Katie Shirey Slate

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Emergency Department RN at New River Valley Medical Center

Hillsville, Virginia, United States Hospital & Health Care

Previous positions

Medical Office Associate II at Carilion Clinic

Parenting Class Coordinator/Clinician at Wythe Well-Being, Emotional and Behavioral Health

Education

Wytheville Community College, Associate’s Degree, Nursing

Background

Summary

After working over 7 years as a substance abuse counselor, I decided making a career change by earning a nursing degree with the goal of working in emergency medicine as my next step. After receiving my ADN in May '17, I was hired at Carilion New River Valley Medical Center's emergency department. I've always responded well and enjoyed a fast paced working environment. Because of this, along with my passion for helping others, I seemed to naturally be drawn to emergency medicine. I look forward to continuing this professional growth in my new career field as well as furthering my nursing education in the near future with earning both bachelor and even master degrees in the upcoming 5 years!

Specialties: Behavioral disorders, conflict resolution, anger management, problem solver, interpersonal communication, professionalism, individualized patient care, team oriented, self starter

Experience

Registered Nurse Emergency Department

Carilion Clinic

May 2017 – Present(2 years 6 months)New River Valley Medical Center - Emergency Department

Emergency Medicine

Medical Office Associate II

Carilion Clinic

January 2016 – May 2017(1 year 4 months)Various Office Locations: Ranging from Galax to Wytheville, VA and Giles to Blacksburg, VA.

Travel to various offices as needed (family practices, specialty, hospital, rehabilitation/therapy) to assist office personnel with:

Check-in/Check-out

Scheduling appointments

Obtaining copay and balancing cash drawer

Verifying new patient insurance and paperwork

Appointment reminder phone calls and contacting "no show" patients

Contact and schedule patients with incoming referral by PCP

Making copies as needed

Answer and direct phone calls to appropriate department/person

Collaborate closely with medical staff and other healthcare professionals (inside and outside Carilion) to assist with individualized patient oriented care via labs/procedures results, medication refills, patient education on medication/procedures, and even scheduling follow-up appointment at various offices as needed

Parenting Class Coordinator/Clinician

Wythe Well-Being, Emotional and Behavioral Health

August 2014 – November 2015(1 year 3 months)Wytheville, VA

Parenting Class Coordinator duties

• Schedule and solidify location for parenting classes throughout 27th, 28th, 29th VA districts

• Hire and supervise parent educators instructing co-parenting classes as well as establish monthly schedule

• Face-to-face marketing to lawyers, department of social services, and courts in appropriately approved districts

• Maintain communication with referrals for continued support and with Supreme Court contact regarding program and information changes

• Create curriculum, market, and facilitate parenting class surrounding substance use and mental health

Individual therapist duties

• Assessment of eligible client to determine service needs, developing individualized integrated care plan

• Refer client to appropriate services and/or activities to help in obtaining needs, monitoring follow-up

• Evaluating client progress in during each session

• Consults and cooperates with community systems to facilitate linkage, referral, crisis management, advocacy, and follow up with the focus on attaining treatment goals

• Provide crisis management services to client

Substance Abuse Counselor/Case Manager

CRC Health Group

February 2013 – October 2013(8 months)Galax, VA

Life Center of Galax

• Returned to previous full-time duties

• Assisted with forming and implementing Young Mens' Unit (a.k.a. Wolf Lair). This new program became

focused on day-to-day and long-term issues generally associated with 18-26 year-old males.

• Assisted in scheduling lectures, confronting of unhealthy/inappropriate bevaioral issues, and assistant to lead

counselor in program, maintaining her role in her absence.

• Skills: Leadership, Conflict Resolution, Problem Solving, Time Management, Interpersonal Skills, Professionalism,

being Self Motivated, and Strong/Clear Communication

Substance Abuse/Family Counselor

CRC Health Group

August 2011 – February 2013(1 year 6 months)Galax, VA

Life Center of Galax

• Lead individual family sessions; weekend family program lectures, and engaging patients/families in learning

coping skills to effectively manage addiction

• Formulate individual patients’ psychosocial assessments and integrated summaries

• Assist with other areas of family program as needed (crisis management/conflict resolution, lead groups/

lectures, and evaluate patients’ need for appropriate referral)

• Assist Weekend Coordinator in management tasks (including but not limited to: communication of patient

issues with off campus techs and/or nursing staff, begin daily schedule of weekend counselors, providing

leadership to staff, etc.)

Substance Abuse Counselor/Case Manager

CRC Health Group

August 2008 – August 2011(3 years)Galax, VA

Life Center of Galax

• Supervise/manage case load of 8-12 residential patients in dual diagnosis setting

• Formulate psychosocial assessments, integrated summaries, multidisciplinary treatment plans, and finalize

follow-up care in patient’s local area by target dates

• Lead chemical dependency didactic and/or groups on various topics daily

• Facilitate individual family sessions as needed and regularly meet 1:1 with patients

• Maintain open communication and cultivate new relationships with psychiatrists, physicians, psychologists,

counselors and/or other outpatient facility personnel

• Consult regularly among Life Center and external staff of counselors, contracted CSB staff, lawyers/attorneys,

probation officers, and other outside resources in regards to: patient care, behavioral issues/complaints,

amendments to daily operations of patient policy/practice/documentation, administrative discharge, etc.

Intern

Mount Rogers Community Services Board

January 2008 – May 2008(4 months)Marion, VA

Friendship Home - Psychosocial Rehabilitation Facility

• Led stress & anger management groups as well as arts and crafts therapy

• Updated member goals and chart information

• Counseled and interacted one-on-one with members; teaching clients daily living skills to gain independence

• Observed new members intakes

Education

Wytheville Community College

Associate’s Degree, Nursing

2015 – 2017

Involved in community services activities associated with Student Nursing Organization (SNO)

Activities and Societies

Student Nursing Organization (Student Liaison 2015-2016 academic year)

University of New England

Master Degree, Social Work

2011 – 2012

University of New England

Emory & Henry College

Bachelor of Science, Psychology

2005 – 2008

Studied psychology, focusing on natural sciences (i.e. physics, chemistry, biology and their physiological relationship to psychology). Received Lettie Pate Whitehead Scholarship yearly during attendance.

Activities and Societies

Psychology Club; Chemistry Tutor for local high school students; Intramural Volleyball

Galax High School

Advanced Studies Diploma, Biology; Chemistry

2000 – 2004

Participate in softball; theater (one-act play competition, forensics competition, and public presentation of full play at GHS); and active in various high school clubs (Spanish, drama, secretary of Kids-for-Kids, National Honors Society, yearbook); served on prom committee junior year; high school band from 8th-12th grade

Languages

English

Spanish (moderate)

Projects

Young Men's Unit

See most recent employment as Substance Abuse Counselor position with CRC Health.

Team Members (2): Katie Shirey Slate, Katie Shirey Slate

Skills & Expertise

Crisis Management

Leadership

Family Therapy

Multitasking Skills

Analytical Skills

Conflict Resolution

Nursing Process

Motivated self-starter

Creative Direction

Public Speaking

Interpersonal Skill

Clinical Research

Treatment

Group Therapy

Program Development

Direct Patient Care

Anger Management

Psychology

Problem Solving

Dual Diagnosis

Medicine

Case Management

Mental Health

Stress Management

Organization & prioritization skills

Professional Communication

Certifications

Health Insurance Producer

Commonwealth of Virginia, License 894157

December 2013 – December 2014

CPR

GALAX VOLUNTEER FIRE DEPARTMENT INCORPORATED, License

September 2015 – September 2015

Suicide safeTALK

Life Center Of Galax, License

Advanced Cardia Life Support (ACLS)

Wytheville Community College, License

February 2017 – February 2017

Pediatric Advanced Life Support (PALS)

Wytheville Community College, License

March 2017 – March 2017