

JENNA OKAFOR

PMHNP-BC

Psychiatric Mental Health NP with 6 years across outpatient psychiatry, intensive outpatient programs, and telehealth. Carry a steady caseload of 280 adult patients with diagnoses spanning mood, anxiety, ADHD, and substance use. Known for stabilizing complex med regimens and lowering ED utilization in patients with prior frequent crisis visits.

CONTACT INFORMATION



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Minneapolis, MN

KEY SKILLS

- Outpatient psychiatric medication management
- Buprenorphine and naltrexone for OUD/AUD
- Measurement-based care (PHQ-9, GAD-7, AUDIT)
- Telehealth across MN and WI
- Safety planning and risk assessment
- Collaboration with therapists and case managers
- Athena and SimplePractice
- EMRs Student precepting

PROFESSIONAL EXPERIENCE

February 2022 - Present

Psychiatric Mental Health Nurse Practitioner, Lakeside Behavioral Health |
Minneapolis, MN

- Manage an outpatient panel of 280 adult patients across telehealth and in-person visits, with no-show rate held under 9%
- Cut average time-to-stabilization on new SSRI and SNRI starts from 11 weeks to 7 weeks through structured 2-week check-ins
- Lead Suboxone induction track; current cohort of 48 patients has 82% retention at 6 months
- Co-designed measurement-based care workflow using PHQ-9 and GAD-7 at every visit, now used by all 14 prescribers in the group
- Precept 3 PMHNP students per year from St. Catherine University

June 2019 - January 2022

Nurse Practitioner, IOP and PHP Riverbend Recovery Center | St. Paul, MN

- Provided psychiatric care for 30-40 IOP and PHP patients per week with co-occurring SUD
- Reduced 90-day ED returns for the program from roughly 1 in 4 to 1 in 7 over two years
- Ran weekly med-management groups and collaborated with therapy team on safety planning
- Helped write the program's standing orders for benzodiazepine and opioid withdrawal management

EDUCATION

MSN, Psychiatric Mental Health NP

University of Minnesota | May 2019

BSN

Marquette University | May 2014

- ANCC Board Certified (PMHNP-BC), 2019
- MN RN and APRN licenses; DEA Schedules II-V; X-waiver legacy training