

Jasmine Grace Okai

okai.jasmine97@gmail.com | 07305215085 | 29 Hayley Bell Gardens, Bishop's Stortford,
Hertfordshire CM23 3HA | **Nationality:** British | **Permit:** B |
LinkedIn: <https://www.linkedin.com/in/jasmineokai/>

PROFESSIONAL SUMMARY

Compassionate Mental Health Support Worker committed to promoting positive emotional health and wellbeing. Responds proactively to pressure for reliable, flexible support, adapting to individual requirements. Plans and prioritises well for organised approaches to busy workloads.

WORK HISTORY

NELFT NHS. London

CAMHS Mental Health Worker/Participation Worker |
01/2023 - Current

- Responsible for providing and delivering early clinical interventions within individual care pathways within CAMHS in-line with the CYP-IAPT programme.
- Routinely measured clinical outcomes and deliver evidence-based clinical interventions for children and young people with a range of emotional and psychological difficulties.
- Undertook initial school based and community based assessments, ensuring the communication needs of service users and parents are acknowledged and represented.
- Promoted the mental and emotional wellbeing of children, young people, families and carers in the community through clinical interventions in the care pathway.
- Increased participation by children, young people, parents and carers involved in the CAMHS service in shaping services, ensuring that this involvement is meaningful and appropriate.

SKILLS

- Developing relationships
- Safety and risk assessment
- Mental health first aid
- Accurate recordkeeping
- Empathetic communicator
- Active listening
- Creative strategies
- Written Communication
- Critical Thinking
- Microsoft Excel
- Microsoft Word
- Microsoft Outlook

EDUCATION

Cardiff University

Cardiff

09/2020 - 09/2021

Master of Science:

Psychology - Merit

Cardiff University

Cardiff

09/2015 - 07/2018

Bachelor of Arts:

- Contributed to new initiatives within the CAMHS service aimed at promoting service use engagement, proposing innovative responses to identified community needs and developing these in consultation with senior colleagues.

Fio. Cardiff

Theatre Producer | 11/2021 - 12/2022

- Adhered to quick turnaround deadlines and exercised calm under pressure to make quick changes.
- Updated safeguarding, health and safety, GDPR, and environmental policies of theatre charity.
- Commercial awareness and marketing training.
- Collated multiple databases detailing local contacts, organised and implemented various community outreach strategies.
- Mentoring experience with youth theatre members.
- Responsible for all aspects of planning and producing creative projects, liaising with other team members, participants, partners and collaborators.
- Prepared and monitored project budgets.
- Planning evaluation and collating documentation (qualitative and quantitative).

Headway Cardiff. Cardiff

Support Worker | 06/2021 - 09/2021

- Assisted in the management and care of service users.
- Supported independence and wellbeing coordinators to deliver care as defined by the clients' agreed care plan, and directed by the care coordinator.
- Maintained confidentiality according to local policies and legal requirements, through the process and implementation of the Mental Health Act 1983.
- Discussed clinical/team issues with both Clinical Supervisor, Line Manager and with Professional Lead in a timely and constructive manner.
- Provided statistical evidence and participate in research (form of conducting annual reviews) as required by the Team Manager and team members to support and enhance service quality.
- Participated in running therapeutic groups.
- Contributed to client related developments and support therapeutic interventions carried out by the whole team.

English Literature - 2:1

The Bishop's Stortford High School

Hertfordshire

09/2013 - 06/2015

A-Levels: English

Literature,

Government and

Politics, History, Biology

The Hertfordshire & Essex High School And Science College

Bishop's Stortford, HRT

09/2008 - 06/2013

GCSEs: English, Maths,

Science, History, Latin,

Sociology, Drama

LANGUAGES

English

Native

Welsh

Elementary

French

Elementary

German

Beginner

Spanish

Beginner