

# ASHTON CARTER

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## SUMMARY

Since Graduating in 2020 with a diploma, my desire to continue my education has increased; I am in the Psychology program at Francis Marion University. I offer Novice to Intermediate Counseling education and knowledge about Addictions and Psychology. Knowledgeable in behavior intervention treatments and techniques. Proficient in individual and group therapy methods. Passionate Counseling Professional with a Mental Health and Wellness background seeking to leverage education and training to take the next career step with a respected organization. Highly skilled in preparing and leading activities for youths and adults, fostering meaningful relationships with community partners, and increasing engagement. Excellent leadership skills and encourage individuals towards personal and spiritual success.

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## SKILLS

- Treatment planning
- Outreach programming
- Suicide precautions
- Crisis intervention
- Mental health support
- Addictions specialist
- Mood disorders specialist
- Family therapy background
- Therapeutic expertise
- Community resources specialist
- Medication administration
- Housekeeping
- Computer skills

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## EXPERIENCE

### WICHIHIK ISKWEWAK (WISH) SAFE HOUSE, ANNA CROWE

Regina, SK

#### Child Counselor

04/2020 to 12/2021

- Conducted outreach, advocacy and rehabilitative services for regular cases and crisis intervention.
- Responded to crisis situations when severe mental health and behavioral issues arose.
- Recorded comprehensive patient histories and coordinated treatment plans with multi-disciplinary team members.
- Worked with parents to implement consistent behavior therapy techniques at home and school.
- Consulted with and developed appropriate treatment and rehabilitation plans for dually diagnosed patients.
- Actualized counseling interventions to address high risk youth' issues regarding peers and families through conflict resolution, situational adjustment and depression, anxiety, physical abuse and substance abuse or dependency identification.
- Referenced and used various therapy techniques, including land based traditions/ culture, psychodynamic, family systems, and cognitive behavioral.
- Referred clients to other programs and community agencies to enhance treatment processes.
- Evaluated patient behavior, moods and other responses to determine correct diagnosis and devise treatment plans.
- Taught clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills and functional living skills.
- Handled all delegated tasks, including case plan management for the families and office administration.

### FOX VALLEY COUNSELLING SERVICES, LORI LOVES

Regina, SK

#### Support Worker

10/2019 to 07/2020

- Supported children's' social, physical and emotional needs in the Emergency Receiving Home.
- Recorded day-to-day tasks that occurred each and every shift to monitor health and safety statistics.
- Helped child to maintain daily living standards by assisting with personal hygiene needs.
- Oversaw and planned resident schedules by coordinating doctor appointments, daily routines, recreational activities and family visits.
- Assisted with meal planning to meet nutritional plans.
- Planned and prepared nutritious meals and snacks to meet client dietary requirements such as diabetic, low sodium and high protein.

- Transported children to locations such as medical appointments and fun activities to maintain social connections.
- Assisted children with daily personal hygiene such as bathing, dressing and grooming.
- Performed light housekeeping duties such as, making beds, sweeping floors and sanitizing surfaces.
- Laundered clothing and bedding and changed linens daily to prevent spread of infection or other easy spread issues
- Kept detailed records of child's care, progress, medication administration and changes in health or other conditions.

### **THOMAS CIRCLE OF CARE**

Regina, SK

#### **Support Worker**

03/2019 to 10/2019

- Helped children maintain daily living standards by assisting with personal hygiene needs.
- Oversaw and planned resident schedules by daily routines, recreational activities and family visits.
- Assisted with meal planning to meet nutritional plans.
- Planned and prepared nutritious meals and snacks to meet client dietary requirements such as diabetic, low sodium and high protein.
- Transported clients to locations such as field trips or fun activities to maintain social connections.
- Worked with supervisory medical staff to review cases and improve care.
- Assisted children with daily personal hygiene such as bathing, dressing and grooming.
- Performed light housekeeping duties such as, making beds, sweeping floors and sanitizing surfaces.
- Laundered clothing and bedding and changed linens daily times per to prevent spread of infection or other easily spread issues.
- Organized personal and professional calendars.

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### **EDUCATION AND TRAINING**

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**BACHELOR DIPLOMA: PSYCHOLOGY BA**  
**Francis Marion University, FLORENCE, SC**

08/2021-PRESENT

**DIPLOMA: MENTAL HEALTH & WELLNESS**  
**Saskatchewan Indian Institute of Technologies, Regina, SK**

06/2020

**DIPLOMA: COSMETOLOGY STUDIES**  
**Marvel Beauty School, Regina, SK**

07/2009

**HIGH SCHOOL DIPLOMA**  
**Bert Fox Community High School, Fort Qu'Appelle, SK**

06/2006

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### **CERTIFICATIONS**

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- Class D, Driver's Licence
- First Aid/CPR
- Safe Food Handling Training - Level 1