

## **Jessica Derow**

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### **Highlights of Qualifications**

- Currently completing Mental Health and Addictions Certificate Program (Grad April 2022)
- Over 2 years experience working in a rehabilitation environment
- Excellent interpersonal behaviour and communication skills
- Trained in Non-violent crisis intervention
- Ability to work with high degrees of compassion, understanding, and sensitivity
- Ability to work effectively with people who have a developmental disability and challenging behavior
- Good time-management and organizational skills

### **Education**

- **Mental Health and Addictions Certificate** May 2021- April 2022  
Camosun College, Victoria BC
- **Certificate in Business Administration** Sept 2016 - April 2017  
Coast Mountain College, Terrace BC

### **Certifications**

- **Naloxone Training** July, 2020  
St. Pauls Foundation
- **First Aid & CPR Level C** February, 2021  
Canadian Red Cross
- **Food Safe Level 1** February, 2021  
Foodsafe Training Program

### **Relevant Skills and Competencies**

#### **Inclusion Support**

- Ability to provide non-judgmental attitude
- Focus is client-centered and holistic
- Knowledge of trauma-informed practices and cultural sensitivity
- Awareness of the complexity of social issues and oppression

#### **Collaboration and Communication**

- Competence in participating and contributing in a team environment
- Ability to provide and receive constructive feedback

- Proficiency in active listening, conflict resolution, and problem solving
- Ability to use independent judgment and take action
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## **Work Experience**

### **Rescuer, Staff Manager, Care Attendant**

May 2019 - July 2020

Filozoikos Omilos Kalamatas Shelter. Messini, Greece

- Feeding, cleaning, and caring for sick, neglected, or abused animals
- Administering oral medications, vaccinations, micro-chips, and medical injections
- Managing a team of volunteers; assigning duties; mediating
- Creating, teaching, and maintaining safety protocols
- Performing administrative duties using Microsoft Excel, Word, and online databases
- Managing health records and overseeing the care of 500+ animals

### **Child-Caregiver**

August 2015 - May 2016

Sydney, Australia

- Teaching children life skills with genuine compassion, respect, and concern
- Implementing healthy boundaries and teaching positive boundary skills to children
- Observing and recording behaviors
- Guiding children through activities that encourage independence, autonomy, and freedom of expression
- Being emotionally, physically, and mentally present; holding space for clientele
- Creating and following a reliable routine

## **Other Skills and Qualifications**

- Trained and performed Contemporary, Jazz, and Ballet Arts
- Trained and performed Circus Arts (Aerial and Acro)
- Self-taught and intermediate in Greek (reading, writing, and conversing)
- Class 5 drivers license (and reliable car)
- Covid-19 fully vaccinated

## **References**

Available upon request