



📞 (555) 234-5678

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📍 San Francisco, CA

🌐 www.michaelanderson.com

SKILLS

- mental health support
- program development
- counseling
- cognitive engagement
- community outreach
- documentation

EDUCATION

**MASTER OF ARTS IN COUNSELING
PSYCHOLOGY, NEW YORK UNIVERSITY**

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased participation in mental health programs by 50% through innovative engagement strategies.
- Recognized for excellence in patient support by the local mental health association.
- Developed a collaborative program with local universities for volunteer involvement.

Michael Anderson

MENTAL HEALTH SUPPORT SPECIALIST

Resilient Elder Care Specialist with a focus on mental health and emotional support for seniors. Expertise in developing programs that enhance cognitive function and emotional well-being. Proven ability to engage clients through creative and interactive activities designed to stimulate mental engagement. Strong background in counseling and psychology, providing a unique perspective in elder care.

EXPERIENCE

MENTAL HEALTH SUPPORT SPECIALIST

Care Connections for Seniors

2016 - Present

- Provided mental health support and counseling to elderly clients.
- Developed and implemented cognitive engagement programs to enhance mental acuity.
- Conducted individual and group therapy sessions focusing on emotional well-being.
- Collaborated with caregivers to develop holistic care plans.
- Monitored client progress and adjusted interventions as necessary.
- Organized community events to promote mental health awareness.

ACTIVITY DIRECTOR

Bright Days Senior Living

2014 - 2016

- Designed and facilitated daily activities promoting cognitive and physical engagement.
- Coordinated volunteer programs to enhance social interaction among residents.
- Evaluated activity effectiveness and adjusted programs based on feedback.
- Trained staff on the importance of mental health in elder care.
- Fostered relationships with community organizations for resource sharing.
- Maintained documentation of resident participation and outcomes.