

CURRICULUM VITAE
MARY S. SEED, PhD, RN, CNL

EDUCATION:

- 1993-1998 University of California, San Francisco
Doctor of Philosophy in Nursing
- 1991-1993 University of California, San Francisco
Master of Science in Nursing-Child/Adolescent Mental Health
*Minor in Education
- 1974-1979 Arizona State University, Tempe, AZ
Bachelor of Science Degree in Nursing

FACULTY POSITIONS:

- 2010-present Professor, School of Nursing and Health Professions,
University of San Francisco, CA
- 2004-2010 Associate Professor, School of Nursing and Health Professions,
University of San Francisco, CA
- 1998-2004 Assistant Professor, School of Nursing and Health Professions,
University of San Francisco, CA
- 1995-1998 Adjunct Professor, Mental Health, School of Nursing,
Samuel Merritt College, Oakland, CA
- 1996-1998 Mental Health Clinical Instructor, School of Nursing,
San Francisco State University, San Francisco, CA
- 1993-1994 Mental Health Clinical Instructor, School of Nursing Contra Costa
College, San Pablo, CA

LEADERSHIP:

School of Nursing and Health Professions:

- 2009-2016 Chair, Masters of Science in Nursing Department,
School of Nursing and Health Professions,
University of San Francisco, CA
- 2006-2009 Chair, Nursing Faculty Association
School of Nursing and Health Professions,
University of San Francisco, CA
- 2006-2009 Member Dean's Advisory Board
School of Nursing and Health Professions,
University of San Francisco, CA

Board Positions:

- 2010-2013 Nurse Certification Board of Commissioners, American Association
College of Nursing, CNL
- 2010-2013 Chair, Marketing Committee, Commission on Nurse Certification Board
of Commissioners, American Association College of Nursing, CNL

PROFESSIONAL LICENSURE AND CERTIFICATIONS:

- 1979-2017 California License #RN 316007
- 2008-2018 Certified Clinical Nurse Leader
- 2014 Certified TeamSteps Instructor

AREA OF SPECIALIZATION:

Microsystem-Clinical Nurse Leader
Psychiatric Nursing--Across the Lifespan
Community Health Nursing
Child Mental Health
Evidenced-Based Practice

PROFESSIONAL EXPERIENCE:**Related Work Experience:**

- 2005-2009 John Muir Behavioral Health, Concord, CA
Utilization Review
- 2005 John Muir Behavioral Health, Concord, CA
Charge Nurse, Adolescent Inpatient Psychiatry
- 1997-1998 John Muir Behavioral Health, Concord, CA
Perform psychiatric assessments for Assessment Center
- 1991-1997 St. Francis Hospital, San Francisco, CA
Adult acute psychiatric care
- 1984-1991 First Hospital Vallejo, Vallejo, CA
Charge nurse on child/adolescent psychiatric unit
- 1981-1983 Walnut Creek Hospital, Walnut Creek, CA
Charge nurse on adult/adolescent psychiatric unit

Research Positions Held:

- 1992-1997 Research Assistant, Family Health Studies, School of Nursing
University of California, San Francisco

MSN Internship:

- 1992-1993 Langley Porter Psychiatric Institute, San Francisco
Primary Therapist/Case Management on the inpatient children's unit

Consultation:

- 2015-2017 Implemented recovery-oriented care model included in-service training, culture and system change for John Muir Behavioral Health inpatient psychiatric unit. Collected outcome data, Concord, CA
- 2016 2-day in-service on Recovery Oriented Care for inpatient psychiatric staff retreat, San Mateo County Hospital, San Mateo, CA.
- 2015-2016 Implemented recovery-oriented language, in-service training and culture change for El Camino Inpatient Psychiatric unit, Mountain View, CA
- 2015 Legal Consultant John Muir Behavioral Health, Child Psychiatric case, Concord, CA
- 2000 2-day workshop and training for staff on a new adolescent and child inpatient unit, John Muir Behavioral Health, Concord, CA.

PROFESSIONAL MEMBERSHIPS:

Memberships in Professional Organizations:

- 2009-present Clinical Nurse Leader Association
- 2016-present American Nurses Association
- 2016-present American Psychiatric Nurses Association
- 1992-2016 International Society of Psychiatric-Mental Health Nurses, Division of the Association of Child and Adolescent Psychiatric Nurses, Inc.
- 1992-2010 Sigma Theta Tau, Beta Gamma Chapter
- 1993-2007 American Nurses Association

Professional Organizational Activities:

- 2001-2004 Sigma Theta Tau, Beta Gamma-Faculty Counselor
- 1993-1995 Delegate, California Nurses Association, Region 12
- 1993-1994 Chairperson of the Psychiatric Interest Group, California Nurses Association

RESEARCH:

Dissertation: Maternal Expressed Emotion as a Predictor of Emotional and Behavioral Problems in Low Birth Weight Children

My dissertation research focused on prevention of emotional and behavioral problems in preschool children. I examined the degree to which maternal emotions expressed toward low birth weight infants at 6 months of age predicted emotional and behavioral problems at two years of age. Maternal emotions were measured utilizing the expressed emotion constructs from the adult schizophrenia research. My qualifying exam papers included an extensive review of the expressed emotion and attachment theory literature from infancy to adulthood.

The results from my dissertation indicated that negative emotional expression from the mothers in the form of criticism toward the baby at 6 months of age significantly predicted the number of emotional and behavioral problems in two-year-old children. The identification of maternal criticism expressed toward a baby can assist nurses in identifying those families at risk for poor mental health outcomes in their child. The goal of this research program was to prevent the development of emotional and behavioral problems in at-risk, young children by assisting families with care giving practices that promote optimal health.

Current Research:

To further advance the role of the psychiatric nurse, my research partner and I completed a study that examined the role of acute care psychiatric nurses and its relationship to job satisfaction and patient outcomes. The study measured the tasks and functions of 73 inpatient psychiatric nurses and found that on average nurses spent 2.18 minutes, with a time range of zero to 42.53 minutes, on teaching symptom management to patients during an eight-hour shift. The nurses who spent more time with the patients had higher job satisfaction scores, and the nurses surveyed overwhelming reported wanting to spend more time with the patients. The study results offered clarity regarding the acute care psychiatric nursing role, with ramifications for improving recruitment and retention rates and better assisting in preparing students as psychiatric nurses.

The second phase of our program is in its final stages of data collection and analysis (n = 75). Using a quasi-experimental design, we examined whether patients who receive care on units from nurses utilizing recovery-oriented models of care will perceive that their needs were met during their hospital stay, and whether this model will improve their perception of hope for recovery and improve their self-care abilities. Orem's Self-Care Theory was used to guide the study. An intensive training and culture change was designed and implemented at two Bay Area inpatient psychiatric hospitals over a 1 to 2 year period before data was collect on patients.

PUBLICATIONS:

Original Articles in Refereed Journals:

- Seed, M. S. & Torkelson, D. J. (2012). Beginning the recovery journey in acute psychiatric care: Using concepts from Orem's self-care deficit nursing theory. *Issues in Mental Health Nursing, 33*, 394-398.
- Seed, M. S. & Torkelson, D. J. (2011). Gender differences in the roles and functions of inpatient psychiatric nurses. *Journal of Psychosocial Nursing & Mental Health Services, 49*(3), 34-41.
- Seed, M. S., Torkelson, D. J., & Alnatour, R. (2010). The role of the inpatient psychiatric nurse and its effect on job satisfaction. *Issues in Mental Health Nursing, 31*, 160-170.
- Seed, M. S., Torkelson, D. J., & Karshmer, J. F. (2009). The clinical nurse leader: helping psychiatric mental health nurses transform their practice. *Journal of the American Psychiatric Nurses Association.*

- St. Jonn-Seed, M., & Juarez, M., & Alnatour, R. (2009). Improving recruitment and retention rates in preventive longitudinal research with adolescent mothers. *Journal of Child and Adolescent Psychiatric Nursing*.
- Weiss, S., St. Jonn-Seed, M. & Harris-Muchell, C. (2007). The contribution of fetal drug exposure to temperament: Potential teratogenic effects on neuropsychiatric risk. *Journal of Child Psychology and Psychiatry*.
- St. Jonn-Seed, M., & Weiss, S. (2005). Maternal state of mind and expressed emotion: Impact of mothers' mental health, stress, and family satisfaction. *Journal of the American Psychiatric Nurses Association, 11*(3), 135-143.
- Weiss, S., St. Jonn-Seed, M. & Wilson, P. (2004). The temperament of preterm, low birth weight infants and its potential biological substrates. *Research in Nursing & Health, 27*(6), 392-402.
- St. Jonn-Seed, M., & Higgins, S. (2003). Integrating mental illness prevention in community-based undergraduate education. *Journal of Nursing Education, 42*(1), 8-12.
- St. Jonn-Seed, M., & Weiss, S. (2002). Maternal expressed emotion as a predictor of emotional and behavioral problems in low birth weight children. *Issues in Mental Health Nursing, 23*, 649-672.
- Weiss, S. & St. Jonn-Seed, M. (2002). Precursors of mental health problems for low birth weight children: The salience of family environment during the first year of life. *Child Psychiatry and Human Development, 33*(1), 3-27.
- Weiss, S., Wilson, P., St. Jonn-Seed, M. & Paul, S. (2001). Early tactile experience of low birth weight children links to later mental health and social adaptation. *Infant and Child Development, 10*(3), 93-115.
- St. Jonn-Seed, M., (1999). Identification and measurement of maladaptive behaviors in preschool children: Movement towards a preventative model of care. *Journal of Child and Adolescent Psychiatric Nursing, 12*(2), 61-69.

Book Chapters:

- Lagerquist, S., & St. Jonn Seed, M. (2006). Nursing care of behavioral and emotional problems throughout the life span. In S.L. Lagerquist (Ed.), *NCLEX-RN Success* (pp.351-463). Philadelphia, PA: F.A. Davis.
- St. Jonn-Seed, M. (1998). Preventing socioemotional problems in children through promotion of attachment. In D. L. Wong & S. E. Perry (Eds.), *Maternal Child Nursing Care* (pp. 507). St Louis, MO: C. V. Mosby.

Contributing Author:

- Lagerquist, S. L. (2007). *NursesNotes: Psychiatric-mental health*. Assessment Technologies Institute. Kansas: Library of Congress.

GRANTS AND AWARDS:

- 2014 Faculty Grant Program, Research Grant for the test of recovery intervention in acute care inpatient setting investigation, \$13,000
- 2007 Faculty Grant Program, Research Grant for the role of acute care psychiatric nurses and its relationship to job satisfaction investigation, \$9,386.00 and supplemental request, \$3,680 and \$2,300
- 2005 Faculty Development Award, Research Activities, University of San Francisco, School of Nursing, \$5,000
- 2003 Distinguished Teaching Award-University of San Francisco, School of Nursing, \$1,000
- 2003 Chiron-Fellow Program, Sigma Theta Tau International
- 2002 Outstanding Faculty Award, Sigma Theta Tau, Beta Gamma Chapter
- 2002 Faculty Development Award, Research Activities, University of San Francisco, School of Nursing, \$6,000
- 2002 Sigma Theta Tau, Beta Gamma Chapter Research Grant, \$1,000
- 1999 Multicultural Action Plan Grant-Convocation Speaker Dr. Pedro Noguero, Increasing Cultural Awareness, \$400
- 1999 Syllabus Development Fellowship for Service Learning. Community Mental Health-Clinical Lab, \$500

PRESENTATIONS:

- 2009 Paper Presentation-The Role of the Inpatient Psychiatric Nurse and Its Effect to Job Satisfaction, International Society of Psychiatric Nursing: Greenville, South Carolina.
- 2005 Lecture-Parenting Today's Adolescents, John Muir/Mt. Diablo Health Care System, Concord, California.
- 2004 Lecture-Parenting Today's Adolescents, John Muir/Mt. Diablo Health Care System, Concord, California.
- 2001 Poster Presentation-Harr, J., Hammer, S. & Seed, M., An Evaluation of Nursing Student Knowledge about Immunizations, Communicating Nursing Research Conference-Western Institute of Nursing: Portland, Oregon.
- 2000 Paper Presentation-Community-Based Undergraduate Education that Includes Content with Populations Between 0-3 Years of Age, International Society of Psychiatric-Mental Health Nurses: Miami, Florida.
- 1999 Paper Presentation-Weiss, S., Wilson, P. & St. Jonn-Seed, M., Early Tactile Experience Shapes Later Socioemotional Health of High Risk Infants, State of the Science Congress: Washington D.C.
- 1998 Paper Presentation-Maternal Expressed Emotion as a Predictor of Emotional and Behavioral Problems in Low Birth Weight Infants, Association of Child and Adolescent Psychiatric Nurses Conference: Atlanta, Georgia.
- 1998 Lecture-Anxiety Disorders in Children, University of California, SF
- 1997 Lecture-Attachment Theory, University of California, San Francisco
- 1997 Lecture-Child/Adolescent Mental Health, Samuel Merritt College
- 1996 Lecture-Child/Adolescent Mental Health, Samuel Merritt College

- 1996 Lecture-Child/Adolescent Mental Health, San Francisco State University
- 1995 Lecture-Child/Adolescent Mental Health, Samuel Merritt College
- 1995 Research panel presentation-Developing a participant relationship: Changing from the role of clinician to researcher, University of California, SF
- 1995 Lecture-Principles of Attachment Theory, Easter Seal Society

TEACHING:

I have taught theory and clinical courses for the BSN, MSN and DNP programs in Mental Health, Psychiatric Nursing; Community Health Nursing and Health Promotion; Nursing Research/Evidenced-Based Practice; CNL Internship. I am very dedicated to the classroom teaching role, and consistently maintain excellent teaching evaluations.

Doctorate Committees:

- 2016 PsyD Dissertation Committee for Ruchi Patel entitled: Compassion Fatigue Among Mental Healthcare Providers and The Impact on Overall Wellbeing.
- 2009 DNP Qualifying Committee, Enna Trevathan entitled: A Success Story: Shifting the Paradigm Together – A Partnership between Service and Education to Build an Onsite Clinical Nurse Leader Program

SERVICE:

Professional Organizations:

- 2015-2016 International Society of Psychiatric Nurses Conference Planning Committee.
- 2013 CNL 2014 Conference Planning Committee.
- 2009 Planning committee for the Clinical Nurse Leader Summer Institute: Making the Economic Case for Implementing the CNL Role, San Francisco, CA
- 2009-2015 Journal of the American Psychiatric Nurses Association, Manuscript Reviewer
- 2005 Journal of Nursing Education, Manuscript Reviewer
- 2003 Sigma Theta Tau International 37th Biennial Convention-Leadership Abstract Review
- 2002 Journal of Pediatric Nursing-Special Edition, Progress in Congenital Heart Disease: So Many Years Added to Young Lives, Manuscript Reviewer

Professional Meetings and Workshops Attended:

- 2017 American Nurses Association Conference, Translating Quality into Practice, Tampa, FL
- 2017 CNL Summit, Atlanta, GA
- 2016 CNL Summit, Long Beach, CA

2014 CNL Summit, Garden Grove, CA
 2013 CNL Summit and Research Symposium, New Orleans, LA
 2009 CNLs Leading Microsystems Improvement: The Link to Quality and Safety, New Orleans, LA
 2007 Mosby Faculty Development, San Diego, CA
 2002 Coping with Mental Illness and Crafting Public Policy, Symposium, University of California, Berkeley
 2001 Nursing Education, Philadelphia, PA-purpose to enhance classroom instruction and prepare students for the NCLEX
 1995 Research 2-day training seminar on the NCAST, by Kathryn Barnard

University Service:

2012-2016 University Wide Peer Review Committee
 2001-2015 University of San Francisco Committee on Children and Youth
 2006-2009 Board of Trustee, University Life, Faculty Rep
 2006-2010 Academic Integrity Committee
 2006-2007 Academic Excellence Committee
 2005-2008 Chair, University of San Francisco Committee on Children and Youth
 2002-2005 Social Science Curriculum Committee, University of San Francisco
 2001 Physiology Faculty Search Committee, University of San Francisco
 1999-2002 Distinguish Teaching Award Committee, University of San Francisco
 1999-2000 Teaching Support and Advisory Committee, University of San Francisco
 1998-2001 Student Health Advisory Committee, University of San Francisco
 1995-1996 Ad Hoc Student Child Care Committee, University of California, SF

School of Nursing and Health Professions:

2012-present Peer Review Committee
 2012-2015 Chair, Peer Review Committee
 2016 Faculty Search Committee
 2009-2016 Chair, Department of Masters of Nursing-Clinical Nurse Leader
 2012-2016 Director of RN-MSN Program-Clinical Nurse Leader
 2012-2016 Director of 4 + 1 Program, BSN-MSN accelerated program.
 2015 Associate Dean Search Committee
 2009-2016 Curriculum Committee
 2008-2009 Clinical Nurse Leader Coordinator
 2006-2009 FASON Faculty Chairperson
 2008 Chair, Department of Psychiatric and Community Health Nursing
 1998-2006 Academic Standards Committee
 2002-2004 Chair, Academic Standards Committee
 2003 Psychiatric Mental Health Nurse Practitioner/Clinical Nurse Specialist Curriculum Task Force

Public Service:

- 2017 Housing First Committee, Gallatin County Detention Center, Bozeman, MT
- 2004 Parenting Today's Adolescent, Speaker Presentation, John Muir/ Mt. Diablo Health Systems, Concord, CA
- 2004 Parenting Today's Adolescent, Speaker Presentation, Grace Presbyterian Church, Walnut Creek, CA
- 2004 Child Growth and Development and Temperament, In-service Presentation, John Muir Medical Pavilion, Concord, CA
- 2003 Every Child Can Learn Foundation-scholarship review for disadvantaged San Francisco high school students
- 2003 Welcome Home Babies Guest Speaker, "Understanding Your Child's Temperament"
- 2000-2003 Health & Science Career Mentoring Program, San Francisco Unified High School District
- 1999-2003 Health & Science Career Pathway Advisory Board, San Francisco Unified School District, School to Career Center
- 1999 Grace Preschool Guest Speaker, "How to Effectively Manage and Discipline our Child Based on Their Temperament"
- 1992-1998 Member of the Comprehensive Health Education Committee for Walnut Creek School District, Substance Abuse Prevention Program
- 1990-1992 Coordinator for the Parent Educator Program at Parkmead Elementary, Instructed children in kindergarten through fourth grade substance abuse prevention skills.