



# MICHAEL ANDERSON

## YOUTH MENTAL HEALTH SUPPORT WORKER

### CONTACT

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-  San Francisco, CA

### SKILLS

- Youth Counseling
- Crisis Management
- Trauma-Informed Care
- Workshop Facilitation
- Team Collaboration
- Confidential Documentation

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**BACHELOR OF SCIENCE IN SOCIAL WORK, CITY UNIVERSITY, 2017**

### ACHIEVEMENTS

- Developed and implemented a mental health awareness campaign that reached over 500 students.
- Received commendation for outstanding service and dedication to student well-being from school administration.
- Increased student engagement in counseling services by 40% through targeted outreach efforts.

### PROFILE

Enthusiastic Mental Health Support Worker with over 4 years of experience specializing in youth mental health services. My background includes working in school settings where I provided support to adolescents facing emotional and psychological challenges. I excel in establishing trust and rapport with young clients, enabling me to effectively assess their needs and provide targeted interventions.

### EXPERIENCE

#### YOUTH MENTAL HEALTH SUPPORT WORKER

##### Sunnyvale School District

*2016 - Present*

- Provided one-on-one support to students experiencing mental health issues, focusing on building trust and rapport.
- Conducted assessments to identify student needs and collaborated with teachers to create tailored intervention plans.
- Facilitated workshops on mental health awareness and coping strategies for students and staff.
- Worked closely with parents to provide resources and guidance on supporting their children's mental health.
- Documented student progress and maintained confidentiality in line with school policies.
- Participated in crisis intervention and managed referrals to external mental health services when necessary.

#### MENTAL HEALTH ASSISTANT

##### Bright Futures Counseling Center

*2014 - 2016*

- Assisted therapists during individual and group therapy sessions, ensuring a supportive environment for clients.
- Administered mental health screenings and documented findings in client records.
- Engaged clients in therapeutic activities that promoted self-expression and emotional processing.
- Maintained accurate records of client attendance and progress to support treatment planning.
- Coordinated with community resources to facilitate client access to additional support services.
- Contributed to team meetings by sharing client insights and progress updates.