

10/02 - Called, left VM
10/04 - Will come in Tues 10/10 for OB

Cook

DOUG HOPKINS

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Professional Summary

Motivated Chef with 22 years experience in the food industry. Focused on high standards for taste and quality, while maintaining profitable margins. Great communication and leadership skills. My Experience is not concentrated in one genre. I have an eclectic background. I'm a very humble and hard working individual. I enjoy challenge and welcome the chaos and do not crumble under pressure. I am not Better than the chef next to me, Just different. Enjoy learning and open myself up to any opportunity to improve and refine myself, as person as well as a chef.

Mental Health Professional bringing more than 10 years experience in counseling individuals of various ethnic and socio-economic backgrounds, including children, adolescents and adults. As well as 12 years growing up in foster care, which paved a path to working with others in need.

Skills

- Beautiful presentation of food
- Institutional and batch cooking
- Strong attention to safe food handling procedures
- Effective planner
- Kitchen management
- Menu price structuring familiarity
- Supply ordering ability
- Special event catering professional
- Crisis intervention techniques
- Case management
- Grief counseling
- Treatment and discharge planning
- First Aid certification
- Culturally-sensitive
- Daily living activities educator
- Skilled in intake interviewing
- Documentation

Work History

Camp Cook (summer session only)

06/2017 to 08/2017

Camp Concord (City of Concord, Ca.) – South Lake Tahoe, CA

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Led shifts while personally preparing food items and executing requests based on required specifications.
- Maintained a safe and clean work area.
- Worked breakfast, lunch and dinner shifts.

Camp Cook (one month summer session)

05/2017 to 06/2017

Camping Unlimited – Boulder Creek (Santa Cruz Mountains), Ca.

- Instructed new staff in proper food preparation, food storage, use of kitchen equipment and utensils, sanitation and safety issues.
- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- maintained a safe and clean work station.
- Worked breakfast, lunch and dinner shifts (everyday).

Head Chef, Kitchen Mgr

11/2016 to 05/2017

illy Caffè – San Francisco, CA

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Managed kitchen staff by recruiting, selecting, hiring, orienting, training, assigning, scheduling, supervising, evaluating and enforcing discipline when necessary.
- Verified proper portion sizes and consistently attained high food quality standards.
- Achieved and exceeded performance, budget and team goals.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.
- Menu development

Chef

10/2015 to 12/2016

Contract Catering Gigs – Bay Area, Ca.

- Accurately read, understood, and carried out written instructions.
- Verified proper portion sizes and consistently attained high food quality standards.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.
- Baked, roasted, broiled, and steamed meats, fish, vegetables, and other foods
- Checked temperatures of freezers, refrigerators, and heating equipment to ensure proper functioning
- Worked stations including pizza, omelet, soup, salad, sandwich, and dessert.

Lead Line Cook

05/2014 to 07/2015

The Mark Restaurant at Shilo Inns – Killeen, Tx.

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Opened and closed cooking line.
- Composed both, special and soup of the day.
- Led shifts while personally preparing food items and executing requests based on required specifications.
- Regularly interacted with guests to obtain feedback on product quality and service levels.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.

Bar and Grill Chef, Buffet Cook, Pantry Chef, Bartender

05/2009 to 10/2012

Delaware North Companies at Yosemite National Park – Yosemite, Ca.

- Led shifts while personally preparing food items and executing requests based on required specifications.

- Regularly interacted with guests to obtain feedback on product quality and service levels.
- Achieved and exceeded performance, budget and team goals.
- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Reduced food costs by using seasonal ingredients, setting standards for portion size and minimizing waste.
- Developed menus, pricing and special food offerings to increase revenue and customer satisfaction.
- Instructed new staff in proper food preparation, food storage, use of kitchen equipment and utensils, sanitation and safety issues.
- Actively involved in cost control, sanitation, menu development, training, recruitment, private dining and catering.

Mental Health Counselor

07/2006 to 10/2008

Crestwood Manor, Celeste Drive, Modesto, CA, United States – Modesto, CA

- Maintained a caseload of more than 10 clients.
- Provided comprehensive case management services, including creating treatment plans and connecting clients and families to appropriate resources.
- Facilitated a smooth discharge by encouraging and reassuring clients throughout their transitions.
- Recorded client information on special flow sheets, accurately indicating suicidal precautions, sleep flow and restraints.
- Observed and monitored client behavior and responses to treatment.
- Advocated for client; medication, group sessions, life choices....
- Strategically planned methods to achieve operational goals and targets.
- Developed client treatment plans based on research, clinical experience, and client histories.
- Non-Violent Crisis Intervention

Implemented and facilitated the "Vocational Rehabilitation Program".

Sous Chef

01/2006 to 06/2006

Restaurant 15-0-Five – Modesto, Ca.

- Led shifts while personally preparing food items and executing requests based on required specifications.
- Opened and Closed the line.
- Composed and prepared daily soups and specials.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.

Sous Chef

10/2004 to 02/2006

Turlock Golf and Country Club – Turlock, CA

- Led shifts while personally preparing food items and executing requests based on required specifications.
- Monthly and weekly inventory.
- Maintained quality and portion control.
- Verified proper portion sizes and consistently attained high food quality standards.
- Developed menus, pricing and special food offerings to increase revenue and customer satisfaction.

- Actively involved in cost control, sanitation, menu development, training, recruitment, private dining and catering.
- Opened and closed line.
- Maintained a safe and clean work environment.

Mental Health Counselor (on-call)

06/2004 to 10/2004

Crestwood Manor Behavioral Health Inc. – Modesto, CA

- Helped each patient understand his or her illness and the contributing personal, social and economic factors.
- Facilitated life skills groups such as; Money Management, Medication Education, Community Expectations....
- Documented Client Behaviors.
- Non-Violent Crisis Intervention

Behavioralist (Autism/Aspergers)(temp. position)

08/2003 to 08/2003

United Cerebral Palsy – Modesto, CA

- Conducted one-on-one counseling sessions per week.
- Led group therapy sessions each week.
- Reported on student progress, behavior and social skills to parents.
- Instructed small groups of students in basic concepts such as the alphabet, shapes and color recognition.
- Led reading and arts and crafts lessons.

Mental Health Educator (full inclusion setting)(temp. pos.)

09/2003 to 09/2003

Salida Middle School – Salida, CA

- Instructed student in basic concepts such as the alphabet, shapes and color recognition.
- Reported on student progress, behavior and social skills to case worker.
- Documented students areas of progress and areas that required improvement.
- Shadow student during school day to ensure asst. with unfamiliar issues or topics.

Mental Health Counselor (on-call)

03/2003 to 06/2003

Crestwood Manor Behavioral Health Inc. – Modesto, Ca.

- Developed a schedule of therapeutic activities with and for individual clients
- Documented client behaviors
- Attended meetings, trainings, and conferences as required
- Collected information about clients through interviews, observation, and tests
- Charted weekly progress notes and quarterly summaries
- Facilitated life skills groups such as; Medication Education, Money Management, Community Expectations....

Instructional Aide (non-public school)

04/2002 to 06/2003

Sierra Vista Child & Family Services Early Intervention – Modesto, CA

- Facilitated lessons with an emphasis on improving students' written and verbal communication skills.
- Adapted teaching methods and materials to meet students' varying needs.

- Encouraged students to persevere with challenging tasks.
- Taught students to utilize problem solving methodology and techniques during tests.
- Communicated with peers, colleagues, administrators and parents to meet and exceed teaching goals.
- Documented Students progression and areas in need of improvement.

Dough Roller

01/2001 to 04/2002

Round Table Pizza – Modesto, CA

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Instructed new staff in proper food preparation, food storage, use of kitchen equipment and utensils, sanitation and safety issues.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.

Document Clerk/Paralegal (temp. position)

03/2000 to 10/2000

Attorney's Diversified Services – Modesto, CA

- Researched state statutes, decisions, legal articles, codes and documents.
- Communicated pertinent information to clients via phone, email and mail.
- Produced legal documents such as briefs, pleadings, appeals, wills and contracts.
- Filed motions, orders and moving papers for clients.
- Entered numerical data into databases in a timely and accurate manner.
- Assisted with, file organization and research and development.

Broiler/ Prep Cook

04/1999 to 01/2000

Applebee's Neighborhood Grill & Bar – Modesto, CA

- Maintained high standards of customer service during high-volume, fast-paced operations.
- Prepared all food orders within a 8-12 minute time frame.
- Assembled food orders while maintaining appropriate portion control.

Prep Cook (seasonal X-Mas position)

11/1998 to 01/1999

Round Table Pizza – Modesto, CA

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.

Sales/Stock Associate. (seasonal X-Mas position)

11/1998 to 01/1999

Gap – Modesto, CA

- Stocked and replenished merchandise according to store merchandising layouts.
- Cleaned and organized the store, including the checkout desk and displays.
- Alerted customers to upcoming sales events and promotions.
- Identified potential shoplifters and alerted management.
- Welcomed customers into the store and helped them locate items.

Sous Chef

04/1996 to 11/1998

Outback Steakhouse – Modesto, CA

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Managed kitchen staff by recruiting, selecting, hiring, orienting, training, assigning, scheduling, supervising, evaluating and enforcing discipline when necessary.
- Verified proper portion sizes and consistently attained high food quality standards.
- Maintained updated knowledge of local competition and restaurant industry trends.
- Led shifts while personally preparing food items and executing requests based on required specifications.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.
- Monthly Inventory

Education

Bachelor of Arts: Sociology

Chapman University - Orange, CA

Bachelor of Arts: Behavioral Science

2002

Modesto Junior College West Campus - Modesto, CA

High School Diploma:

1994

Ceres High School - Ceres, CA

Certifications

Non-Violent Crisis Intervention

Wellness Recovery and Action Planning

CPR and First Aide

Food Handlers Certificate