

**Helen West R.N., M.S.**  
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**Education**

Master of Science in Nursing  
Major Psychiatric Mental Health Clinical Specialist Track 1987  
Bachelor of Science in Nursing 1980

**Licensure**

North Carolina, Expiration Date 1/31/24

**Certification**

Mental Health First Aid  
2015

**Appointments**

Senior Instructor 2013 -Present  
Mary Black School of Nursing  
USC Upstate  
Spartanburg, SC

Instructor 2006  
Mary Black School of Nursing  
USC Upstate  
Spartanburg, SC

**Other Appointments** 1975  
Designator Mental Health Examiner by  
Governor of South Carolina

**Other Positions and Employment Spartanburg Regional Healthcare System** 2003-  
2004

Executive Director  
Community Outreach Services Spartanburg, SC  
Responsibilities were promotion and marketing in lower Spartanburg and networking  
with physicians

Executive Director Service Line 1999-2003  
Women, Children, Behavior Health  
Administrative responsibilities for planning, development, implementation, and evaluation of multiple products. Included planning, business development, and marketing of services. Services included Behavior Health Adults, Children, Substance Abuse, Geriatrics, Obstetrics, Gynecology, Pediatrics, Neonatal Intensive Care. Collaborated with medical director, department chair, physicians, and other disciplines. Implemented psychiatric behavior liaison with emergency department.

Clinical Director 1996-2003  
Behavior Health and Medical Surgical Nursing,  
Direction of Behavior Health, Medical Surgical, Oncology, Pulmonary, & Specialty Care Units services. Responsible for daily operations, financial, and business planning, short and long-range collaborated with Oncologist and other team members to develop and implement Stem Cell Transplant Program

Clinical Director 1988-2003  
Behavior Health, Medical and Home Health Nursing  
Direction of Behavior Health, Medical Surgical, Oncology, Pulmonary, & Specialty Care Units services. Responsible for daily operations, financial, and business planning, short and long-range. Coordinated development of psychiatric home care.

Clinical Nurse Specialist and Liaison 1985-1988  
Provided specialized nursing care in the following areas: assessment and Behavior Health, Hospital liaison Program nurse specialist Emergency, drug and alcohol, partial hospitalization and outpatient

Palmetto Family Enrichment 1987-1990  
Provided specialized behavior health treatment with individuals, families, and groups. Multidisciplinary collaboration in a private practice setting.

**Spartanburg Area Mental Health Center and Services** 1972-1985  
Program Nurse Specialist outpatient specialist for partial hospitalization, assessment and emergencies, Substance Abuse

**Spartanburg Regional Medical Center**  
Nurse Manager 1969-1972  
Behavior and Psychiatric Unit  
Managed and supervised nursing care of a 28-bed inpatient psychiatric nursing unit.

Staff Nurse and charge nurse 1967-1969

Assessment, planning, implementation, evaluation of nursing care for patients 40 bed surgery unit

**Honors and Awards**

|  |      |
|--|------|
| Daisy Award  | 2016 |
| South Carolina Palmetto Gold nominee                   | 2016 |
| Spartanburg County March of Dimes Board                | 2002 |
| March of Dimes Special Recognition South Carolina      | 2003 |
| Perinatal Association Member                           | 2004 |
| Perinatal Association Citation for Legislative Support | 2002 |
| Customer Service Citation                              |      |
| Sigma Theta Tau International Honor Society            | 1987 |
| Spartanburg Area Mental Health Employee of the Year    | 1983 |

**Teaching Activities a. Courses Taught (Most recent first)**

|  |                   |
|--|-------------------|
| Psychiatric Mental Health Nursing Practicum  | 2006-present      |
| NURS 230 Medical Terminology and Coordinator | 2017-present      |
| MBSON Inspire                                | 20020 –present    |
| Nurs 399 Independent Study                   | 2022 Fall         |
| Nurs399 Independent Study                    | 2021 fall-present |
| Nurs799Independent Study                     | Spring 2022       |
| Psychiatric Mental Health Nursing            | 2006-spring 2023  |
| NURS 497 Special Topics                      | 2015              |
| NURS 420 Psychiatric Nurse Reel to Real      | 2008-2009         |
| NURS # Psychiatric Nursing (RN-BSN)          | 2006-2007         |

**Mentorship**

|                                       |      |
|---------------------------------------|------|
| Undergraduate student mentorship      | 2009 |
| Special projects with geriatric focus |      |

**c. Advisement**

| Semester    | # of Advisees | Semester | # of Advisees | Semester | # of Advisees |
|-------------|---------------|----------|---------------|----------|---------------|
| Spring 2024 | 21            |          |               |          |               |
| Fall 2023   | 23            |          |               |          |               |
| Spring 2023 | 19            |          |               |          |               |

|             |            |             |    |             |    |
|-------------|------------|-------------|----|-------------|----|
| Fall2022    | 2212       |             |    |             |    |
| Spring 2022 | 12         |             |    |             |    |
| Fall 2021   | 14         |             |    |             |    |
| Spring 2021 | 12         |             |    |             |    |
| Fall 2020   | 10         |             |    |             |    |
| Fall 2020   | Inspire 45 |             |    |             |    |
| Spring 2020 | 12         |             |    |             |    |
| Fall 2019   | 14         |             |    |             |    |
| Spring 2019 | 12         | Fall 2013   | 25 | Spring 2008 | 25 |
| Fall 2018   | 22         | Spring 2013 | 25 | Fall 2007   | 25 |
| Spring 2018 | 25         | Fall 2012   | 25 | Spring 2007 | 25 |
| Fall 2017   | 25         | Spring 2012 | 25 | Fall 2006   | 25 |
| Spring 2017 | 25         | Fall 2011   | 25 | Spring 2006 | 25 |
| Fall 2016   | 25         | Spring 2011 | 25 |             |    |
| Spring 2016 | 25         | Fall 2010   | 25 |             |    |
| Fall 2015   | 25         | Spring 2010 | 25 |             |    |
| Spring 2015 | 25         | Fall 2009   | 25 |             |    |
| Fall 2014   | 25         | Spring 2009 | 25 |             |    |
| Spring 2014 | 25         | Fall 2008   | 25 |             |    |

## Scholarly Activity

### A. **Publications** (list in revise chronological order [most recent first], publications in APA format)

- a. Co-Developed Reel to Real Psychiatric Nursing
- b. Contributor, Women's Health Service line development Snowmass 2001
- c. Developed Job Description for psychiatric nursing clinical specialist and liaison job description 1985
- d. Contributor, Psychiatric Social Rehabilitation Journal 1988
- e. Comparison of Cost of inpatient psychiatric care and outpatient psych rehabilitation
- e. Contributor, Complimentary Care adolescents inpatient care 1989

### a. **Presentations** (list in chronological order, most recent first).

- b. Clinical Supervision for Mental Health Nurses 2015-2017

### B.

- |  |      |
|--|------|
| a. Parkinson's and treatment of Hallucinations | 2015 |
| b. Communications Therapeutic                  | 2014 |
| c. Assertiveness Training                      | 2014 |
| d. Southeastern Clinical Specialists           | 1985 |
| e. Southeastern Clinical Specialists           | 1986 |
| f. Parkinson's Association                     | 1985 |

**C. Conferences and/or Professional Meetings/Seminar/Workshops Attended (name, date, CE credit)**

- |   |      |
|---|------|
| 1. Southeastern Clinical Specialists Psychiatric Nursing Update   | 1985 |
| 2. Southeastern Clinical Specialists Psychiatric Nursing Update   | 1986 |
| 3. American Hospital Association and American Medical Association<br>Medical Utilization and Service line | 2002 |
| 4. South Carolina Hospital Association<br>Healing Hands Training  | 2000 |
| 5. Women's Health Snow Mass   | 2001 |
| 6. Developing Skilled Nursing Care  | 2003 |
| 7. Humor in the Workplace   | 2020 |
| 8. Yoga in your Practice  | 2020 |
| 9. Civility in the Workplace ATI  | 2020 |

**Service A. Professional Service**

(includes service on editorial boards and study sections as well as professional boards, committees, community or public service related to the nursing profession)

- |  |              |
|--|--------------|
| a. Extramural (local, state, regional, national, international, list membership on professional and honor societies and role, such as member or Vice-President, and years of membership) |              |
| b. Sigma Theta Tau International Honor Society   | 1987-2019    |
| c. National Honor Society of Phi Kappa Phi   | 2008-present |
| d. South Carolina Nurse Executives   | 1987         |
| e. South Carolina Perinatal Association  | 1999         |
| f. South Carolina Palmetto Gold Nominations Committee  | 2015         |

**B. Institutional service**

- |   |            |
|---|------------|
| a. University (USC Upstate) Chairman of adhoc committee Role:<br>Examined nontenured salaries | 2011       |
| b. Mary Black School of Nursing Curriculum Committee Role:                                    | 2014-2018  |
| c. Faculty Affairs chairman   | 2010- 2012 |
| d. Faculty Affairs Member   | 2019 2021  |

- e. Simulation committee  
Role: Chairman

**C. Community Service**

- New day Board Chairman 2021-present
- New Day Club Housing Board Member Vice Chair 2015-2021
- Honor Society of Phi Kappa Phi 2008-present
- Sigma Theta Tau International Honor Society 1987

- d. New Day Clubhouse Volunteer

- e. Mental Health Community Assessment and CARF

- f. Community Committee

Hospitals probate court, police, Department of Social Services, and other designees to assess, plan, and implement Davenport Center for Detox Treatment for Drug and Alcohol patients

- g. South Carolina Hospital Association committee 1985-2005

- h. South Carolina Hospital Association

Role: Service for patient psychiatric care

- i. Women Health Day 2001-2004

- j. Greater Greer planning of health care exhibit member 2005

- k. Depression Screening Day 1985

- l. Family Health Screening Cherokee County 2001

- m. Mental Health and Women's Health fair 2001

Co-Coordinator

- n. South Carolina Nurse Executives Member 1987-2002

- o. Rotarian International member 2003-2005