

Tieresa “Tess” Diggs, DNP, PMHNP-BC

Education

Doctor of Nursing Practice, PMHNP (Aug 2026)

University of Alabama at Birmingham (UAB), Birmingham, Alabama

Master of Science in Nursing (Dec 2022)

University of Alabama at Birmingham (UAB), Birmingham, Alabama

Bachelor of Arts in Psychology (May 2015)

Salisbury University, Salisbury, Maryland

Bachelor of Arts in Spanish (Aug 2015)

Salisbury University, Salisbury, Maryland

Licensure & Certification

AANC PMHNP certification

Registered Nurse Multi-State License Number [MSL 1-193842] (exp 12/31/2027)

NPI: 1407411010

Basic Life Support American Heart Association (exp Dec 2027)

Psychiatric Clinical Rotations

Long Leaf Recovery Center (May 2026 – Aug 2026)

Partial Hospitalization Program; Adult population Hoover, Alabama; (242.5 hours/194 patient encounters)

- Conduct psychiatric assessments and medication management for high-acuity patients with severe mental illness and refer to ketamine, Spravato, and rTMS.
- Evaluate and manage complex psychopharmacologic regimens for patients receiving concurrent treatment-resistant depression interventions, including ECT, TMS, and esketamine with a collaborating psychiatric preceptor.
- Collaborate with an interdisciplinary team, including therapists, care coordinators, and a psychiatrist, to support stabilization, treatment planning, safety monitoring, and continuity of care for patients requiring intensive psychiatric care.

Christ Health – Live Oaks; Integrated Outpatient Care (Jan 2026 – April 2026)

Outpatient; Adult and pediatric populations; Birmingham, Alabama; 189 hours/231 patient encounters

- Independently conducted 128 outpatient psychiatric assessments across the lifespan (ages 4–86), developing diagnostic formulation, individualized treatment planning, and patient-centered interviewing techniques in a community-based setting.
- Collaborated on 123 outpatient follow-up visits (67 pediatric, 164 adult encounters) managing complex psychiatric comorbidities, including ADHD, substance use disorders, autism spectrum disorders, and mood/anxiety disorders through evidence-based pharmacologic and non-pharmacologic approaches.
- Partnered with an interdisciplinary care team (social work, primary care, pharmacy) in an integrated care model, contributing to care coordination, including medication access solutions, crisis stabilization, and resource linkage for underserved populations.

Alabama Psychiatry and Counseling – Outpatient Psychiatry (Aug 2025 – Dec 2025)

Outpatient; Adult population, Vestavia Hills, Alabama; 117 hours/206 patient encounters

- Conducted comprehensive outpatient psychiatric evaluations and medication follow-up care for patients across the lifespan with mood, anxiety, trauma-related, obsessive-compulsive, psychotic, neurodevelopmental, and substance use disorders.
- Managed a high-acuity outpatient caseload in which 40% of patients presented with clinically complex psychiatric or medical comorbidities, requiring nuanced diagnostic formulation, psychopharmacologic decision-making, and individualized treatment planning.
- Strengthened diagnostic reasoning and evidence-based practice skills through management of treatment-resistant symptoms, identification of medical contributors to psychiatric presentations, and collaboration with a neuropsychiatry-trained preceptor in a high-volume outpatient setting.

Brookwood Hospital

(Aug 2025 - Dec 2025)

Inpatient & Consult-Liaison; Adult population, Vestavia Hills, Alabama; 71.5 hours/155 patient encounters

- Participated in inpatient psychiatric assessment, stabilization, and medication management for adults with acute psychiatric illness in inpatient psychiatry and consult-liaison settings.
- Cared for patients with severe and treatment-resistant psychiatric conditions, including individuals requiring ECT for refractory mood disorders and other complex presentations.
- Collaborated with interdisciplinary treatment teams to evaluate medically and psychiatrically complex hospitalized patients, contributing to safety planning, differential diagnosis development, and continuity of psychiatric care.

Professional Experience

Registered Nurse – Level I Trauma Center

(Feb 2023 – April 2026)

UAB Hospital – Highlands, 6 North Hospitalist Unit, Birmingham, Alabama

- Developed emerging workflows as an early team member on a newly opened hospitalist unit, helping shape unit culture utilizing evidence-based interventions and patient-centered communication.
- Led crisis response and de-escalation with psychiatric consultation-liaison, strengthening skills in communication, safety, and coordinated care during acute psychiatric crises.
- Served as charge nurse, RN preceptor, and Unit Committee member, contributing to staff mentorship, and unit-based QI initiatives within a high-acuity hospital setting.

Behavioral Health Case Manager

(May 2019 – Feb 2021)

Sea Mar Community Health Clinic, Integrated BH Clinic, Bellevue, Washington

- Provided case management, care coordination, and mental health screenings at an outpatient behavioral health clinic within an integrated care model for patients with co-occurring psychiatric and substance use disorders.
- Collaborated with therapists and prescribing providers to support continuity of care, referrals, and treatment engagement.

Residential Monitor II

(Jan 2017 – Feb 2019)

The Jude House, Inc. Residential Substance Use Treatment Program (ASAM Level 3), Bel Alton, Maryland

- Supported adults in a residential substance use treatment program serving individuals with co-occurring psychiatric and substance use disorders.
- Utilized therapeutic communication and nonviolent crisis intervention techniques to promote safety, emotional regulation, and recovery-oriented skill development.

Quality Improvement & Poster Presentations

UAB DNP QI Project:

“Improving Patient Mobility with a Mobility Protocol in the Highlands Intensive Care Unit: A Quality Improvement Project” by Joseph Davidson, Tieresa Diggs, Alexandria Henderson, Clark Tinsley, and Demetria Williams-Smith; Dr. Melanie Hallman, and Dr. David James

Team Lead; DNP Student Intensive (Local), Birmingham, AL; Feb 2026

- Led a mixed-methods QI initiative in a 12-bed respiratory intensive care unit to address underutilization of early mobility interventions, with internal data showing ~50% of eligible critically ill patients not receiving mobility support.
- Implemented a standardized, mobility technician (MT)-supported early mobility workflow, integrating RN-driven John Hopkin mobility assessment tools, structured interdisciplinary huddles, and role-based task alignment to improve consistency and coordination of patient mobilization.

UAB Nurse Residency Program:

“Expanding Gender Affirming Care at UAB Highlands” by Lily-Beth Bradley and Tieresa Diggs; Dr. Cecelia Sims

Resident Co-lead, Conference name (Local), Birmingham, AL; Oct 2024

- Conducted a QI project across two 23–24 bed medical-surgical units to address limited visibility of patient pronoun preferences and identified that 76% of patients desired staff awareness of pronouns and 33% preferred alternative names.
- The findings informed system-level recommendations to increase visibility of gender-affirming identifiers, contributing to improved psychological safety, engagement in care, and mental health outcomes in LGBTQ+ populations.

Professional & Academic Honors

Excellence in Nursing Award, UAB Hospital (May 2024)

Level II Registered Nurse, Professional Nursing Development Program (March 2024 and March 2025)

Inducted Member, Sigma Theta Tau International Honor Society of Nursing, Nu Chapter (Nov 2023–Present)

Inducted Member, Sigma Delta Pi National Collegiate Hispanic Honor Society – Spanish language (Sept 2014 – present)

Professional Activities & Service

UAB 6 North Unit Committee

- Founding member of Unit Committee which partnered with Addiction Prevention Coalition to raise staff education and awareness on co-occurring substance use disorders.
- Collaborated on multiple unit-based QI initiatives targeting pressure ulcer prevention, nursing hand-off standardization, and staff engagement.
- Organized unit-wide staff retention initiatives and recognition events to improve team cohesion and mitigate burnout.

Journal Club Presentations:

• “Fusing concept to theory: identity fusion’s potential role in crime research;” Presenter; Brookwood Hospital, Adult Psychiatry Unit, Birmingham, AL, Sept 2025;

<https://doi.org/10.1007/s11186-025-09637-z>

• “Modern perspectives on psychoses: dissociation, automatism, and temporality across exogenous and endogenous dimensions;” Presenter; Brookwood Hospital, Adult Psychiatry Unit, Birmingham, AL, Oct 2025; <https://doi.org/10.3389/fpsy.2025.1543673>

- “Examination of the validity of the ‘Papadum test’: An alternative to the clock drawing test for people with low levels of education;” Presenter; Brookwood Hospital, Adult Psychiatry Unit, Birmingham, AL, Nov 2025; <https://doi.org/10.1080/13854046.2022.2047789>
- “Clinician guidelines for the treatment of psychiatric disorders with nutraceuticals and phytoceuticals: The World Federation of Societies of Biological Psychiatry (WFSBP) and Canadian Network for Mood and Anxiety Treatments (CANMAT) Taskforce;” Presenter; Brookwood Hospital, Adult Psychiatry Unit, Birmingham, AL, Dec 2025; <https://doi.org/10.1080/15622975.2021.2013041>
- “Anomalous self-experience in schizophrenia spectrum disorders: Phenomenological and psychopathological correlates”; Presenter; Brookwood Hospital, Adult Psychiatry Unit, Birmingham, AL, Dec 2025; <https://doi.org/10.1016/j.scog.2025.100389>

Skills

Computer: EPIC, Cerner, Practice Management, Athenahealth, and Kipu EMR systems.

Training: Crisis Prevention Institute Nonviolent Crisis Intervention, Narcan Administration Certification

Other: Professional working proficiency in spoken and written Spanish