

# Scholarship Winner



## Sheridan Hafdal Medical Career Scholarship **Amy Englin**

Amy is working on her MSN through Walden University to become a psychiatric mental health nurse practitioner.

Amy's decision to pursue psychiatric mental health nursing is rooted in personal loss and decades of frontline experience. After her brother was murdered at the age of 16, she learned firsthand the lifelong impact of trauma and grief.

Throughout more than 20 years as a paramedic and 13 years as an ER nurse with Allina Health, Amy has cared for countless patients in crisis and witnessed the gaps in mental health access, continuity, and support. She has also seen the toll mental health challenges take on caregivers and first responders. These experiences shaped her belief that nursing is not only clinical, it is compassion, advocacy, and treating the whole person with dignity.

Amy's goal in becoming a Psychiatric-Mental Health Nurse Practitioner is to provide evidence-based care, expand access to treatment, and reduce stigma. Ultimately, Amy hopes to open a practice dedicated to supporting first responders and caregivers. She is committed to using both her personal journey and clinical background to offer hope, stability, and understanding to those facing mental health challenges.



**saints**  
FOUNDATION