

# MICHAEL ANDERSON

Mental Health Personal Care Specialist

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Compassionate Personal Care Specialist with a focus on mental health support and holistic care strategies. Expertise in working with clients experiencing mental health challenges, providing empathetic support and practical assistance. Skilled in developing care plans that address both physical and psychological needs, facilitating improved overall well-being. Strong communication skills foster trust and collaboration with clients, families, and multidisciplinary teams.

## WORK EXPERIENCE

### Mental Health Personal Care Specialist | Mindful Care Solutions

Jan 2022 – Present

- Provided personalized care to clients with mental health conditions, focusing on holistic approaches.
- Collaborated with mental health professionals to develop comprehensive care plans.
- Facilitated support groups to promote client engagement and social interaction.
- Monitored client progress and adjusted care strategies as needed.
- Educated clients and families about mental health resources and coping strategies.
- Maintained accurate documentation of care and client feedback for service improvement.

### Personal Care Assistant | Serenity Home Care

Jul 2019 – Dec 2021

- Assisted clients with daily living activities while promoting mental wellness.
- Documented daily observations and reported changes to healthcare providers.
- Engaged clients in meaningful activities to enhance emotional well-being.
- Supported families by providing updates on client mental health status.
- Participated in training on mental health first aid and crisis intervention.
- Maintained a safe and supportive environment for all clients.

## SKILLS

Mental health support

Holistic care

Client education

Communication

Team collaboration

Crisis intervention

## EDUCATION

### Bachelor of Science in Psychology

2019

University of Mindfulness

## ACHIEVEMENTS

- Improved client mental health outcomes by 40% through tailored support strategies.
- Received recognition for exceptional service in mental health care.
- Developed a community program that increased awareness of mental health resources.

## LANGUAGES

English

Spanish

French