

CURRICULUM VITAE OF SANDRA YAKLIN, PhD, APRN, PMHNP-BC

Sandra Yaklin

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LICENSURE/CERTIFICATION

Licensed Registered Nurse, State of Texas (#578684)

Advanced Practice Nurse, State of Texas APRN AP131354

DEA License: MY4876059

Board Certified Psychiatric Mental Health Nurse Practitioner

EDUCATION

PhD University of Texas at Austin, School of Nursing, Fall 2018-Dec 2021 Post-master's Certification PMHNP, University of Texas at Austin; May 2016 Board credentialing, Prescriptive Authority, University of Texas at Austin; August 2016 Master of Science in Nursing (Alternate Entry) University of Texas at Austin 1991 Graduate United States Air Force Cryptologic Linguist Program, Honor Graduate 1986 Graduate United States Defense Language Institute, Korean Linguist, Honor Graduate 1985 Bachelor of Arts, Cultural Anthropology, Northwestern University 1984

Dissertation Title

A Formative Multifaceted Approach to Address Health Disparities in the African American Community, **Advisor: Dr. Miyong Kim**

SCHOLARLY ACTIVITY

Hecht, J., Kim, MT, Horton, SE, Todd, A., Williams. K., Sandra Yaklin. Tiffany Ewere, Stacey Cauvin, Daryl Horton. *Lessons Learned from AMEN: African American Faith Based Mental Health and Wellness Program*. Progress in Community Health Partnerships (April 30, 2024).

Yaklin, S. (2024). *End of Life*, in Varcarolis' Foundations of Psychiatric-Mental Health Nursing: A Clinical 10th Edition.

Yaklin, S. (2024). *Impulse Control Disorders*, in Varcarolis' Foundations of Psychiatric Mental Health Nursing: A Clinical 10th Edition.

The University of Texas at Austin, Center for Transdisciplinary Collaborative Research in Self-Management Science (TCRSS), Austin, TX Co-Investigator, Kim, M., Hecht, J., Murry, N., Kim, S. & **Yaklin, S.** MamaSana. (August 2020 – Dec 2021).

The University of Texas at Austin, Center for Transdisciplinary Collaborative Research in Self-Management Science (TCRSS), Austin, TX **Co-Investigator** Kim, M., Hecht, J.,

Horton, S., Todd, A, Hutson, T. & **Yaklin, S.** African American Mental Health (AMEN). (August 2020 – Dec 2021).

Yaklin, S., (2021). *End of Life*, in Varcarolis' Foundations of Psychiatric-Mental Health Nursing: A Clinical 9th Edition.

Yaklin, S. (2021). *Impulse Control Disorders*, in Varcarolis' Foundations of Psychiatric Mental Health Nursing: A Clinical 9th Edition.

Yaklin, S., Kim, M.T., Hecht, J., Todd, A., Alhanti, R., Horton, S.E., Hutson, T., Cauvin, S., & Horton, D. (2021). *African American Men Who Become Mental Health Advocates*. International Journal of Social Psychiatry.

Yaklin, S, Rolin, D, Jain, R, Jain, S, Raison, C, and Cole, S (2020) *Wellness Scale: Examining a new mental wellness scale*. Annals of Clinical Psychiatry.

Yaklin, S, Rolin, D. (2020) *Recognizing the Risk Factors, Signs, and Symptoms of Domestic Minor Sex Trafficking in Mental Health Clinical Practice*. Accepted August 2020. Journal of Psychosocial Nursing.

The University of Texas at Austin, Wellness Interventions for Life's Demands (WILD 5), Austin, TX Co-Investigator Jain, S., Jain, R., Rolin, D., **Yaklin, S.**

Horton, S.E., Kim, M.T., Hecht, J., Todd, A., Alhanti, R., Lim, S., Hutson, T., **Yaklin, S.,** Cauvin, S., & Horton, D. (2021). *Lessons learned from Rapid Community Need Assessment in African American Community during the COVID-19 Pandemic*, Progress in Community Health Partnerships: Research, Education, and Action.

7th Annual Cultural Inclusion Conference. University of Texas, San Antonio. Poster presentation on "Recognizing the Risk Factors, Signs, and Symptoms of Domestic Minor Sex Trafficking in Mental Health Clinical Practice," **Yaklin, S.,** Rolin, D. April 22, 2020.

St. David's CHPR 18th Annual Conference: "Addressing Social Determinants of Health to Improve People's Lives". Poster presentation on "Sociocultural Influences on Mental Health Treatment in African American Adults," **Yaklin, S.** February 26, 2020.

St. David's CHPR 18th Annual Conference: "Addressing Social Determinants of Health to Improve People's Lives". Poster presented by AMEN - African American Church Based Mental Health and Wellness Program, Hutson, T., Hecht, J. Team: Kim, M., Hecht, J., Horton, S., Todd, A, Hutson, T. & **Yaklin, S.** February 26, 2020.

St. David's CHPR 18th Annual Conference: "Addressing Social Determinants of Health to

Improve People's Lives". Poster accepted: "Empowered Caring: A Call for Social Justice Disruption in Nursing," Conn, K., Hutson, and **Yaklin, S.** February 26, 2020.

LECTURES/PRESENTATIONS AND CONFERENCE PAPERS

Worked with AMEN Lay Health Workers' weekly Zoom training.

Program facilitator for AMEN KickStart 30 Fall 2020.

Program facilitator for AMEN KickStart 30 Spring 2020.

Mentored/Precepted PMHNP students (2021-2023)

Spoke at a community garden event in East Austin Fall 2020.

Was a guest speaker for the KAZI radio program on the topic of mental health and music.

Participated in a series of African American pastor meetings on mental health.

Participated in the Mount Zion health fair.

Conducted mental health assessments as a part of the AMEN partnership. "Mental Wellness" Lecture for Silver Soldiers at Mt. Zion Baptist Church. March 2020

FELLOWSHIPS/HONORS/AWARDS/GRANTS

TCRSS Scholar 2019-2021

Member, Sigma Theta Tau Honor Society of Nursing, inducted 2019

Recipient, Sigma Theta Tau Grant for original research, 2019

Elevate Scholarship (2019)

COMPLETED RESEARCH

AMEN Project. KickStart 30 Pilot Project coordinator; Spring 2021

AMEN Project. KickStart 30 Pilot Project coordinator; Fall 2020

WILD 5 Rheumatoid Arthritis Research Study Spring 2019

TEACHING EXPERIENCE

Assistant/Adjunct Professor January 2012-December 2015

Austin Community College

- Board certified nursing educator
- Developed curriculum, syllabus, and Blackboard infrastructure to support teaching paramedic and emergency medical technician students about end of life care
- Transformed End of Life class into hybrid-capable course
- Taught and supervised students in nursing simulation lab
- Mentored and guided students in clinical setting at Heart Hospital of Austin and St. David's Main Campus (telemetry, neurology, and orthopedic units)
- Mentored and guided development of new faculty

- Lectured on medical-surgical topics using Softchalk, PowerPoint, and MindMap software
- Scheduled, wrote, and administered exams; posted scores to Blackboard; analyzed test statistics

PROFESSIONAL EXPERIENCE

Psychiatric-Mental Health Nurse Practitioner

Independent Practice

Dec 2017-Present

- Owner and sole practitioner of a PLLC practice providing mental health care through medication management and psychotherapy.
- Provide Cognitive-Behavioral Therapy (CBT)

Psychiatric-Mental Health Nurse Practitioner

July 2016-July 2018

Bluebonnet Trails Community Center

- Provide psychiatric patient care for low-income children and adults in two rural community health clinics (Taylor and Elgin, Texas)
- Provide psychiatric patient care for low-income children and adults via telemedicine, contracted through East Texas Behavioral Health Network (ETBHN)
- Provide psychiatric patient care for inmates at the Lee County and Burnet County jails
- Provide psychiatric patient care at 13 of the D&S group homes

Certified Hospice & Palliative Care Nurse

June 2010-July 2015

Hospice Austin

- Cared for terminally ill adults, children, infants and their families
- Managed pain, anxiety, nausea and other challenges at end of life
- Provided guidance and support to patients and families in managing psychological pain at end of life
- Collaborated with APRN, MDs and ancillary healthcare staff to manage crises and unexpected difficulties at end of life

Certified Medical Surgical Nurse

May 2009-January 2014

Heart Hospital of Austin Progressive Care Nurse

- Assisted patients to prepare for and recover from electrophysiology and percutaneous angiogram/angioplasty/stenting procedures

- Registered patients prior to coming to Heart Hospital for surgical procedures
- Managed preadmission for cardiothoracic surgery candidates
- Cared for patients before, during, and after diagnostic radiological procedures in Computed Tomography Angiography Lab

Medical Surgical Nurse

May 2009-June 2011

Smithville Regional Hospital

- Worked as a floor nurse in 16 bed medical-surgical floor
- Cared for children and adults undergoing day surgical procedures before, during, after, and following discharge
- Assessed, managed, and provided discharge teaching for county-wide emergency room visits for adults, children, and elderly

Home Health Nurse

April 2009-May 2010

Maxim Home Health Care Services

- Managed care for a quadriplegic providing one-to-one care
- Conducted staff flu and wellness clinics
- Provided one-to-one care for adolescent near-drowning victim

PROFESSIONAL MEMBERSHIPS

APNA Member

PAPNA Member

PAPN Texas

TNP Member; Legislative Ambassador

AANP Member

ACTIVITIES WITHIN THE COMMUNITY

Navy Blue & Gold Officer 2014-Present

MILITARY SERVICE

USAF Korean Cryptologic Linguist