Carolyne. W. Mainah

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**OBJECTIVES**

I am a compassionate social worker with experience working with children, youth, and adults in the social service sector. My goal is to advocate for the rights and needs of individuals and families, ensuring they have access to essential resources that enhance their quality of life. I aim to empower clients by providing the tools and knowledge necessary to navigate social services effectively. I am committed to offering culturally sensitive support, addressing clients' holistic needs, and actively seeking professional development opportunities to deliver high-quality services.

I aim to advocate for policy changes that promote social justice and enhance the well-being of marginalized communities.

**SUMMARY OF SKILLS**

* Empathy and compassion, Advocacy skills
* Strong interpersonal skills, Crisis intervention
* Teamwork and collaboration, Cultural competence
* Organizational skills Organizational skills
* Critical thinking, Problem-solving
* Resilience and self-care

**WORK EXPERIENCE**

**WIS INTERNATIONAL-CANADA**

**An Inventory Associate (casual worker), Jan 2025 to May 2025.**

* Conducting physical counts of inventory items in various locations.
* Entered inventory data into the company’s inventory management system
* Organizing and maintaining inventory storage areas to ensure efficient access and retrieval
* Work closely with team members to coordinate inventory tasks and schedules.
* Maintaining a clean and organized work environment.

**Government of Kenya**

**Assistant County Commissioner (Sep 2016- Aug 2024)**

* Collaborated with law enforcement and community organizations to address
* social issues such as child protection and domestic violence.
* Advocated for marginalized populations through community-led solutions and
* policymaking.
* Developed and implemented trauma-informed strategies to support vulnerable
* families.
* Conducted training for law enforcement and community service providers on
* trauma recognition and response.
* Designed and launched initiatives to protect children from domestic violence and substance misuse.
* Evaluated program effectiveness and made data-driven recommendations for
* improvements.
* Championed the needs of children with diverse health conditions, including

Autism and ADHD.

* Collaborated with healthcare providers to ensure comprehensive support for

affected families.

**Living Room Hospital-Kenya**

 **(Jan 2016- July 2016) Social Worker Palliative Care Unit.**

* Facilitated discussions of feelings, fears, and concerns about illness and how it impacts family relationships.
* Advocated for patients' needs and desires within the healthcare system.
* Assisted the healthcare team in offering a holistic care approach.
* Offered support and education to family caregivers, allowing them to manage caregiver stress and burnout.
* Informed patients regarding programs that are available, such as hospice care, support groups, and respite services.
* Assisted patients in communicating their care preferences and ensuring that these are documented and respected.
* Provided stress management techniques and support coping strategies

**Ainabkoi Home for the Elderly-Kenya**

 **Caregiver (June 2015- Dec 2015)**

* Assisting with daily activities such as dressing, grooming, bathing, and ensuring smooth mobility of the clients
* Providing emotional support and companionship to reduce loneliness
* Preparing meals and snacks according to dietary needs.
* Helping individuals get to and from appointments or activities within the Centre
* Providing timely reminders for when medication needs to be taken, ensuring adherence to the prescribed schedule.
* Keeping family members informed about the individual’s well-being

**Beam-Kenya**

**Social Worker (Jan 2014 - June 2015)**

* Conducting assessments and evaluations to understand the needs and challenges faced by children and their families.
* Providing individual and group counselling to children dealing with emotional, behavioral, or psychological issues and supporting families to enhance their coping strategies and improve family dynamics.
* Advocating for children’s rights and needs within the community and educational systems.
* Crisis intervention by responding to emergencies involving children and providing immediate support as needed.
* Connecting families with community resources such as mental health services, educational support, and financial assistance.
* Conducting educational workshops for children and families on topics including mental health, substance use prevention, and healthy relationships.

**EDUCATION**

* Master of Arts in Human Rights and Social Justice - Thompson Rivers University, Expected Graduation Date: June 2026
* Bachelor of Arts (Sociology) - Moi University, Kenya

**ADDITIONAL SKILLS**

* Diploma in Mental Health - Allison’s
* Care Certification Course - Caredemy
* Emergency First Aid/Community Care - St John Ambulance
* Food Safe - Allison’s

**REFERENCES**: References available on request.