

# Joshua Brand

Denver, CO 80224

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## Work Experience

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### **Food Safety Sanitor**

Frito-lay, PepsiCo - Denver, CO

May 2022 to Present

### **Delivery Driver**

Amazon Flex - Denver, CO

October 2020 to Present

- Deliver 200 or more packages ranging from envelopes to boxes weighing up to 50lbs
- Properly load, organize, and secure equipment and orders, ensuring all items are delivered intact
- Drive safely in all types of weather and follow traffic laws to protect self and the general public as well as companies property
- Leveraged GPS system and navigation app to determine and follow the most efficient routes
- Performed preventative vehicle maintenance checks prior to departure to identify concerns or potential issues

### **Amazon Fulfillment Associate**

Amazon - Denver, CO

October 2020 to Present

- Processing, packaging, and shipping orders accurately
- Ensuring that stocks and inventory are well-organized and maintained
- Examining and inspecting products for defects and damages
- Receiving, unloading, and arranging inventory items appropriately
- Discharging duties in strict compliance with amazon safety and hygiene regulations
- Actively participating and contributing ideas on ways to improve and/or optimize warehousing procedures
- Following the state health and safety regulations and practices
- Offloading amazon delivery trucks that transport goods and/or merchandise into the warehouse.

### **Mental Health Worker 1**

Taylor Hardin Secure Medical Facility - Tuscaloosa, AL

April 2018 to April 2019

- Assisted patients with daily tasks such as eating, bathing, and getting dressed.
- Ensuring that patients follow treatment plans and take the necessary meds.
- Provided care and support daily to patients and also intervene during crisis periods
- Constantly monitor and supervise patients to ensure their safety within the facility
- Always on the lookout for behavioral changes in patients
- Engaged in individual therapy or group sessions with patients and their families
- Documented and keep patients' records properly

- Helped patients with their daily activities
- Recommend patients to the doctors or psychiatrists for further examination

## Education

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### **Associate in Arts (AA)**

AIU Atlanta - Atlanta, GA

Present

### **High school diploma**

Northridge High School

2012 to 2016

## Skills

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- Behavioral Therapy (5 years)
- Individual / Group Counseling (5 years)
- Crisis Intervention (5 years)
- Group Therapy (5 years)
- Delivery Driver Experience (4 years)
- Social Work
- Cognitive Behavioral Therapy
- Construction (8 years)
- Crisis Management
- Intake Experience
- Meeting Facilitation
- Addiction Counseling
- Motivational Interviewing
- Child & Family Counseling
- Basic life support (5 years)

## Certifications and Licenses

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### **Driver's License**