



Alicia Hopkins

New Graduate Registered Nurse, Pediatric Behavioral Health

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STRENGTHS

- 💬 **Therapeutic communication**
Used calm, age appropriate language during simulations, helping pediatric patients and families feel heard during difficult moments.
- 📖 **Evidence based care**
Reviewed 30 nursing sources and translated findings into practical care plans for pediatric behavioral health scenarios.
- ❤️ **Patient safety**
Focused on monitoring, documentation, least restrictive care, and timely escalation when simulated patient conditions changed.
- 👥 **Team collaboration**
Practiced SBAR handoffs and multidisciplinary communication, gaining confidence when care decisions required shared clinical judgment.
- ❤️ **Compassionate practice**
Protected dignity, comfort, and family involvement throughout behavioral health simulations, even when patient behavior escalated.

SKILLS

Pediatric Behavioral Health

Nursing Process

Therapeutic Communication

Patient Assessment Care Planning

Multidisciplinary Treatment

De escalation

Restraint and Seclusion

Family Centered Care BLS

Medication Safety

Clinical Documentation SBAR

SUMMARY

New graduate **Registered Nurse** prepared for **pediatric behavioral health** practice through supervised clinical rotations, simulation, research, and academic nursing projects. Clinical preparation includes nursing process application, **age appropriate assessment**, therapeutic communication, individualized care planning, **family centered care**, patient safety, medication safety, documentation, de escalation, and multidisciplinary collaboration for children and adolescents ages 3 to 17. Behavioral health research examined trauma informed communication, family engagement, restraint and seclusion standards, least restrictive care, and evidence based interventions. Simulation strengthened prioritization, delegation, SBAR handoffs, BLS response, recognition of changing patient conditions, and shift accountability. Compassionate communication and consistent attention to dignity, comfort, and security support dependable care within structured inpatient psychiatric settings.

EDUCATION

Bachelor's Degree in Nursing

Northern Illinois University 🎓 GPA: 4.0 📅 2026 📍 DeKalb, IL

Coursework: *Nursing process, pediatric behavioral health, therapeutic communication, evidence based practice*

TECHNICAL SKILLS

- **Nursing Practice:** Nursing process, Care planning, Delegation
- **Pediatric Care:** Child assessment, Adolescent care, Family centered care
- **Behavioral Health:** Psychiatric care, De escalation, Therapeutic communication
- **Patient Safety:** Patient monitoring, Least restrictive care, Safety planning
- **Restraint Standards:** Restraint assessment, Seclusion assessment, Reassessment
- **Clinical Communication:** SBAR, Handoff reporting, Multidisciplinary communication
- **Medication Safety:** Medication administration, Allergy verification, Response monitoring
- **Documentation Systems:** Electronic health records, Nursing documentation, Source documentation
- **Emergency Response:** BLS, CPR, Emergency drills
- **Evidence Practice:** Evidence based care, Research review, Treatment principles
- **Family Support:** Family engagement, Patient education, Therapeutic boundaries
- **Clinical Assessment:** Mental status assessment, Suicide risk screening, Change recognition

EXPERIENCE

Pediatric Behavioral Health Nursing Research Assistant

University Research Lab 📅 January 2026 - May 2026 📍 DeKalb, IL

Faculty supervised research role focused on pediatric behavioral health evidence, nursing process application, patient safety, individualized care, and translation of findings into multidisciplinary treatment planning.

- Reviewed **pediatric behavioral health** evidence, organizing findings for a faculty supervised research brief.
- Built an evidence table covering **de escalation**, trauma informed communication, family engagement, and **patient safety**.
- Applied **nursing process** concepts to simulated **psychiatric** cases, linking findings with prioritized interventions.
- Examined restraint and seclusion guidance, documenting indications, reassessment, monitoring, and least restrictive principles.
- Presented research findings to nursing peers, connecting evidence with individualized treatment planning decisions.

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Pediatric Behavioral Health Nursing Research Assistant at University Research Lab (4 Months)

● Pediatric Behavioral Health Nursing Capstone Student at Capstone Project (4 Months)

● Behavioral Health Nursing Simulation Student at Student Lab (4 Months)

- Maintained accurate source notes, strengthening documentation habits for **evidence based** nursing practice.

Pediatric Behavioral Health Nursing Capstone Student

Capstone Project 📅 August 2025 - December 2025 📍 DeKalb, IL

Faculty supervised capstone role centered on safe responses to escalating behavior, pediatric **care planning**, simulation, multidisciplinary communication, and preservation of patient dignity, comfort, and security.

- Designed **behavioral health** scenarios focused on safe nursing responses to escalating pediatric behaviors.
- Developed care plans for ages 3 to 17 using assessment data and family considerations.
- Completed simulations requiring prioritized interventions, timely escalation, and multidisciplinary team communication.
- Practiced SBAR handoffs using simulated behavioral, medication, and **patient safety** information.
- Evaluated case outcomes against **evidence based** references, revising interventions after patient response changes.
- Presented individualized interventions that supported dignity, comfort, **security**, and **therapeutic care**.

Behavioral Health Nursing Simulation Student

Student Lab 📅 January 2025 - May 2025 📍 DeKalb, IL

Supervised nursing laboratory role developing **behavioral health** assessment, **medication safety**, documentation, emergency response, delegation, and therapeutic communication skills through pediatric simulation activities.

- Completed simulations involving mental status assessment, suicide risk screening concepts, and therapeutic boundaries.
- Practiced **therapeutic communication** with pediatric patients and **families** during structured behavioral health scenarios.
- Used mock electronic health records for assessments, interventions, education, and instructor escalation.
- Practiced medication administration workflows, allergy verification, documentation, and monitoring for patient response.
- Performed **BLS** skills and emergency drills with age appropriate safety communication practices.
- Demonstrated **delegation** and prioritization through team simulations with changing patient needs.

PROJECTS

Pediatric Behavioral Health Safety Capstone 📅 2025

Created supervised care plan exercises for children and adolescents experiencing behavioral escalation. Connected assessment, therapeutic communication, safety priorities, family considerations, and evidence based interventions within individualized scenarios.

Pediatric Nursing Evidence Review 📅 2026

Organized findings from 30 peer reviewed nursing sources covering de escalation, trauma informed communication, family engagement, restraint and seclusion, and patient safety.

LEADERSHIP & AWARDS

- Dean's List recognition for strong academic performance, 2025.
- Nursing Student Clinical Excellence Recognition, 2026.
- Undergraduate Research Presentation Recognition, 2026.

CERTIFICATIONS

- BLS for Healthcare Providers 📅 2026
- CPR Certification 📅 2026

PROFESSIONAL AFFILIATIONS

- Student Nurses Association, Peer Skills Lab Volunteer, 2025 to 2026.

- Campus Mental Health Awareness Initiative, Student Volunteer, 2025 to 2026.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST