

*Curriculum Vitae***LAKSHMI NAIR, MSN, PMHNP-BC****Psychiatric Nurse Practitioner**

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EDUCATION & TRAINING

August 2022- current	PhD in Nursing, Edson College of Nursing Innovations Arizona State University, Phoenix, AZ
May 2016- May 2018	Master of nursing, Psychiatric nurse practitioner, Stonybrook University, NY
February 2011-April 2013	Master of Science in Psychiatric Nursing, National Institute of Mental Health and Neuroscience, Bangalore, India Masters thesis: Lived experiences of institutionalized children
September 2005- July 2009	Bachelor of Science in Nursing Amrita College of Nursing, Kerala, India

ACADEMIC AND RESEARCH POSITIONS

September 2024- Current	Research assistant- SAGE-WISE Lab, ASU
August 2023- 2024	Research assistant- Dr. Sunny Kim's Lab Arizona State University
January 2022- Jan 2023	Adjunct Clinical Faculty Stonybrook University, School of Nursing, NY Master in psychiatric nurse practitioner program
Fall 2022	HNG 537 – Advanced Theory and Clinical Practice in Psychiatric/Mental Health Nursing III - Fall 2022
Spring 2022	HNG 547 – Advanced Theory and Clinical Practice in Psychiatric/Mental Health Nursing IV - Spring 2022

LICENSURES & CERTIFICATIONS

2013- Current	Registered Nurse (#829151) State of Texas
2013- Current	Basic Life Support (#225417006765) American Heart Association
2014- Current Professions	Registered Nurse (#681075) New York Office of the
2018- Current	DEA Certificate and Suboxone Waiver
2018- Current	Family Psychiatric Mental Health Nurse Practitioner Certification (2018011754) American Nurses Credentialing Center
2018- Current Office of	Nurse Practitioner in Psychiatry (#402429) New York the Professions
2020- Current	Certified Nurse Practitioner (#238344) State of Arizona
2020- Current	Registered Nurse (#238344) State of Arizona
2020- Current	Master Psychopharmacology Certificate, Neuroscience education institute

RESEARCH EXPERIENCE

Currently pursuing a Ph.D in Nursing and Health Innovations with a special focus on intervention development and delivery for substance use and mental health disorders.

September 2024 to current: Research Assistant at Sustainability via Active Garden Education (SAGE) lab garden-based physical activity and nutrition program for early care and education centers that meet Arizona education and national standards.

August 2023- May 2024: Research Assistant at Bio-behavioral lab under the supervision of Dr. Sunny Kim, Assoc Professor, Edson College, Institute for Social Science Research Affiliated Faculty, Center for Health Promotion and Disease Prevention, Institute for Social Science Research.

Skills developed include a digital storytelling workshop for NIH-funded research projects, including COVID vaccination hesitancy, the ability to write for publications, presenting research at conferences and poster presentations, data management, and advanced statistical analysis, including linear growth models, multilevel modeling, and intensive longitudinal data analysis.

WORK EXPERIENCE

November 2023 to Current- COPA Health, Peoria, AZ

- Psychiatric nurse practitioner at an outpatient practice serving individuals with severe mental illness, including Schizophrenia, schizoaffective disorder, Bipolar disorder, and treatment-resistant depression, among other conditions.
- Psychiatric assessment, diagnosis, medication management with oral and long-acting psychotropics, psychotherapy, trauma-informed therapy, and accelerated resolution therapy.
- Provide evaluations for severe mental illness evaluations and decertification, high-risk comorbidity management.
- Provide integrated substance use treatment, substance use disorder evaluations, initiating and maintaining medication-assisted treatment using buprenorphine, naltrexone, and others. Specialist in perinatal mental health and substance use disorders management.

September 2023 to Current- Queens Consultation Center, Queens, NY

- Psychiatric nurse practitioner at telehealth-based outpatient psychiatric services for general mental health patients, remote psychiatric evaluations, and medication management.
- Specific focus on children, youth, and families. Management of ADHD, ODD, DMDD, Autism related behavioral childhood mental health conditions

February 2023- November 2023, Psychiatric nurse practitioner at Phoenix Medical Psychiatric Hospital

On-call provider, Phoenix, AZ, providing weekend coverage and some weekday coverage for a group of physicians and advance practice providers at a Gero-psychiatry inpatient facility.

Inpatient adult and geriatric psychiatric advance practice, psychiatric stabilization of acutely ill patients with varied psychiatric conditions, inpatient detoxification of alcohol, opioids, methamphetamine, and other drugs, initiating and maintaining buprenorphine, naltrexone, and other deterrent medications.

October 2022 to November 2023: Mind 24-7 Urgent Psychiatric Services

- Assessment of children, adolescents, and adults in psychiatric crisis, complete psychiatric evaluations, crisis interventions, family interventions, focused crisis diagnostic assessments, psychiatric medication management, patient education, progress toward treatment goals, and discharge planning including medical psychological, social, behavioral, and developmental aspects of the patient's care, treatment, and services.
- Coordinate, direct and provide psychiatric care to children and families in crisis, collaborate care with different outpatient clinical teams.
- Provide referrals to neuropsychological evaluations for Autism and other developmental delays, interpret results and provide recommendations for treatment planning including referrals as indicated for specialists.

- Work with the interdisciplinary team to reduce the use of physical restraints and seclusions among children in acute psychiatric crisis
- Work with other community agencies to assess and manage child victims of sexual assault and sex trafficking and other forms of abuse and neglect integrating trauma-informed care into practice

7/18/2022 to 10/21/2022: Connections Health Solutions, Urgent Psychiatric Center, 1201 S 7th Ave #150, Phoenix, AZ 85007

- Complete initial psychiatric evaluations, crisis interventions, family interventions, focused crisis diagnostic assessments, assessments of capacity for consent to treatment, risk assessments, patient education, progress toward treatment goals, and discharge planning including medical psychological, social, behavioral, and developmental aspects of the patient's care, treatment, and services.
- Direct, coordinate, and provide medical and clinical services to patients in crisis, and document patients' progress toward treatment goals in clinical records, including admission orders, progress notes, and discharge orders.
- Assess patients' needs and guide the clinical team regarding inpatient utilization, working with other personnel to ensure each treatment modality is appropriate for patients in addition to working with outside providers in crisis and inpatient services.
- Work with the community to review involuntary petitions, assess involuntary patients, and coordinate with the legal system to follow established guidelines for Court Ordered Evaluation and Treatment.

7/19/2021 to 7/15/2022: COPA Health, 14100 N 83rd Ave, Peoria, AZ 85381

- Assessment diagnosis and treatment of clients with severe and persistent mental illness (SMI), of adults above 18 years of age.
- Monitoring and providing court-ordered treatments, SMI care and management, psychotropic medication management, and collaboration with the care team and specialists.
- Managing complex chronic mental health conditions and monitoring complex medication regimens including clozapine.
- Collaborating with multidisciplinary team members to ensure best practices in managing complex mental health issues and helping patients navigate recovery.

Jan 2022 to current: Adjunct Clinical lecturer- Masters in Psychiatric Nurse Practitioner program- Stonybrook School of Nursing, Stonybrook, NY

- Provide clinic supervision to students of the graduate program
- Facilitates the learning of nursing students
- Compiles administers, and grades assessments
- Remains current with new trends and development in the field of expertise

04/15/2019 to 08/10/2021: Psychiatric nurse practitioner- St. Lawrence County Community Services, 80 State Highway 310, Canton, NY 13617.

- Assess, diagnose, and treat clients with various psychiatric disorders in an outpatient community mental health setting, through the life span of children, adolescents, adults, and geriatric clients.
- Weekly collaboration with therapists on patient's progress.
- Providing crisis interventions, suicide risk assessments, and recommending inpatient admissions as deemed necessary, including involuntary commitments of clients at imminent risk.
- Individual psychotherapy, CBT, Motivational interviewing, psychoeducation of clients and families, Accelerated Resolution therapy (ART) for trauma.
- Collaborating with case managers, primary care providers, and specialists as needed for clients, to provide optimal health management for comorbid conditions.
- Assess, diagnose, and manage clients with substance use disorders, provide Medication-assisted treatments including Suboxone, Vivitrol, and Sublocade and provide dual diagnosis management

9/5/2018 to 3/1/2019: Psychiatric nurse practitioner- Community health center of the North Country, Canton, NY

- Provided integration of behavioral healthcare consultative services in primary health care clinic.
- Provided consultative services to Road to Recovery program providing services for clients with a dual diagnosis of psychiatric and substance use disorders.

Registered Nurse Experience experience:

8/10/2015 to 7/26/2018: Registered Nurse- Intensive care unit- Claxton Hepburn Medical Center, Ogdensburg, NY 13669

- Provided critical care nursing services to patients with varying diagnoses such as end-stage renal disease, respiratory failure, overdose, ventilator care, pre-and post-operative nursing for a wide variety of surgical interventions, infectious disease management, etc.
- St. Lawrence Psychiatric Center, 1 Chimney Point Dr. Ogdensburg, NY 13669

7/8/2014 to 9/15/2015: Nurse 2 Psychiatric- St. Lawrence Psychiatric Center- Ogdensburg, NY

- Assessed mental status, planned and delivered recovery-oriented mental health nursing services to clients diagnosed with varied mental illnesses including schizophrenia, mood disorders, substance use disorders, anxiety disorders, and personality disorders.

May 2009- June 2011: Registered Nurse - Cardiovascular thoracic surgery ICU- Amrita Institute of medical sciences, Kerala, India 682041

- Provided nursing care to the client after invasive procedures like Permanent Pacemaker Implantation, Implantable Cardioverter Defibrillator, PTCA, aneurysm repair, Electrophysiological Studies and RFA, cardiac surgeries like CABG, and valve replacement.

FELLOWSHIP, AWARDS & HONORS

2023- 2024	Sigma Theta Tau, Gary Brown Community Scholarship Award (\$1,000)
2023- 2024	Calvin C. Lorenz Nursing Scholarship (\$1,100.00)
2023- 2024	University Graduate Fellowship, Arizona State University
2022- 2023	University Graduate Fellowship, Arizona State University
2022- 2023	Graduate College Enrichment Fellowship, Arizona State University
2016-2018	Title XVIII-Scholarship for Disadvantaged Students- Stonybrook School of Nursing

PROFESSIONAL AFFILIATIONS

2016- current	American Psychiatric Nurses Association
2017- current	Neuroscience Education institute
2021 to current	Arizona Indian Nurses Association
2018- current	Sigma Theta Tau

PROFESSIONAL SERVICE

2020-2021	Research and Scholarship Steering Council Member American Psychiatric Nurses Association
2021- Current	Chairperson- Education and APRN Committee Arizona Indian Nurses Association
2021-2022	Educational and Professional Development Chair- AZINA
2022- Current	Vice President- Arizona Indian Nurses Association (AZINA)
2023- Current	Founded Arizona Indian Nurses Association's Mental Health Initiative (AMHI), a mental health initiative for children and youth of Indian origin.

PRESENTATIONS

1-26-2022	Podium Presentation: Trauma-informed care in substance use disorders and Behavioral addictions - International Virtual Conference on Behavioral Addiction and Substance Use Disorders
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organized by Ministry of Health and Family Welfare, India, and Deputy General of Health Services, Nursing Division India.

- 1-24- 2022 Workshop training: Motivational interviewing for nurses training workshop at the International Virtual Conference on Behavioral Addiction and Substance Use Disorders organized by the Ministry of Health and Family Welfare, India, and Deputy General of Health Services, Nursing Division India.
- 4-22- 2022 Workshop training: Motivational Interview Training for Nurses presented at Saksham Enhancing Psychological Skills workshop by Nightingale Association of Stress Management, India
- 8-23-2023 Panel Discussion- Get the Most Out of Mentoring- PhD Student Fall Immersion Session, Fall 2023, Arizona State University, Edson College of Nursing and Health Innovations.
- 1-8-2024 Poster Presentation: Heart Rate Variability Biofeedback for Substance Use Disorders at Scholars Day, Arizona State University, Edson College of Nursing and Health Innovations.
- 2-29-2024 Podium Presentation: Heart Rate Variability Biofeedback for Substance Use Disorder and Behavioral Addictions at 46th Annual International Nurses Association of Nurses on Addiction Educational Conference, Charleston, USA
- 4-18-2024: Podium Presentation: Integrated Heart Rate Variability Biofeedback and Digital Storytelling Intervention," Western Institute of Nursing Conference, Salt Lake City UT, April 17-20.