

Gilberta Pegan

Mental Health Worker

✉ gilberta.pegan@gmail.com

☎ (113) 981-2554

📍 1234 Palm Tree Lane, Miami,
FL 33101

Education

**Bachelor of Science in
Psychology at University of
Florida, Gainesville, FL**

Sep 2018 - May 2022

Relevant Coursework:

Introduction to Psychology,
Research Methods, Cognitive
Psychology, Social Psychology,
Developmental Psychology,
Abnormal Psychology, Biological
Psychology, Statistics in
Psychology, Ethics in Psychology,
and Psychological Testing and
Assessment.

Links

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

Skills

Active Listening

Empathy

Mindfulness

Cognitive-Behavioral Techniques

Dialectical Behavior Therapy

Motivational Interviewing

Crisis Intervention

Languages

English

French

Profile

Dedicated Mental Health Worker with 1 year of experience providing compassionate care and support to individuals facing mental health challenges. Adept at implementing evidence-based treatment plans, fostering therapeutic relationships, and collaborating with multidisciplinary teams to optimize client outcomes. Highly skilled in crisis intervention, case management, and patient advocacy, with a strong commitment to promoting mental well-being and recovery.

Employment History

Mental Health Worker at Mental Health Solutions of Florida, FL

May 2023 - Present

- Successfully managed a caseload of 45 clients, providing individualized care plans and ensuring timely delivery of mental health services, resulting in a 30% improvement in client satisfaction ratings.
- Conducted over 200 group therapy sessions, addressing various topics such as stress management, coping skills, and emotional regulation, leading to a 25% reduction in crisis intervention needs among participants.
- Collaborated with a multidisciplinary team of psychiatrists, psychologists, and social workers to develop and implement comprehensive treatment plans for clients, contributing to a 20% decrease in hospitalization rates.
- Developed and facilitated a mental health education program for family members and caregivers, which increased community awareness and support for clients by 50%.

Mental Health Associate at Florida Mental Health Services, FL

Jul 2022 - Apr 2023

- Successfully managed a caseload of over 50 clients, providing comprehensive mental health support and consistently achieving a 95% satisfaction rate in quarterly evaluations.
- Implemented a new group therapy program for clients with anxiety disorders, resulting in a 30% reduction in reported symptoms and a 20% increase in overall treatment adherence rates.
- Collaborated with a multidisciplinary team to develop and execute individualized treatment plans, contributing to a 25% decrease in hospital readmission rates for clients within a one-year period.

Certificates

Certified Clinical Mental Health Counselor (CCMHC)

Jul 2021

Certified Psychiatric Rehabilitation Practitioner (CPRP)

Mar 2020

Memberships