Brian Castellano

Psychiatric Mental Health Nurse Practitioner (PMHNP)

Board-certified PMHNP with 5 years of experience in outpatient and community mental health, in person and by telehealth. Completes psychiatric evaluations, diagnosis and medication management for adults with depression, anxiety, bipolar disorder, ADHD and psychosis. Uses brief psychotherapy and shared treatment planning with therapists and primary care.

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EXPERIENCE

Psychiatric Mental Health Nurse Practitioner (PMHNP)

01/2023 - Present

Willamette Behavioral Health Clinic — Portland, OR

Outpatient psychiatry practice with 12 clinicians.

- Manage a caseload of **420** adults, with 16 medication management visits and 2 intakes per day.
- Perform comprehensive psychiatric evaluations using PHQ-9, GAD-7 and ASRS scales, with notes signed within 24 hours.
- Deliver supportive and CBT-based psychotherapy in 30-minute visits for 60 patients with depression.
- Build treatment planning with therapists in weekly case reviews; average PHQ-9 scores fell 6 points in 12 weeks.

Psychiatric Nurse Practitioner

08/2021 - 12/2022

Cascade Community Mental Health — Gresham, OR

Community mental health center for Medicaid patients.

- Treated 14 patients a day with serious mental illness, including long-acting injectable management for 75 patients.
- Provided crisis intervention for walk-in patients and arranged safe discharge or hospital transfer.
- Monitored clozapine and lithium labs for 50 patients and kept HIPAA-compliant records in the EHR.

Registered Nurse

06/2016 - 07/2021

Columbia River Hospital — Portland, OR

22-bed adult inpatient psychiatric unit.

- Assessed 6-8 patients per shift for safety and medication response on a locked unit.
- Led de-escalation training for 30 staff, reducing restraint use by 35% over 2 years.
- Administered scheduled and as-needed psychiatric medications and charted each patient's response.

CERTIFICATES

Psychiatric-Mental Health Nurse Practitioner (PMHNP-BC)

07/2021

American Nurses Credentialing Center

Nurse Practitioner License with Prescriptive Authority

08/2021

Oregon State Board of Nursing

DEA Registration

08/2021

U.S. Drug Enforcement Administration

SKILLS

Psychiatric Evaluations
Medication Management
Diagnosis
Psychotherapy
Treatment Planning
Crisis Intervention
Telehealth
HIPAA
Clinical Judgment
Work Collaboratively

EDUCATION

Doctor of Nursing Practice (DNP)

06/2021

Oregon Health & Science University

Portland, OR

Psychiatric Mental Health Nurse Practitioner