

Irina Decker

Psychiatric Mental Health Nurse Practitioner

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📍 Portland, OR 97205

STRENGTHS

- 🛡️ **Independent Clinical Judgment**
Made medication and escalation decisions across licensed settings, earning confidence through clear rationale and careful follow up.
- ♥️ **Virtual Patient Care**
Turned video visits and secure messages into connected care, especially when access or continuity became difficult.
- 👥 **Integrated Collaboration**
Worked closely with therapists and primary care clinicians; shared priorities plainly when treatment paths differed.
- 📌 **Medication Safety**
Reviewed response, tolerability, contraindications, and consent before changes. Patients received clearer next steps.
- ⚙️ **Workflow Feedback**
Spotted friction in intake and documentation, then gave practical input that helped teams improve daily delivery.

SKILLS

Psychiatric assessment

Diagnostic screening

Psychopharmacology

Medication management

Prescribing Treatment planning

Telemedicine Video consultations

Secure patient messaging

Evidence based care

Therapist coordination

CPT documentation

90833 documentation

Health plan credentialing

State telehealth compliance

SUMMARY

Certified Psychiatric Mental Health Nurse Practitioner with six years of advanced practice experience across outpatient, community, and virtual **psychiatric care**. Provides independent assessment, diagnosis, medication management, prescribing, risk screening, and evidence based treatment planning for adults. Delivers **video consultations** and **secure patient messaging** with careful attention to privacy, documentation, patient goals, and **state telehealth laws**. Coordinates integrated care with licensed therapists, primary care clinicians, and behavioral health teams. Supports CPT documentation, including clinically appropriate 90833 services, payer workflows, credentialing, and health plan enrollment. Uses feedback from clinical practice to improve intake, scheduling, documentation, and virtual care tools. Active Oregon and Washington licenses support multistate coverage. Brings calm clinical judgment, empathy, and practical telemedicine experience to accessible behavioral healthcare.

EXPERIENCE

Psychiatric Mental Health Nurse Practitioner, Telehealth

Cascade Behavioral Telehealth 📅 January 2024 - Present 📍 Portland, Oregon

Leads independent virtual psychiatric care for adults across licensed jurisdictions, supporting video visits, secure messaging, medication decisions, therapist coordination, **CPT documentation**, and workflow improvements.

- Delivered video psychiatric evaluations using risk **screening**, diagnosis, and patient goals to guide treatment decisions.
- Prescribed psychotropic medications with contraindication review, informed consent, and structured follow up for safe care.
- Coordinated **treatment plans** with **licensed therapists**, aligning medication care with psychotherapy goals and patient priorities.
- Documented medical decision making and applicable CPT services, including **90833** when clinically supported.
- Used secure messaging for medication questions and follow up needs, directing urgent concerns to appropriate care.
- Shared workflow feedback with **operations** and product teams, improving intake, scheduling, and virtual care tools.

Psychiatric Mental Health Nurse Practitioner, Outpatient Care

Willamette Psychiatric Associates 📅 July 2022 - December 2023 📍 Salem, Oregon

Managed outpatient psychiatric care for adults with mood, anxiety, trauma related, and other behavioral health conditions, combining **assessment**, **medication management**, coordinated care, telemedicine, payer documentation, and credentialing support.

- Managed mood, anxiety, and trauma related conditions through diagnostic evaluation and longitudinal medication planning.
- Used structured screenings and psychiatric assessments to identify psychotherapy, medical, or higher acuity needs.
- Built medication plans from clinical indication, prior response, adverse effects, preferences, and monitoring requirements.
- Partnered with therapists and primary care clinicians, reducing fragmented care for overlapping behavioral needs.
- Maintained payer documentation and addressed chart clarification requests supporting health plan participation.
- Moved suitable follow up visits into secure **telemedicine** workflows while preserving privacy and patient engagement.

Psychiatric Mental Health Nurse Practitioner, Community Care

Northwest Community Mental Health 📅 January 2021 - June 2022 📍 Vancouver, Washington

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Psychiatric Mental Health Nurse Practitioner, Telehealth at Cascade Behavioral Telehealth (2.8 Years)

● Psychiatric Mental Health Nurse Practitioner, Outpatient Care at Willamette Psychiatric Associates (1.4 Years)

● Psychiatric Mental Health Nurse Practitioner, Community Care at Northwest Community Mental Health (1.4 Years)

● Psychiatric Mental Health Nurse Practitioner, Outpatient Practice at Rose City Integrated Psychiatry (2 Months)

Provided community outpatient **psychiatric care** for adults with varied access and continuity needs, combining assessment, prescribing, screening, education, hybrid visits, secure communication, and escalation decisions within licensure requirements.

- Provided **psychiatric assessment** and medication follow up for adults with varied access and insurance needs.
- Established **diagnoses** through interviews, validated **screening** tools, medication history, and available medical information.
- Monitored response and tolerability after medication changes through scheduled follow up and patient education.
- Integrated therapist observations and functional goals into **treatment plans** while preserving independent prescribing judgment.
- Supported hybrid care through video appointments, virtual intake, electronic documentation, and secure communication.
- Maintained privacy, **prescribing**, documentation, and escalation standards for urgent or specialized behavioral health needs.

Psychiatric Mental Health Nurse Practitioner, Outpatient Practice

Rose City Integrated Psychiatry 📅 October 2020 - December 2020 📍 Portland, Oregon

Completed supervised outpatient psychiatric intake and follow up for adults, translating assessment findings into diagnoses, medication plans, patient education, coordinated therapy care, and complete clinical records.

- Completed psychiatric intake visits, translating symptom findings into documented **diagnoses** and individualized **treatment plans**.
- Reviewed medication history, safety factors, and preferences before modifying pharmacologic treatment within authorized scope.
- Applied **evidence based screening** instruments to support psychiatric evaluation and referral decisions.
- Coordinated with behavioral health clinicians, aligning **medication management** with psychotherapy goals and clinical changes.
- Educated patients on medication purpose, expected response, adherence, adverse effects, and follow up expectations.
- Maintained complete records and timely follow up processes, supporting progression into independent psychiatric practice.

PROJECTS

Virtual Psychiatric Care Workflow 📅 2024

Improved virtual intake, scheduling, documentation, secure messaging, and follow up workflows through practical feedback shared with clinical operations and product teams.

Integrated Medication and Therapy Planning 📅 2023

Coordinated psychiatric medication plans with licensed therapists and primary care clinicians, supporting connected treatment for adults with overlapping behavioral and medical needs.

LEADERSHIP & AWARDS

- Recognized by clinical colleagues for thoughtful coordination of medication management and psychotherapy services.
- Selected as a trusted resource for practical feedback on virtual care documentation and patient workflows.
- Commended for empathetic communication during complex medication discussions and follow up care.

EDUCATION

Master of Science in Nursing, Psychiatric Mental Health Nurse Practitioner

Oregon Health & Science University 🎓 GPA: 0 📅 2020 📍 Portland, Oregon

Coursework: *Psychiatric assessment, psychopharmacology, advanced practice nursing, evidence based treatment*

Bachelor of Science in Nursing

University of Portland 🎓 GPA: 0 📅 2017 📍 Portland, Oregon

Coursework: *Mental health nursing, pharmacology, patient assessment, clinical care coordination*

CERTIFICATIONS

- Psychiatric Mental Health Nurse Practitioner, PMHNP 📅 2020
- Active Oregon Medical License 📅 2026
- Active Washington Medical License 📅 2026

TECHNICAL SKILLS

- **Psychiatric Care:** Psychiatric assessment, diagnosis, medication management
- **Telemedicine Platforms:** Video consultations, secure messaging, virtual visits
- **Clinical Screening:** Risk assessment, diagnostic screening, validated instruments
- **Medication Practice:** Psychopharmacology, prescribing, contraindication review
- **Treatment Coordination:** Licensed therapists, primary care, integrated care
- **Clinical Documentation:** CPT documentation, 90833 documentation, medical decision making
- **Telehealth Compliance:** State telehealth laws, professional standards, privacy
- **Payer Operations:** Health plan credentialing, enrollment, payer workflows
- **Virtual Care Tools:** Online clinical tools, electronic documentation, scheduling
- **Behavioral Health Care:** Outpatient psychiatry, community mental health, psychotherapy coordination

PROFESSIONAL AFFILIATIONS

- Professional collaboration with licensed therapists and behavioral health clinicians supports integrated patient care.
- Multistate clinical practice across Oregon and Washington supports broader access to virtual psychiatric services.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST