



Regis College

Graduate and Professional Career Planning



On the journey with your fellow Regis graduates.



A PIONEER IN MENTAL HEALTH

Committed to breaking down barriers to mental wellness, recent graduate **Chanelle Garcia, MA in Counseling, '21**, strives to make mental health services accessible to all.

What is particularly exciting about your current role?

I am excited to be part of the pioneering team across Massachusetts testing out these new Community Behavioral Health Centers. This program hopes to reduce the number of people struggling with mental health issues from going into the ER at hospitals and working to eliminate the 12-18 month waitlists at

Outpatient offices. We are trying to make mental health services more accessible and more of a “one-stop shop” instead of needing multiple providers in multiple offices across the state.

Can you share a story or anecdote that highlights the impact you are making in the mental health field?

Although working in the mental health field can be tough, it is extremely rewarding when I am able to see the changes in my clients’ lives and witness their journey towards growth, self-love, and exploration. I walk with people in the darkness so that they are able to find the light and feel supported by a fellow human on this planet. People go through so much, especially since COVID-19 surfaced, and I am here to provide a safe space for all.

How did Regis prepare you for the great work you are doing?

Aside from the class work, Regis was able to connect me with internship experiences that helped me grow and give me an opportunity to apply what I learned in the classroom with real life situations. Regis gave me a network of folks that I was able to reach out for help in finding this new job. Regis continues to be a place I can find support.

TAKE 5

Seeking career wisdom? Ask a professional.

We asked Chanelle to share what she learned in order to obtain her current position and help her remain effective on the job. Here, in random order, are 5 of her takeaways:

5: It’s not WHAT you know, it’s WHO you know. So, networking is key! Use your resources at Regis, ask questions, and don’t be afraid to put yourself out there.

4: Apply to ALL the jobs! Regardless of whether you meet all the requirements on a job listing or not, don’t be afraid to send your resume because you could have some transferable skills that make you a fit.

3: Make connections with your professors, advisors, program directors, etc. Reach out to them even after graduation and find out whether they’re aware of any opportunities that would be good fits for you.

2: Be open to new experiences even if it's not the exact kind of job you're looking for. *All* experience is valuable!

1: Self-care is not selfish. You need to care for yourself before you can be of any use to others. So dedicate time in your schedule/life to rest, relax, and rejuvenate yourself.

DO YOU HAVE A NEW JOB with your present employer or another organization? If you would be willing to share more about how you got there, including advice for your fellow Regis graduates, contact Kaitlynn M. Arvidson, Ed.M. Director, Graduate and Professional Career Planning at Kaitlynn.arvidson@regiscollege.edu.



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