

ANOOP MATHEW

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PROFILE

Seasoned Psychiatric Social Worker offering expertise in people with dementia, elderly people and persons with substance related disorders. Knowledgeable about serving as a resource to team members, coordinating discharges and providing case management expertise. Ready to bring 9 years of related experience to a challenging new role

EXPERIENCE

**Psychiatric social worker cum team leader, Chaitanya Institute for Mental Health-
1 June 2013- 30 September 2022**

During this 9 years period at Chaitanya Institute of Mental Health, Pune, Worked with 500+ patients with various mental illness, Worked with 500+ patients with substance use disorder, Worked with 500+ patients with dementia and elderly people

WORK HISTORY

- Developed an ability to monitor multiple cases and provided care and support for patients suffering from various psychiatric disorders such as Schizophrenia, Mood disorders, Personality disorders, Substance related disorders and Geriatric disorders.
- Facilitated sessions for patients with substance used disorder that include 12 steps of recovery program, Verbal aversion therapy, Jacobson's Progressive Muscle Relaxation Therapy (JPMR), Meditation, Daily reflection session of AA (Alcoholics Anonymous).
- Ensured the proper care of people with Dementia, elderly people, person with substance related disorders, facilitating various psycho-therapies and family sessions analyzing their psychiatric case history. Ensured the personal hygiene of differently abled.
- Updated treatment plans on monthly basis with latest intervention strategies and progress notes in collaboration with medical team.
- Maintained regular contact with clients and helped them to develop new coping mechanisms.
- Developed, implemented and encouraged socialisation, good relationship and engagement through therapy, music therapy and social activities.
- Documented case notes daily and coordinated follow-up for seamless case management.

- Planned and coordinated program referrals for community-based resources.
- Provided ongoing counselling to help patients deal with conditions and processes.
- Reviewed client's feedback satisfaction and ensured the improvements from 82 % to 93%.
- Guided teams for planning, implementation and execution of community based rehabilitation and reintegration process thus fostering highly effective collaborations
- Special appreciation from the management of Chaitanya IMH for the dedicated work during COVID 19 pandemic.

EDUCATION

Bharathiyar University, Coimbatore, Tamil Nadu, India — Master of Social Work: Medical and Psychiatry-2013

Kannur University, Kannur, India — Bachelor of Arts: English

Board of Kerala — Higher Secondary: Humanities

Online Course, udey — CBT Cognitive Behaviour life

SKILLS

Psychotherapy experience, Coordinating care, Facilitating groups, Psychosocial assessments, Updating monthly plans, Case management, Attentive, Program management, Empathetic approach, Counselling, Coordinator skill, Documentation and reporting, Crisis interventions, Strong communication skills when interacting with clients and families, Excellent team-builder, Interpersonal skill.

REFERENCE

Roney George, Director, Chaitanya Institute for Mental Health,

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