

Gerard Thomas
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Summary of Skills

- Knowledge of general office automation software, practices, and procedures; competitive level proficiency in typing; and ability to apply these knowledge and skills in the performance of general office support work
 - I provided outreach assistant services for the 2008 Dixon Community Services Review
 - I have worked with people who have experienced psychiatric symptoms to discover the strengths they have and can use to enhance their recovery, emphasizing the underlying concepts necessary to recovery: hope, personal responsibility, education, self-advocacy, and support
 - Teach about wellness tools and strategies, such as medication management, changing negative thoughts to positive, and developing a wellness lifestyle
 - Empower and motivate people to work toward recovery - feeling the way they want to feel, making their lives the way they want them to be, and moving toward meeting their life goals
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Summary of Educational Trainings/Certifications

- **NAMI DC's B.R.I.D.G.E.S. Teacher/Facilitator Program: 2009**
BRIDGES is a consumer-facilitated support group program combined with a consumer-taught education program, which covers major diagnoses, medications, and mental health services. In addition it teaches wellness/recovery tools and how to advocate for oneself.
 - **NAMI DC's In Our Own Voice: Living With Mental Illness Presenter: 2008**
I conduct IOOV presentations which increases audience knowledge about mental illness and improving attitudes toward those who experience psychiatric disorders.
 - **Mental Health Recovery and WRAP Facilitator Certification Training: 2006**
I train and assist individuals & groups in how to develop and use a WRAP plan.
 - **Department Of Veterans Affairs: Compensated Work Therapy, Vocational Rehabilitation, Secretarial Training Program: 1997...1998**
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Summary of Work History

- Consumer Leadership Forum of DC & WRAP of DC: Photographer/Web Designer, www.clfofdc.org & www.wrapofdc.org 2007...Present
- DC DMH, Office of Consumer and Family Affairs: WRAP Co-Facilitator, 11-2009...3-2010
- Consumer Action Network: Community Services Review, Coordinator, 1-2008...6-2008
- VA Central Office, Patient Care Services (Office of Telemedicine) Clerical Secretary, 1997...1998