



# Sruti Higareda

## Behavioral Health Technician

Dedicated Behavioral Health Technician with 1 year of experience providing compassionate care and support to individuals with behavioral and mental health challenges. Adept at implementing personalized intervention plans, fostering therapeutic relationships, and collaborating effectively with multidisciplinary teams. Committed to improving patients' well-being and quality of life through continuous professional development and evidence-based practices.

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123 Charleston Lane,   
Greenville, SC 29601

### Education

**Associate of Applied  
Science in Behavioral  
Health Technology at Horry  
Georgetown Technical  
College, Conway, SC**

Aug 2017 - May 2022

Relevant Coursework:  
Introduction to Behavioral  
Health, Counseling Techniques,  
Crisis Intervention, Case  
Management, Group Dynamics,  
Human Development,  
Psychology, Mental Health  
Assessment, Substance Abuse  
Treatment, and Behavioral  
Health Ethics.

### Links

[linkedin.com/in/srutihigareda](https://www.linkedin.com/in/srutihigareda)

### Skills



### Employment History

#### Behavioral Health Technician at Palmetto Counseling & Consulting Services, SC

May 2023 - Present

- Successfully managed a caseload of over 50 clients, providing individualized behavioral support and intervention strategies that led to a 35% improvement in overall client well-being and functioning within one year.
- Implemented a comprehensive data collection system, allowing for the accurate tracking and analysis of client progress, which contributed to a 25% increase in treatment plan effectiveness and a 20% reduction in crisis interventions.
- Developed and facilitated a weekly group therapy program focused on coping skills and emotional regulation, resulting in a 30% decrease in self-harming behaviors and hospitalizations among participating clients.

#### Behavioral Health Technician Assistant at Carolina Behavioral Services, SC

Jul 2022 - Apr 2023

- Successfully managed a caseload of 30 clients, providing comprehensive behavioral health support and contributing to a 25% reduction in crisis incidents within a 6-month period.
- Implemented individualized treatment plans for 15 clients with complex needs, resulting in a 90% adherence rate and significant improvements in their overall mental health and well-being.
- Facilitated a weekly group therapy session for 20 clients, fostering a supportive environment that led to an 85% attendance rate and increased client engagement in the treatment process.
- Collaborated with a multidisciplinary team of mental health professionals to develop and deliver customized training programs, improving staff competency by 40% and enhancing the quality of care provided to clients.

### Certificates

#### Certified Behavioral Health Technician (CBHT)

Dec 2021

#### Registered Behavior Technician (RBT)

Jun 2020