

EMMA SONNEN

Job Applicant

CONTACT

- ☎ 647-926-2916
- ✉ emmasonnen3@gmail.com
- ✉ emmasonnen@cmail.carleton.ca
- 📍 Carleton University, Ottawa, ON

EDUCATION

2022-2026

CARLETON UNIVERSITY

- Honours Bachelor of Arts in Forensic Psychology
- Minor in criminology
- 11.09/12 current GCPA

2017-2021

HUMBERVIEW SECONDARY SCHOOL

CERTIFICATIONS

- Crisis Intervention Training (March 2025)
- CPR and AED (March 2025)
- Medication Administration Certification (January 2025)
- Stop the Bleed (April 2024)
- Applied Suicide Skills Intervention Training (March 2024)

SKILLS

- Communication
- Teamwork
- Active listening
- Ethics and confidentiality

WORK AND VOLUNTEER EXPERIENCE

John Howard Society - Red Maple Supportive Residence

Community Reintegration Worker JANUARY 2025 - PRESENT

- Work daily with individuals who are justice impacted, have an intellectual disability, and a mental illness. Work alongside residents, assisting them to reintegrate into the community.
- Support residents in completing their daily activities, household chores, and encouraging skill-building.
- Accompany residents to meetings or appointments, such as probation or doctors appointments.
- Plan and organize weekend outings and leisure time with residents, to foster positive experiences while living in Ottawa.

Ottawa Inner City Health

Harm Reduction Worker JANUARY 2024 - PRESENT

- Monitor up to twelve consumption booths in which clients may snort, inject, or ingest illicit drugs. Regularly check in with clients to ensure they are responsive.
 - Take vitals of clients showing symptoms of an overdose; administer oxygen, administer injectable or nasal Narcan, and ambu bag as needed.
- Create meaningful relationships with clients by following a harm reduction bottom-up model.

Boomerang Health

Volunteer June 2020- June 2021

- Volunteered at an outpatient of SickKids Hospital as a COVID-19 screener
- Interacted with various paediatric patients experiencing pre and post operative care, eating disorders, autoimmune diseases, an paraplegia.

YES4MENTALHEALTH

September 2018- June 2021

Student Lead

- Student lead for the YES4MH team, a school-board wide mental health advocacy group.
 - Focused on the importance of mental health as it pertains to the school system.
- Ran initiatives such as *Mental Health Week*, free well- being incentives for students such as craft days, yoga classes, dog therapy days, and installed student art displays in the hallways.