



Tara Abbott
Board Chair

Tara Abbott is a NH native and has recently accepted a new position as an RN for Brattleboro Memorial Hospital (BMH) in VT as a member of the Assertive Community Treatment team. Her new position will be working collaboratively with a team of specialists to help adults with severe mental illness and co-occurring substance use in their own environment to provide a comprehensive array of services. Tara earned her BSN at Fitchburg State University and became a Certified Addictions Registered Nurse. Tara has been working with diverse populations struggling with mental health and substance abuse since 2011, it is her passion to continue this mission. Tara's next educational goal is to complete her Psychiatric Mental Health Nurse Practitioner (PMHNP) to expand her knowledge and provide advanced care for those suffering from SUD and mental health concerns. In her free time Tara enjoys being a 'boy mom' to her two sons (who are actually men at this point) AJ and Nicky. Tara also enjoys working out, spending time as much time as possible with her family, friends and boyfriend, oh and sleeping – Nurses love sleep.