



Michael ANDERSON

RESPITE CARE WORKER

Compassionate Respite Care Worker with a focus on mental health support and emotional well-being. Extensive experience in providing care for individuals facing mental health challenges, ensuring a safe and supportive environment that fosters recovery and empowerment. Expertise in crisis intervention, behavioral management, and the implementation of therapeutic activities. Adept at building rapport with clients, understanding their unique needs, and collaborating with mental health professionals to create comprehensive care plans.

CONTACT

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SKILLS

- mental health support
- crisis intervention
- therapeutic activities
- behavioral management
- advocacy
- documentation

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF SCIENCE IN
PSYCHOLOGY, UNIVERSITY OF
BEHAVIORAL HEALTH, 2017**

ACHIEVEMENTS

- Improved client engagement in therapeutic activities by 50% through innovative programming.
- Received commendation for outstanding service in mental health support in 2021.
- Developed a resource guide for families navigating mental health challenges.

WORK EXPERIENCE

RESPITE CARE WORKER

Mental Wellness Services

2020 - 2025

- Provided individualized care for clients with mental health issues.
- Implemented therapeutic activities to support emotional well-being.
- Monitored client behavior and reported changes to support teams.
- Collaborated with mental health professionals to adjust care plans as needed.
- Facilitated support groups to promote community and shared experiences.
- Educated families about mental health resources and coping strategies.

BEHAVIORAL HEALTH TECHNICIAN

Hope Recovery Center

2015 - 2020

- Assisted clients in daily activities while promoting mental health recovery.
- Conducted assessments to identify client needs and develop care plans.
- Facilitated therapeutic sessions under the guidance of licensed professionals.
- Maintained documentation of client progress and treatment outcomes.
- Trained in crisis intervention techniques to ensure client safety.
- Supported families by providing resources and information on mental health.