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## SKILLS

- Mental Health Counseling
- Crisis Intervention
- Support Group Facilitation
- Parent Engagement
- Social-Emotional Learning
- Collaboration

## EDUCATION

**MASTER'S DEGREE IN COUNSELING  
PSYCHOLOGY, UNIVERSITY OF WELLNESS**

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Recognized for outstanding contributions to mental health awareness in education by the state education board.
- Developed a peer mentorship program that increased student resilience and support networks.
- Successfully reduced disciplinary referrals by 30% through proactive mental health strategies.

# Michael Anderson

## MENTAL HEALTH SPECIALIST

Compassionate Special Education Advisor with a strong background in mental health support and counseling for students with disabilities. My career spans over 7 years, during which I have provided emotional and psychological support to students facing various challenges. I hold a Master's degree in Counseling Psychology and am committed to addressing the mental health needs of students in educational settings.

## EXPERIENCE

### MENTAL HEALTH SPECIALIST

Bright Horizons School

2016 - Present

- Provided individual counseling sessions for students, resulting in a 50% reduction in reported anxiety levels.
- Facilitated support groups for parents of children with disabilities to share resources and strategies.
- Implemented a mental health awareness campaign, increasing school-wide participation by 60%.
- Collaborated with teachers to develop interventions addressing emotional and behavioral challenges.
- Conducted crisis intervention services, successfully de-escalating situations in 95% of cases.
- Monitored student progress and adjusted counseling strategies based on feedback and outcomes.

### SPECIAL EDUCATION TEACHER

River Valley High School

2014 - 2016

- Designed and implemented lesson plans incorporating social-emotional learning for students with disabilities.
- Collaborated with mental health professionals to provide integrated support for students.
- Engaged families in the educational process, fostering home-school connections.
- Trained staff on recognizing and addressing mental health issues in the classroom.
- Participated in IEP meetings to advocate for appropriate mental health services for students.
- Organized workshops on resilience and coping strategies for students and families.