

Colin P. Meyer, RN, BSN

Psychiatric Nursing | Public Health | Education & Research

Tokyo, Japan · colin.meyer@thebeckoningcat.com · Virginia RN 0001239642 · Multistate privilege

PROFESSIONAL PROFILE

Registered nurse with experience in inpatient psychiatric care, emergency intake, school nursing, academic research, education, and interdisciplinary coordination. Holds an active Virginia multistate license and is exploring volunteer and professional healthcare opportunities while stationed in Japan. Combines clinical judgment, leadership, research skills, and technology adaptation, with an ability to assess and design systems that solve real-world problems.

CLINICAL FOCUS

- Charge nurse leadership
- Psychiatric assessment and intake
- Crisis prevention, response and de-escalation
- Care planning and medication administration
- Admissions and discharge planning
- School and community health
- Utilization and insurance review
- Safety and regulatory compliance

PROFESSIONAL NURSING EXPERIENCE

Psychiatric Nurse, BSN | Mary Washington Health Care

May–Dec 2020

Fredericksburg, Virginia

- Provided nursing care and behavioral interventions for adults with severe mental illness on a 20-bed locked unit. Focus of care included patients with severe psychotic disorders, mood disorders, personality disorders, substance abuse, and suicidal or homicidal ideations.
- Managed admissions, medications, laboratory draws, detoxification monitoring, group therapy, legal hearings, psychiatric evaluations, and discharge planning.

Intake Navigator, BSN | Spotsylvania Regional Medical Center, HCA

Dec 2019–Apr 2020

Fredericksburg, Virginia

- Piloted the hospital's psychiatric emergency-intake role, assessed patients in acute mental health crises, and coordinated admissions among the emergency department, behavioral health unit, physicians, and social services.
- Improved intake workflow and optimized the admission process for the hospital's Behavioral Health Unit before the program was dissolved during the COVID-19 pandemic.

Mental Health Nurse Student Researcher | University of Mary Washington

Sep 2018–Dec 2019

Bristol, United Kingdom

- Designed a cross-cultural study with the University of the West of England on professional stigma in mental health care and a teaching model for non-licensed nursing students.

Psychiatric Nurse and Charge Nurse | Spotsylvania Regional Medical Center

Sep 2014–Jul 2017

Fredericksburg, Virginia

- Led healthcare teams of five nurses and support staff on a 28-bed adult behavioral health unit, coordinating assignments, admissions, transfers, emergency response, and unit safety.
- Delivered psychiatric and medical nursing care, administered scheduled and emergency medications, used verbal de-escalation, and communicated complex histories to physicians and hospital leaders.

ADDITIONAL NURSING, PUBLIC HEALTH, AND SERVICE

- **Family Caregiver** | Phoenix, Arizona - St. Louis, Missouri | Jul 2017–Jul 2018.

Took leave from formal employment to provide end-of-life care to two family members while preparing to enter an RN-to-BSN program.

- **Volunteer Nurse** | World Gospel Outreach | Tegucigalpa, Honduras | Jun 2016 and Jun 2018.

Provided public-health nursing services with mobile clinics serving people with limited access to care.

- **School Nurse** | Stafford County Public Schools | Stafford, Virginia | Oct 2012–Jun 2014.

Managed the district's largest clinic, serving more than 1,800 high school students through health assessments, care for students with complex chronic conditions, emergency care, case management, and staff consultations.

- **School Health Technician, CNA** | Pediatric Services of America | Pensacola, Florida | Aug 2009–Dec 2010.

Supported daily clinic care for approximately 850 middle school students, including diabetes management, medication administration, screening, and health education.

- **Diplomatic Health Team Assistant, Paid Intern** | U.S. Embassy Moscow, Russia | Summers 2002–2004.

Supported bilateral work between the governments of the United States and Russia involving HIV/AIDS, tuberculosis, and other infectious diseases through research, correspondence, scheduling, events, and meeting documentation. Helped coordinate a 2004 visit by the U.S. Secretary of Health and Human Services.

SELECTED INDEPENDENT WORK AND APPLIED LEARNING

- **AI harness and local AI system design** | Self-directed | Singapore and Japan | 2023–Present.

Designed and operates a local multi-agent AI harness for project management, and workflow automation.

- **Website and workflow support** | C-LARS | Volunteer | Remote | 2023 and 2026.

Built the second website version for a marine engineering company with roughly \$20 million in annual revenue. Advised HR on new-hire orientation and conflict-mitigation processes that were adopted into company practice.

- **INTERPOL recruitment assistance** | Volunteer | Singapore | November 2024.

Designed a web-administered cybercrime-analyst hiring tool to test for technical, analytical, and communication capabilities of top LEO finalists. The tool supported recruitment of INTERPOL's head supervisor for their Cyber Fusion Centre.

- **Research science assistance** | University of Bristol | Volunteer | Bristol, United Kingdom | 2018–2019.

Compiled a geological research database, learned Bayesian statistics adapted to R/JAGS code, incorporated data into Monte Carlo models, and produced figures used for a hazard mitigation thesis and peer-reviewed article.

- **Small-business marketing and consultation** | Expedition Bali Tours | Remote | 2022–2023.

Advised on customer communication, direct bookings, website usability, content, and lead generation. Helped draft and edit the company's 29-page tourist guidebook grounded in earth science, cultural history, and visitor safety.

TECHNICAL FAMILIARITY

- **Web and content:** WordPress and WP editors Elementor and Divi; practical HTML, CSS, and JavaScript; and SEO.
- **Spreadsheet systems:** LibreOffice Calc, BASIC macros, Python bridge scripts, and interactive UI elements.
- **Coding and automation:** Designs, tests, and integrates AI-generated scripts and small applications across Python, BASIC, JavaScript, HTML/CSS, and Bash — focus on system design, wiring, and verification.
- **AI and knowledge systems:** AI-assisted research, structured knowledge bases, multi-agent workflows, prompt and harness design, model testing, permissions, documentation, and governance.

EDUCATION

- **Bachelor of Science in Nursing** | University of Mary Washington, 2019 | Highest Distinction
- **Associate in Science in Nursing** | Northwest Florida State College, 2012
- **Bachelor of Arts in Russian and International Studies** | University of Missouri, 2005