

## **ELLEN DRESDALE RITZ**

Registered Professional Nurse, The State Education Department  
Certification: Community Health Nursing

### **Education:**

Columbia University School of Nursing, Bachelor of Science, R.N.  
Harvard University  
Simmons College

### **Honors:**

Sigma Theta Tau, Nursing Honor Society, Columbia University  
Named “Woman of Distinction” by the NY State Assembly 2016  
Named to the Women’s Roll of Honor by the Town of North Hempstead 2016

### **PUBLIC SERVICE:**

NYS NAMI Board of Directors 2017-present; Vice President 2021  
Committees: Chair Program and Bylaws and Policy and Procedures Committees, Youth  
Advisory Council, Finance, Audit, Personnel Committees  
NYS Family Support Group Trainer 2021  
NAMI Huntington Program Coordinator  
NAMI Queens/Nassau Board of Directors – President 2017-2019; Vice President 2015-2016  
NAMIWalks – Captain of a top team as well as top individual fundraiser  
Advocacy Committee, FaithNet Committee Chair to present  
Bylaws Committee Chair, NAMIWalks Committee  
Community Outreach Co-Chair\*\*  
Created Unites Group for Socialization Activities for Peers

NAMI Family to Family teacher since 2014 (leading several classes each year)

NAMI Support Group leader since 2013 including co-facilitating Family Support Group,  
weekly Peer Support Group, Sibling Support Group, Partner/Spouse Support Group,  
Spirituality Group, Families Surviving Suicide Loss

NAMI Whole Family Support Group - a support group inclusive of families and loved ones  
(since September 2015)

Project H.E.L.P. – Health, Education and Life Programs – Board member 2021-present  
Focusing on mental health and drug use through public presentations. Currently connecting  
with Uganda villages and mental health presentations for children and adults. Also doing a  
May mental health march in Manhasset NY

East Williston Union Free School District Board – 2004-2010; President 2009-2010; Vice  
President 2008-2009

## Child Abuse Protective Services

Presenting programs in schools throughout Nassau County, NY on various topics including bullying, internet safety, and sexual harassment

## Hadassah

Presenting “Breast Cancer Awareness” Program to high school seniors throughout Nassau County, NY

Hadassah Roslyn, NY Chapter Board Treasurer to present

## **Nursing:**

### **BOCES – School Nurse in Special Education Schools**

Lawrence Woodmere Academy - **School Nurse**

Syosset Community Hospital, Syosset, NY

North Shore University Hospital, Manhasset, NY

Mt. Sinai Medical Center, New York, NY

**Head Nurse – 17 Medical Specialty Clinics**

**Diabetes Educator**

**Endoscopy Unit**

Doctors Hospital, New York

**Head Nurse – Medical/Surgical Intensive Care Unit**

Bellevue Hospital, New York

**Head Nurse – Trauma Service/Emergency Room**

Columbia-Presbyterian Medical Center, New York

**Staff Nurse – Emergency Room – Outpatient Department**

\*\* I present to area colleges including Hofstra, Adelphi, York College and Molloy, had a NAMI booth at Nassau Community College’s Voice Day, presented to the Nassau County School Nurses Association, libraries and high schools throughout Nassau County, synagogues, churches, Islamic community and partnered with New York State Senator John Brooks to speak at a community event. I recently was keynote speaker at a women’s empowerment program focusing on diversity and spoke at Ede Youth to at-risk youth and their parents. I will be facilitating a town hall in Ozone Park, Queens, NY for community leaders addressing “Mental Health and Community-Building with Proactive Initiatives to Combat Hate Crimes”. I had a NAMI booth at Hempstead Councilwoman Dorothy Goosby’s 14<sup>th</sup> & 15<sup>th</sup> annual Breast Cancer Forums.