

Mental Health Clinician - DBT Programs
Job Description/Deliverables

POSITION TITLE: Mental Health Clinician

LOCATION: Toronto - in office and temporarily home based due to COVID-19

APPLICATION CLOSING DATE: Friday May 14, 2021

ABOUT US:

Mission partnering young adults and professionals to provide a collaborative, innovative model of mental health services.

Vision: Healthy, resilient young adults living the lives they choose.

Values: At Stella's Place, we fundamentally value the capabilities and contributions of young adults, as we seek breakthrough innovations that benefit our community and society as a whole. We also value:

- Inclusiveness, diversity and equity
- Accessibility and a sharing of knowledge
- Creativity along with a strengths-based approach

PURPOSE:

This clinical position is central to the success of Stella's Place and an exciting opportunity to contribute to our unique and integrative DBT Skills program. Our program integrates DBT, peer support, trauma informed care, anti oppressive practice and anti-racism. Our DBT Skills Groups are facilitated by highly skilled clinicians and peer supporters. We aim to create a culture and space that young adults can feel validated, seen and represented in.

POSITION DESCRIPTION:

You will co-facilitate a 12 week DBT Skills Group 3 times a year and provide brief individual counselling that is informed by DBT for the participants in your groups. You will facilitate the group alongside another clinician and a peer support worker.

You are comfortable with new technologies, and are capable of delivering high quality mental health services both virtually and in person.

You welcome an opportunity to collaborate and harness the knowledge of young adults with lived experience, as well as others (family members, other providers, educators, etc.) who have rich knowledge to offer through participatory action research/ codesign.

You possess strong interpersonal and communication skills, and are able to work independently and within a multidisciplinary team consisting of clinicians, a DBT consultant, peer support workers, psychiatry, primary care and clinicians.

You bring a strong intersectional analysis of how social conditions, structural inequalities, power, privilege, and systems of oppression contribute to experiences of trauma and mental health.

This is a full time position working 40 hours per week Monday to Friday. Shifts are 10am-6pm and 12pm-8pm. The occasional weekend may be required.

RESPONSIBILITIES:

Clinician responsibilities include but are not limited to:

- Conduct assessments and provide individual DBT informed counseling to a caseload of 12 young adults
- Deliver/facilitate DBT Skills groups in partnership with peer support workers
- Utilize culturally-responsive, trauma-informed, anti-oppressive and antiracist approaches to ensure quality services
- Engage in participatory action research and codesign to support the development, implementation and improvement of the DBT Skills program
- Engage in comprehensive and thoughtful communication with a multidisciplinary team
- Write clinical assessments and progress notes
- Establish and maintain productive working relationships with other community-based organizations
- Contribute to the use of quality, health, client satisfaction and outcome measures for the program, ensuring a model of continuous quality improvement is maintained
- Participate in educational activities and initiatives to enhance the skill, experience, and knowledge of Stella's Place staff

QUALIFICATIONS REQUIRED:

- Masters degree in psychology, social work or occupational therapy and registration with a respective College (e.g. College of Registered Psychotherapists of Ontario (CRPO), Ontario College of Social Workers and Social Service Workers (OCSWSSW), College of Occupational Therapists of Ontario (COTO), or College of Psychologists of Ontario (CPO) combined with 2-3 years of post-graduate direct clinical experience in a mental health treatment setting.
- Training, qualification and experience with DBT Skills and DBT individual support and must show proof of training

- Providing clinical services to young adults 16 – 29 years of age living with complex mental health and psychosocial challenges
- Demonstrated experience working in community mental health settings
- Demonstrated experience working with diverse populations, utilizing culturally-responsive, trauma-informed, anti-racist and anti-oppressive approaches
- Demonstrated experience working as part of a multidisciplinary team
- Experience with using Client Information Management Systems, Personal Health Record management and Health Information Custodian requirements
- Strong clinical foundation, including skills / knowledge related to;
 - unique developmental issues of transition-aged young adults
 - holistic health (e.g., fitness, nutrition, primary health, somatics and spirituality)
 - conducting referrals for community based recovery supports (e.g., peer support, education, employment, transition coaching, case management)

PREFERRED ASSETS:

- Stella's Place actively seeks candidates from First Nations, Métis and Inuit, racialized and LGBTQ2+ communities, women, and people with disabilities (including people who have experienced mental health and substance use challenges). We encourage people from all backgrounds to apply to our positions.
- Training and qualification with other clinical treatment approaches including, but not limited to; MBCT, ACT, MBSR, IFS, body work and somatics would be considered an asset to the team.
- Experience using G Suite, Zoom, TREAT and excel is preferred.

SALARY & BENEFITS:

Stella's Place offers a competitive annual salary and a generous health and vacation package; including comprehensive medical, dental and vision health benefits, 3 weeks vacation and 15 health days annually. Vacation increases after one year of service.

REPORTING:

Regular communication, clinical consultation, coaching, mentoring, personal and professional development, and evaluation will take place with the Clinical and Recovery Services Manager on a regular basis.

Additional monthly clinical supervision will also be provided by an external DBT Consultant.

DIVERSITY, EQUITY, AND ACCOMMODATION:

Stella's Place is committed to having a workforce that is reflective of the diversity of the City of Toronto in general and of our participants in particular. We strongly encourage applications from racialized persons, indigenous persons, persons with disabilities, persons of diverse sexual orientation, gender identity and gender expression and all those who can provide and contribute to diversification of perspective at Stella's Place.

Stella's Place is committed to hiring practices that are inclusive and barrier free. Stella's Place will provide reasonable and appropriate accommodation during all stages of the hiring process in accordance with the Ontario Human Rights Code in order to ensure the equal and fair assessment of all job applicants. Applicants are asked to make any accommodation request in advance.

YOUR APPLICATION:

Interested and qualified candidates are invited to submit their cover letter outlining your interest in working with Stella's Place (along with a detailed résumé) to careers@stellasplace.ca with subject: Mental Health Clinician by Friday May 14, 2021.

We thank all candidates for their interest. We regret that only those selected for an interview will be contacted.