



**Ruth Walkup, FNP
Nurse Practitioner II
Catawba Mental Health Center**

Ruth Walkup is a very dependable, extremely hard working, and reliable nurse practitioner at Catawba Mental Health Center (Catawba). She always volunteers to see patients in need and to consult with staff at the clinic on patient care needs. Ruth's productivity and documentation are commendable, and she treats all patients with respect and dignity.

Ruth attends all clinical team meetings to give input to the other clinicians and medical staff on high risk patients and has a great rapport with the staff. One staff member described her as having a "beautiful spirit and a true love for people". Ruth's smile is ever present and contagious.

Ruth was instrumental in assisting the nurse practitioner who provides primary care to Catawba patients by taking her under her wing and allowing her to "shadow" Ruth. This truly helped integrate primary care with behavioral health care in the clinic. Ruth's example signaled to everyone that we are one team.

Prior to coming to Catawba, Ruth served in the United States Air Force Nurse Corps from 1991-1998, and also as a professor of Nursing at York Technical College. She is very active in her community and serves as the Secretary of the Friends of Northwestern High School, an academic booster club for the school. Ruth is the proud mother of triplets and wife to her husband, Michael.

It is with great pride that we submit Ruth Walkup, FNP, as Catawba's 2020 Louise R. Hassenplug Outstanding Clinician nominee.