

Bruce Whealton

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Objective

To work in a setting where I use my skills and experience working in the mental health and psychiatric field along with my passions to help those who deal with mental illness and/or substance use difficulties. I want to help the most vulnerable in society.

Education

CERTIFIED RECOVERY COACH | JUNE 2021| RECOVERY COACH ACADEMY

- Completed 40 hours of required training by the state of North Carolina

CERTIFIED PEER SUPPORT SPECIALIST | JUNE 2021| N.C. - H.O.P.E.

- Completed 60 hours of required training by the state of North Carolina

MSW | MAY 1996 | UNIVERSITY OF SOUTH CAROLINA

- Major: Social Work
- Focus: Direct Care/Clinical Social Work
- Internship: The Oaks – Inpatient Psychiatric Hospital

BACHELOR'S IN ELECTRICAL ENGINEERING | DECEMBER 1989 | GEORGIA INSTITUTE OF TECHNOLOGY

- Major: Electrical Engineering
- Minor: Psychology
- Related coursework: Abnormal Psychology, Social Psychology

Paid and Volunteer Experience

CERTIFIED PEER SUPPORT SPECIALIST | COTTAGE HEALTH CARE SERVICES) | FEBRUARY - PRESENT

- Provides Peer Support Services to clients with mental illness and substance use disorders.
- Work includes advocacy, case management and sharing personal story of recovery/healing to create hope for peers.

SUPPORT GROUP FACILITATOR | NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) | 2020 - PRESENT

- Serve as facilitator for NAMI Connections support group meetings using the training provided by NAMI
- I utilize my past professional experience in the mental health field to facilitate communication and group dynamics.

SUPPORT GROUP FACILITATOR | ONLINE MEETUP | 2020 - PRESENT

- Serve as the facilitator/organizer for an online support group that helps people who are dealing with depression, loneliness and social anxiety.

- I utilize my past professional experience in the mental health field to facilitate communication and group dynamics.

WEB DESIGNER/DEVELOPER | SELF EMPLOYED | 2002 - 2021

- Provided web design, development and web hosting services to individuals and small businesses.
- Managed all aspects of a home-based business, including but not limited to social media marketing, taxers, billing, promotion and other forms of marketing and advertising.

READER AND ITEM WRITER | MEASUREMENT INCORPORATED | 2001 - 2010

- We read and scored standardized tests in Math, English and other subject areas that are completed by students in grades ranging from 1st grade through 12th grade.
- Developed standardized test questions for use in standardized tests for schools in various locations across the United States.

CLINICAL SOCIAL WORKER/THERAPIST | SELF EMPLOYED | 1998 - 2000

- Provided individual, group and family therapy as a Licensed clinical social worker.
- I utilized an eclectic and wide range of psychological and therapeutic interventions to the treatment of emotional and psychological disorders or challenges.

SOCIAL WORKER III | DUPLIN-SAMPSON COUNTY MH/DD/SAS | APRIL 1997 TO JANUARY 1998

- Provided case management as well as therapeutic interventions for a number of individuals, families and groups.

THERAPIST | BRYNN MARR PSYCHIATRIC HOSPITAL | MAY 1996 TO NOVEMBER 1996

Provided case management as well as therapeutic interventions for a number of individuals, families and groups in an inpatient setting.

SOCIAL WORK INTERN | THE OAKS PSYCHIATRIC HOSPITAL | SEPT 1995 TO MAY 1996

- Completed Social Work Intake Assessments with patients who were recently admitted to the hospital.
- Participated in and lead group therapy sessions as needed.
- Provided individual therapy to patients under the supervision of a Licensed Clinical Social Worker.

MENTAL HEALTH PARAPROFESSIONAL | SOUTHEASTERN CTR FOR MH/DD/SAS | FEBRUARY 1993 TO APRIL 1996

- Provided support services to individuals living in an independent supportive living apartment complex for persons with chronic and persistent mental illness.
- Demonstrated active listening skills to support individuals dealing with emotional and psychological problems.

- Was on-call from Friday at 6 PM to Sunday at 6 PM to respond to the needs of the tenants at any time.
- Provided a range of potential services depending on the various needs and interests of tenants as individuals and as a group.
- Provided direct care services to individuals with Mental Health and/or Developmental Disabilities as a paraprofessional – meaning I provided services that a social worker had developed with and for a client
- Worked with and for various group and individual “homes” for individuals with chronic and persistent mental health issues and/or developmental disabilities.

VOLUNTEER EFFORTS TO ADDRESS HOMELESSES | VARIOUS AGENCIES OR ORGANIZATIONS | 2004 TO PRESENT

- Participate in meetings with the National Coalition for the Homeless using my past education, skills and lived experience to inform others.
- I have engaged in various writing projects and have published material on issues of mental illness, poverty and homelessness. I have published my own books on Amazon and on a other social media platforms.
- Participated in the point-in-time count of the homeless in my local area as well as attending meetings in person to address homelessness locally.

SOCIAL WORK VOLUNTEER | THE OAKS PSYCHIATRIC HOSPITAL | MAY 1992 TO DECEMBER 1993

- Completed Social Work Intake Assessments with patients who were recently admitted to the hospital.

SOCIAL WORK VOLUNTEER | GEORGIA REGIONAL STATE PSYCHIATRIC HOSPITAL | FEB 1990 TO DECEMBER 1991

- Completed Social Work Intake Assessments with patients who were recently admitted to the hospital.

Skills & Abilities

WRITTEN COMMUNICATION SKILLS

- I have been published in a variety of magazines and journals in prose and poetry form.
- I have written stories, biographies and other accounts of the experiences of individuals who confront financial, emotional, and psychological challenges in seeking to live and cope with life.
- I have published a book entitled “Memoirs of a Healer / Clinical Social Worker – Autobiography of Bruce Whealton” found with other books of mine at <https://amazon.com/author/brucewhealton>

COMMUNICATION AND ACTIVE LISTENING

- I have had extensive experience in providing therapeutic interventions with individuals, families and groups that are dealing with emotional and psychological issues, as well as issues related to poverty.
- I have demonstrated skills in reflecting back the emotional and psychological content in any conversation or effort to communicate and be understood.

EMPATHIC LISTENING AND COMMUNICATION

- I have learned that empathy is a skill that can be developed and honed through experience and effort and have demonstrated this in providing human services to hundreds (if not thousands) of individuals over the years.
- Employed empathic communication as a dynamic effort between myself and the person with whom I am speaking, always reflecting the emotional and psychological understanding back to the client or patient to confirm whether or not I understand the message being communicated.

CASE MANAGEMENT

- I have provided a range of case management services where I have helped patients and/or clients to find the resources they need.
- I have linked many individuals with resources that might help them cope, reach self-actualization, heal or meet financial needs.
- Assisted with problem solving so that individuals might identify the needs they have and the possible reasons that might exist which would be useful for their unique situation.

Affiliations and Additional Information

Longtime member of the National Coalition for the Homeless

Active member of the National Alliance on Mental Illness (NAMI)

Former publisher and co-editor of an online poetry magazine called Word Salad Poetry Magazine

Publisher of creative non-fiction which can be found at <https://amazon.com/author/brucewhealton>

References

J. PEDER ZANE

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Peder is a long-term client of mine for whom I have provided Web design, development and hosting services. He is a journalist. I developed his website The Top Ten Books at <https://toptenbooks.net>

TOM CASTELLOE

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BARB MAIER

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