

## **CURRICULUM VITAE OF DENAI L. FORREST**

### **Personal Data:**

Previous name: Meyer, Denai

Address: 1224 Silva Rd., Belen, NM 87002

Telephone: (C) 505-314-4966      Birth date: 4/18/52

Nurse Registration: NM RN license, exp 7/2020; NM CNP license, exp 4/2020

### **Education, Degrees, Certifications:**

- DNP conferred on 2 Aug 2018
- ANCC PMHNP certification exam passed 23 Aug 2018
- CNP Licensure with NM Board of Nursing exp. 4/30/2020
- Pharmacy Controlled Substance license exp 10/2019
- EAGALA Part II Training/Certification—completed Feb 2016
- EAGALA Part I Training—completed Jan 2016
- Epona Training/Certification—Sept 2014
- Post Master's Certificate, Nurse Educator, Walden University, 31 October 2010.
- Post-Master's certificate, Occupational Health Nursing, University of North Carolina at Chapel Hill, Durham, NC; May 2009
- MSN-- Major: Community Health/Addictions Nursing, University of Maryland, Baltimore, December 1993
- BSN-- University of Maryland, School of Nursing, Baltimore, MD., 1974.

### **Continuing Education and Training:**

- Integration of Mental Health, Mindfulness and Spirituality, Santa Fe, NM Aug 6-8, 2018 (hosted by
- American Psychiatric Nurses Association 31<sup>st</sup> Annual Conference, Phoenix, AZ, Oct 2017.
- NMCNE Educator's Conference June 2017
- NMCNE Educator's Conference, June 2016
- BLS certification expires 30 Oct 2019
- NMCNE Educator's Conference, June 2015
- How to Incorporate Flipped Learning into Your Teaching, SOM, UNM, Sept 2014
- Critical Thinking and Test Item Writing, Academic Consulting Group, June 2014
- Transforming Health Care through Nursing Leadership, Center for Continuing Education and Professional Development, Online Webinar, May 2014.
- Course Design Institute, Center for Teaching Excellence, UNM, May 2014
- Clinical Evaluation: Verifying Competency (or How Do You Know They Know?) AACN, Webinar, April 2014
- Motivational Interviewing 3-Day Workshop, VAMC, Albuquerque, NM April 2014
- Healing Touch Level 1, Wellness Center, UNM, March 2014

- Test Development and Item Writing v5.0.1, webinar, NCSBN Learning Extension, March-April 2014
- NNSDO (later named ANPD) Annual Convention 2012, Boston, MA. Presented poster
- ACLS, Presbyterian Hospital, October 2011
- Basic Arrhythmia Course, Presbyterian Hospital, Albuquerque, June 2009
- Occupational Medicine Course, Brooks City-Base, San Antonio, TX. March 3-7, 2008.
- CAC--Certified Addictions Counselor in Virginia awarded October 1991
- Eriksonian Hypnosis and Brief Psychotherapy, certification as Level I hypnotherapist, Silver Spring, MD. November-December 1990,
- Mind/Body Medicine and Brief Therapy Training, Columbia, MD. 1995
- PNP--Pediatric Nurse Practitioner Certification, Fitzsimmons Army Medical Center, Denver, CO., July-December 1976 (currently not credentialed to function as PNP).

#### **Articles, Papers, Posters:**

- Poster Presentation—Empowering Nursing Students: A Pilot Study, Sept 2016
- Poster Presentation—Implementing a Complementary and Alternative Therapies for Nursing Practice Elective in a Baccalaureate Nursing Program, Health Sciences Center Education Day, September 2015
- Poster Presentation—Integrating IPE into a Psych/Mental Health Clinical Intensive at the VA, Center for Nursing Excellence Educators Conference, June 2015.
- Poster Presentation—Mobility and the Veteran: A Concept Analysis Poster, Center for Nursing Excellence Educators Conference, June 2014
- Poster Presentation—Pathways to Nursing: Recruitment, Retention, Reward; Association of Nursing Professional Development (ANPD) Annual Convention, Boston, July 2012.
- Rogers, B, **Meyer, D.**, Summey, C., Scheessele, D., Atwell, T., Ostendorf, J., Randolph, S., and Buckheit, K. “What makes a successful hearing conservation program?” CE module; American Association of Occupational Health Nurses, 57(8), 321-335.

#### **Experience, Work Assignments:**

February 2019-present: (Part-time) Journey to Wellness, LLC, Los Lunas, NM. PMHNP-BC provider for clients across the lifespan. Provides medication management, counseling and psychotherapy for PTSD, depression, anxiety, ADHD, substance use disorder, and other mental health issues; EAP referrals, voluntary and mandatory referrals, specializing in military/veteran, first responder populations. Utilizes various modalities including play therapy, psychotherapy, CBT, mindfulness, meditation, and brief solution focused therapy.

August 2013-present: (FTE .8) Faculty/Lecturer, College of Nursing, University of New Mexico, Albuquerque, NM; provide classroom and skills lab lectures; facilitate

clinical instruction for psychiatric/mental health clinical intensives at the Veterans Administration Medical Center, both inpatient and outpatient units; Course Coordinator for the on-line Level 1 NMNEC course Introduction to Evidence Based Nursing Practice and Research for 1-2 distance NMNEC partner schools for four semesters so far; offers two online elective courses—Complementary and Alternative Therapies for Nursing Practice and Care of the Veteran; active member on Undergraduate Committee, and VANAP (Veterans Administration Nursing Academic Partnership) faculty, UNM Co-director for the VANAP program between UNM and the VA Hospital in Albuquerque, NM to promote more veteran-centric care among nursing education; participate in the VANAP Advisory Board, member of Undergraduate Committee.

July 2010 – August 2013: Clinical Education Specialist II, Academic Services, Presbyterian Healthcare Services, Presbyterian Hospital, adjunct clinical instructor University of South Dakota and Pathways to Nursing, part of Presbyterian Healthcare Service; Coordinates and provides classroom and skills lab instruction for NT Training Course, provide classroom and mock scenarios for the bridge program “Common Curriculum” for new graduates hired by PHS.

December 2009- June 2010 and October 2011-August 2013: Breckenridge School of Nursing and Health Services at ITT Tech Institute: Adjunct faculty, Associate Degree Nursing Program, have been an instructor for Nursing Roles I, Adult Nursing I and clinical instructor for medical-surgical and geriatrics.

March 2009-June 2010: Staff RN, Adult Progressive Care, telemetry unit, Presbyterian Hospital, Albuquerque, NM

June 2006-December 08: Nurse Manager, Flight Medicine Clinic, Kirtland Air Force Base, Albuquerque, NM.

February 2005- May 2006: RN, Family Practice Clinic, ambulatory care, telehealth triage, Fairchild Air Force Base, Spokane, WA.

October 2002 to February 2005: RN, Sacred Heart Medical Center, Spokane, WA. Orthopedics, Burns/Plastics, Bone and Joint Center.

March 2002 to October 2002: RN Home Health, Family Home Care, Spokane, WA.

Dec 2000 to March 2002: Resident Care Coordinator, Lincoln County Nursing Home, Davenport, WA.

Mar 2000 to Dec 2000: Staff RN/Case Manager Family Home Care, Spokane, WA.

Sept 1999 to Mar 2000: Staff Field Home Health RN, Case Manager, Staff Builders, W. Palm Beach, FL.

July 1998 to Sept.1999: Staff Field Home Health RN, Case Manager, Visiting Nurse Association of Florida, W. Palm Beach, FL.

May 1998 to July 1998: Per Diem RN, Home Health Corp. of America and High Tech & Private Care Agencies, W. Palm Beach, FL

May 1997 to May 1998: Staff Field RN, Staff Builders, Inc., West Palm Beach, FL.

Oct. 1996 to May 1997: RN, Hospice of Palm Beach County and Home Care and Hospice by the Sea; Case Manager Hospice contract beds, W. Palm Beach, FL

Mar 1996 to Oct. 1996: Staff Nurse, Pediatric Bone Marrow Transplant Unit, Jackson Memorial Hospital, Miami, FL.

Nov. 1995-Mar 1996: Traveler RN, Cross Country Health Care Company. St. Marys Hospital Pediatric Units, West Palm Beach, FL.

Mar 1994-Sept. 1995: Clinical Staff Nurse, Pediatric HIV/oncology day unit, National Institutes of Health, Bethesda, MD

1985-1989: Clinical Staff Nurse, Pediatric Endocrine and Metabolic Unit, NIH, Bethesda, MD

1983-1985: Staff Nurse, Private Duty Home Care, Hospital Temporaries, Wash., DC, Pediatric Home Care.

### **Military Nursing:**

1981-1983: Captain, Head Nurse Newborn Nursery, Dewitt Army Hospital, Ft. Belvoir, KY

1979-1981: Captain, Pediatric Nurse Practitioner, U.S. Army Hospital, Ft. Polk, LA.

1977-1979: Captain, Pediatric Nurse Practitioner, Ireland Army Hospital, Ft. Knox, KY.

1974-1977: 1st Lieutenant, Staff Nurse, Assistant Head Nurse, Male Surgical Unit, Womack Army Hospital, Ft. Bragg, N.C

### **Addictions Therapy/Counseling:**

May 1995-Oct 1995: Addictions Counselor, Service Provider for Virginia Automobile Safety Action Program (VASAP), District 9, Culpeper, VA.

Aug. 1989-Mar 1994: RN, Counselor, Alcohol Treatment/Research Unit, National Institutes of Health, Bethesda, MD

Aug. 1992-Sept. 1993: Addictions Therapist, Family Focus, Warrenton, VA

Oct. 1990-Dec. 1990: Group Therapist, Springwood at Reston, Reston, VA

Dec. 1989-Oct. 1990: Group co-leader, Comprehensive Addictions Treatment Services, Fairfax Hospital, Fairfax, VA.