

**SPECIAL INTERESTS: PHYSICAL FITNESS & HEALTH | BLENDED FAMILIES & CO-PARENTING | DISABILITY RELATED SUPPORT | MENTAL WELLNESS | EMPLOYMENT SKILLS**

Jerrell is an employment skills black belt. He's had training from the Department of Workforce Development, in the "Skills to Pay the Bills" program that helps high school-aged kids develop skills that are required to be successful in the workplace, and has experience providing disability-related support, and mentoring. He's passionate about helping people with challenges develop the skills they need to obtain meaningful work and does this by helping folks with resume writing, interview etiquette, and setting up a routine to ensure happy and healthy employment.

**AREAS OF EXPERIENCE:**

- Internship/Temporary Work (I/TW)
- Job and Task Analysis and Systematic Instruction Services
- Job Preparation, Development, Hire, and Retention Services
- Student Work-Based Learning Services
- Supported Employment Services
- Vocational Evaluation Services
- Work Incentive Benefits Analysis Services
- Customized Employment Services
- Assistive Technology (AT)
- Customized Self-Employment
- Explore Work
- Job Shadow
- Job Development TAP Services
- On the Job Assessment
- On-The-Job Training (OJT)
- Partners with Business (PwB)
- Project SEARCH
- Peer Specialist
- Skills to Pay the Bills
- Visual Resume
- Angry Management
- Stress Management
- Emotion Management
- Depression Coping Skills
- Communication Skills
- Positive Parenting Skills
- Self-Care Skills

Originally from Saint Louis, Jerrell moved to Minnesota as a teen where he excelled on the track. In 2007 he won the Minnesota High School State Championship in the 100-meter and 200-meter dash. He also finished runner-up in the 400-meter dash during the same meet. He attended Minnesota State University where he was a 12-time All-American on the track. In 2013 he qualified for the U.S. Track and Field Championships.

His love of Track and Field, and physical fitness in general, doesn't end there - Jerrell is USA Track and Field Certified and started his own club, I M Elite, where he helps train young runners to become track stars through workouts, strength training, and proper diet.

In 2015, Jerrell experienced a small heart attack that taught him the importance of stress management and total body, mind, and spiritual wellness. He understands how depression and anxiety can impact a person's physical health and ability to be well in all aspects of life.

Jerrell is passionate about helping peers to establish healthy routines, find meaningful employment, and support folks through depression, anxiety, and eating disorders. He is well versed in navigating the group home system, establishing healthy co-parenting relationships, and the various paths to recovery and overall wellness.

In his spare time, Jerrell enjoys spending time with his family, practicing his faith, and keeping healthy through exercise, nutritious food, and positive coping skills.

