

The **East Wellington Family Health Team (EWFHT)** is looking for an energetic and skillful Mental Health professional who will play an important role as a part of a shared care model in primary care. The Mental Health Therapist will assist in the early detection and treatment of psychosocial, mental health and substance abuse issues for individuals and families, and will deliver mental health services in accordance with EWFHT policies and professional practice standards.

This is a **one-year contract full-time position (37.5 hours per week)** with a possibility of a renewal/becoming permanent. The successful candidate will work virtually, using the Telus Virtual Visit platform, as well as in the clinics in Rockwood and Erin. This position reports to the Manager of Programs and Allied Services

EXPERIENCE:

The successful candidate will have 3 years or more experience, preferably in a Community Mental Health setting and/or Outpatient Mental Health Unit, in the following areas:

- Provide brief /short-term counselling to assist in the treatment of an array of adult and children's mental health and psycho-social problems including, but not limited to: depression, anxiety, family or parent/child issues, adjustment problems, bereavement and loss, stress, work problems, domestic violence, trauma, chronic pain, illness management and recovery, aging issues, marital problems, suicidal ideation and crisis planning, eating disorders;
- Co/facilitation of psycho-educational groups/workshops, delivered virtually, specific to mental illness, chronic disease and management and/or health promotion;
- Help clients and their families navigate complex service systems and advocate for their needs.

SKILL REQUIREMENTS:

- Competency to assess and monitor symptoms of mental illness, particularly anxiety and depression, in cooperation with a family physician;
- Advanced generalist counselling skills to be used in working with individuals and families across the life span presenting with simple to complex psycho-social and mental health problems;
- Working knowledge and experience in providing mental health services to children and youth, particularly, applying time-limited interventions;
- Expertise in clinical modalities, such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Motivational Interviewing (MI), Interpersonal Therapy for Depression (IPT), or other evidence-based counselling, psychotherapy and group therapy;
- Crisis and suicide risk assessment skills;
- Medical literacy and basic knowledge of pharmacotherapy in the treatment of mental illness;
- Experience working in a multidisciplinary environment and/or primary care is an asset;
- Working knowledge of the formal mental health system and community resources;

- Working knowledge of relevant legislation, eg. Mental Health Act, Personal Health Information Protection Act;
- Demonstrated ability to write clinical notes/reports;
- Computer skills with a knowledge of Electronic Medical Record (EMR) system;
- Experience working in a rural community is an asset.
- Valid driver's licence and access to a reliable vehicle with appropriate insurance as travel is required between our two clinical sites (Rockwood and Erin).

EDUCATION:

- Master's Degree in Social Work or Psychology;
- Registered with the Ontario College of Social Workers and Social Services Workers (OCSWSSW) or other relevant College/regulating body;
- Additional clinical certification or experience in a specialty area is an asset, eg. Marital and family therapy, trauma, addictions, domestic violence, older adults, children and youth.

OTHER:

- Good sense of humor;
- Excellent organizational and time management skills
- Good judgment and sensitivity, flexibility and resourcefulness;
- Desire to enhance/develop professional skills and abilities;
- Appreciation of and readiness to work collaboratively with other professionals;
- **Proof of full immunization** against Covid-19 is required in order to be employed with the East Wellington FHT.

Please send your resume and cover letter to info@ewfht.ca by Monday, January 24th 2022.

East Wellington Family Health Team is committed to providing accommodations for people with disabilities in all parts of the hiring process. We thank all applicants for their interest; however, only those selected for an interview will be contacted.