

KEVIN O'BRIEN

THERAPEUTIC MENTOR

CONTACT

@ kevin.obrien@email.com
(508) 555-0151
Worcester, MA
linkedin.com/in/kevinobrien

SKILLS

- Treatment Plans
- Social Skills
- Coping Skills
- Progress Notes
- Behavioral Health
- Care Planning
- HIPAA
- Confidentiality
- Work Independently
- Communication

EDUCATION

Bachelor of Arts

05/2022
Worcester State University
Worcester, MA
Psychology

CERTIFICATES

Mental Health First Aid

11/2022
National Council for Mental
Wellbeing

CPR and First Aid

07/2024
American Red Cross

SUMMARY

Therapeutic Mentor with 4 years in youth behavioral health, including 2 years of in-home and community mentoring for youth ages 6–20 in Central Massachusetts. Works independently from treatment plans set by in-home therapists, teaches social skills and coping skills in real settings, and protects confidentiality in every note. Valid driver's license and reliable car.

EXPERIENCE

Therapeutic Mentor

07/2024 - Present

Blackstone Valley Family Services

Worcester, MA

Community behavioral health agency providing home and community-based services to 400 families.

- Mentor a caseload of 10 youth, meeting each one 2–3 hours a week at home, school and in the community.
- Teach social skills through real tasks such as ordering food or joining a team, tied to treatment plan goals.
- Write progress notes within 24 hours in the EHR, passing 3 MassHealth record reviews without findings.
- Coordinate with therapists, parents and school staff at care planning meetings for each youth.

Direct Care Counselor

09/2022 - 06/2024

Quinsigamond Group Home

Worcester, MA

Group home for 8 adolescents with mental health diagnoses.

- Supervised 8 adolescent residents on evening and weekend shifts, including meals, homework and outings.
- Practiced coping skills such as grounding and breathing with residents, and PRN medication requests fell by 20%.
- Protected confidentiality under HIPAA when sharing updates with guardians and state caseworkers.
- Documented behavioral health incidents and shift notes for the clinical director every shift.