

# VIRTUAL ASSISTANT

Spotlight

JAMIE



Get to know us!



Sarita Turner  
MENTAL HEALTH VIRTUAL ASSISTANCE

Jamie lives in Chester Springs, PA (suburb of Philadelphia) with her two sons, Tanner and Kiefer, husband, Chris and their dog, Sadie. A mental health virtual assistant with Sarita Turner, she has a background in social work practice/administration, communications and small business management.

## 5 FUN FACTS ABOUT JAMIE

- I am an early adopter bread baker (pre-COVID). Nothing is better than a freshly baked loaf of bread.
- I enjoy free-form sewing; meaning sewing without a pattern.
- I love being outdoors especially if it's near large bodies of water.
- Comedy podcasts are an addiction.
- I have a hard time narrowing my favorite songs...it's more like a top 100 when asked for a top 5. It's really sad!

## THE INTERVIEW

### Question 1: Why did you Choose to work for Sarita Turner Mental Health Virtual Assistance?

I really enjoy assisting, being a team player, and working behind the scenes to find resources and solutions. Over the past few years, I became fascinated with the emerging field of virtual assistance, but thought that basic office work wasn't quite for me. So when I happened to fall upon Sarita's job posting, it seemed like a perfect fit for my background. Between Sarita's warm personality and the flexibility of the position, this job was a win for me.

### Question 2: What type of background do you have in the field?

I have an MSW from Temple University, 5 years experience working in behavioral health managed care, and nearly 10 years working in social work. A lot of client/patient interaction, advocacy and assessment fills my resume.

### Question 3: What is your favorite task about the job and why?

Intake work for sure! I love gathering history and helping to determine how a service or which therapist can be helpful to the client/patient.

### Question 4: What are three words that would best describe you?

Tenacious, Dedicated, and (although boring) Nice

### Question 5: What is your favorite thing about being a virtual assistant?

The diversity of the work from client to client is really very exciting. I feel like I grow from my work with each client.

**Question 6: If given the chance, who would you like to be for a day? Why?**

If I could be anyone for a day? Hmm, Henry David Thoreau maybe. I've always been fascinated by "Walden" and the natural transcendentalism movement. After social distancing with my 2 boys and husband for nearly a year now, I could totally use some solo cabin living right now.

**Question 7: If you were stuck on a deserted island and could only bring 3 things, what would they be?**

No hesitation - My loaded Kindle, solar powered charger and a water filtration device.

**Question 8: What would you do (for a career) if you weren't doing this?**

Don't laugh...a romance novelist. I still think it will happen one day.

**Question 9: What was the best vacation you have ever been on?**

Backpacking through Europe with my college roommate. Three months of unstructured bliss and cultural immersion.

**Question 10: What's the coolest (or most important) trend you see today?**

I LOVE how larger companies are now taking the mental health of their employees seriously. It's sad that it took an event like COVID to bring it to the forefront, but better late than never. We are starting to see more pressure on companies to create or support mental health programs and therapists (in-person or virtually) as part of employee benefit packages. I think that is so cool!

