

JESSICA R. STOELTING, DNP, APRN, PMHNP-BC

University of South Carolina Upstate
Mary Black College of Nursing
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EDUCATION

Post-Master's Certificate in Psychiatric Mental Health Nurse Practitioner

University of South Carolina 2024

DNP in Nurse Executive Leadership 2020

University of South Carolina

-Impact of Mindfulness Meditation on Perceived Stress in Older Adults

MSN Nursing Education

Grand Canyon University 2015

AAS Nursing

Niagara County Community College 2013

BS Biotechnology

Penn State University 2000

LICENSURE

South Carolina APRN No. 28915

North Carolina APRN No. 5020273

Delaware APRN NO. AN-0025844

CERTIFICATION

BLS for healthcare providers, Expires 5/2025

Quality Matters Applying the QM Rubric 2022

Quality Matters Peer Reviewer Course 2022

NEI Master of Psychopharmacology-April 2024

ANCC-PMHNP-Board Certified May 2024

Trauma-Informed Care/The Center for Healing 2024

APPOINTMENTS/EDUCATION EXPERIENCE

Senior Instructor-Full Time 2016-present

Mary Black College of Nursing

University of South Carolina Upstate

Spartanburg, SC

Adjunct instructor

2015-2016

College of Nursing

Greenville Technical College

Greenville, SC

Adjunct instructor

2015

College of Nursing

Niagara County Community College
Sanborn, NY

CLINICAL EXPERIENCE

Psychiatric Mental Health Nurse Practitioner, Owner/CEO <i>Hope and Purpose Wellness, LLC</i>	2024-present
Psychiatric Mental Health Nurse Practitioner <i>Carolina Center for Behavioral Health, Greenville, SC</i>	2024-2025
Registered Nurse <i>Carolina Center for Behavioral Health, Greenville, SC</i>	2021-2024
Occupational Health Nurse/Health Coach <i>TargetCare, Greenville, SC</i>	2018-2021
Vaccination Nurse <i>Passport Health, Greenville, SC</i>	2015-2016
Registered Nurse Maternity Unit-OB clinic, Labor and Delivery, Postpartum, Newborn Nursery <i>Mount St. Mary's Hospital, Lewiston, NY</i>	2013-2015
Nursing Assistant <i>Mount St. Mary's Hospital, Lewiston, NY</i>	2012-2013

TEACHING ACTIVITIES

New Course Development/Course Major Revisions

NURSU320-Foundations of Nursing course revision
NURSU 420-Genomics in Nursing-course creation
NURSU 420-Autoimmune disease-course creation
NURSU 807 DNP course creation

Summary of Courses Taught-USC Upstate

NURSU 807 Healthcare Economics, Policy and Finance*	2024
NURSU 711 Health Care Delivery Systems*	2023
NURSU 713 CNL Practicum I*	2022
NURSU 732 CNL Practicum III*	2022
NURSU 730 Outcomes Evaluation in Healthcare Systems Leadership*	2022, 2023
NURSU 721 Quality and Risk Management in Health Systems Leadership*	2021
NURSU 320 Foundations of Nursing, Course Coordinator	2016-2022
NURSU 340P Nursing of Childbearing Women	2020-present

NURSU 351P, 441P Psychiatric Mental Health Nursing Practicum	2023
NURSU 420 Autoimmune Disease*	2020-present
NURSU 420 Genomics in Nursing, Course coordinator*	2019-present
NURSU 430 Leadership in Nursing Practice*	2019
NURSU 420 Pathophysiology	2017-2018
NURSU 497 Professional Nursing Issues*	2017, 2019, 2021
NURSU 499 Senior Practicum	2017
NURSU 310 Health Assessment	2017

*Online courses

Clinical courses:

Psychiatric Mental Health Nursing	USC Upstate	2023-present
Childbearing Families, WH	USC Upstate	2020-present
Med-Surg I	Greenville Technical College	2016
Fundamentals of Nursing	Greenville Technical College	2015-2016
Women's Health/OB	NCCC	2014-2015

Mentorship

Mentorship of MSN in nursing education student from Spring Arbor University, Fall 2019
 New faculty member mentor Spring 2021, 2023
 Course Mentor NURSU 320 2021-2022

Advisement

Student advisement-pre-licensure and RN to BSN students 8-18 students per semester

SCHOLARLY ACTIVITIES

POSTERS

Mindfulness Meditation as a Stress Mediator in Older Adults -SCNA Annual Convention 2022

DNP PROJECT

Impact of Mindfulness Meditation on Perceived Stress in Older Adults

CONFERENCES AND WEBINARS ATTENDED

Addressing Addiction in Higher Education
 Lock her up: The Truth About Female Incarceration
 Mass Sterilization: Not Just History
 The Power of Habit training
 Next Generation NCLEX with ATI
 How to Increase Employee Productivity
 Diana Damron: Civility Unleashed
 Dr. Cynthia Clark Civility Matters
 Nursing Competency Based Education: Developing Nurses in Uncertain, Complex Times
 Wound Con-Biofilm-Wound-Based Care
 Teaching for Academic Resilience
 I don't need help-Supporting people who can't see their mental illness

Virtual Reality in Mental Health
 Embracing Neurodiversity
 Frontiers in Addiction Research
 NCSBN Item Writing Course
 Quality Matters certification courses-completed August 2022
 SCNA convention-2022
 APA convention-Washington DC-2023
 NEI Master of Psychopharmacology
 ECG Level 1-2022
 MSUD training-2024
 AI in Higher Education meeting-USC Upstate 2024

WEBSITE

AskJessicaRuth blog for educational purposes (askjessicaruth.blogspot.com)
 HopeandPurposeWellness.com

SERVICE

Professional Service

Volunteer Nurse, Taylor's Free Medical Clinic-diverse and underserved population	2021-2022
Volunteer Camp Nurse, Grace Church	2018-2020

University Service

Chair, Faculty Search Committee	2022-present
General Education Committee	2019-2025
Member, Faculty Search Committee	2017-present
Mary Black School of Nursing Historian	2020-present
Scholarship Review Committee	2021-present
Member, Curriculum Re-Evaluation Sub Committee	2023-2024
Member, ATI Taskforce	2016-2023
Director, ATI Committee	2023
Curriculum Committee	2016-2018
Grievance Review Committee	2017

Community Service

Volunteer and Foster, Day Before the Rainbow Rescue	2019-present
Volunteer, RichGlen Subdivision, Greer, SC	2017-2022
- Started Compassion Club to get neighbors involved with helping other neighbors through times of need - Resource finder for neighbors in need	
Member, Oak Grove Subdivision Homeowners Association, Greenville, SC	2021-present
Volunteer, Greer Relief	2020-2023
Volunteer, Ridgewood Bible Church, Lockport, NY	2006-2014
- Teens in Training Team Leader/Mentor (girls grades 3-6) - Nursery Collaborator (birth-age 4) - Vacation Bible School Teacher and Sunday School Teacher (various ages)	

Memorial Blood Bank, Lehigh Valley, PA

2011

- Coordinated blood drive from a distance in honor of relative injured in motorcycle accident

PROFESSIONAL ORGANIZATIONS

South Carolina Nurses Association

SCNA PMHNP Chapter

SCNA Legislative Chapter

American Psychological Association

American Psychiatric Nurses Association

AWARDS

Nominated for Excellence in Teaching Award

2018

Nominated for Daisy Award

2023