

Cesar R. Alvarado

Education:

Chatham University
Doctor of Nursing Practice
Graduation: August 2018

Seattle University
Master of Science in Nursing
Specialty Psychiatric Mental Health with Addictions focus
Graduation: June 2013

University of Houston-Downtown
Major: Psychology – President of Psi Chi Honor Society
Minor: History
Graduation: May 2008

Work Experience:

August 2023 – Present

HELP Center
PMHNP – BC (Across the Lifespan)

- Conduct all comprehensive psychiatric evaluations
- Pharmacological management
- Assessment, diagnosis and rehabilitation of mental illness including anxiety, mood, psychotic, eating, addiction and personality disorders
- Work with the underserved population of all ages: adolescent, adult and geriatric (outpatient)
- Experience with EMR systems
- Work with interdisciplinary treatment team to develop comprehensive treatment strategies for clients

September 2016 – Present

Associate professor
Midwestern State University

- Teach online psychiatric graduate courses
- Prepare and educate graduate nursing students for clinical experience
- Collaborate with faculty and staff to develop, organize and structure graduate student course work.

May 2018 – 2023

Multicultural Recovery Center
PMHNP – BC (Across the Lifespan)

- Conduct all comprehensive psychiatric evaluations
- Pharmacological management
- Assessment, diagnosis and rehabilitation of mental illness including anxiety, mood, psychotic, eating, addiction and personality disorders
- Work with the underserved population of all ages: adolescent, adult and geriatric (outpatient)
- Experience with EMR systems
- Work with interdisciplinary treatment team to develop comprehensive treatment strategies for clients

March 2015 – May 2018

Helen Farabee Centers
PMHNP – BC (Across the Lifespan)

- Conduct all comprehensive psychiatric evaluations
- Pharmacological management
- Assessment, diagnosis and rehabilitation of mental illness including anxiety, mood, psychotic, eating, addiction and personality disorders
- Work with the underserved rural north Texas area population of all ages: adolescent, adult and geriatric (outpatient)
- Experience with EMR systems
- Work with interdisciplinary treatment team to develop comprehensive treatment strategies for clients
- Experience with providing psychiatric services via Telemedicine

May 30 – February 2015

Oilstates industries, Inc.
Applications Support Specialist II

- Support development and implementation of new enterprise software packages
- Aid in development of business continuity and disaster recover plans, maintain current knowledge of plan executable and respond to crises
- Publish technical specifications for enterprise software
- Perform on site analysis, diagnosis, and resolution of complex software problems for a variety of end users, and document detailed insights to problems
- Provide and instruct guidance to junior members of the team members
- Knowledge of SQL Queries, DFS and DNS

December 2011- September 2013

Fairfax Hospital Behavioral Health
Children, Adolescents, Adults
RN

- Assessed administered and evaluated medications
- Performed and assessed detox protocols (CIWA, opiate protocol)
- Assessing, planning, describing using the DAP documentation format
- Provided therapeutic interaction to patients and their family
- Admitted and discharged patients
- Responsible for maintaining a safe and healthy environment
- Planning and educating on medication and general health

May 2008 – 2010

Rice University
Technical Support Specialist II

- Apply developed subject matter knowledge to solve common and complex issues within established guidelines
- Provide second level technical support on Desktop Computing software, hardware, peripheral and networking systems for faculty and staff of assigned divisions
- Perform hardware and software installations and upgrades
- Coordinate the implementation of problem resolutions, wiring changes, and expansion plans

- Promote computer literacy among departmental clients and team members
- Keep clients and team members informed about new computing software, hardware, and information resources
- Provide one-on-one, small group, or classroom instruction for faculty and staff with a departmental focus on materials
- Work with hardware and software vendors as needed
- Recommend, design, and/or implement new networks or services
- Technical and managerial supervision of student employees
- Resolve user reported issues expeditiously and with efficiency
- Troubleshoot and repair Mac and PC computers
- Install hardware and software
- Network Migration

November 2000 – 2008

University of Houston-Downtown
W. I. Dykes Library
Technical Support Specialist

- Troubleshoot computer hardware related problems throughout the library
- Troubleshoot network related problems throughout the university
- Performed the installation of standard software on over 300 PCs
- Perform hardware and software upgrades as well as rebuilding PCs
- Keep inventory of computer and peripherals
- Create installation and ghosting on over 75 computers beginning of every new semester
- Perform data recovery for lost or corrupted data
- Provided customer service support
- Provided daily and weekly evening status/shift turnover reports to supervisor

August 1998 – 2002

United States Marine Corps Reserve
Amphibious Assault Crew Chief

- Supervised three crewmen under tactical and stressful situations
- Responsible for the lives of twenty – one troops
- Responsible for the maintenance of military vehicle (AAVP7A1)

Skills:

- Bilingual: English and Spanish (speak, read and write)
- Computer languages: HTML, C++, SQL
- Applications: MS Office, Dream Weaver, Adobe Acrobat, internet browsers, Microsoft office
- Hardware: Built and fixed complete systems
- Adobe Photoshop, Adobe Illustrator

Credentials and memberships

- RN license 60228067
- ARNP license AP127281
- American Psychiatric Nurses Association
- American Heart Association BLS for Healthcare Providers

Reference Available Upon Request

