



MICHAEL ANDERSON

Mental Health Program Coordinator

Proficient youth development specialist with a focus on holistic approaches to youth empowerment. Extensive experience in delivering programs that promote mental health, well-being, and personal growth among youth populations. Strong advocate for integrating mental health support within youth services to address the growing concerns of anxiety and depression among young individuals.

WORK EXPERIENCE

Mental Health Program Coordinator

2020-2023

Youth Wellness Center

- Developed mental health programs that served over 500 youth annually.
- Conducted workshops on stress management and coping techniques.
- Collaborated with mental health professionals to provide comprehensive support.
- Facilitated support groups for youth dealing with mental health challenges.
- Created resource materials for youth and families on mental health awareness.
- Evaluated program outcomes to ensure effectiveness and relevance.

Youth Development Facilitator

2019-2020

Community Support Services

- Designed and implemented life skills training programs for at-risk youth.
- Organized community events that promoted youth engagement and mental health.
- Conducted assessments to identify youth needs and tailor interventions.
- Collaborated with families to support youth development goals.
- Facilitated workshops on self-esteem and resilience building.
- Managed a team of volunteers to enhance program delivery.

ACHIEVEMENTS

- Increased program enrollment by 40% within the first year of implementation.
- Recognized for excellence in program delivery by the State Mental Health Association.
- Developed a youth mental health resource guide utilized by local schools.

CONTACT

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EDUCATION

Master of Arts in Psychology

University of Florida

2016-2020

SKILLS

- mental health advocacy
- program delivery
- life skills training
- community collaboration
- evaluation
- workshop facilitation

LANGUAGES

- English
- Spanish
- French