

Maeve Brock

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SUMMARY

Charge Nurse and Registered Nurse with eight years of **professional nursing experience**, including more than six years supporting **inpatient behavioral health** and psychiatric hospital care. Provides clinical oversight for adults with severe and persistent mental illness, co occurring physical conditions, and complex safety needs while directing professional and paraprofessional staff in structured therapeutic settings. Applies rapid clinical prioritization, psychiatric and medical assessment, **recovery oriented care**, therapeutic communication, and sound nursing judgment within scope of practice. Coordinates with psychiatry, medicine, social work, pharmacy, community providers, patients, and support networks to strengthen continuity of care. Holds a Bachelor of Science in Nursing and active Maine RN licensure. Brings charge level leadership, disciplined documentation, and compassionate attention to safe, **least restrictive** treatment environments.

EXPERIENCE

Charge Nurse, Inpatient Psychiatry

April 2023 - Present

Northshore Behavioral Medical Center

Portland, Maine

Directs shift level nursing operations for an adult inpatient psychiatric unit, supporting registered nurses, licensed staff, and behavioral health technicians. Provides clinical oversight for complex psychiatric and medical needs while coordinating safe, organized, **recovery oriented care**. Partners with interdisciplinary teams and community providers during admissions, transfers, escalation events, and discharge planning.

- Coordinated assignments and priorities across nursing staff during high acuity psychiatric shifts.
- Synthesized assessments, observations, **treatment plans**, and safety data during changing clinical situations.
- Guided staff through behavioral escalation, medical concerns, admissions, and patient transfers.
- Coordinated psychiatry, medicine, social work, pharmacy, and **community providers** for continuity.
- Reviewed **medication administration**, observations, documentation, and care plans for clinical completeness.
- Coached professional and paraprofessional staff on safe, **least restrictive** therapeutic care.

Registered Nurse, Senior Behavioral Health

January 2021 - March 2023

Cedar Ridge Psychiatric Hospital

Lewiston, Maine

Provided psychiatric and medical nursing care for hospitalized adults with acute symptoms, **chronic mental illness**, and concurrent **physical health conditions**. Served regularly as relief charge nurse, assigning staff and prioritizing unit operations during demanding shifts. Strengthened clinical reliability through focused assessment, interdisciplinary communication, record review, and coaching.

- Provided psychiatric and **medical nursing** care for adults with complex health needs.
- Served as relief **charge nurse** during high volume **inpatient behavioral health** shifts.
- Distinguished behavioral changes from emerging medical concerns through focused clinical assessment.
- Implemented individualized interventions aligned with treatment plans, **patient rights**, and recovery goals.
- Communicated status changes and discharge needs with clinicians and community partners.
- Reviewed records and handoffs, then coached newer staff on psychiatric safety procedures.

Psychiatric Registered Nurse

July 2019 - December 2020

Penobscot Community Hospital

Bangor, Maine

Delivered direct inpatient **psychiatric nursing** care for adults experiencing mood disorders, psychosis, substance related conditions, behavioral crises, and medical comorbidities. Supported stabilization through assessment, medication administration, therapeutic communication, de escalation, structured observation, and **individualized safety planning**. Built early charge experience under senior nurse guidance during periods of increased census and acuity.

- Delivered inpatient care for mood disorders, psychosis, substance related conditions, and crises.
- Completed psychiatric and physical assessments, then reported significant changes to treatment teams.
- Applied **de escalation** and **therapeutic communication** during behavioral emergencies and stabilization efforts.
- Administered medications while monitoring therapeutic response, adverse effects, and treatment adherence.
- Coordinated follow up services, medication continuity, and **discharge needs** with external providers.
- Organized assignments and clinical priorities under senior nurse guidance during increased acuity.

Registered Nurse, Medical Surgical

June 2018 - June 2019

Casco Bay Medical Center

South Portland, Maine

Managed bedside nursing care for adults with acute medical conditions in a fast paced hospital environment. Built a strong foundation in physical assessment, medication administration, clinical prioritization, patient education, documentation, and interdisciplinary coordination. Supported safe transitions across shifts, departments, and post acute services through clear communication and reliable handoffs.

- Managed bedside care for adults with acute medical conditions and varied priorities.
- Recognized status changes through focused assessment and trend review, escalating concerns promptly.

- Coordinated physicians, pharmacy, rehabilitation, case management, and support personnel around treatment.
- Educated patients and families about medications, symptoms, discharge instructions, and follow up.
- Maintained accurate documentation and handoffs supporting safe transitions between departments and services.
- Balanced multiple patients with different clinical needs during fast paced hospital operations.

PROJECTS

Recovery Oriented Inpatient Care 📅 2026

A recovery oriented care initiative connecting psychiatric assessment, patient dignity, safety planning, and interdisciplinary communication. Meaningful care begins with seeing each patient as a person, supporting safer therapeutic environments and stronger continuity across treatment settings.

Behavioral Health Transition Coordination 📅 2025

A transition coordination effort linking discharge needs, community providers, medication continuity, and patient support networks. Better care continues beyond hospital walls, giving patients clearer next steps and helping teams protect stability after discharge.

LEADERSHIP & AWARDS

- Charge Nurse Leadership Recognition for dependable shift coordination and patient safety support.
- Behavioral Health Nursing Recognition for compassionate psychiatric care and interdisciplinary collaboration.
- Clinical Preceptor Recognition for practical coaching of newer nursing staff.

EDUCATION

Bachelor's Degree in Nursing

2018

University of Southern Maine GPA: 4.0

Portland, Maine

Coursework: Psychiatric Nursing, Medical Surgical Nursing, Health Assessment, Community Health

CERTIFICATIONS

- Maine Registered Nurse License 📅 2026
- Basic Life Support, American Heart Association 📅 2026

TECHNICAL SKILLS

- **Psychiatric Nursing:** Inpatient psychiatry, behavioral health nursing, severe mental illness
- **Medical Nursing:** Medical nursing, physical assessment, medical comorbidities
- **Clinical Assessment:** Psychiatric assessment, nursing assessment, trend review
- **Safety Practices:** Patient safety, safety planning, structured observation
- **Therapeutic Practice:** De escalation, therapeutic communication, recovery oriented care
- **Medication Care:** Medication administration, treatment adherence, adverse effect monitoring
- **Care Coordination:** Care coordination, discharge planning, care transitions
- **Staff Leadership:** Charge nursing, staff supervision, assignment coordination
- **Clinical Documentation:** Clinical documentation, treatment plans, nursing handoffs
- **Interdisciplinary Care:** Psychiatry collaboration, social work coordination, community providers
- **Hospital Operations:** Admissions, transfers, shift operations
- **Professional Standards:** Nursing scope of practice, patient rights, least restrictive care

SKILLS

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|------------------------|---------------------|-----------------------------|-----------------------------|
| • Charge Nursing | • Medical Nursing | • Recovery Oriented Care | • Nursing Assessment |
| • Inpatient Psychiatry | • Staff Supervision | • Therapeutic Communication | • Medication Administration |
| • Behavioral Health | • Clinical Judgment | • De escalation | • Care Coordination |
| • Psychiatric Nursing | • Critical Thinking | • Patient Safety | |

PROFESSIONAL AFFILIATIONS

- Maine State Nurses Association, professional nursing member.
- American Nurses Association, behavioral health nursing professional member.

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST