

Colin P. Meyer, RN, BSN

Psychiatric Nursing | Public Health | Education & Research

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SUMMARY

Registered nurse with ten years of clinical experience in behavioral health, emergency intake, and school health. Since relocating overseas in 2021 due to my spouse's career, I have been based in Singapore and Tokyo, supporting myself through financial investments and independent technical projects. Looking to re-engage with healthcare in roles where nursing background and technical problem-solving overlap.

- Charge Nurse
- Bed Census Mgmt
- School Health
- Research & IRB
- Psych Intake
- Care Planning
- Risk Management
- Data Analysis
- Crisis De-escalation
- Medication Mgmt
- Utilization Review
- AI & Automation

CLINICAL & HEALTHCARE EXPERIENCE

Psychiatric Nurse (BSN) | Mary Washington Health Care

May 2020–Dec 2020

Fredericksburg, Virginia

- Provided nursing care, counseling, and interventions for adult patients at acute risk of harm to themselves or others on a 20-bed locked psychiatric unit.
- Managed admissions, scheduled and PRN medications, lab draws, detox protocols, patient groups, legal hearings, and discharge planning.
- Resigned in good standing to relocate with my spouse for her career transition to Singapore.

Intake Navigator (BSN) | Spotsylvania Regional Medical Center, HCA

Dec 2019–Apr 2020

Fredericksburg, Virginia

- Piloted the hospital's dedicated Psychiatric/ER emergency intake nurse role, evaluating patients in acute behavioral crisis and coordinating admissions across the ED, Behavioral Health Unit, and state social services.
- Improved emergency intake workflows, cutting ER wait times and increasing unit bed census by 15% over three months.
- Helped restructure unit admission protocols to manage infection control during the initial COVID-19 response. Position downsized during hospital-wide pandemic restructuring.

Mental Health Nurse – Student Researcher | University of Mary Washington

Sep 2018–Dec 2019

Bristol, United Kingdom

- Designed a cross-cultural study evaluating video-based education on mental health stigma across US and UK nursing cohorts, managing dual-institution ethics and securing formal Institutional Review Board (IRB) approval.
- Built and managed two custom web platforms to administer informed consent, sequential delivery of multimedia interventions, and MICA v4 psychometric data collection.
- Performed data modeling, paired t-tests, and hypothesis testing in R to analyze pre- and post-intervention scores.

Family Caregiver (RN), Hospice Care

Jul 2017–Jul 2018

Phoenix, Arizona and St. Louis, Missouri

- Took a planned leave of absence to provide end-of-life care for two terminally ill family members. Enrolled in Mary Washington's RN-to-BSN program during this period.

Behavioral Health Unit Charge Nurse (RN) | Spotsylvania Regional Medical Center

Sep 2014–Jul 2017

Fredericksburg, Virginia

- Served primarily as night shift Charge Nurse on a 28-bed adult mental health unit, managing shifts of up to 5 staff nurses and support personnel.
- Handled psychiatric and medical emergencies, emergency code responses, and verbal de-escalation for acute crises.
- Communicated complex clinical status and shift reporting directly to on-call physicians and hospital administrators.

School Nurse (RN) | Stafford County Public Schools

Oct 2012–Jun 2014

Stafford, Virginia

- Directed the county's largest high school clinic, managing daily and emergency care for over 1,800 students, including chronic disease management, assessments, and health education.

ADDITIONAL NURSING, PUBLIC HEALTH, AND SERVICE

- **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 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.

TECHNICAL EXPERIENCE & PROJECTS

Local AI Systems & Automation | Independent Developer

2023–Present

Singapore & Tokyo

- Build and maintain a self-hosted, local multi-agent system used for personal project management, document retrieval, and workflow automation.
- Write, test, and maintain scripts in Python, Bash, JavaScript, and BASIC macros for data handling and spreadsheet automation.

Website & Operational Support | C-LARS, Marine Engineering (Volunteer)

2023 and 2026

Remote

- Built and launched the company's updated website, c-lars.com.
- Consulted with leadership on staff onboarding and internal communication, applying behavioral health de-escalation and interview techniques.

Technical Hiring Assessment Tool | INTERPOL (Volunteer)

Nov 2024

Singapore

- Built an interactive, web-based testing utility to evaluate the technical, analytical, and written communication skills of finalist candidates for the Cyber Fusion Centre leadership role.

Small-Business Marketing & Consultation | Expedition Bali Tours

2022–2023

Remote

- 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.

Geological Research Data Support | University of Bristol (Volunteer)

2018–2019

Bristol, United Kingdom

- Compiled a geological database and adapted Bayesian statistical models using R/JAGS and Monte Carlo simulations for hazard mitigation research.
- Produced figures used for a hazard mitigation thesis and a peer-reviewed article.

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

SKILLS & TECHNICAL

Web and content

WordPress, including Elementor and Divi. Practical HTML, CSS, and JavaScript. SEO.

Coding and automation

Design, test, and wire AI-generated scripts and small applications in Python, BASIC, JavaScript, HTML/CSS, and Bash. The work is the design, the connections, and checking that it runs.

Spreadsheet systems

LibreOffice Calc, BASIC macros, Python bridge scripts, and interactive UI elements.

AI and knowledge systems

AI-assisted research, reusable knowledge bases, multi-agent workflows, prompt and harness design, model testing, permissions, documentation, and written rules for what a model may touch.