



# Mental Health Behavior Technician

## Lily Martinez

### Professional summary

Motivated and empathetic Behavior Technician with 7 years of experience supporting individuals with mental health conditions. Adept at implementing behavioral interventions, managing crises, and building rapport with clients to foster trust and promote progress. Seeking to continue making an impact in the mental health field.

### Experience

#### Mental Health Behavior Technician

August 2020 - Now

San Diego Mental Health Services / United States, CA

- Provide direct support to individuals with mental health disorders, including anxiety, depression, and PTSD, by implementing individualized behavior modification plans.
- Conduct behavioral assessments to identify target behaviors and assist in the creation of treatment plans.
- Support clients in coping strategies, social interactions, and self-management skills.
- Document patient progress and collaborate with mental health professionals to adjust treatment plans as necessary.

#### Crisis Intervention Specialist

May 2018 - July 2020

City of San Diego Crisis Team / United States, CA

- Responded to emergency mental health crises, providing immediate intervention and stabilization.
- Worked with a team to develop safety plans and de-escalation strategies for individuals in acute distress.
- Provided ongoing support and follow-up care, ensuring clients received appropriate services and resources.

(356) 658-8787

lily.martinez@gmail.com

United States, San Diego, CA

### Education

#### Associate Degree in Psychology

2014 - 2018

San Diego State University

United States

#### Crisis Prevention and Intervention Certification

National Association of Crisis Intervention

Certified: June 2020

### Skills

Crisis intervention and de-escalation techniques

Behavioral analysis and treatment planning

Client assessment and progress tracking

Strong interpersonal communication and empathy

Experience working with individuals in both individual and group therapy settings

### Awards

Employee of the Month

Outstanding Volunteer of the Year