



HELLO!

MY NAME IS

Ann Barbaro

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MSN, PMHNP-BC

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ABOUT ANN:

I am a Psychiatric Mental Health Nurse Practitioner currently based in Portland, Maine. I completed my undergraduate education at Salem State University and my graduate education at Walden University. I see children through adults in my practice and enjoy working with clients of all ages. I am eager to help clients who struggle with any mental health issue as well as substance use disorders.

After graduating with a Bachelor of Science in Nursing degree from Salem State University, I began working for an outpatient program serving individuals with developmental disabilities. In that program, I gained a great deal of exposure to psychiatry and ran bi-monthly psychiatric clinics for our clients focusing on therapy and medication management. I then began working in a Psychiatric Emergency Department, where my love of psychiatry really flourished, and I further went on to work in several inpatient psychiatry roles. These experiences led me to desire further expertise in Psychiatry and the ability to work as an independent practitioner, and I went on to complete a Psychiatric Mental Health Nurse Practitioner program.

I start off with a new client by meeting for a one-hour initial visit. In that visit, I will get to know the client, learn about their history, and discuss any medications they are on or have been on in the past. Then we will come up with a personalized plan of care to meet their mental health needs. Follow up visits to assess how clients are progressing are 20-minute appointments and take place every one to three months, depending on the client's needs.

I consider myself lucky to work in health care at a time when mental health diagnoses are becoming more accepted and better understood in our culture. I firmly believe that optimal health cannot be attained without giving adequate attention to mental health. Healthcare providers should work harder than ever before to meet the needs of people with mental health challenges. As a psychiatric mental health nurse practitioner, my goal is to advocate for patients and direct their care with understanding and compassion. My hope is that the care I provide will ease my patients' struggles and empower them to live to the fullest degree possible.