



# Gabriel Eklund

## Psychiatric Charge Nurse

Psychiatric nursing professional with 12 years of experience across acute and subacute inpatient behavioral health units, leading group therapy sessions and coordinating discharge referrals to community services. Raised patient satisfaction scores by 16.7 points over 19 months by redesigning group therapy programming and implementing structured hourly comfort rounds. Holds Nonviolent Crisis Intervention Training and supervises a team of 9 RNs and mental health technicians during shift operations.

## CONTACT INFORMATION



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Skowhegan, ME 12345

## EDUCATION

Bachelor of Science, Nursing  
University of Maine, Orono, ME  
2010 - 2014

## KEY SKILLS

- EHR Documentation
- Suicide Risk Screening
- De-escalation Techniques
- Psychotropic Medication Administration
- Group Therapy Facilitation
- HIPAA Compliance
- Crisis Intervention
- Vital Signs Monitoring
- Discharge Planning
- Staff Scheduling and Supervision
- Phlebotomy

## PROFESSIONAL EXPERIENCE

Psychiatric Charge Nurse | Kennebec Highlands Behavioral Health Center, Skowhegan, ME  
2020 - Present

- Raised patient satisfaction scores by 16.7 points over 19 months by redesigning group therapy programming and implementing structured hourly comfort rounds on a 28-bed acute psychiatric unit.
- Lead 11 group therapy sessions weekly covering coping skills, anger management, and relapse prevention, averaging 7 patients per session across morning and afternoon time slots.
- Coordinate community services for discharged patients, connecting 83 of every 100 referrals to outpatient providers, housing agencies, and substance use programs within 72 hours of discharge.
- Oversee shift operations for a team of 9 RNs and mental health technicians, assigning patient loads, reviewing incident reports, and conducting daily safety huddles lasting 12 minutes each.
- Developed a unit-wide protocol for post-restraint debriefing that reduced repeat restraint episodes from 6 to 2 per quarter over 8 months.

Psychiatric Staff Nurse | Moose River Community Hospital, Jackman, ME  
2016 - 2020

- Facilitated 8 group therapy sessions weekly on a 22-bed behavioral health unit, guiding cognitive-behavioral and psychoeducational modules for patients with mood and psychotic disorders.
- Coordinated community service referrals for 79 discharged patients per quarter, linking individuals to case managers, peer support specialists, and outpatient mental health clinics.
- Screened incoming patients using suicide risk screening tools during each admission, completing initial safety plans and communicating risk levels to the attending psychiatrist within 45 minutes of arrival.
- Trained 4 newly hired RNs on suicide risk screening tools and Nonviolent Crisis Intervention techniques during 3-week orientation rotations.

Psychiatric RN | Penobscot Valley Behavioral Services, Dover-Foxcroft, ME  
2014 - 2016

- Led 6 group therapy sessions weekly for patients on a 16-bed subacute psychiatric unit, documenting attendance and participation notes in the EHR after each 50-minute session.
- Connected patients to community services in 81.6% of referrals by maintaining a resource directory of 42 regional providers and scheduling follow-up appointments before discharge.
- Improved patient satisfaction scores by 13.2 points over 11 months by introducing structured daily check-ins and soliciting feedback during group therapy wrap-up discussions.

## CERTIFICATIONS

- Registered Nurse License, State board of nursing | 2014
- National Council Licensure Examination for Registered Nurses, National Council of State Boards of Nursing | 2014
- Nonviolent Crisis Intervention Training, Crisis Prevention Institute | 2015
- Basic Life Support, American Heart Association | 2026