

# CURRICULUM VITAE

**Cesar R. Alvarado, DNP, PMHNP-BC**

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| English / Spanish Bilingual

## **Professional Summary**

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Board-certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) with 13+ years of clinical experience providing psychiatric evaluation, diagnosis, and medication management across the lifespan in outpatient and telehealth settings. Combines direct patient care with academic leadership as a graduate nursing educator, developing curriculum and clinical simulations aligned to AACN and NONPF competencies. Bilingual (English/Spanish) clinician with a prior background in enterprise IT that strengthens systems thinking, EMR proficiency, and operational problem-solving. Focused on expanding access to behavioral health care through telepsychiatry, education, and independent practice.

## **Professional Experience**

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### **Sep 2016 – Present, Assistant Professor**

Midwestern State University, Wichita Falls, TX

- Courses Taught: Graduate-level psychiatric nursing courses for the PMHNP program, delivered fully online.
  - Design video lectures, podcasts, and clinical simulations that strengthen student clinical reasoning.

## **Administrative and Academic Activities**

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- Accreditation Activities: Align course objectives with AACN and NONPF competencies to support program accreditation.
- Clinical Placement Coordination: Coordinate student clinical placements and manage clinical tracking platforms.
- Curriculum Development: Partner with faculty to develop, organize, and structure graduate coursework.
- Course Delivery: Deliver course content via the Brightspace (D2L) learning platform.

## **Clinical Experience**

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### **May 2018 – Present, PMHNP-BC (Across the Lifespan)**

Multicultural Recovery Center, Dallas, TX

- Conduct comprehensive psychiatric evaluations and provide pharmacological management for adolescent, adult, and geriatric patients.
- Diagnose and treat anxiety, mood, psychotic, eating, addiction, and personality disorders within a bilingual, underserved patient population.
- Collaborate with an interdisciplinary treatment team to develop individualized care strategies.
- Maintain clinical documentation and care coordination through EMR systems.

### **Mar 2015 – May 2018, PMHNP-BC (Across the Lifespan)**

Helen Farabee Centers, Wichita Falls, TX

- Delivered psychiatric evaluation and medication management to rural North Texas patients across the lifespan.
- Provided psychiatric services via telemedicine to expand access in underserved rural communities.
- Diagnosed and treated anxiety, mood, psychotic, eating, addiction, and personality disorders.
- Partnered with an interdisciplinary care team on comprehensive treatment planning.

**Dec 2011 – Sep 2013, RN, Behavioral Health**

Fairfax Hospital, Kirkland, WA

- Assessed, administered, and evaluated medications for child, adolescent, and adult inpatients.
- Performed and monitored detoxification protocols (CIWA, opiate withdrawal protocol).
- Documented care using the DAP format and provided therapeutic support to patients and families.
- Managed patient admission, discharge, and unit safety within an inpatient behavioral health setting.

**Earlier Career — Information Technology & Applications Support**

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**May 2010 – Feb 2015, Applications Support Specialist II**

Oil States Industries, Inc., Arlington, TX

- Supported enterprise software implementation, business continuity/disaster recovery planning, and technical documentation.
- Diagnosed and resolved complex end-user issues; mentored junior support staff.

**May 2008 – 2010, Technical Support Specialist II**

Rice University, Houston, TX

- Provided second-level technical support, network administration, and training for faculty, staff, and student employees.

**Nov 2000 – 2008, Technical Support Specialist**

University of Houston-Downtown, Houston, TX

- Managed hardware/software deployment, inventory, and data recovery for the W. I. Dykes Library across 300+ campus computers.

**Military Service**

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**Aug 1998 – 2002, Amphibious Assault Crew Chief**

United States Marine Corps Reserve

- Supervised a three-member crew and was responsible for the safety of twenty-one troops during tactical operations.
- Maintained assigned amphibious assault vehicle (AAVP7A1).

**Education**

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- Doctor of Nursing Practice (DNP) — Chatham University, 2018
- Master of Science in Nursing (MSN) — Seattle University, 2013 | Specialty: Psychiatric Mental Health with Addictions Focus
- Psychology Coursework, Minor in History — University of Houston-Downtown, 2008 | President, Psi Chi International Honor Society in Psychology

**Licensure and Certifications**

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- Psychiatric Mental Health Nurse Practitioner – Board Certified (PMHNP-BC)
- Advanced Practice Registered Nurse (APRN) – Texas
  - o License Number: AP127281
- Registered Nurse (RN) – Texas
  - o License Number: 60228067
- BLS for Healthcare Providers — American Heart Association

**Professional Activities, Scholarship, Grants, and Publications**

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- Publication: Alvarado, C. R. Infant, 18(3). April 2022.

### **Professional Memberships**

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- American Psychiatric Nurses Association (APNA)

### **Core Competencies and Additional Skills**

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- Psychiatric Evaluation & Diagnosis (DSM-5) • Psychopharmacology & Medication Management • Telepsychiatry/Telehealth • Interdisciplinary Treatment Planning • Graduate Nursing Curriculum Design • AACN/NONPF Accreditation Standards • EMR Systems • Crisis & Detox Protocols (CIWA) • Bilingual Patient Care (English/Spanish)
- Technical Skills: Microsoft Office Suite, Adobe Acrobat/Photoshop/Illustrator, HTML, SQL, C++, Telehealth Platforms, EMR Systems

### **References**

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- Available Upon Request