Rosa Delgado

Psychiatric Technician

Sacramento, CA (916) 555-0181 rosa.delgado@email.com linkedin.com/in/rosadelgado

SUMMARY

Licensed Psychiatric Technician with 4 years on acute adult and forensic psychiatric units, caring for 12-14 patients a shift. Administers oral and IM medications, takes vital signs and uses crisis intervention and de-escalation techniques that keep restraints rare. Brings sound judgment, practiced stress management and strict confidentiality to high-acuity shifts.

SKILLS

- **Medication Administration**
- **Vital Signs**
- **Crisis Intervention**
- **De-escalation Techniques**
- **EHR**
- **Treatment Plans**
- **Daily Living Skills**
- **Confidentiality**
- **Stress Management**
- **Sound Judgment**

EXPERIENCE

Psychiatric Technician

06/2024 - Present

Sierra Vista Psychiatric Hospital

Sacramento, CA

28-bed acute adult psychiatric unit.

- Administer oral and IM medications to **12-14** patients a shift under RN direction, with zero medication errors in 2025.
- Measure vital signs, blood glucose and weights, and chart results and behavior in the EHR each shift.
- Lead de-escalation on the unit response team, holding restraint use under 2 events a month.
- Facilitate daily medication education and coping skills groups for 8-10 patients.

Psychiatric Technician

08/2022 - 05/2024

Delta Regional Forensic Center

Stockton, CA

Locked forensic unit for 20 adult patients found incompetent to stand trial.

- Monitored 20 forensic patients with 30-minute checks and line-of-sight supervision in common areas.
- Delivered 4 daily medication passes and recorded each dose and refusal in the MAR.
- Completed incident and seclusion reports to state hospital standards before the end of each shift.
- Coached patients on hygiene and daily living skills as part of their individual treatment plans.

EDUCATION

Certificate of Achievement

Napa Valley College

Psychiatric Technician

Napa, CA

06/2022

CERTIFICATES

Licensed Psychiatric Technician (LPT) 07/2022

California Board of Vocational Nursing and Psychiatric Technicians

Basic Life Support (BLS) 02/2025

American Heart Association