
  - Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians
  - Institute of Healthcare Improvement Basic Certificate in Quality and Safety
- Ongoing Coursework:
  - Medication Assisted Treatment waiver
  - Massachusetts General Hospital Psychiatry Academy:  
Advances in Treatment of Psychiatric Disorders, Innovations and Future Directions

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## AWARD, PROFESSIONAL MEMBERSHIPS

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- Susan McCabe Psychiatric/Mental Health Graduate Award  
Awarded to a graduate in the PMHNP program for demonstrating academic excellence, passion for knowledge, and superior clinical practice.
- Neuroscience Education Institute member
- American Nurses Association member
- American Psychiatric Nurses Association member
- American Association of Nurse Practitioners member
- Phi Beta Kappa, faculty nomination and induction 1995

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REFERENCES,  
ADDITIONAL WORK HISTORY,  
AND MEDICAL ILLUSTRATION & ANIMATION PUBLICATION LIST  
AVAILABLE UPON REQUEST

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