

SCOLARSTICA OGADA

Nairobi, Kenya

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PROFESSIONAL SUMMARY

Compassionate and dedicated Mental Health Support Worker with hands-on experience supporting children, adolescents, and youth with emotional, behavioral, developmental, and mental health challenges. Skilled in crisis intervention, behavior management, trauma-informed care, and inclusive support practices in clinical, community, and faith-based settings. Proven ability to work collaboratively with multidisciplinary teams and families to promote emotional well-being, resilience, and positive behavioral outcomes.

CORE SKILLS & COMPETENCIES

- Mental Health Support & Crisis Intervention
- Emotional & Behavioral Disorder Support
- Positive Behavior Support (PBS)
- Crisis De-escalation Techniques (CPI, TCI)
- Trauma-Informed Care
- Autism Spectrum & ADHD Support
- Applied Behavioral Analysis (ABA)
- Child & Adolescent Counseling Support
- Functional Behavior Assessment
- Group Facilitation & Community Outreach
- Case Documentation & Reporting
- Family Engagement & Support
- Communication, Empathy & Active Listening

PROFESSIONAL EXPERIENCE

Mental Health, Emotional and Behavioral Disorder Support Assistant

Gertrude's Children's Hospital – Nairobi

- Provided direct emotional and behavioral support to children and adolescents with mental health and behavioral disorders.
- Assisted in therapy-based interventions and monitored clients' emotional and psychological well-being.
- Applied crisis prevention and de-escalation techniques to ensure safety and stability.
- Supported behavior support planning and implementation under clinical supervision.
- Collaborated with psychologists, nurses, therapists, and families to deliver consistent and holistic care.

Mental Health and Disability Support Assistant

Youth Wellness Catholic Church Centre

- Delivered emotional, behavioral, and psychosocial support to youth with mental health and developmental disabilities.
- Facilitated inclusive group activities promoting social skills, resilience, and self-esteem.
- Supported community-based mental health awareness and wellness initiatives.
- Assisted in counseling sessions and group discussions for youth empowerment and well-being.

EDUCATION

Diploma in Psychology & Counseling

[Institution Name]

Diploma in Professional Psychological Principles in Counseling

[Institution Name]

CERTIFICATIONS & TRAINING

- Mental Health First Aid – Red Cross Kenya
- Crisis Prevention Intervention (CPI) Certification – Mental Health Academy (2022)
- Basic Applied Behavioral Analysis (ABA) – 2021
- Child Protection Training – UNICEF / World Vision Workshop (2020)

VOLUNTEER EXPERIENCE

Peer Mentor – Youth program

- Led peer support and mental health awareness activities for young people.
- Provided guidance, mentorship, and emotional support to promote positive coping strategies.

LANGUAGES

- English
- Kiswahili
- Luo

CAREER OBJECTIVE / JOB TARGET

Mental Health Support Worker | Special Needs Assistant | Behavioral Support Assistant

REFEREES

Available upon request
