

# Independent Facilitator Biography

## Contact Information

**Name:** Jennifer Torres

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## About the Facilitator

**What qualities do you bring to your role as an Independent Facilitator?** I am very patient and empathetic with others due to my own personal experience with mental health.

**Why do you want to serve as an Independent Facilitator?** I want to better understand the mental health community and how to help them. Eventually, I would like to develop projects through media to educate people on mental health.

**What are some skills or expertise that you have as an Independent Facilitator? For example, are you fluent in a language other than English, have experience with augmentative communication devices, etc.?** I have experience helping people deal with their emotions and relationships and ran a peer-support based DBT group. I am open to working with people of any age but have a special interest in working with high school and young adults.

**Are you a member of any professional organizations or groups? If so, which ones?** No

## Scheduling Details

**Do you need any accommodations in your role as a facilitator? If yes, what are they?**

**Times of day you are available to facilitate:** 9am-5pm

**Days of the week you are available to facilitate:** Monday-Friday

**Geographic locations you are available to facilitate:** Bay, Midland, Saginaw, Genessee, Oakland, Wayne, Washtenaw, Monroe, Tuscola Counties

**Do you have a computer, tablet, or smartphone with internet access for virtual facilitations?**

Yes

**Independent Facilitator Level of Competency:** Level 1 (Trained). Independent Facilitator has completed the Independent Facilitator training provided by the Michigan Developmental Disabilities Institute, Wayne State University.