

## Rose Collins CD, RN, MScN, CPMHN(C)



Rose Collins is a Registered Nurse with additional certification as a Psychiatric/Mental Health Nurse. Having joined the Arpeggio Health Services team in 2019, she delivers Mental Health First Aid Basic Training primarily in Halifax, Nova Scotia and nearby areas. Rose graduated from the Victoria General Hospital School of Nursing in 1984 in Halifax, Nova Scotia, and went on to complete her post-RN Degree from Dalhousie University (1997) and subsequently a Master's Degree in Nursing at University of Ottawa (2011).

Rose enrolled in the Canadian Armed Forces from 1985 to 1994 and re-enrolled in 2002 until 2014 as a Nursing Officer. During her time in the military she served as a Mental Health Nurse and in other roles, including second in charge of the Operational Trauma and Stress Support Center (Halifax) and Staff Officer and Senior Practice Leader for Mental Health Nursing at the Mental Health Directorate (Ottawa).

Rose deployed to various locales including Glasgow, Scotland, for support to the HMCS Chicoutimi fire, Banja Luka, Bosnia; Cyprus on two occasions to provide Third Location Decompression to soldiers returning from Afghanistan. Additionally, she deployed to Afghanistan as a Mental Health Nurse in 2003-2004 (Kabul) and 2007 (Kandahar) for six month rotations. In 2012 she deployed to Kabul, Afghanistan, for a nine month rotation as the Senior Nurse Mentor to the Afghan National Army where they assisted in developing a nursing curriculum.

After release from the military Rose returned home to Nova Scotia and was employed as the Program Manager for General Mental Health at Canadian Forces Base - Halifax from 2015 until 2019. She has always been passionate about mental health, assisting others in better understanding mental health issues and decreasing the stigma that surrounds mental health. Involvement with teaching Mental Health First Aid has been a perfect fit for Rose and she has been delivering courses since 2014.

Though semi-retired Rose keeps busy with teaching MHFA, spending time with her new Australian Shepard, Tasha, and supporting her other half who continues to serve in the Canadian Armed Forces.