



About Blake Horsley

PROFESSIONAL SUMMARY



I am a renowned artist, author, and advocate for mental health. My art has been exhibited in galleries, art shows, and exhibitions around Ontario, and has received much praise and recognition. As an author I have written a book about my personal experiences with bipolar disorder; one that details my own arduous journey towards acceptance and recovery. It is an honest account of one suffering for an extended period of time, while never losing hope. My writing has been praised for its honesty, vulnerability, and compassion. As a mental health advocate, I work tirelessly to raise awareness about mental health. I speak publicly about my own experiences, and advocate for policy changes that improve access to mental health care. I am on a constant mission to continuously fight and try my best to eliminate stigma. I remain committed to my work, believing that by sharing my story, speaking open and honestly, and creating meaningful art, I can help others who are struggling with mental illness find hope and healing.

I recently graduated from Sheridan College's Social Service Worker program with high honours, marking a significant milestone in my journey towards making a positive impact on people's lives. Equipped with a comprehensive understanding of mental health issues and addictions, I am now prepared to embark on a fulfilling career dedicated to assisting individuals facing these challenges. Through my studies, I have gained valuable knowledge in evidence-based therapeutic approaches, compassionate counselling techniques, and community resources that foster recovery and well-being. I aim to utilize my skills and passion to provide support, empathy, and guidance to those in need, working tirelessly to promote mental health awareness and contribute to the overall well-being of the individuals and communities I intend to serve.



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PROUDEST ACHIEVEMENT

Personally selected and interviewed on CBC's first original podcast series CAMPUS - Episode 4: Going in circles. The program details life-changing stories from post secondary-school having won multiple awards, including three Gold Awards at the New York Festivals, a Grand Award, and the prestigious United Nations Department of Public Information Award. The episode I took part in was about battling bipolar disorder while going to college.

EDUCATION

Faculty of Applied Health and Community Studies at Sheridan College: Social Service Worker Diploma. Graduated with high honours and a program cumulative GPA of 3.91. This education provided me with a comprehensive understanding of the field, practical experience through a field placement, and a supportive learning environment.

SKILLS

- Lived Experience With Mental Illness
 - Lived Experience With Addiction
 - Experience Working With Older Adults
 - Excellent Interpersonal Skills
 - Very Organized and Diligent
 - Skilled in Assessments and Evaluations
 - Extroverted
 - Excellent Communication/Listening Skills
 - Customer Service/Case Management
 - Team Development and Leadership Skills
- Highly Motivated Team-Player
 - Cultural Competency
 - Counselling
 - Case Management
 - Empathy
 - Advocacy
 - Problem-Solver
 - Skilled in Crisis Intervention
 - Advanced Computer Skills
 - Highly Skilled Writer

WORK HISTORY



Embarking on a career as a Child and Youth Mental Health and Addictions Worker, dedicated to improving the well-being of individuals in the community through structured treatment and collaboration with physicians, case workers, families, groups, and individuals in need.

ARTIST, AUTHOR, MENTAL HEALTH ADVOCATE, GRAPHIC DESIGNER & WEBSITE DESIGNER | blakereflected.com

Brampton, ON - January 2012 - Current

Art | Logos | Websites | Business cards | Ads | Books | Podcasts

- Scouted by RAW: Natural Born Artists and featured in artshows AWAKENING, SPECTRUM, PANORAMA & PROTOTYPE
- Featured in the "Pancakes and Booze" Art Show in Toronto
- Scouted by Norman Felix Art Gallery
- Showcased in Milton's Centre for the Arts
- Showcased at Xtreme Couture and System Fitness
- Showcased in Culture Rising
- Partnered with Artzila selling limited edition prints
- Partnered with Nuvango selling custom products featuring blakereflected artwork
- Finalist of 7 in the national art competition "Paint the City"
- Author of a book titled "A Man With Glasses" about living with, battling, and surviving bipolar disorder
- Mental health advocate engaged in public and motivational speaking engagements focused on mental health, stigma, symptoms, triggers, therapy, and outlets
- Creator of a group called "Make It Mindful" that conducts presentations at various community venues educating audiences about mental health issues and the therapeutic benefits of artistic endeavors
- Special guest on three podcast series talking about my mental health journey
- Motivational speaker who talks about mental health and wellness, having spoken at schools, events, and open-mics
- Trained in CPR/AED, First Aid, Fitness, Security, and educated in Creative Advertising and Social Service Work
- Assessed needs of seniors, people with physical health issues and individuals with mental health concerns
- A professional artist with over 750 works of art – all that can be seen at blakereflected.com

SENIORS PROGRAMS & VOLUNTEER/CLIENT DEPARTMENT | Elder Help Peel

Brampton, ON - September 2022 - April 2023

- Conducted comprehensive assessments to identify the physical, emotional, and social needs of elderly clients
- Developed and implemented individualized care plans to address the specific needs and goals of elderly clients
- Demonstrated respect, friendliness and willingness to help wherever needed
- Proved successful working within tight deadlines and fast-paced atmosphere
- Used critical thinking to break down problems, evaluate solutions and make decisions
- Developed and maintained courteous and effective working relationships
- Advocated on behalf of elderly clients to ensure their rights are protected and their needs are met within the community
- Connected elderly clients to appropriate community resources, such as healthcare services, housing options, financial assistance programs, support groups, and recreational activities
- Responded to crises and emergencies that may arise, such as elder abuse, neglect, or sudden changes in health or living situations

LOGISTICS COORDINATOR | The Taylor Group

Brampton, ON - January 2008 - January 2013

- Tracked orders
- Coordinated shipping requests for expedited delivery and documented accurately to achieve correct billing
- Generated documentation and information required for customer shipments
- Processed and entered customer orders into database and provided proactive customer service for accounts
- Constructed and dismantled booths for trade shows and auto shows
- Packed and organized booths and supplies for shipping and set-ups worldwide
- Applied graphics to booths for trade shows and auto shows
- Combined physically demanding labour with an eye for attention to fine details and a constant strive for perfection
- Took pride in what was created