

Dr. Adrienne Papoff-Wallace, ARNP

3121 Wilton Lane E
Fife, WA 98424
253-561-1083
papoffam@plu.edu

PROFILE

Doctorally prepared, board-certified Psychiatric Mental Health Nurse Practitioner with extensive clinical and academic experience delivering evidence-based care across the lifespan. Skilled educator dedicated to fostering inclusive learning environments and mentoring the next generation of nurse practitioners. Experienced in clinical leadership, program development, and interprofessional collaboration.

LICENSES/BOARD CERTIFICATION

Advanced Registered Nurse Practitioner

WA LIC# AP 61173244

AK LIC# 179886

Registered Nurse

WA LIC# RN 60618226

AK LIC #175163

Psychiatric Mental Health Nurse Practitioner

ANCC Board Certification # 2021001354

DEA Licenses

WA License #MP6579924

AK License #MP6725660

EDUCATION

Pacific Lutheran University, Tacoma, WA- Doctor of Nursing

Graduated May 2021

Pacific Lutheran University, Tacoma, WA - Bachelor of Science in Nursing

Graduated December 2015

Tacoma Community College, Tacoma, WA - Associate of Science in Pre-Nursing

Graduated March 2012

WORK EXPERIENCE

Answers Counseling

Psychiatric Nurse Practitioner Dates: November 2021-present

Providing psychiatric medication management to Medicaid recipients in a community healthcare setting. Personal case load of 75 clients as well as supervision of 3 PMHNP's employed by the clinic. Case load includes children, adolescents and adult clients including women who are pregnant or post-partum. Telehealth and clinic work in Washington.

Responsible for safe prescription of psychotropic medications including controlled substances. Adjunctive therapy also provided focusing on cognitive behavioral therapy, motivational interviewing and dialectical behavioral skills training. Preceptor for PMHNP students from multiple universities in Washington state.

Wapato Creek Health and Wellness, Inc.

Owner, Psychiatric Nurse Practitioner Dates: September 2021-present

Private practice located in Washington and Alaska. Personal case load of 250 clients, clinic currently serves over 300 clients per month. Clients ages range from 10-older adult. Telehealth and in person clinic work in Washington and Alaska. Responsible for safe prescription of psychotropic medications including controlled substances. Performing individual, group and family psychotherapy. Supervising staff of 11 including billing, accounting, 5 PMHNPs, 1 LCSW, credentialing, and administrative staff. Company revenue exceeded \$500,000 in 2024. Preceptor for PMHNP students from multiple universities in Washington state.

Seattle Pacific University

Mental Health Clinical Faculty Dates: September 2021-December 2024

Combination of Mental health clinical and didactic instruction for BSN students. Instructing 32 students per quarter at an evaluation and treatment facility in the community as well as in the classroom weekly. Overseeing students providing care to patients at the facility, planning lessons, creation of syllabus and homework assignments. Teaching students about involuntary and voluntary mental health patients. Focus on understanding and being able to safely take care of patients with severe mental illness with an additional focus on the homeless mentally ill and co-occurring substance use disorders. Course curriculum also teaches the involuntary detention system within the mental health court system in Washington state.

Nurses Diversified Systems

PMHNP Resident

Dates: May 2021-September 2021

PMHNP-BC with a case load of 60 patients. Clients ages ranged from 10-older adult. Telehealth and clinic work in Washington and Alaska. Responsible for safe prescription of psychotropic medications including controlled substances. Performing individual and family psychotherapy. Seeing 8 patients daily including completing 2 new psychiatric evaluations a day. Training completed in safe and sound protocol. Continuing education in neurofeedback.

Pacific Lutheran University

Mental Health Clinical Faculty

Dates: September 2018-May 2020

Mental health clinical and didactic instructor for BSN and ELM students. Instructing 16 students per semester at an evaluation and treatment facility in the community, taught classes of 40 students for didactic portion of the curriculum. Overseeing students providing care to patients at the facility, planning lessons, creation of syllabus and homework assignments. Teaching students about involuntary and voluntary mental health patients. Focus on homeless mentally ill and co-occurring substance use disorders.

Recovery Innovations International

Position: Registered Nurse, Charge Nurse Dates: February 2018-February 2019

Charge nurse at an acute care E&T 16 bed unit. Supervision of LPNs and CNAs, order entry, working with providers, floor staff and treatment team to develop plans of care, discharge and admission paperwork. Working with Avatar, Omnicell and Quick MAR systems. Preceptor for RN and LPN students.

Western State Hospital

Position: Registered Nurse 2 Dates: August 2017-February 2018

Working with adults with chronic mental health illness. Part of interdisciplinary meetings with staff and patients to develop care plans for patients. Communicating with floor staff and supervisors to make sure the ward is appropriately staffed at all times. Charting on paper charts, TRx, Medimar and Cache. Therapeutic communication utilized to understand patient needs both medical and social. Medication administration.

MultiCare Auburn Medical Center Behavioral Health Units

Position: Registered Nurse, Charge Nurse Dates: February 2016-February 2018

Completed the RN Residency program for mental health in May 2016. Worked with adult and geriatric patients experiencing both acute and chronic mental health illnesses. Charge Nurse duties including staffing, communicating with families and patients on issues during patients stay, facilitating multidisciplinary treatment team meeting daily, Court paperwork including writing affidavits, administering involuntary patient rights and 24-hour treatment notices, lead during codes, communicating with medical doctors and social workers to make sure patient's needs were being met. Nursing duties including medication administration, electronic charting, functional assessments and therapeutic communication. Taught nursing groups on topics ranging from medication side effects to education on mental health illnesses. Preceptor for new residents and staff. Superuser for Pyxis and Alaris pumps.

Western State Hospital

Position: Mental Health Technician 1 Dates: July 2015- September 2015

Provided excellent care to patients. Sitter for patients that were currently experiencing danger to others and/or self. Helped patients with ADL's, supervised patients during fresh air breaks, and during treatment mall. Served meals and helped clean up kitchen and dining area. Utilized therapeutic communication to help patients understand their needs and be better able to communicate those needs to staff. Completed 15 min rounds and documented appropriately. Part of the team lead by the charge nurse during codes, assisting as directed. De-escalation techniques utilized in times of stress for patients.

RESEARCH

Identification of Perceived Needs and Barriers to Behavioral Healthcare by the Homeless Population of Pierce County, Washington: A Qualitative Study
Primary Researcher June 2020-May 2021

PUBLICATIONS/PRESENTATIONS/AWARDS

Invitation to Sigma Theta Tau September 2020

Nurse Blake Notable Nurse Series January 2021

Western Institute of Nursing Poster Presentation April 2021

Pacific Lutheran University Research Day Podium Presentation May 2021

MEMBERSHIPS/AFFILIATIONS

American Nurses Association

American Psychiatric Nurses Association -Treasurer Washington Chapter 2020-2023