

# **ANNA DRAKE**

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## **PROFESSIONAL SUMMARY**

Master's-educated Registered Nurse with 17 years of experience in hospice, home health case management, inpatient care, public health education, perinatal mental health, international medical outreach, and nonprofit leadership. Highly skilled in psychosocial assessment, crisis recognition, trauma-informed communication, interdisciplinary coordination, recovery-oriented care planning, and symptom management for individuals with mental illness, chronic disease, and terminal illness.

Former military spouse with lived OCONUS experience supporting military families abroad, providing public health education, program development, and mental health-informed perinatal support in high-need communities. Deep understanding of Veteran and military family stressors, including cultural displacement, mental health vulnerability, isolation, and system navigation challenges.

Experience co-managing Veteran patients accessing joint Medicare, hospice, and VA benefits. Founder of a nonprofit centered on family resilience and mental health support for military communities abroad. BSN in progress (GPA 4.0); pursuing Psychiatric Mental Health Nurse Practitioner education (expected completion Fall 2027).

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## **LICENSE**

Registered Nurse — State of Maine, RN59688

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## **PROFESSIONAL EXPERIENCE**

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### **Hospice Outreach Registered Nurse**

**Northern Light Health – South Portland, ME**

*Dates: May 1, 2025 to Present • Hours per week: 32-38*

Provide intensive community-based hospice care, conducting home visits, crisis assessments, and interdisciplinary care planning for patients with terminal illness and complex psychosocial needs.

#### **Practice**

- Conduct comprehensive bio-psycho-social-spiritual assessments; identify risk factors and emotional readiness for hospice.
- Manage symptoms including pain, dyspnea, agitation, anxiety, depression, delirium, and existential distress.
- Deliver medication management, reconciliation, safe-use teaching, and adherence oversight.

- Evaluate co-occurring psychiatric conditions including bipolar disorder, schizophrenia, personality disorder, anxiety, depression, and trauma responses.

### **Veteran/Patient-Driven Care**

- **Co-manage Veteran patients using combined Medicare/hospice and VA benefits**, coordinating with VA care managers to ensure seamless continuity of care.
- Provide trauma-informed emotional support to families coping with anticipatory grief, denial, fear, and crisis.
- Deliver culturally informed, patient-centered end-of-life education and support.

### **Leadership**

- Lead care-planning meetings for medically and psychosocially complex patients, providing education and guiding the team toward cohesive, patient-centered treatment strategies.
- Serve as a resource during psychosocial crises; advocate for patient preferences throughout interdisciplinary team processes.

### **Professional Development**

- Maintain hospice and palliative competencies, including mental health symptom management and trauma-informed dialogue.

### **Evidence-Based Practice**

- Utilize evidence-based protocols for symptom management and psychosocial support; integrate holistic and recovery principles into care.

### **Director & Founder — Military Overseas Birth & Family Center (501c3)**

#### **Portland, ME / Wiesbaden, Germany (Remote & OCONUS)**

*Dates: January 1, 2024 – Present (paused development May 2025 for continuing education) • Hours per week: 10*

Founded and led a nonprofit addressing perinatal mental health, psychosocial stress, isolation, cultural adaptation, and community integration challenges among U.S. military families stationed overseas.

### **Practice**

- Conducted structured needs assessments identifying high Perinatal Mood and Anxiety Disorder (PMAD) rates, isolation, cultural displacement, and mental health vulnerabilities in OCONUS families.
- Developed evidenced-based perinatal and family resilience program models informed by trauma, stress, and adjustment research.

### **Veteran/Patient-Driven Care**

- Designed an initial model for culturally responsive education to help military families navigate foreign healthcare systems and relocation challenges.
- Used qualitative interviews to identify social isolation and mental health access barriers among military spouses, shaping early-stage program design.

## **Leadership**

- Recruited and led Board of Directors; developed mission, policy, and organizational infrastructure.
- Secured multi-stage philanthropic commitments, including \$25,000 in initial funding.
- Completed leadership and entrepreneurship training with Syracuse University Institute for Veteran and Military Families (IVMF) and Bunker Labs.
- Built professional pipelines for military spouse healthcare professionals to expand culturally relevant services abroad.

## **Professional Development**

- Pursuing ongoing study of psychiatric and behavioral health disorders, family resilience, global maternal health, and military family mental-health dynamics.

## **Evidence-Based Practice**

- Integrated recovery-oriented frameworks, community health principles, and qualitative research findings into program design, emphasizing empowerment, coping skills, resilience and holistic wellbeing.
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## **Clinical Consultant & Medical Writer**

### **Fermented Apps LLC – New York, NY**

*Dates: June 1, 2020 – September 1, 2024 • Hours per week: 20-25*

Clinical lead for digital perinatal education platform; responsible for evidence-based content development, mental health integration, and user-centered education design.

## **Practice**

- Wrote comprehensive educational content covering pregnancy, postpartum recovery, newborn care, behavioral health, and safety.
- Developed clinical reference materials supporting families of varied backgrounds and learning needs.

## **Veteran/Patient-Driven Care**

- Integrated perinatal mental health content addressing postpartum depression, anxiety, birth trauma, and adjustment stress.
- Ensured readability, accessibility, and cultural relevance.

## **Leadership**

- Advised design/engineering teams on medical accuracy and algorithm-based education sequences.
- Served as the primary clinical expert on product development decisions.

## **Professional Development**

- Maintained current knowledge of national guidelines for perinatal and behavioral health (APA, SAMHSA).

## **Evidence-Based Practice**

- Ensured all material aligns with updated research, professional standards, and safety guidelines (NIH, CDC, WHO).
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## RN Case Manager — Experienced RN Incentive Program

### Northern Light Health – Portland, ME

Dates: June 1, 2022 – June 1, 2023 • Hours per week: 40

Recruited back due to strong performance to support complex home health patients with significant medical, psychosocial, and psychiatric needs.

#### Practice

- Conducted in-depth assessments of physical, psychosocial, functional, and safety needs in patient homes.
- Managed chronic illness, mental health symptoms, and safety challenges in patients with limited support networks.

#### Veteran/Patient-Driven Care

- Co-managed Veteran patients navigating both VA and Medicare-funded home-health services,** ensuring cohesive care plans and timely, accurate communication.

#### Leadership

- Provided early intervention, stabilization, and comprehensive education for high-risk patients.

#### Evidence-Based Practice

- Applied evidence-based chronic illness pathways and mental health screening tools.
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## RN & Nurse Educator

### Northern Light Mercy Hospital – Portland, ME

Dates: February 1, 2019 – June 1, 2022 • Hours per week: 40

Delivered inpatient nursing care on medical/surgical, orthopedic, and postpartum units; selected to lead orthopedic pre-operative teaching program.

#### Practice

- Provided inpatient assessments, IV therapy, transfusions, wound care, surgical monitoring, and discharge teaching.
- Conducted postpartum assessments addressing hemorrhage, hypertension, infection risk, lactation needs, postpartum mood disorders, safety, and newborn feeding.
- Performed newborn screenings for congenital abnormalities, jaundice, reflexes, feeding readiness, and safety compliance.

### **Veteran/Patient-Driven Care**

- Tailored patient education to comprehension level, emotional status, cultural background, and health literacy.

### **Leadership**

- Taught orthopedic pre-operative classes (~40 patients bi-monthly).
- Contributed to nationally recognized orthopedic outcomes (Joint Commission, U.S. News & World Report, Healthgrades, Newsweek).

### **Professional Development**

- Expanded knowledge in perioperative care, postpartum recovery, and adult learning principles.

### **Evidence-Based Practice**

- Applied best-practice guidelines across surgical care, postpartum care, and health education delivery.
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### **RN Case Manager — Home Health**

#### **Northern Light Health – Portland, ME**

*Dates: February 2018 – February 2019 • Hours per week: 40*

Managed a caseload of 25–30 medically and psychosocially complex patients across diverse and often unstable home environments.

### **Practice**

- Provided full-spectrum home care including assessments, symptom control, PICC/ostomy management, wound vac use, post-op monitoring, fall prevention, and medication oversight.
- Evaluated psychiatric symptoms including depression, anxiety, paranoia, agitation, cognitive decline, and behavioral crisis indicators.

### **Veteran/Patient-Driven Care**

- **Co-managed Veterans receiving both Medicare/home health and VA benefits**, ensuring continuity and appropriate communication across systems.

### **Leadership**

- Coordinated complex care involving community agencies, social services, PCPs, specialists, and mental health providers.

### **Evidence-Based Practice**

- Used OASIS data, chronic disease guidelines, and mental health screening tools to guide interventions.
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## **Licensed Practical Nurse (LPN)**

### **Brentwood Rehabilitation Center – Yarmouth, ME**

*Dates: August 1, 2008 – August 1, 2011 • Hours per week: 40*

Provided bedside care in dementia and skilled nursing units; promoted to charge nurse of a 70-bed skilled unit.

### **Practice**

- Provided nursing care for individuals with dementia, Parkinson's, ALS, stroke, CHF, COPD, diabetes, cancer, chronic wounds, and rehabilitative needs.
- Managed behavioral symptoms including agitation, confusion, aggression, and wandering.

### **Veteran/Patient-Driven Care**

- Utilized trauma-informed and patient-centered strategies for cognitively impaired adults and distressed families.

### **Leadership**

- Supervised CNAs; coordinate unit workflow and staff assignments as charge nurse.
- Maintained safety and quality standards across units.

### **Professional Development**

- Completed ADN coursework while working full-time, demonstrating motivation and commitment to continuous improvement.

### **Evidence-Based Practice**

- Applied dementia communication techniques, infection-control protocols, fall prevention, and chronic disease guidelines.

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## **VOLUNTEER & COMMUNITY HEALTH EXPERIENCE**

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### **RN Volunteer — U.S. Army Europe**

#### **Wiesbaden, Germany**

*Dates: August 2013 – August 2018 • Approximately 10 hours/week*

Volunteer nursing and public health service during OCONUS military assignment. Developed mental health-informed perinatal support programs, public health education, and workforce training for spouses in a community of ~10,000 families.

#### **Contributions:**

- Developed a platform for a DONA-approved doula training program that integrated perinatal mental health, stress reduction, trauma-informed support, childbirth and postpartum recovery education.
  - Secured MyCAA approval, enabling economically vulnerable military spouses to access certification at no cost.
  - Filled critical gaps in emotional, psychosocial, and perinatal support services for military families abroad.
  - Supported cultural adaptation and system navigation during host-nation maternity care.
  - Supported unemployed military spouses in developing portable, economically viable doula businesses that could move with them from post to post.
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### **Medical Mission RN — Ghana**

*Summer 2011*

- Collaborated with U.S. Military Academy cadets engaged in cultural immersion, leading community health education initiatives for women in rural Ghana.
  - Delivered culturally responsive health education on fertility, family planning, maternal nutrition, and newborn care.
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### **Medical Mission LPN — Dominican Republic**

*Winter 2010*

- Partnered with the Peace Corps, University of Southern Maine, and an interdisciplinary team to deliver community-based primary care and health education in rural, underserved villages.
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### **School Nurse Consultant — French School of Maine**

*2019 – Present*

- Provide ongoing consultation to the French School of Maine on infection prevention, communicable disease management, medication safety, and allergy protocols in accordance with Maine CDC and Maine Department of Education guidelines.
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## **EDUCATION**

**Bachelor of Science in Nursing (RN-BSN in progress)** — University of Maine at Augusta, Augusta ME  
Expected Completion: May 2026 • GPA: 4.0

**Master of Arts, Integrative Health & Healing** — The Graduate Institute, Bethany CT  
Degree conferred: March 2014 • GPA: 3.8  
Thesis: *The Efficacy of Auricular Acupuncture in Service Members with Polytrauma Syndrome.*

**Bachelor of Arts, Sociology** — University of Southern Maine, Portland ME

Degree conferred: May 2003

**Associate Degree in Nursing (ADN)** — University of Maine at Augusta, Augusta ME  
Degree conferred: May 2011

**Practical Nursing Diploma** — Central Maine Community College, Auburn ME  
Diploma conferred: August 2008

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## CERTIFICATIONS & AFFILIATIONS

- NADA Auricular Acupuncture – Yale New Haven Hospital, Substance Use & Addiction Services
  - Association of Community Health Nurse Educators — Member
  - Association of Public Health Nurses — Member
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## TECHNICAL SKILLS

EPIC, Cerner, Meditech, Allscripts, Theradocs, Netsmart, OASIS; Microsoft Suite; Google Workspace; Adobe; Jira; Slack; Zoom/Teams platforms.

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## REFERENCE

Jody Proctor RN VA Case Manager – (207)800-7391 (work cell)