

Nari Zamora

Psychiatric Aide

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📍 Lancaster, PA 17603

STRENGTHS

- ♥️ **Calm crisis response**
During urgent behavioral events, used trained de escalation steps and clear updates, helping staff regain a stable setting.
- 👁️ **Careful observation**
Vital sign changes and subtle behavior shifts received prompt attention, giving nursing staff useful facts for review.
- 🧑 **Dignified personal care**
Daily hygiene and mobility support preserved privacy and choice, helping residents feel respected during vulnerable routines.
- ♥️ **Reliable documentation**
Clear shift notes gave incoming staff practical context, and peers often relied on records during handoffs.
- 👥 **Therapeutic engagement**
Evening activities became calmer through steady boundaries and supportive redirection, encouraging participation without pressure.

SKILLS

Psychiatric direct care

Activities of daily living

Personal hygiene Vital signs

Behavioral observation

Therapeutic activities

Patient escort Nursing support

Emergency response

De escalation Confidentiality

Care documentation

Infection prevention

Environmental safety

Person centered communication

SUMMARY

Psychiatric Aide with two years of direct care experience supporting adults with **mental health conditions** and physical disabilities in structured residential and behavioral health settings. Provides respectful assistance with hygiene, mobility, nutrition, comfort, **daily living activities**, and individual guidance. Measures vital signs, records objective observations, identifies physical or behavioral changes, and communicates concerns promptly with nursing staff. Leads therapeutic, leisure, and structured evening activities while maintaining calm boundaries and personal dignity. Responds within training during medical or psychiatric emergencies, follows infection prevention and safety procedures, and maintains **orderly living areas**. Experienced with confidential documentation, appointment escorts, family communication, and dependable second shift care. Pennsylvania Certified Nurse Aide committed to safe, person centered support and **positive individual outcomes**.

EXPERIENCE

Psychiatric Care Aide

Riverbend Behavioral Residence 📅 October 2025 - Present 📍 Lancaster, PA

Supports adults with behavioral health and physical support needs during dependable second shift operations. Provides **personal care**, health observation, therapeutic programming, appointment escorts, emergency response, documentation, and coordinated handoffs for continuous residential support.

- Delivered **second shift** hygiene, mobility, nutrition, and daily living support using individualized care directions.
- Measured vital signs and reported physical or **behavioral changes** promptly to **nursing staff** for review.
- Guided structured evening programs with calm redirection, supporting participation and a safe therapeutic setting.
- Escorted residents to appointments while maintaining supervision, comfort, and accurate schedule awareness.
- Applied emergency and **de escalation** procedures during urgent medical or psychiatric events, protecting nearby residents.
- Maintained confidential notes and **orderly living areas**, giving incoming staff clear continuity information.

Direct Care Assistant

Pine Grove Supportive Living 📅 October 2024 - September 2025 📍 York, PA

Provided hands on support for adults with **mental health conditions** and disabilities across daily routines, group programming, health observation, and residential safety. Strengthened continuity through respectful communication, accurate notes, infection prevention, and dependable shift transitions.

- Supported bathing, dressing, grooming, meals, mobility, and daily routines with respectful personal guidance.
- Recorded **vital signs** and health observations, reporting appetite, behavior, mobility, and **comfort** changes.
- Prepared group recreation spaces and monitored participation, safety, and behavioral changes during programming.
- Communicated respectfully with residents and **families** while protecting privacy and routing clinical questions appropriately.
- Followed **infection prevention, environmental safety**, and emergency response procedures during routines and drills.
- Completed clear shift notes, giving incoming staff practical follow up information for consistent care.

LANGUAGES

English	Native
Spanish	Intermediate

MY CAREER



- Psychiatric Care Aide at Riverbend Behavioral Residence (1 Years)
- Direct Care Assistant at Pine Grove Supportive Living (11 Months)

LEADERSHIP & AWARDS

- Recognized by residential leadership for dependable second shift coverage and consistent direct care support.
- Commended by nursing staff for clear observations, timely reporting, and accurate confidential documentation.
- Selected as a trusted peer resource during behavioral escalation response and evening activity support.

EDUCATION

High School Diploma
McCaskey High School 🎓 GPA: 3.5 📅 2024 📍 Lancaster, PA
Coursework: Health fundamentals, human development, communication, personal wellness

CERTIFICATIONS

- Pennsylvania Certified Nurse Aide 📅 2024
- CPR and Basic First Aid 📅 2025

TECHNICAL SKILLS

- **Direct Care:** Personal hygiene, Mobility support, Nutrition assistance
- **Health Observation:** Vital signs, Behavioral observation, Physical changes
- **Therapeutic Programming:** Structured activities, Leisure activities, Group recreation
- **Safety Response:** Emergency response, De escalation, Safety procedures
- **Care Documentation:** Shift notes, Care records, Confidential documentation
- **Infection Control:** Infection prevention, Hand hygiene, Environmental safety
- **Communication:** Person centered communication, Family communication, Nursing handoffs
- **Residential Support:** Living area upkeep, Comfort support, Daily routines
- **Appointment Support:** Patient escort, Supervised transport, Schedule coordination
- **Credentialed Care:** Pennsylvania CNA, CPR, Basic First Aid

PROFESSIONAL AFFILIATIONS

- Pennsylvania Certified Nurse Aide community, supporting safe and respectful direct care standards.
- Behavioral health support team participant, contributing to therapeutic programming and residential safety.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST