

# MICHAEL ANDERSON

Mental Health Counselor

- San Francisco, CA
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Compassionate Juvenile Rehabilitation Officer with a strong background in mental health and youth development. Expertise in identifying and addressing the psychological needs of at-risk youth, utilizing therapeutic modalities that promote resilience and recovery. Proven ability to engage youth through innovative programming that combines recreation, education, and therapy. Skilled in crisis management and intervention techniques, ensuring safety and support in high-stress situations.

## WORK EXPERIENCE

### Mental Health Counselor | Youth Mental Health Services

Jan 2022 – Present

- Delivered therapeutic interventions to youth with emotional and behavioral challenges.
- Developed individualized treatment plans that incorporate family dynamics.
- Facilitated support groups for youth to share experiences and coping strategies.
- Implemented crisis intervention strategies to ensure the safety of clients.
- Monitored and documented client progress towards therapeutic goals.
- Collaborated with educational staff to support youth in school settings.

### Rehabilitation Program Coordinator | Safe Haven for Youth

Jul 2019 – Dec 2021

- Designed and led programs that integrate mental health support with rehabilitation.
- Coordinated activities that promote social skills and emotional intelligence.
- Engaged families in the rehabilitation process through workshops and counseling.
- Evaluated program effectiveness through participant feedback and outcome measures.
- Trained staff on mental health first aid and support techniques.
- Developed partnerships with local mental health organizations to enhance service delivery.

## SKILLS

mental health counseling

crisis intervention

program coordination

family engagement

therapeutic modalities

youth development

## EDUCATION

### Master of Arts in Clinical Psychology

2019

University of Florida

## ACHIEVEMENTS

- Improved client satisfaction ratings by 40% through innovative program offerings.
- Successfully implemented a new mental health curriculum that increased engagement.
- Awarded for excellence in service delivery by a national mental health organization.

## LANGUAGES

English

Spanish

French