



## INTRODUCING NEW MINORITY FELLOWSHIP PROGRAM TRADITIONAL SCHOLARS FY 2016-2017



*The Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellowship Program (MFP) at the American Nurses Association (ANA) is pleased to introduce to you the four new traditional scholars appointed for FY 2016 – 2017.*



**FREDERICA HUGHES, PMHNP-BC,  
APRN, MSN, CPNP**

Frederica Hughes is enrolled in Medical University of South Carolina College Doctorate Nurse Practitioner Program 2016-2018.

Her area of clinical practice is mental health focusing on mental health recovery process for veterans' living with mental illnesses.

She is certified as both a Pediatric Primary Care and a Family Psychiatric Mental Health Nurse Practitioner. Frederica became a member of the Sigma Theta Tau International Nursing Society in 2002, certified by the Pediatric Nursing Credentialing Board in 2002, and American Nurse Credentialing Center in 2007. She is a current member of the American Nurses Association and the American Psychiatric Nurses Association.

Three years ago Frederica pursued a career with the Veterans Affairs Administration where she provides mental health counseling to Veterans' with severe mental challenges. Prior to working with Veterans, she practiced as a pediatric nurse practitioner for over ten years leading a school based behavior modification program. This outcome resulted in reduction in school suspensions for students who participated in the program. She managed a foster care clinic for children whose poster presentation to the National Association of Pediatric Nurse Practitioner won second place. The poster was an exhibit of her clinic philosophy of what it means to work with children/families who are in the foster care system.

Frederica authored, "Use of Psychiatric Nurse Practitioner Student to Provide Services in Rural School-based Clinics" which is published in the Journal of Child and Adolescent Psychiatric Nursing, 2007, Volume 4.

Currently, Frederica is continuing her work with Veterans suffering with mental illnesses at the Ralph H. Johnson Veterans Administration Hospital where; she also serves as a preceptor for bachelor and master prep students.

In her spare time she volunteers as the health ministry leader in rural area Red Top, South Carolina and participates as a choir member of her church for over thirty years.



**AUDREY ALANA STROCK, MSN, RN**

Audrey Alana Strock is a first year DNP Student at the University of Colorado Anschutz Medical Campus in Denver, Colorado. For more than a decade, Audrey has worked concurrently in psychiatry

and critical care and is board certified through the American Nurses Credentialing Center (ANCC) as an Adult-Gerontology Nurse Practitioner as well as a Psychiatric Mental Health Nurse Practitioner. Her clinical practice area will focus on integrative medicine and will build on her current program involving mental health providers in the system as primary care providers.

Audrey has worked with and developed many programs that have adopted the integrative model and currently works as a nurse practitioner in an integrative care system that seamlessly integrates mental and physical health. Additionally, she is conducting research on the association of substance abuse in minority children and adolescents as a result of bullying and how this may also attribute to gun violence in schools. She plans to develop preventative tools and early screenings for parents and care providers, primary care providers, and schools during her doctoral program.

Audrey received a Bachelor's Degree in Social Work from Colorado State University and in 2011 graduated Magna cum Laude with a BSN in Nursing from Regis University and in 2016 received her Master's Degree in Nursing as both an Adult-Gerontology Nurse Practitioner and Mental Health Nurse Practitioner from the University of Colorado where she is a Student Ambassador.

Audrey was appointed a Fellow among the inaugural cohort of SAMHSA Now is the Time: Minority Fellowship Program-Youth (NITT: MFP-Y) during the academic FY 2015-2016 and is an active member of the American Psychiatric Nurses Association, National Association of Hispanic Nurses, International Association of Clinical Research Nurses, Colorado Society of Clinical Specialists in Psychiatric Nursing, American Nurses Association, American Association of Critical Care Nurses and Sigma Theta Tau International Honor Society of Nursing. She also volunteers at the Prairie View High School- Bully Prevention Groups and the Lutheran Medical Center- Stigma Reducing Training.



**UDAYA THOMAS, MSN, MPH, ARNP**

Udaya Thomas is a PhD in Nursing student at Walden University in the Interdisciplinary Health track. Udaya is working as a Nurse Practitioner at South Broward Community Health Services with a focus on innovative group health initiatives. Udaya also holds certificates in integrative health coaching, yoga, and is a master trainer. She is a Johns Hopkins University Master's prepared and Board Certified Primary Care Nurse Practitioner and Public Health Specialist. Udaya works with individuals and groups, utilizing preventative health and movement solutions to assist others in obtaining and maintaining optimal health. Udaya has worked in community development, hospital and

community health nursing, domestic and international public health programs, research studies, HIV, prison health, managed care, primary care, and hospice. In Nursing education, she has been a clinical instructor, created curriculum and contributed to educational policy. Working alongside her colleagues, Udaya looks forward to integrating her various experiences to influence the uptake of behavioral health in primary care in her current health system and perhaps beyond.



**CASSIE WARDLAW, MSN, MSW, ARNP**

Cassie Wardlaw is currently working as a Psychiatric Mental Health Nurse Practitioner in an inpatient hospital setting. She is also an Adjunct Instructor of Nursing at the University of Cincinnati. Prior to becoming a psychiatric nurse, she served children and families as a social worker. She completed her BSN and MSN at the University of Cincinnati. She is currently a PhD student in her final year of study.

Her research focuses on depression in African Americans. She is specifically interested in exploring how African American women communicate about depressive symptoms during the clinical encounter for her dissertation work. Communication problems related to cultural differences can result in failure to detect and adequately treat depression. This contributes to the persistence of disparities in mental health care. Her career goals are to conduct research regarding depression in minority populations, teach future nurses about emotional wellness in minority populations, and provide leadership regarding health disparities and recovery from mental illness.

Ms. Wardlaw is a member of the American Psychiatric Nurses Association, the American Nurses Association, and Sigma Theta Tau - Beta Iota Chapter.