



 (555) 234-5678

 michael.anderson@email.com

 San Francisco, CA

 www.michaelanderson.com

SKILLS

- mental health care
- hygiene support
- communication
- empathy
- teamwork
- documentation

EDUCATION

CERTIFICATE IN MENTAL HEALTH AND HYGIENE, BEHAVIORAL HEALTH ACADEMY, 2018

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Improved patient compliance with hygiene routines by 40%.
- Awarded the Compassionate Care Award for outstanding service.
- Successfully implemented a hygiene awareness program in the facility.

Michael Anderson

PERSONAL HYGIENE ASSISTANT

Dynamic Personal Hygiene Assistant with a focus on mental health support and personal hygiene care. Expertise in working with individuals facing mental health challenges, ensuring that hygiene practices contribute positively to their overall well-being. Proven ability to create supportive environments that foster recovery and self-esteem. Skilled in employing therapeutic communication strategies to address both hygiene and emotional needs.

EXPERIENCE

PERSONAL HYGIENE ASSISTANT

Mental Health Care Solutions

2016 - Present

- Provided hygiene support to individuals with mental health conditions.
- Collaborated with therapists to integrate hygiene into care plans.
- Utilized empathetic communication to enhance patient comfort.
- Maintained a safe and supportive environment for hygiene practices.
- Documented patient progress and engaged in regular care assessments.
- Received commendations for promoting patient dignity and self-care.

HYGIENE SUPPORT SPECIALIST

Wellness Center for Mental Health

2014 - 2016

- Assisted patients in developing personal hygiene routines.
- Facilitated group sessions on hygiene and self-care practices.
- Documented care activities and communicated with treatment teams.
- Participated in training focused on mental health and hygiene.
- Promoted hygiene education through community outreach.
- Recognized for improving patient engagement in personal care.