

Heather Holland Skrivane PhD, APRN, CPNP-PC, PMHNP-BC

Career Objective

I am a dedicated pediatric primary care nurse practitioner and psychiatric mental health nurse practitioner with a career devoted to the improvement of family physical and mental health during times of wellness and crisis. I strive to make authentic caring connections to diverse families through evidence-based practice and model this care to future nurses and nurse practitioners in clinical and academic settings.

Strengths

- Delivers evidence-based and compassionate care to psychiatric and pediatric populations
- Experienced graduate faculty administrator, assistant professor, assistant clinical professor, and educator with extensive experience and training in multiple pedagogies
- Curriculum planning, writing, revision to meet National Accreditation Standards for PMHNP and PNP/NNP programs
- Certified Primary Care Pediatric Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner with 20 years working in psychiatry, primary care, and urgent care settings
- Former director of PMHNP program at UT Arlington
- Former director of CPNP-PC, CPNP-AC, NNP programs at UT Arlington and UT El Paso
- Bilingual in Spanish
- Certified and proficient in neuropsychological testing to diagnose autism spectrum disorder and attention deficit hyperactivity disorder

Professional Experience

**Psychiatric Mental Health Nurse Practitioner-BC
Clinic Owner**

July 2023-Present

Sunflower Autism and Psychiatric Associates, PLLC dba Sunflower Psychiatry

- Establishment of a successful private practice that facilitates PMHNPs practicing at their full scope of practice in Texas
- Establishment of therapeutic treatment alliances between provider and family
- Diagnose and manage acute and chronic mental health disorders in children, adolescents, and adults
- Provide counseling and resources to children and families in mental health crises
- Coordination of care with psychotherapists, psychologists, and psychiatrists to maximize patient outcomes
- Proficient in psychiatric billing and coding and ordering and interpreting diagnostics
- Hiring and training new nurse practitioners and psychiatrists to provide care to their full scope of practice.
- Certified and Proficient in ADOS-2 administration, interpretation, and care planning
- Specialization in care of children and adults with autism spectrum disorder and ADHD
- Certification in Cognitive Behavioral Therapy through the Beck Institute
- Proficient clinical supervision/preceptorships to over 20 nurse practitioner students enrolled at the University of Texas at Arlington, Eastern Kentucky University, University of Colorado

at Boulder, University of Texas at El Paso, Purdue Global University, and University of Alabama

Assistant Clinical Professor

January 2016-May 2023

Director—Psychiatric Mental Health Nurse Practitioner Program

Director of Pediatric Nurse Practitioner Programs (PC/AC)

Director Neonatal Nurse Practitioner Programs

The University of Texas at Arlington

- Director of Psychiatric Mental Health Nurse Practitioner Program, Director of Pediatric Acute and Pediatric Primary Care Nurse Practitioner and Neonatal Nurse Practitioner Programs with a minimum of 90% first time student pass rates of certification examinations
- Graduate level course development, curriculum mapping against MSN, PNCB, and ANCC essentials, continuous course revision, and course instruction to in seat, online, and hybrid
- Implemented Quality Matters measures in NP curriculum revision and course development to promote student success
- Continuous program assessments and quality improvement through analysis and evaluation of outcomes
- Multiple scholarly presentations to pediatric and psychiatric nurse organizations
- Chair of Graduate Education Program Committee and Graduate Studies Committees
- Assisted with CCNE program reaccreditation and writing of standards within CCNE reaccreditation report, chaired Standard III and prepared report for National Task Force criteria for all graduate Nurse Practitioner programs
- Master of Ceremony for all MSN hooding ceremonies
- Graduate writing coach for Master of Science in Nursing and Doctor of Nursing Practice students
- VA PMHNP residency program co-director

Psychiatric Mental Health Nurse Practitioner-BC

December 2020-August 2023

Prime Behavioral Health

Southlake, Texas

- Establishment of therapeutic treatment alliances between provider and family
- Diagnose and manage acute and chronic mental health disorders in children, adolescents, and adults
- Provide counseling and resources to children and families in mental health crises
- Proficient in psychiatric billing and coding, ordering and interpreting diagnostics
- Certified and proficient in ADOS-2 Administration, interpretation, and care planning

Assistant Professor

January 2006-May 2016

The University of Texas at El Paso

- Lecturer, Professor, and Mentor to Graduate Pediatric Nurse Practitioner and Undergraduate Pediatric Nursing Students and Instructors
- Proficient in curriculum writing, course revisions, and teaching in seat and online in Moodle, Blackboard, and Canvas
- Director of Pediatric Acute and Pediatric Primary Care Nurse Practitioner Programs and Accelerated BSN program

- Led grant writing, publishing workshops, and mentorship programs to maximize faculty progression into academic roles
- Chair of Undergraduate and Graduate Nursing Faculty Committee, Chair of Graduate Nursing Admission, Progression, and Graduation Committee

Certified Pediatric Nurse Practitioner-PC

Kid Care Pediatrics, Keller Texas

December 2016-February 2020

- Provide wellness care for children ages 0-21
- Diagnose and manage acute and chronic illness and injury in children ages 0-21
- Specialization in practice to manage psychiatric concerns
- Proficient in billing and coding, ordering and interpreting diagnostics, I & D, Dermabond and stapling and other office procedures
- Bilingual in Spanish, needed at clinic

Certified Pediatric Nurse Practitioner-PC

Urgent Care for Kids

November 2017- April 2020

- Manage acute and chronic illness, injury and emergent care needs of children and their families
- Proficient in billing and coding, ordering and interpreting diagnostics, Xray interpretation, splinting, I & D, Dermabond, stapling/suturing and other clinic procedures.
- Bilingual in Spanish, utilized regularly in clinic

Certified Pediatric Nurse Practitioner-PC

Project Vida, El Paso Texas

Jan 2006-Dec 2014

- Care for and problem solve with vulnerable families and promotoras at a FQHC along the Mexico-US Border
- Manage acute illnesses and well child-care, with emphasis on growth and development assessment, anticipatory guidance, and screening and immunizations.
- Manage psychological concerns of new immigrants
- Assessment, planning, and initiation of medical regimens for children of all ages to facilitate healing, physical, and emotional growth and development

Part-Time Faculty

The University of Texas Medical Branch at Galveston

2008-2009

- Managed and supervised local pediatric primary care nurse practitioner students
- Precepted and conducted site visits for pediatric primary care nurse practitioner students

Registered Nurse

Sierra Medical Center/Providance Memorial Hospital

1996-2005

- Staff Nurse/Charge Nurse--Neonatal Intensive Care Unit
- Staff Nurse—General Pediatrics/Pediatric Intensive Care Unit
- Float Nurse—Newborn Nursery

Education

Post Master's Certificate in Psychiatric Mental Health NP

August 2020

Midwestern State University
Cum Laude

Doctor of Philosophy in Nursing Science/Psychology
New Mexico State University
Summa Cum Laude

December 2012

Master of Science in Nursing
The University of Texas Medical Branch at Galveston
Pediatric Nurse Practitioner Primary Care
Summa Cum Laude

May 2005

Bachelor of Science in Nursing
The University of Texas at Austin
Cum Laude

May 1996

Other Experience and Professional Memberships

- 2020-Present ANCC Certified Psychiatric Mental Health Nurse Practitioner
- 2016-2023 Member/Sig Member National Organization of NP Faculties
- 2016-2023 Member, Texas Nurse Practitioners
- 2016-Present Stephen Minister
- 2016-2023 National League for Nursing
- 2013-2023 Member-Association of Faculties of Pediatric Nurse Practitioners
- 2012-2016 Member-Institutional Member, Society of Rogerian Scholars
- 2012-2023 Member-Delta Kappa Chapter, Sigma Theta Tau
- 2005-Present PNCB Certified Pediatric Nurse Practitioner
- 2005-Present Member-National Association of Pediatric Nurse Practitioners
- 2005-2014 Member- El Paso Association of Advance Practice Nurses
- 2005-2008 Medical Volunteer, Segundo Iglesias Bautista

Presentations & Publications:

Skrivanek, H. (2024, September 6-7). *Nurse practitioner practice moving towards the future: practicing to the full extent of our licensure*. North Texas Mental Health Alliance.

Skrivanek, H. (2023, November 3). *Rural Texas and the mental health crisis and the rural mental health care provider shortage*. Veterans Administration: Conference Maximizing Rural Health Outcomes.

Skrivanek, H. (2023, May 8). *Utilizing the DSM to drive clinical interviewing: Honing your first encounter*. Veterans Administration Residency Training Program.

Skrivanek, H. (2023, April 3). *Managing clinical outcomes through a therapeutic alliance*. Veterans Administration Residency Training Program.

Skrivanek, H. (2022, November 2). *Uniting psychotherapeutics and psychotherapy through the delivery of quality patient care*. Keller Counselor Association.

Skrivanek, H. (2021, September 3-5). *Redefining beauty: knowing our worth as women and young women today*. Dallas Fort Worth Young Women Society.

Skrivanek, H. (2021, May 15). *Exploring and supporting pediatric and adolescent mental health during the Covid-19 Epidemic*. University of Texas at Arlington Continuing Education Conference.

Snell, H. (2016). *How Befriending your patients will keep them healthier and you happier*. Nurse Practitioner Perspectives (16)1.

Snell, H. (2015). *Mexican American Acculturation and the Epidemiological Paradox: Implications for Nursing*. Journal of Transcultural Nursing.

Snell, H. (2015). Spanish Translation of the PKPCT in Mexican American and Mexican Immigrant Women. Visions: The Journal of Rogerian Nursing Science.

Snell, H. (2013, March 8-9). *Transforming Health Care Along the Border through research, education and practice*. New Mexico State University Sigma Theta Tau Conference.

Snell, H. (2011, March 12-13). *Power in Knowing in Mexican American and Mexican Immigrant Women*. New Mexico State University Sigma Theta Tau Conference.

Snell, H. (2010, March 13-14). Utilizing Mixed Methods in Translating the PKPCT into Spanish. New Mexico State University Sigma Theta Tau Conference.