

MICHAEL ANDERSON

Mental Health Support Worker

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Resourceful Mental Health Support Worker with over 9 years of experience in crisis intervention and psychiatric rehabilitation. I have a strong focus on empowering clients with practical coping strategies and life skills to manage their mental health conditions. My work in various settings, including hospitals and community centers, has provided me with a comprehensive understanding of mental health disorders and the challenges clients face.

WORK EXPERIENCE

Mental Health Support Worker | Crisis Recovery Center

Jan 2022 – Present

- Provided crisis intervention to individuals in acute distress, employing effective de-escalation techniques.
- Developed and implemented rehabilitation programs that focused on life skills and coping strategies.
- Collaborated with interdisciplinary teams to create comprehensive care plans for clients.
- Documented client progress and reported changes to treatment teams as necessary.
- Facilitated support groups that encouraged peer interaction and shared learning.
- Participated in staff training sessions on crisis intervention and therapeutic techniques.

Crisis Intervention Specialist | Safe Haven Hospital

Jul 2019 – Dec 2021

- Responded to psychiatric emergencies, providing immediate support and assessment of client needs.
- Worked closely with emergency services to ensure safe transportation and care for patients.
- Conducted risk assessments to determine the level of care required for each individual.
- Documented all interventions and client behaviors for accurate reporting and follow-up.
- Educated clients about available resources and support services in the community.
- Participated in community outreach initiatives to promote mental health awareness.

SKILLS

Crisis Intervention

Life Skills Training

Therapeutic Relationships

Program Development

Documentation

Team Collaboration

EDUCATION

Bachelor of Science in Mental Health Counseling

2012

University of Health

ACHIEVEMENTS

- Reduced client readmission rates by 20% through effective rehabilitation programs.
- Recognized for excellence in client care and intervention by hospital administration.
- Developed a training manual on crisis intervention techniques used by staff in the facility.

LANGUAGES

English

Spanish

French