

Access Counsellor Navigator

Position: Access Counsellor Navigator (2 positions)

Applications will be accepted on a rolling basis until the positions are filled.

POSITION DESCRIPTION:

Stella's Place is a community-based, integrated mental health and treatment service for young adults (16-29 years). We utilize innovative clinical practices and processes that put young adults in the 'driver's seat' of their own recovery plan. We are expanding our team to meet the growing demand for our service. We are instituting four permanent Counsellor Navigator positions as the first point of clinical contact for participants. Stella's Place is seeking four team members with a Bachelors of Social Work who have experience supporting young adults with mental health challenges.

The Stella's Place Counsellor Navigator position will provide an innovative service that offers free, supportive counselling and navigation support to young adults in the community. The counselling offered is brief, recovery oriented, strengths-based and solution-focused; our approach is participant-centered and collaborative. Stella's Place Counsellor Navigator's will utilize their clinical skills to work within a multidisciplinary team to deliver counselling in person, online and through our BBC chat platform to young adults who are experiencing mental health challenges.

In this role you will work independently as well as collaboratively with a multidisciplinary team of Access Coordinators, Clinicians, Peer Ambassadors and other Counsellor Navigators who are a part of the Stella's Place Community providing services and support to young adults 16 - 29 years of age with mental health challenges. These services include supportive short term one to one counselling and counselling through our online platform, BeanBagChat (BBC).

Regular communication, coaching, mentoring, personal and professional development, and evaluation will take place with the Access Team Manager.

KEY FUNCTIONS AND RESPONSIBILITIES

In your role as the Counsellor Navigator, you provide mental health assessments and a range of interventions to support participants including psychosocial programming. This will include outreach, assessment time-limited counselling, bridging case management and group work services. You will also be involved in leading and/or supporting programs and services.

- Develop and maintain positive relationships with participants, partner agencies, interdisciplinary professionals

- Counselling 2 - 3 participants per day in short-term individual counselling sessions
- Support young adults when they are experiencing distress
- Support young adults to engage with Stella's Place services
- Provide support through evidence-based treatment models and approaches for participants seeking services.
- Ensure accommodations for participants with self-identified needs
- Writing brief clinical notes to document counselling sessions
- Provide online support via Bean Bag Chat platform while working remotely and utilizing an on-call system for support and guidance
- Use Applied participant centred principles to design and conduct function based intervention procedures. Continuously research and adopt clinical "best practices and evidence based interventions".
- Responsible for obtaining necessary consents for the assessments, analysis and treatment plans, as well as following appropriate storage and retention methods to maintain privacy and security of documents.
- Provide direct support to the Access Team including small groups, provision of coaching, education and training opportunities for ACs, Ambassadors, and other employees.
- Evaluation and assessment of risk along with development of plans to mitigate risk due to maladaptive behaviours
- Participates in team meetings, planning meeting on request
- Other duties as assigned

QUALIFICATIONS

To thrive in this role you will have the following experience, education and skills:

- Minimum BSW degree in a health or social science discipline (BSW, Med, MA, MSc) and at least a year's work experience in assessment and treatment of individuals with mental health.
- Must hold current membership or registration with an Ontario College or Clinical equivalent or a relevant professional college that falls under the Regulated Health Professions Act.
- At least one year of direct service experience working with people marginalized by issues such as racism, discrimination, newcomer and refugee status, homophobia, transphobia, stigma, poverty, violence, homelessness, substance use and/or mental health challenges
- Experience working with young adults and a strong understanding of the social determinants of health and its impact on mental health and well being in this population.
- Strong knowledge of postsecondary institution, the mental health challenges faced by young adults with mental health challenges and familiarity with navigating these barriers
- Experience as a therapist or counsellor working with people with mental health and/or substance use issues
- Excellent knowledge of resources and the ability to navigate these services
- Demonstrated experience working collaboratively as a member of a multidisciplinary team

- Experience with Personal Health Record management and Health Information
- Custodian requirements; demonstrated ability to learn and use new software systems
- You will have clinical foundation, including skills / knowledge related to:
 - Unique developmental issues of transition-aged young adults
 - Evidence-based clinical program treatment modalities (e.g., CBT, DBT, ACT)
 - Assessment, goal setting, safety planning, and recovery planning
 - Whole health – fitness, nutrition, primary health, and mindfulness
- Excellent engagement and assessment skills
- Strong brief intervention skills such as solution focused, DBT or CBT approaches
- Commitment to working within an anti-oppressive framework and demonstrated understanding of the links between trauma and mental health, emotional health and substance use problems
- Excellent interpersonal and communication skills
- Significant conforth and skills utilizing technology to provide services including facilitating groups

Conditions of employment:

- Employment is contingent upon the successful completion of professional references and Vulnerable Sector Screening.

REPORTING AND HOURS

- This is a full-time position working 40 hours per week, Monday to Friday and/or Sunday to Thursday
- Some evenings and/or weekend hours will be required. Shifts are 9-5:00p.m. or 1-9:00p.m.
- Report to the Access Manager, with training and supervision provided

COMPENSATION:

- \$63,000/annual salary
- A generous health and vacation package; including comprehensive medical, dental and vision health benefits, 3 weeks vacation and 15 health days annually prorated to FTE. Vacation increases after one year of service.

YOUR APPLICATION:

Interested and qualified candidates are invited to submit their applications to careers@stellasplace.ca with subject: Counsellor Navigator. Applications will be accepted on a rolling basis until the positions are filled.

To be considered for the Counsellor Navigator position at Stella's Place, please submit your CV and a cover letter clearly stating:

- Your professional background/experience
- Why you would be a good fit with Stella's Place

- How did you hear about the position (include specific website or network)

We thank all candidates for their interest. Only applicants who include cover letters will be considered. We regret that only those selected for an interview will be contacted.

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.