



Professional Disclosure Statement

Kate Coppedge PMHNP-BC
Psychiatric Nurse Practitioner

Education and Licensure

Masters of Science in Nursing from California State University Long Beach- May 2009
Bachelor of Science in Nursing with a minor in psychology from Pacific Lutheran University- May 2000

Oregon State Board of Nursing Family Psychiatric Nurse Practitioner License
201050015NP- 2010

Oregon State Board of Nursing Registered Nurse License 200140247- 2001
Board certification as a Family Psychiatric Nurse Practitioner- 2010

Functional Medicine Degree- in progress, courses will be complete in February 2019

Experience

Kate worked as a pediatric nurse in various hospitals for 10yrs , and has always had an interest in mental health issues. Helping the children and families through their fears, grief and loss cultivated Kate's interest in working in mental health. Kate then took a job at an inpatient eating disorders unit as the Director of Nursing, and discovered a true passion for mental health nursing. After about a year in this field she went back to obtain her degree as a Psychiatric Nurse Practitioner. During her studies she worked at an inpatient psychiatric unit for children and adolescents and at the San Diego Veterans Affairs. Since obtaining her license Kate has worked with clients of all ages and all mental health diagnoses. Kate has always had a personal interest in healthy life style and root cause medicine, which has lead her on the path of becoming Functional Medicine certified. She will be completing her training in February 2019. Functional Medicine looks at treating mental health by identifying root causes. This often includes advice on lifestyle changes, and makes an effort in treating with the lowest side effect potential possible. Kate will still use conventional medicine when necessary.

Philosophy

Kate believes healing can happen in many ways and that wellness has different meanings to each individual. She tries to limit the amount of psychiatric medications needed by addressing the persons mental health needs in a holistic fashion. Kate believes nutrition, exercise, sleep, and a healthy living environment are fundamental to mental health and she works to support each individual in creating the healthiest life style for them.



Code of Ethics

Kate abides by the confidentiality and ethics regulations and licensing requirements set forth by the Oregon State Board of Nursing.

Standard Session

Intake appointments are typically 90min. Medications will often not be started at the first appointment as she would like clients to have time to process what they are looking for in their treatment after hearing various options along with the possibility of obtaining further information regarding the client. If medications are not started at the initial visit you will have a follow up appointment in 1 wk or as soon as possible to begin treatment. Follow up appointments are typically 30min, but may be 60min if therapy is included or the treatment is more involved.

Emergencies

If you have a mental health emergency outside of business hours please call the crisis line at 1-541-322-7500 xt.9 or report to your local ER. If you have a concern or problem between 8a-7p please feel free to text or call me, but know that you may not reach me or hear back right away as I may be with other clients.

Cancellation Policy

If you are more than 10min late to a 30min appointment or more than 15min late to an hour appointment you may not be seen and this will be considered a missed appointment (please refer to your policy agreement for further details regarding missed appointments).

If you miss 3 or more appointments in a 6m time period or 5 appointments in a year, without a 24hr notice, your file may be closed.