

Tira Gaston

2558 NE Lindsey Dr.
Hillsboro, OR 97124

Experience

Registered Nurse

St. Vincent's Behavioral Health

October 2024- current

- Assessed and provided care to individuals with mental illnesses and in acute psychiatric crises at a nurse-to patient ratio of 1:8
- Foster therapeutic rapport, effectively de-escalate, and provide effective psychotherapy and behavioral interventions
- Administer psychiatric medications and assess effectiveness and side effects of treatment

Registered Nurse

Hillsboro Medical Center; Medical Surgical Unit

October 2023 - August 2024

- Provide care to a diverse patient population with intricate physical and mental health issues at a nurse-to-patient ratio of 1:5
- Collaborate with healthcare professionals to develop and initiate cohesive care plans
- Administer medications, perform head to toe and focused assessments, perform wound care, catheter insertion, EKG and blood tests, IV access, and provide education and resources to patients

Student Nurse Integrated Practicum

Unity Center for Behavioral Health; Psychiatric Emergency Services

June 2023 - September 2023

- Completed 260 direct patient care hours
- Performed psychiatric assessments, developed rapport with patients through trauma-informed approach, implemented de-escalation techniques, and effectively managed acute psychiatric crises

Certified Nursing Assistant

Oregon Health and Science University

October 2021 - May 2022; July 2022 - October 2023

- Perform vitals, execute safety precautions, assist in all daily living activities, protect and advocate for patient rights, work closely with nurses to aid in patient care
- Experience on 30 different units as a float CNA

Behavioral Counselor

St. Mary's Home for Boys

May 2022 - July 2022

- Supervise at-risk youth, implement interventions and positive behavioral practices, initiate conflict resolution and de-escalation techniques
- Provide group and individual counseling sessions to improve behavior and well-being

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Education

Yale University

MSN- Psychiatric Mental Health Nurse Practitioner

August 2024-May 2026- in progress

Oregon Health and Science University

Accelerated B.S. in Nursing

June 2022- September 2023

OHSU GPA: 3.64

Portland State University

B.S. in Psychology, Minor in Neuroscience

September 2019-June 2022

Magna Cum Laude Honors; President's and Dean's list

PSU GPA: 3.87 Major GPA: 3.98

Licenses and Certifications

- RN license in Oregon and Connecticut
- CPR/BLS certificate by AHA
- CPI Nonviolent Crisis Intervention Training
- MOAB Training

Extracurricular Activities

- Member of Neuroscience Club
- Accessibility Liaison leader for OHSU SON

Skills

- Experienced in charting systems: Epic, PointClickCare, and MyUnity
- Proficient at de-escalation techniques, managing high stress/crisis situations, implementing positive behavioral practices, and conflict resolution
- Proficient in developing therapeutic relationships with individuals with serious mental illnesses, substance use disorders and criminal charges

Volunteering

- Aide for students with mental and physical disabilities for three years
- Volunteered with NW Noggins, educating disadvantaged communities about neuroscience (residential treatment facilities for substance use disorder, children in low-income neighborhoods, etc.)
- Pioneered and implemented mental health outreach for students at PSU
 - Compiled resources, provided education and distributed resources to students (resources including local counseling services, shelters, sexual assault and domestic violence centers)