
Carlos Medina

Residential Counselor

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Summary

Residential Counselor with 3 years in youth residential treatment and after-school programs, guiding 12 teens a shift through daily routines, school and therapy goals. Uses crisis intervention and counseling check-ins to settle conflicts, supports case management with weekly progress reports and keeps confidentiality in every log. Holds CPR, First Aid and CPI certification.

Experience

Residential Counselor

Sandia Youth Treatment Center — Albuquerque, NM — 01/2025 - Present

24-bed residential treatment program for teens ages 12-17.

- Lead daily routines for **12** residents a shift, from wake-up and school prep to evening quiet hours.
- Deliver counseling check-ins and life skills lessons tied to each resident's treatment plan goals.
- Write 30+ shift notes a week and weekly progress reports in Microsoft Word for therapists and case management staff.
- Apply verbal crisis intervention first and CPI holds only as a last resort, cutting incident reports by 25% in a year.

Youth Program Aide (Part-Time)

Westside Community Youth Center — Albuquerque, NM — 08/2023 - 12/2024

After-school program for 60 middle school students, worked during college.

- Mentored 20 middle school students during homework and recreation hours.
- Tracked attendance and incident notes in Excel for the director's monthly grant report.
- Resolved peer conflicts on the spot and called parents the same day about safety concerns.
- Drove the program van on 3 field trips a month with a clean New Mexico driving record.

Education

Associate of Arts

Central New Mexico Community College

Psychology

Albuquerque, NM

12/2024

Skills

Crisis Intervention	—	Counseling	—	Case Management	—	Treatment Plans
Life Skills	—	Microsoft Word	—	Excel	—	Confidentiality
Good Judgment	—	Communication				

Certificates

CPR and First Aid

American Heart Association

12/2024

Nonviolent Crisis Intervention

Crisis Prevention Institute (CPI)

01/2025