



MICHAEL ANDERSON

Substance Abuse Counselor

Passionate and committed Substance Abuse Counselor with a focus on mental health integration. With over 7 years of experience, I have worked in various settings, including outpatient clinics and community organizations. My work emphasizes the connection between mental health and substance use, allowing me to provide comprehensive care that addresses underlying psychological issues.

WORK EXPERIENCE

Substance Abuse Counselor

2020-2023

Mindful Pathways Clinic

- Provided individual counseling sessions focusing on co-occurring mental health and substance use disorders.
- Utilized cognitive-behavioral therapy techniques to help clients develop effective coping strategies.
- Facilitated support groups for clients to share experiences and gain peer support.
- Collaborated with psychiatrists and psychologists to ensure integrated treatment for clients.
- Monitored client progress and adjusted treatment plans based on individual needs.
- Conducted community workshops on the impact of mental health on addiction recovery.

Counselor

2019-2020

Community Health Services

- Assisted clients in navigating community resources for mental health and substance use support.
- Conducted intake interviews to assess client needs and develop treatment goals.
- Supported clients in group therapy sessions, fostering a sense of community and accountability.
- Maintained accurate case records and documented client progress in compliance with regulations.
- Engaged in interdisciplinary team meetings to discuss client care strategies.
- Participated in professional development workshops to enhance counseling skills.

ACHIEVEMENTS

- Awarded the Outstanding Counselor accolade for exceptional client engagement and outcomes.
- Successfully reduced drop-out rates in treatment by 35% through enhanced support systems.
- Contributed to the development of a mental health awareness campaign that reached over 500 community members.

CONTACT

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EDUCATION

Master of Social Work

University of Michigan

2016-2020

SKILLS

- Cognitive-behavioral therapy
- Co-occurring disorders
- Group facilitation
- Community outreach
- Client-centered care
- Progress monitoring

LANGUAGES

- English
- Spanish
- French