



Goal

Drawing on my experience as a Nursing Supervisor and a Registered Nurse who has worked in multiple levels of care, I seek employment as a leadership team member. Throughout my career, I have gained substantial knowledge of organizational structure, the application of administrative policies, and the pursuit and application of new quality initiatives. I have worked closely with many organizational leaders to accomplish goals and to ensure the healthcare environment remains safe, efficient, and focused on the patient experience.

While working as a nursing supervisor, I gained experience with hospital-wide staffing for nursing and with resource management and being fiscally responsible. Working in this position during the COVID-19 pandemic, I gained the ability to rapidly adapt to changing policies that, at times, occurred throughout a shift. Working in a fast-paced environment can be difficult, but I have demonstrated that I can excel in this area. I have shown this as a Registered Nurse working in Behavioral Health, on inpatient medical units, in an Emergency Department, and as a Nursing Supervisor.

Values

Professional Growth

After becoming a nurse in 2010, I gained experience in long-term care and skilled nursing. I then continued pursuing my career goals of working in the acute care sector, and I began employment at Exeter Hospital in Exeter, New Hampshire. Soon after this, I completed additional education and achieved a Bachelor of Science in Nursing degree. I gained experience in multiple levels of care in the acute care setting and worked as a Nursing Supervisor for six years. I have continued to grow my knowledge base and skill level with each position and each employer where I have worked.

Patient-Centered

Providing high-quality healthcare for members of our communities and ensuring that care remains patient-focused is the responsibility of each nurse. While working as a nurse, I have made effort each day to ensure that the patient's needs remain the highest priority. Using excellent assessment skills and patient advocacy I have sought to bring the highest quality of care to the patients I care for.

Excellence in Nursing

Achieving and maintaining excellence is often the most challenging goal for any profession. To continue to reach this goal, I have kept my nursing knowledge current through ongoing education offered through my employers, professional organizations, and nursing journals. I use research, evidence, and collaboration to ensure my nursing care remains top-notch.



Nursing Background

<u>Nurse Manager</u>	Concord Hospital	2024 - Present
<u>Psychiatric Nursing</u>	Concord Hospital	2022 – 2024
	Elliot Hospital	2021 - 2022
<u>Nursing Supervisor</u>	Exeter Hospital	2015 - 2021
<u>Medical-Surgical</u>	Exeter Hospital	2011 - 2016
<u>Progressive Care</u>	Exeter Hospital	2011 - 2016
<u>Emergency Nursing</u>	Exeter Hospital	2018 - 2021
<u>Orthopedics</u>	Exeter Hospital	2011 - 2016
<u>Telemetry</u>	Exeter Hospital	2011 – 2016

Licensure and Certifications

State of New Hampshire, NH License # 063118-21	2010-2025
The American Heart Association, Basic Life Support	2025
Management of Aggressive Behavior (MOAB)	2025

Education

<u>Western Governors University</u> - Nursing, BSN	2013
<u>Northern Essex Community College</u> - Nursing, ASN	2010
<u>Northern Essex Community College</u> - Psychology, ASN	2008

Professional Nursing Membership

American Nurses Association	2025
American Psychiatric Nurses Association	2024
New Hampshire Nurses Association	2025

Electronic Charting Systems





Experience

Nurse Manager for Behavioral Health Services

2024-Present

Concord Hospital, Concord, NH

- Responsible for daily operations for a 15 bed voluntary psychiatric inpatient unit, 6 bed psychiatric emergency area, and the ECT program.
- Demonstrated ability to implement culture changes to grow the services offered through Behavioral Health Services.
- Primary nurse manager for roughly 50 direct reports including Registered Nurses, Licensed Nurses Assistants, Occupational Therapists, Social Work, and Care Management
- Ensure accountability of staff and manager roles regarding hospital policy and its expectations

RN 3, Psychiatric Registered Nurse

2022-Present

Concord Hospital, Concord, NH

- Created a system-wide Behavioral Health newsletter following the Concord Hospital Strategic Plan Model. This newsletter acts as a supplement to the monthly staff meetings and is distributed to the three Concord Hospital locations - Concord, Laconia, and Franklin New Hampshire.
- Responsible for completing regulatory audits of all Behavioral Health restraint documentation within the Concord Hospital - Concord location.
- Act as a resource to other staff during an assigned shift and I am often responsible for training new staff members to emergency psychiatric care.
- Utilize the skills of milieu management, de-escalation, and appropriate medication administration to maintain patient and staff safety in the emergency psychiatric unit.

Psychiatric Registered Nurse

2021-2022

Elliot Hospital, Manchester, NH

- Honed the skills of milieu management and maintaining unit safety on both inpatient and emergency psychiatric units.
- Demonstrated the ability to decrease the occurrence of patient restraints and seclusion.

House Supervisor/Clinical Resource Nurse

2015-2021

Exeter Hospital, Exeter, NH

- Acted as a resource for the inpatient and emergency department nursing units in a 100-bed hospital.
- Acted as the primary contact for administration during the times that senior leadership is not in-house.
- Demonstrated flexibility and sound judgement during moments of crisis.
- Frequently assisted with direct patient care, hospital wide codes in multiple levels of care when necessary.

Registered Nurse

2011-2015

Exeter Hospital, Exeter, NH

- Gained the skill of functioning as a charge nurse and resource on an assigned unit.
- Provided direct patient care throughout multiple levels of care.



Professional References

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