

## Introducing the MFP/ANA Masters Fellows FY 2018-2019



**Gloria Cheung, BSN, RN**, is a second year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at the University of California, San Francisco. In May 2013, Mrs. Cheung graduated from UC Berkeley with a B.A. in Integrative Biology. She earned her

BSN at California State University, Los Angeles in August 2016, after which she worked as an inpatient psychiatric nurse at Alhambra Behavioral Health Center. She began the MSN program at UCSF in 2017 and is anticipated to graduate in June 2019. During her time at UCSF, she has had exposure to a wide range of clinical experiences, including leading group therapy.

She has a passion for working with children, youth, and especially transitional age youth (TAY). She is particularly interested in meeting the increased need for mental health services on college campuses and looks forward to improving mental health outcomes among TAY. Her future goals also include decreasing stigma of and increasing access to mental health services for Asian Americans and expanding deliverance of trauma informed care.



**Adrian Davis, BSN, RN, MBA**, is a second-year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at the University of South Alabama in Mobile,

Alabama, with an anticipated graduation date of December 2019. Adrian earned a Masters degree in Business Administration with a focus on Healthcare Administration from American Intercontinental University. In December 2016 she obtained her Bachelor's degree in Nursing at the University of South Alabama.

Before becoming a registered nurse, she volunteered at 15 Place, a homeless shelter in downtown Mobile, Alabama. This was her first real-life experience with working with an underserved community. Through this experience, she developed ethical principles, which guide her practice of delivering, quality, unbiased, compassionate care for all.

Currently, she enjoys working as a psychiatric nurse at Sharp Mesa Vista Hospital in San Diego, California.

Providing hands-on care and educating patients and their families are some of the roles that she enjoys the most as a nurse. Upon graduation, she wants to provide mental health services that address care for patients across the lifespan with a special focus on minority adolescent and young adults in underserved communities.



**Antonia Hernandez, M.Ed., RN**, is a second year

Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at the University of Illinois in Chicago.

Antonia has worked at Hartgrove Behavioral Health System an affiliate of Universal Health Services for the last ten years in an array of clinical positions. Her experience has been primarily in the acute inpatient setting in several capacities including providing clinical services, risk management, performance improvement, and staff development.

*The MFP/ANA was awarded the Now is the Time: Minority Fellowship Program-Youth (NITT-MFP-Y) grant from Substance Abuse and Mental Health Services Administration (SAMHSA) in 2014 under President Barack Obama to increase access to mental health services for youth in America. The objectives of this initiative are to reduce health disparities and improve behavioral health outcomes for racially and ethnically diverse populations by increasing the number of culturally competent master's level behavioral health professionals in an effort to increase the quality of behavioral health care for children, adolescents, and populations in transition to adulthood (aged 16-25).*

Antonia has written several articles, published by Springer in 2010 in the “Encyclopedia of Cross Cultural School Psychology” on academic achievement amongst minority youth, including Mexican American Youth, and Acculturative Stress and Culture. She also developed an evidence informed psycho- educational curriculum in Spanish for families encountering the mental health system for the first time. Her professional experiences have shaped her academic aspirations and professional pursuits. She hopes to introduce evidence-based practices that are culturally and linguistically sensitive to improve the quality of care for clients of diverse backgrounds in acute behavioral health settings.



**Adriana Hernandez, MSN, RN, CNM**, is a Psychiatric Mental Health Nurse Practitioner (PMHNP) student at Frontier Nursing University. She returned to earn her Masters/DNP after recognizing the critical need in her community. She anticipates completing the Masters portion in October 2019.

Adriana has worked as a psychiatric nurse in a residential adolescent treatment and correction center. Upon graduation she plans on providing care in an outpatient setting to adolescent and young children who come from low resource communities.

She is a member of the American College of Nurse-Midwives and Sigma Theta Tau with both her undergraduate and graduate school chapters.



**Carolyn Jackson, RN, MBA**, is a Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at Wilkes University School of Nursing. She anticipates her graduation to

be December 2020. She completed her nursing studies at Montgomery College, Maryland.

Carolyn has been providing mental health services as a psychiatric nurse to children, adolescents, and adults in various settings. Upon graduation, she plans to focus on providing mental health services to youth in underserved communities.

Prior to her entry into the field of nursing, Carolyn worked as a computer programmer/analyst after earning a Bachelor of Science degree in computer science from the University of the West Indies and a Master of Business Administration from Pace University in New York.



**Janielle Lee, BSN, RN, PHN**, is a second year Psychiatric Mental Health

Nurse Practitioner (PMHNP) Masters student at the University of California, San Francisco. She received her Bachelor of Science in Nursing from Dominican University of California in 2006. In the past, she has worked as a pediatric registered nurse at Children’s Hospital Oakland (Now called UCSF Benioff

*The MFP National Advisory Committee (NAC) reviews and scores applications based on a set of uniform criteria. Admission decisions are based on a composite of information including applicants previous academic performance, letters of recommendations, relevant professional activities, published manuscripts and presentations, proposed research and/or clinical projects and a scholarly essay that clearly demonstrates the applicants knowledge of mental health and/or substance use and a commitment to a career dedicated to either research, practice, education, and policy and focused on the reduction of health disparities in mental health and/or substance use disorders, prevention, treatment and recovery. Each application is considered using the same criteria and only the top scoring applications are accepted.*

Children's Hospital Oakland) and with the San Francisco Unified School District. While working in these positions she developed a deep interest in how mental and public health is being implemented with an at-risk pediatric populations. This interest has led her to work closely with youth at the department of public health in San Francisco, CA.

She currently works in Juvenile Hall for the department of public health in San Francisco. Janielle is passionate about helping adolescents and young adults to live healthy and fulfilling lives. She plans to continue this work though teaching life skills, providing counseling, and creating safe spaces that will nurture and support adolescents and young adults to live productively in their communities. Her clinical practice focuses on helping adolescents and young adults work through trauma, unresolved conflict in their relationships, build a healthy value system, recognize and develop their strengths, and develop in practical life skills.

Janielle is a member of the American Nurses Association.



**Shea Ludgood, RN, MSW, LMSW**, is a second year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at University of Alabama at Birmingham (UAB). She enrolled at UAB in 2016, a student in the Accelerated Masters in Nursing Pathway (AMNP) program. She completed Phase 1 of the Program in December 2016. She is currently a staff RN at Children's Hospital of Alabama (COA), where she works on the inpatient behavioral health unit. Prior to coming the COA exclusively, she was employed full time at UAB Hospital on a general medical floor.

Prior to her matriculation into nursing school, Shea worked as a psychiatric social worker for the Jefferson County jails. She has also worked in child welfare as a social worker. She earned the bachelor's degree in Social Work from Tuskegee University in 2001 and obtained a Masters in Social Work degree from the

University of Alabama in 2002. Shea anticipates graduating in August 2019. Upon graduating she would like to provide mental health services to adolescent and young adults who have been affected by drugs and who have been involved with the criminal justice system.

Shea is member of the American Nurses Association and the Alabama State Nurses Association.



**Felicia Kaye Maher, BSN, RN**, is a first year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at Walden University in Minneapolis, Minnesota. She anticipates her graduation to be May 2020. She earned her Bachelor's Degree in Nursing at Midwestern State University in Wichita Falls, TX, May 2005.

She is a skilled registered nurse with twenty-one years of experience. Felicia is a published author who enjoys writing about personal growth and development, singing, playing classical piano, practicing Integrative Wellness, and traveling in her spare time. She led a challenge to her cohorts to adhere to the Healthy People 2020 Guidelines to model complete wellness to those for whom we provide care. She has served as Vice President of Woman to Woman Family Network Ministries 2005-2015 and as a Volunteer Mentor/Teacher for The Boys & Girls Club, WFISD reading program, and Child Evangelism Fellowship. Ms. Maher is a member of Black Nurses Rock- Texas Chapter, National Academy of Best Selling Authors, World's Leading Experts, and The National Association of Professional Women.

Her career goal is to open a clinic that integrates alternative health modalities into standard mental health approaches focused on reducing stigma associated with these disorders. Additionally, she plans to champion the utilization and on-going development of tele-psychiatry through policy initiatives aimed at influencing legislation to support the practice. Through these avenues she anticipates that mental health services will be more accessible to underserved populations in rural areas.



**Eunice Modilim, BSN, RN** is a graduate student in the Psychiatric Mental Health Nurse Practitioner Masters program at the University of North Carolina, Chapel Hill. She is in her second year with an anticipated graduation date of May 2019. Eunice has been a nurse for 18 years and has been working with mentally ill clients for the past nine years. Her career goal is to help make mental health services available to those most in need, especially those in rural and underserved communities.

For the past nine years, Eunice has been working with individuals with severe and persistent mental illness in a supervised living facility. She has learned over the years that children, adolescents, and youth with mental illness or substance abuse issues need access to high quality mental health and substance abuse care early in order to increase their chances of having a life where they are contributing adults. Her goal is to be a significant part in making that possible for those she cares for as an advanced practice nurse.



**Shakila Moore, BSN, RN**, is a second year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at University of Alabama at Birmingham School of Nursing, where she also completed the first phase of the Accelerated Master's in Nursing Pathway program and obtained a Bachelor of Science in Nursing degree in 2016. She anticipates her graduation to be August 2019.

She is currently a psychiatric staff RN at Brookwood Medical Center. She works with a team of dedicated psychiatrists, therapist, and social workers caring for a broad range of mental health patients, including those suffering from depression, anxiety disorders, domestic violence, trauma, eating disorders, schizophrenia, personality disorders, dementia, Alzheimer's, mania, and substance abuse. Shakila also works as a sexual assault nurse examiner for the Birmingham Crisis Center,

performing forensic exams on rape victims above the age of 16.

She is a strong supporter of Alabama's Department of Mental Health push for mental health providers in school systems and plans one day to practice as a PMHNP in high schools that are in low resource communities.

She maintains dual board certifications as a Registered Nurse and as Registered Respiratory Therapist. Shakila is a member of the American Nurses Association.



**Charlotte Nwogwugwu, DrPH, RN, MPH, BSN, CPH-BC**, is studying for her Psychiatric Mental Health Nurse Practitioner (PMHNP) Master's degree at the University of Missouri-Kansas City. Charlotte earned her undergraduate degree from the University of South Carolina, her master's degree from University of Warwick in England, and the doctorate in Public Health from Morgan State University.

She is a public health advanced practice nurse with global health experiences as an academic researcher with an interest in HIV and mental health. Specifically, she is interested in exploring the intersection between HIV care and prevention and mental health services.

Charlotte joined Howard University College of Nursing and Allied Health Science as an assistant professor in 2018.



**Benarah Sanford, BSN, RN**, is a second year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at the University of South Alabama. Prior to graduate school, she obtained her Bachelor of Science in Nursing from the University of Central Florida.

Benarah's career in nursing has been defined by compassion, dedication, and cultural sensitivity. With

specialty experience in a variety of professional duties related to psychiatric mental health nursing, crisis stabilization, milieu therapy, Assertive Community Treatment (ACT), behavioral health nursing case management, and substance use treatment including detoxification she has experience in the full spectrum of mental health care needs and services.

She has traveled to both her state capitol and the US Capitol to meet with legislators to discuss policy initiatives that support access to healthcare for all. After graduation Ms. Sanford will focus her efforts on improving access to mental healthcare services for the children, youth, and adolescents of underserved communities.

She is a member of the National Black Nurses Association Inc. and the Florida Nurses Association.



**Ashley Waring, BSN, RN, CPN**, is a current Psychiatric-Mental Health Nurse Practitioner (PMHNP) Masters student at the University of Pennsylvania graduating in August 2019.

Ashley earned a Bachelor of Arts in Psychology from Texas A&M University in 2004. In 2014, she returned to school with the goal of becoming an advanced practice nurse. To realize that goal she completed an accelerated BSN program at the University of South Alabama. Her nursing career has included pediatric nursing in both medical-surgical and clinic settings, as well as perioperative surgical and outpatient psychiatric mental health settings. She has worked in both civilian and military hospitals, recently serving for 2 years as a nurse at the United States Naval Hospital in Okinawa, Japan.

Ashley is a board-certified pediatric nurse and a member of the American Nurses Association and the American Psychiatric Nurses Association.

## Re-Appointed Fellows



**April C. Bradshaw, BGS, RN**, is a second-year MSN/DNP student at Frontier Nursing University (FNU). She has worked in psychiatric nursing for nearly ten years with veterans, children, and adolescents. She also partners with an organization whose emphasis is on empowering young men and women who have mental illness and/or have been the victims of abuse by providing community supports and mentorship.

During the 2018 academic year, she was chosen as one of two FNU student representatives to attend the American Association of Colleges of Nursing [AACN] Student Policy Summit in Washington, DC. As an AACN Student Policy Summit representative, she was able to meet with Congressional and Senatorial representatives where she advocated that they support the increased access to healthcare and mental health supports by: (1) increasing the nursing workforce through providing funding for nursing education and research; and (2) increasing their understanding of the important role that Nurses, NPs, CNMs, PMHNPs, Clinical Nurse Specialists, and Certified Registered Nurse Anesthetists play in providing clinical care, conducting research and developing policy that helps individuals and communities affected by the opioid epidemic and gun violence. In addition to her participation as an AACN Student Policy Summit representative, she was recently inducted into the Sigma Theta Tau's Nursing Honors Society.

Upon graduation she hopes to continue working with at risk youth as well as being able to collaborate with local and state officials to implement policies that are culturally inclusive to ensure that disadvantaged groups receive adequate mental health care supports in western Kansas.



**Charlisa Brown, BSN, RN**, is pursuing a Masters of Science in Nursing with a specialty as a Psychiatric Mental Health Nurse Practitioner at the University of Colorado Anschutz Medical Campus. She

earned her Bachelor of Science in Nursing from Northwestern State University of Louisiana and received her Bachelor of Science in Cellular and Molecular Biology from Louisiana State University in Shreveport. Prior to graduate school Charlisa worked as a student in an outpatient psychiatric setting serving children and adolescents. She later had the opportunity to work as a registered nurse on a dual diagnosis inpatient psychiatric unit assisting both adults and geriatric populations.

Currently, she provides mental health services to clients across the lifespan in a community mental health organization. She also assists youth and adults with crisis stabilization services. Charlisa has dedicated her practice to serving youth, especially those transitioning to adulthood by providing culturally competent care and increasing diversity in healthcare. Her goal upon graduation is to increase access and provide mental health services to minority and underserved populations, while also providing education and awareness to help combat stigma and negative societal views about mental illness.

She is a member of the American Nurses Association, American Psychiatric Nursing Association, and Alpha Kappa Alpha Sorority, Inc.



**Meagan Carson, BSN, RN**, is currently enrolled at the University of Alabama at Birmingham working on her Masters of Science in Nursing in mental health. During the fall of 2018, she will be entering her fourth semester.

She plans on focusing on the treatment of adolescents and young adults. She believes adolescents and young adults need guidance and mentorship.

Meagan previously participated in a mentoring program for children and adolescents. She believes that giving adolescence a strong foundation to build upon is extremely important and necessary. Not only teaching life lessons and how to survive in the world today, but also teaching them that mental health is as important to health.



**Wei-chen (Sabrina) Chen, BSN, RN**, Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at the University of Colorado Anschutz Medical Campus in Denver, Colorado, where she also received her Bachelor of Science in Nursing. She immigrated to the U.S. in 2008 with her Bachelor of Arts in philosophy from the National Taiwan University and Masters Degree in Philosophy from the Tsinghua University in Taiwan..

She later chose nursing as her second career because she treasures the interactions she has with people, from not knowing each other to gradually building a trusting relationship.

Her first staff position was at the Menninger Clinic in Houston, TX, where she completed the 6-month Betty Ann Stedman Psychiatric Nurse Residency Program. After her graduation from the residency program, Wei-chen sought every opportunity to learn about various evidence-based treatments to better serve patients with mental illness, including but not limited to Dialectical Behavior Therapy (DBT), Cognitive behavioral therapy (CBT), Acceptance and commitment therapy (ACT) and Motivational Interviewing.

Wei-chen's goal is to promote compassion, self-care and mindfulness to the public and eventually break the stigma associated with mental illness through education.



**Teresa Denson, BSN, RN** is a wife and mother of two. She is a Psychiatric Mental Health Nurse Practitioner Masters student at Walden University. Her current goal is to complete her MSN degree in 2019. Her mother was a nurse and her influence is

the reason why Teresa pursued a nursing career as well as her current pursuit to become a nurse practitioner.

Teresa graduated as a licensed practical nurse in August of 2004. She worked as a licensed practical nurse for seven years before returning to school to become a

Registered Nurse in 2011. In 2012, she completed her Bachelor of Science in Nursing (BSN).

She currently works in an acute gero- psychiatric unit while attending graduate school full time. As a psychiatric nurse practitioner, she plans to lead research on children with mental illness to improve their health and development.

She is the Secretary of Black Nurses Rock Houston, TX, chapter where they focus on initiatives to combat major health disparities affecting Black communities such as HIV/AIDS, heart disease, stroke and diabetes to name a few. She is also a member of the American Nurses Association and Texas Nurses Association District 9, North Harris Montgomery Advanced Practice Nurse Society and the National Black Nurse Practitioner Association.



**Juliana Estrada, BSN, RN**, currently attends the University of Texas Health Science Center Cizik School of Nursing in Houston, Texas, where she is a second-year student in the Psychiatric Mental Health Nurse

Practitioner Masters program. Juliana anticipates graduating in December 2019. She is a UTHSC - SON PARTNERS scholarship recipient. She earned her Bachelor of Science in Nursing from Texas Woman's University in December of 2015.

Since 2008, Juliana's nursing experience has included employment in women's health, hospice care, and home health. Juliana's psychiatric nursing career began in 2012 in the inpatient setting, where she provided care for hospitalized children and adolescents. Between 2015 and 2017, she worked as a mobile crisis nurse and conducted home visits in order to evaluate her patients' medical and psychiatric stability. Currently, she works part-time at a local psychiatric emergency hospital and conducts psychiatric research with a team at her university. Juliana plans to implement her advanced practice role by focusing her attention on reducing mental health disparities for underserved populations. She aims to specialize in child advocacy and assisting LGBTQI youth with mental health management.

She is a member of the American Nurses Association, American Psychiatric Nurses Association, American Association of Nurse Practitioners, Texas Nurses Association, and Psychiatric Advanced Practice Nurses of Houston.



**Nicole Humphrey, BSN, RN**, is currently third-year student at the University of Colorado Master of Science in Nursing, Psychiatric Mental Health Nurse Practitioner (PMHNP) program. Her expected graduation date is

December 2018. She graduated from Morgan Community College in 2009 with an Associate's Degree in Nursing. In May 2015, she earned her Bachelor of Science in Nursing from the University of Texas at Arlington.

She is a firm believer in providing early mental health care interventions for children and adolescents. Ms. Humphrey is also interested in examining ways to help increase mental health care and access to treatment for minorities. Lastly, her work in primary care has increased her interest in wanting to participate in research related to the opioid epidemic.

She is a member of the American Nurses Association.



**Clarence Johnson, BSN, RN**, is going into his second year at Walden University in the Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters program with a projected graduation date of February 2019. Clarence is

a member of multiple honor societies, the most recent being the National Society of Leadership and Success.

Clarence is originally from South Carolina, where he has worked in child and adolescent drug addiction and mental health disorders. While in South Carolina he also worked with multiple elementary and middle schools around Columbia, SC, to bring mental health awareness to our youth. Mr. Johnson currently works in a drug addiction and treatment center in Waldorf, Maryland. He

hopes that they will expand their business plan to include treatment for children ages six and above.

Mental health is very important to Mr. Johnson and is one of his few passions. He hopes that one day there will be more awareness of mental health and less stigma associated with it in minority families and communities.



**Rosa Cruz Kauffman, BSN, RN**, currently is in her last year, pursuing a Masters of Science at the University of Colorado Denver to become a Psychiatric Mental Health Nurse Practitioner (PMHNP). She earned her BSN at Georgia State University, graduating Summa Cum Laude.

Upon graduation, she hopes to work with both, youth substance abuse and youth LGBTQ populations, with a special interest in the minority population within these groups. She is a native Spanish speaker and will use this skill to reach the local underserved Spanish speaking community. Her experience includes work in the cardiovascular surgical intensive care unit (CVICU) and inpatient acute psychiatry. Currently she works as part of a Crisis Stabilization Unit and teaches Spanish at a local Charter school.

She is a member of Sigma Theta Tau Honor Society and the American Psychiatric Nurses Association (APNA).



**Lynn Owusu, BSN, RN**, is a second year Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters student at Maryville University in St. Louis, Missouri. Lynn obtained her Bachelor's of Nursing degree at Southwestern Oklahoma State University in May, 2013. Lynn anticipates her graduation in December of 2018.

Lynn's nursing career has been at a local psychiatric hospital working with inpatient adolescents, adults, and geriatrics as a charge nurse. Lynn has always had a passion of wanting to make a difference in the workplace. Upon graduation she wants to provide mental health services to minority adolescents and young adults in underserved communities.

She is a member of the American Nurses Association, Black Nurses Rock, Oklahoma Nurses Association and Association of Oklahoma Nurse Practitioners.



**James Porter BSN, RN**, attends the University of Alabama in Birmingham School of Nursing Psychiatric Mental Health Nurse Practitioner Masters program. James earned a long-term certificate in Licensed Practical Nursing from Beville State Community College in 2012 and in 2015; he finished the professional nursing program at Wallace State Community College.

After graduating from Wallace State Community College he assumed a registered nurse position on the medical-surgical oncology floor at the Birmingham Veteran's Affairs Medical Center in Birmingham, Alabama, where he accumulated experience in various areas of patient care such as neurological, orthopedic, surgical, cardiac, oncology, and mental health. It was there where James discovered his passion for providing care for not only the physiological needs of patients, but also their psychosocial needs. After graduating from the nurse practitioner program, he hopes to participate in research aimed at discovering more effective methods of identifying and treating mental illness in minority adolescents and young adults, with a special interest focused on the veteran population.



**Carmen Smith, RN, BSN, DN/CM**, is currently a student in the Psychiatric Mental Health Nurse Practitioner (PMHNP) Masters program at the University of South Alabama, Ms. Smith anticipates graduating with the class of 2020. Although a native of Houston, TX, she attended the University of the District of Columbia to accept a four-year volleyball scholarship and attain both her associates and Bachelor's in Nursing.

Presently, she is working as a per diem agency nurse at both Levindale Specialty Hospital in Baltimore, MD, on the behavioral health units in as well as assisting to fill the nurse staffing needs at George Washington University Hospital in Washington, D.C. Additionally, she works with at-risk youth have an opportunity to choose a path of prosperity and success in achieving their secondary education goals by developing discipline in a military structured environment and studying for the GED test before the completion of the Freestate Challenge Academy.

Carmen would love to assist programs similar to the Freestate Challenge Academy as a Psychiatric Nurse Practitioner. The ultimate goal is to bridge the gap between youth that could benefit from mental health counseling and the available mental health professionals who could impact the adolescence positively. By providing outreach using many resources such as technology, face-to-face and family therapy methods of communication between client and clinician, more youth potentially can be reached and ultimately their voices heard.



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# \*SAVE THE DATE

## MFP Masters Fellows Virtual Orientation

October 18, 2018  
8pm – 9pm EDT

\*Login instructions forthcoming



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