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| TP Skills Strong leadership skills Adaptable  Strong communication skills  Organized  Outgoing Certifications CPR/BLS  Advanced CPI | |  | | --- | | Pultorak, Tara Ann(508)-455-7523 | TPultorak93@gmail.com |  ExperienceMental Health Counselor • TaraVista behavioral health hospital • 10/2019-current  * Maintain a safe, therapeutic milieu * Participate in multi-disciplinary treatment team * Assist in developing, implementing, and documenting appropriate goals and interventions for individual patients * Participate in 1:1 counseling with patients * Write detailed notes about day-to-day patient experience and progress * Assist in admission and discharge processes * Facilitate groups covering many topics (DBT, CBT, yoga, meditation, substance abuse, relapse-prevention, emotional first-aid, mindfulness, coping skills, sleep hygiene, etc.) * Obtain patient vitals and monitor to alert nursing staff when necessary * Monitor patients for signs of withdrawal or changes in behavior/mental status and report to nursing/intervene when necessary * Run codes when appropriate utilizing de-escalation and restraint interventions when necessary * Participate in de-briefing exercising with staff/patients following behavioral intervention.  Patient Care Technician/Behavioral Technician • Dell Children’s HOspital • 1/2018- 9/2018 Pediatric Emergency Department   * Assists patients with admission and discharge * Assists patients with personal care and activities of daily living * Report findings, or changes in physical, mental, or emotional conditions to nursing staff * Keep accurate documentation of record * Kept patient rooms clean and organized and maintained all equipment * Observe patients on a 1:1 basis for safety * Assisted nursing with any/all other needs   Pediatric inpatient mental health unit   * Assist doctors/nurses in treatment of patients * Take vitals * Organize activities for kids * Implement behavior intervention and therapy programs * Assess patient activity throughout the day * Keep consistent scheduling throughout the day  Local store marketer • Texas roadhouse • 06/2017-05-2018  * Create relationships with surrounding community and businesses * Analyze and track sales * Help resolve employee conflicts or needs as they arise * Organize and execute events and charity fundraisers * Design and order merchandise * Create sales games to motivate employees  Manager/training coordinator/corporate trainer • Texas roadhouse • 04/2012-06/2017  * Create communication and recognition boards for employees * Create schedules for all employees * Design all training material * Organize staff meetings * Run new employee orientations * Educate the training team * Track sales and analyze performance metrics * Run region wide contests and recognize employees * Travel to train stores within the market/region  EducationBachelor of Science: Biology •May 2018 • Texas State University GPA: 3.5  Minor in Psychology with significant work in child psychology  \*I have been pre-accepted to The University of Texas Arlington (pending transcripts from Worcester State University) to study Nursing/Nurse Practitioner beginning January 2020. Volunteer Experience or Leadership AWARE (Always Wanted a Riding Experience)  This program provides therapy using horses for adults and kids with all different types of disabilities  Responsibilities included   * Provided activities for kids while on the horses * Teaching kids to care for the horses including washing, brushing, walking, harnessing, etc. * Teaching kids to clean the equipment and clean out the stalls * Running therapy classrooms * Traveling to rodeos to allow the kids to show the animals   **Special Olympics**   * Coaching bowling, cycling, swimming, basketball * Officiating basketball games   **Marbridge**  This program is a residential treatment center for adults with intellectual disabilities   * Organize and execute birthday parties for the residents * Socialize and form relationships with the residents * Travel to different sporting events and cheer on the residents * Participating in crafts and other activities |
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