



Community-Based Mental Health Therapist (Contract Position)

Competition # 1360

The Family Centre has a strong reputation for providing quality services basing our work on research and evidence based practices. We pride ourselves on providing leading edge training and strong, reflective supervision. Our intention is to create a healthy organization that is intelligent in its response to community issues and intentional about our respectful treatment of each other. We have a strong focus on Trauma Informed Care for the communities we support, as well as our staff teams. The Family Centre strives to hire a diverse team of employees, reflecting the diverse communities we support.

Mission:

The Family Centre exists to support families and children to help them flourish and to help people engage with one another in order to promote healthy, safe, and economically viable communities.

Vision:

Healthy families in healthy communities.

The Role:

Community-Based Mental Health Therapists are part of an integrated service delivery team. They work in the community to increase access to mental health services to people in the neighbourhoods where they live. They work collaboratively with other service providers in a “Circle of Support” model for children and their families. Developing relationships with hard to reach parents and caregivers to remove barriers for those needing service is an important part of this work. At The Family Centre Therapists provide services to a wide range of clients. Services include Individual, Couple, Family and Group Therapy; Substance Abuse Assessments; Critical Incident Response; Coaching; Psycho-Educational Workshops; and other related duties.

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Qualifications:

- Minimum Master's Degree in Social Work, Psychology, Pastoral Counselling or equivalent
- Certification and registration with applicable professional association
- Three years counselling experience
- Experience with families is required
- Ability to work in a team environment and flexibility in taking on new roles
- Good verbal and written communication skills in English

Key Responsibilities:

- Individual and Family Therapy: Formal sessions with clients- students, parents, families etc. – files are created and sessions can last anywhere from 15 minutes to one hour. Therapy is goal oriented and our model is short-term intervention and long-term relationship. Being in community settings like schools allows us to build relationships that could last for years.
- Support to Community Partners: Be a resource to teachers regarding information and strategies for working with complex trauma. Support could range from individual consultation regarding the best way to work with challenging/disruptive behavior to more formal presentations to staff on issues such as trauma, attachment, sexual abuse, or other mental health issues.
- Networking: Our goal is to bring a resiliency perspective/focus to the community and individual clients. This includes building relationships with the Principal, teachers, students (informal connections in hallways, playgrounds, and classroom interactions), and community (both formal and informal resources).
- Group work: Groups are often used to reach more people. The following is a list of some groups that have occurred in schools: Anger management, Self-esteem, Healthy Relationships, Girl Power, Chill Skills, Peer Conflict Management Teams, Anxiety and Stress, Parenting, etc.
- “Circle of Support” Meetings and Service Plan Meetings: Attend monthly “Circle of Support” meetings where the needs of various students and the school are discussed with other school professionals and resources. Based on the outcomes of these meetings, individual “Service Plan” meetings will be held to design outcomes that are relevant and meaningful to the clients.
- Attend School Functions as possible: Build relationships with children, families and staff. This has involved attending Parent/Teacher nights, concerts, and other special events. Our work is based on our relationships.



- Administration: Time spent opening and closing files, and developing evaluation processes (i.e., profiles).
- TFC Meetings/Consultations: Attend all scheduled meetings and supervisions.
- Connect clients to resources: Connect clients to beneficial, affordable and sustainable community resources to increase network of support.

Compensation:

\$64,103 - \$ 79,801 Annually

Please reference competition # when applying; please send your Cover Letter and Resume to:

Dr. Edna Wakene
Therapy & Counselling Services Manager
edna.wakene@the-family-centre.com

The Family Centre thanks all applicants in advance. Only those candidates selected for an interview will be contacted. The Family Centre is an equal opportunity employer. We are committed to inclusive, barrier-free recruitment and selection processes, as well as work environment. We will be happy to work with applicants requesting accommodation at any stage of the hiring process.

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