

STRENGTHS

-  **Empathy**
Cultivated meaningful connections with patients, enhancing their comfort in sharing personal challenges across care encounters.
-  **Leadership**
Motivated peers by championing initiatives designed to fortify communication among staff, resulting in smoother operations.
-  **Adaptability**
Thrived in dynamic environments by quickly pivoting strategies in response to emerging patient needs, reinforcing responsiveness.
-  **Clinical Expertise**
Possesses proven knowledge in behavioral health, guiding decision-making processes around patient care plans efficiently.
-  **Collaboration**
Engaged willingly with diverse teams, gaining recognition as a vital contributor in shaping effective health delivery systems.

SKILLS

Patient Care	Treatment Planning
Team Collaboration	
Clinical Assessment	
Patient Advocacy	
Mental Health Nursing	
Communication Skills	
Interdisciplinary Approach	
Feedback Integration	
Quality Improvement	
Operational Efficiency	
Hygiene Standards	
Self-Advocacy Education	

SUMMARY

Compassionate Registered Nurse specializing in behavioral health with solid experience in outpatient psychiatric care. Currently delivering direct care at Springwood Medical Center, effectively collaborating with multidisciplinary teams. Focused on implementing tailored treatment plans that enhance patient outcomes while ensuring compliance with healthcare protocols. Actively engages in shared governance to improve clinical practices. Proven effort in mentoring nurses and participating in quality improvement projects underscores commitment to professional growth and patient advocacy. Continual enthusiasm for learning new skills and seeking leadership opportunities drives impactful contributions.

EXPERIENCE

Registered Nurse

Springwood Medical Center  June 2025 - Present  Charlottesville, VA

- Delivering direct care for diverse populations in a behavioral health clinic, employing individualized treatment approaches based on rigorous assessments. Collaborating closely with fellow healthcare professionals to design and implement holistic care plans that address the unique needs of patients. Engaging actively in shared governance initiatives offers robust opportunities for improving clinical strategies across the facility.
- Implemented comprehensive treatment plans enhancing patient engagement and satisfaction.
 - Led feedback sessions with staff, promoting continuous practice improvements and fostering teamwork.
 - Conducted patient evaluations regularly, adjusting interventions based on observed outcomes and stakeholder input.
 - Active participant in mentorship programs, guiding new nurses through clinical protocols to cultivate confidence and competence.
 - Strategized and executed performance improvement activities linked to operational efficiency.
 - Promoted awareness of mental health resources within the community through outreach initiatives.

Nursing Intern

Valley View Hospital  January 2025 - May 2025  Harrisonburg, VA

- Gained valuable experience in acute care settings, focusing on behavioral health and supporting mental wellness. Assisted senior staff in delivering patient care under supervision, fostering an environment of safety and professionalism. Involved in interdisciplinary team meetings to enhance collaborative approaches toward patient recovery.
- Assisted in executing initial clinical assessments and vital sign monitoring, ensuring accuracy in documentation.
 - Supported the implementation of educational initiatives for patients regarding their treatment journeys.
 - Contributed insights during team discussions, enhancing collective understanding of ongoing patient treatment progress.
 - Provided essential support during the onboarding of incoming interns, guiding them through established procedures.
 - Upholding hygiene standards facilitated a safe environment for patients and healthcare team alike.
 - Fostered strong relationships with patients, emphasizing empathy in all interactions and interventions.

LEADERSHIP & AWARDS

- Excellence in Patient Care Award – Recognized for remarkable patient engagement strategies employed during internship.
- Outstanding Team Collaboration – Acknowledged by supervisors for contributions to patient care units.

Technical Documentation

Crisis Intervention

Safety Protocols

LANGUAGES

English Native

Spanish Proficient

MY CAREER



● Registered Nurse at Springwood Medical Center (1.1 Years)

● Nursing Intern at Valley View Hospital (4 Months)

EDUCATION

Bachelor of Science in Nursing

University of Virginia 🎓 GPA: 3.8 📅 2025 📍 Charlottesville, VA

Coursework: *Psychiatric Care, Patient Advocacy, Clinical Assessment, Treatment Planning*

CERTIFICATIONS

- Licensed Registered Nurse 📅 2025
- BLS Certification 📅 2025

TECHNICAL SKILLS

- **Electronic Health Records:** EPIC, Cerner, NextGen
- **Patient Management Systems:** Meditech, OptumServe, Practice Fusion
- **Clinical Assessment Tools:** PHQ-9, GAD-7, CAGE-AID
- **Healthcare Regulations and Compliance:** HIPAA, OSHA, Joint Commission Standards
- **Patient Safety Standards:** CDC Guidelines, Infection Control
- **Care Coordination Methods:** Case Management, Telehealth Platforms, Community Resources
- **Behavioral Health Practices:** Cognitive Behavioral Therapy, Motivational Interviewing, Trauma-Informed Care
- **Professional Development Certifications:** ACLS, PALS, CPI Training
- **Communication Techniques:** Active Listening, Nonviolent Communication, Empathy Building
- **Team Collaboration Softwares:** Microsoft Teams, Zoom, Slack

PROFESSIONAL AFFILIATIONS

- Virginia Nurses Association – Active member involved in local committee for legislative advocacy.
- American Psychiatric Nurses Association – Engaged member contributing to knowledge sharing networks focused on best practices.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST