



MICHAEL ANDERSON

MENTAL HEALTH TECHNICIAN

CONTACT

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SKILLS

- Crisis management
- Client support
- Group facilitation
- Behavioral assessment
- Team collaboration
- Empathy

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF ARTS IN PSYCHOLOGY,
UNIVERSITY OF FLORIDA, 2018**

ACHIEVEMENTS

- Increased group participation by 40% by implementing engaging activities and outreach.
- Received commendation for outstanding dedication to resident care and support.
- Successfully helped residents achieve 75% improvement in coping strategies through targeted interventions.

PROFILE

Compassionate and skilled Mental Health Case Worker with 3 years of experience in providing individualized support to clients suffering from various mental health disorders. My background includes working in residential treatment facilities where I specialized in managing cases of severe anxiety, depression, and trauma. I am adept at utilizing evidence-based practices to develop and implement treatment plans, ensuring that clients receive holistic care tailored to their unique situations.

EXPERIENCE

MENTAL HEALTH TECHNICIAN

Sunrise Residential Treatment Center

2016 - Present

- Assisted in the daily care and support of residents in a 24-hour treatment facility.
- Conducted regular assessments to monitor residents' mental and emotional well-being.
- Participated in treatment team meetings to discuss resident progress and adjust care plans.
- Implemented therapeutic activities designed to promote coping skills and emotional regulation.
- Documented residents' behavior and reported significant changes to clinical staff.
- Provided support during crisis situations, utilizing de-escalation techniques to ensure safety.

SUPPORT GROUP FACILITATOR

Healing Hearts Community Center

2014 - 2016

- Facilitated weekly support groups for individuals dealing with anxiety and depression.
- Created an inclusive environment that encouraged open sharing and peer support.
- Developed educational materials to enhance group discussions on mental health topics.
- Collaborated with mental health professionals to provide resources and referrals.
- Monitored group dynamics and adapted approaches to meet the needs of participants.
- Evaluated group effectiveness through feedback and made necessary adjustments.