

Veteran Psychiatric Nurse Sheila Garrison: Recognized for More Than Five Decades of Service in Mental Health Care

With 54 Years of Clinical Experience, Garrison Continues to Make a Lasting Impact in Forensic and Psychiatric Nursing



Nashville, Tennessee Jun 30, 2026 ([IssueWire.com](https://www.issuewire.com)) - Sheila Garrison, RN, a highly respected psychiatric nurse with more than 54 years of experience, is being recognized for her lifelong dedication to mental health care and her enduring commitment to improving the lives of individuals facing complex psychiatric conditions. Throughout her distinguished career, Garrison has demonstrated exceptional expertise across a broad range of psychiatric settings, helping countless patients navigate some of the most challenging moments of their lives.

Garrison began her nursing career at Broughton Hospital in Morganton, North Carolina, where she established a strong foundation in psychiatric nursing and remained a valued member of the organization until her retirement from the facility. She earned her Registered Nurse credential through Western Piedmont Community College while balancing professional responsibilities and family commitments, reflecting the determination and work ethic that would define her career.

Over the decades, Garrison has developed extensive experience in adult psychiatry, child and adolescent psychiatry, intellectual and developmental disabilities (IDD) with co-occurring psychosis, and forensic psychiatric inpatient care. Her clinical background includes admissions and intake evaluations, emergency department psychiatric crisis assessments, support for electroconvulsive therapy (ECT) procedures, and therapeutic interventions for patients experiencing severe mental illness and behavioral challenges. She has also facilitated group therapy sessions focused on coping skills, emotional resilience, and patient education, empowering individuals to better understand and manage their conditions.

In her current role within forensic psychiatric inpatient care, Garrison works with long-term patients whose psychiatric disorders are often complicated by criminal behavior, chronic psychosis, and significant treatment needs. Her approach emphasizes consistent engagement, structured therapeutic interaction, and practical coping strategies that promote stability and improve quality of life. Colleagues and patients alike recognize her compassion, patience, and unwavering dedication to person-centered care.

“What I enjoy most about practicing medicine is psychiatry and working with the human mind,” Garrison said. “I take an interactive approach with my patients, including facilitating group therapy to help them build coping skills and better understand their conditions. Supporting people through vulnerable moments and contributing to their mental health and well-being is deeply meaningful to me.”

With more than five decades of service, Sheila Garrison’s career stands as a testament to the profound impact of compassionate psychiatric nursing. Her dedication to understanding the complexities of mental illness and supporting individuals on their path toward stability continues to inspire both colleagues and the communities she serves.

Learn more about Sheila Garrison:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/sheila-garrison>

America’s Best in Medicine

America’s Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Sheila Garrison

[See on IssueWire](#)