




# Sherree Waithour

## Mental Health Associate

Dedicated Mental Health Associate with 1 year of experience providing compassionate support and care to individuals facing mental health challenges. Skilled in conducting assessments, implementing treatment plans, and facilitating therapeutic interventions. Demonstrates excellent communication, active listening, and problem-solving abilities, fostering strong relationships with clients and interdisciplinary teams. Committed to continuous professional development and staying current with best practices in mental health care.

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123 Peachtree St, Atlanta, GA   
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### Education

**Bachelor of Arts in  
Psychology at University of  
Georgia, Athens, GA**

Sep 2018 - May 2022

Relevant Coursework:

Introduction to Psychology,  
Cognitive Psychology,  
Abnormal Psychology, Social  
Psychology, Developmental  
Psychology, Personality  
Theories, Research Methods,  
Psychological Assessment,  
Psychotherapy, and  
Experimental Design.

### Links

[linkedin.com/in/sherreewaithour](https://www.linkedin.com/in/sherreewaithour)

### Skills

Empathy



Active Listening



Crisis Intervention



Cognitive Behavioral Therapy  
(CBT)



Dialectical Behavior Therapy  
(DBT)



Motivational Interviewing



Mindfulness Techniques

### Employment History

#### Mental Health Associate at Mental Health America of Georgia, GA

May 2023 - Present

- Successfully coordinated and implemented mental health programs for over 1,500 individuals across Georgia, resulting in a 25% increase in program engagement and positive outcomes.
- Conducted more than 300 mental health workshops and training sessions for various community organizations, schools, and businesses, raising awareness about mental health issues and available resources.
- Assisted in securing over \$500,000 in grant funding for various mental health initiatives, contributing to the expansion of services and resources for individuals in need throughout Georgia.
- Developed and maintained partnerships with over 50 local and national mental health organizations, fostering collaboration and resource-sharing to better serve the diverse needs of the community.

#### Mental Health Assistant at Georgia Mental Health Consumer Network, GA

Aug 2022 - Mar 2023

- Successfully implemented a new therapy program that increased patient recovery rates by 25% within six months, contributing to the overall improvement of mental health services in Georgia.
- Streamlined and optimized patient intake processes, reducing wait times by 30% and increasing patient satisfaction scores by 15% over a one-year period.
- Trained and mentored 10 new Mental Health Assistants, resulting in a 20% increase in staff retention rates and a more efficient and cohesive team at Georgia Mental Health Consumer Network.

### Certificates

#### Certified Mental Health Professional (CMHP)

Nov 2021

#### Certified Psychiatric Rehabilitation Practitioner (CPRP)

Aug 2020