



Care. Compassion. Community.

External Job Posting

Position Title: Therapist - Child and Youth Mental Health Team

Employment Status: Permanent Full Time

Hours of Work/Work Schedule: 35 hours weekly, within Monday-Friday; will include 1 evening shift

Salary Range: Salary is commensurate with skills and experience, and within the range of \$62,637 - \$71,155, plus participation in HOOPP.

Position Reports To: Manager, Health Promotion and Community Development Services

Director: Director, Health Promotion and Community Development Services

Location: Whitby/Oshawa

Organization – Overview

Carea Community Health Centre is a recognized leader in redefining the experience of community-based health and wellness services. We provide access to high quality holistic and inclusive care that is responsive to the needs of the community and empowers individuals to enhance their own well-being.

Carea Community Health Centre is a registered charitable organization providing a variety of free, community programs and services including: health promotion and wellness programs; primary care, counselling and mental health; diabetes education; Hepatitis C screening, treatment support, education and outreach; geriatric assessment & intervention; young parent support, youth programs, Indigenous programs; community development programs; and fundraising events which include developing charitable partnerships/sponsorships to fund programs.

In line with the CHC Model of Health and Wellbeing, our expert team works with our clients to provide holistic care, support, and wraparound services that empower clients to improve their health and wellness. We strive to be accessible to those in the community who face access barriers like culture, gender, geographic isolation, homelessness, language, physical disabilities, poverty, and race.

Position Overview

This role is geared to contribute to the expansion of mental health services in Whitby/Oshawa, for children, youth, young adults and Indigenous youth. Working as a member of an interdisciplinary team of health professionals, the Therapist provides psychotherapy to individuals and groups in order to assist people to achieve optimal psychosocial functioning. The Therapist practices the principles of client-centered care within the context of a self-directed and interdisciplinary team approach. Additionally, the Therapist will collaborate with community partners and other health professionals across the region. The Therapist will be an effective member of the Agency's team structure, in support of goals that align with and achieve the Agency's strategy, Mission, Vision and Values. The collaborative practice of this position includes accepting referrals from, consulting with, or referring to other health care providers in order to promote comprehensive and continuous care in both primary and acute care specialty practice.

Key Responsibilities:

- Provide counselling services to children/youth living in the Durham Region.
- Provide brief solution focused sessions, group programs and psycho educational workshops, and collaboratively work with other team members to expand services to Whitby/Oshawa.
- Work closely with community partners and existing networks and community partnerships to ensure that children, youth, and young adults receive appropriate services.

- Contribute to providing more accessible targeted services to children, youth, young adults, and families.
- Occasional community outreach in collaboration with internal and external partners
- Provide therapy within the Durham Counselling Walk-in Clinic – a collaborative single session counselling clinic.
- Respond to community calls on behalf of the team; Triage support depending on urgency of inquiries; Make community referrals as appropriate
- Manage team waitlist
- Perform administrative duties related to client support
- Other duties as assigned.

Qualifications

1. Master of Social Work (M.S.W.) degree with a clinical specialty (e.g., mental health/addictions, child and family services); Master of Arts (M.A.) in Clinical and Counselling Psychology or equivalent master's degree.
2. Must be a current member in good standing with appropriate regulatory College (e.g., Ontario College of Social Workers and Social Service Workers (OCSWSSW); College of Registered Psychotherapists of Ontario (CRPO).
3. Demonstrated knowledge of scope and standards of practice with the above regulatory College.
4. Evidence of skill in developing effective, collaborative therapeutic relationships with clients.
5. Evidence of degree-curriculum, or post-graduate education in the theory and use of evidence-based and evidence-informed therapeutic counselling interventions (e.g., Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) etc.). Experience in delivering therapy/counselling in a single-session, brief, solution-focused model of service provision.
6. Demonstrated experience providing interventions to clients with complex mental health challenges. Knowledge of DSM-V diagnoses, concurrent disorders, and crisis intervention skills.
7. Demonstrated competence in completing biopsychosocial assessments, preparing treatment plans, delivering above interventions, documenting, and communicating with partners in client circle-of-care.
8. Demonstrated ability to manage a caseload, determine priorities, meet deadlines, work independently and as an effective member within an interdisciplinary team.
9. Knowledge of issues affecting marginalized communities, policies, legislation, programs, and other issues related to scope of practice and social determinants of health.
10. Access to a car and valid driver's license required.
11. Familiar with electronic records systems (e.g., PS Suite) and computer skills in use of Microsoft Office.
12. Ability to support and provide input into the program evaluation process to align and determine priorities.

Key Attributes Required

- Effective Communicator (verbal, written, and across colleagues, community, clients, and partners)
- Interpersonal skills/ Empathy
- Team Player / Collaborative
- Strong Time Management and Organizational skills
- Adaptable – to the needs of others; to changing priorities
- Crisis management and Problem-Solving skills
- Flexibility

Full vaccination against COVID-19 is mandatory for this position (Carea CHC will however adhere to its duty to accommodate those who are unable to be fully vaccinated for a reason related to a human right protected ground).

Application Process:

- 1) If you are interested in being considered for this position, please submit a cover letter and resume outlining your qualifications and expectations by email to recruiting@careachc.ca. This position will remain posted until filled.

- 2) While we thank all applicants for their interest in applying, only those qualified and considered for an interview will be contacted. All applicant submissions will be kept on file for six months, for future consideration.
- 3) All applicants are encouraged to provide a valid email address for communication purposes. Applicants may receive written correspondence regarding this job posting directly to the email address provided on their resume. As an applicant, it is your responsibility to ensure that you check your email regularly.
- 4) All positions are subject to the successful completion of the following pre-employment conditions for all external hires: Reference Checks; and Criminal Background checks (including Vulnerable Sector Screening).

Carea Community Health Centre is committed to complying with all applicable standards as set out in the Accessibility for Ontarians with Disabilities Act, 2005 (AODA), the provisions of the Ontario Human Rights Code, and any other applicable legislation. Accessibility: If you have accessibility needs and require alternate formats or other accommodations please contact Human Resources at 905-723-0036, or by email to recruiting@careachc.ca. **Carea Community Health Centre, and staff are dedicated to creating an inclusive environment that welcomes diversity.**