



Young Adult
Mental Health
stellasplace.ca

THE FUTURE OF MENTAL HEALTH



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POSITION TITLE: Bean Bag Chat Relief Counsellor

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

APPLICATION CLOSING DATE: Rolling deadline

SALARY RANGE: \$24.00 / hour

ABOUT STELLA'S PLACE:

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.

JOB DESCRIPTION:

The Stella's Place Relief Bean Bag Chat Counsellor will provide an innovative service that offers free, supportive counseling and navigation support to young adults in the community. The counseling offered is brief, recovery oriented, strengths-based and solution-focused; our approach is participant-centered and collaborative.

As a Relief Bean Bag Chat Counsellor you will work within a multidisciplinary team and use your clinical skills to deliver counseling online through our BeanBagChat (BBC) chat app to young adults who are experiencing mental health challenges.

In this role you will primarily work independently and at times collaboratively with a multidisciplinary team of Access Coordinators, Clinicians, Peer Ambassadors and Access Counsellor Navigators.

Regular communication, coaching, mentoring, and evaluation will take place with the Access Manager.

18 Camden St. Toronto M5V 1V1 | 416.461.2345 | www.stellasplace.ca

Charitable Registration #: 817186935RR0001



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ROLE RESPONSIBILITIES:

Counselling Responsibilities – 85%

- 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
- Provide online support via Bean Bag Chat platform while working remotely and utilizing an on-call system for support and guidance
- Evaluation and assessment of risk along with development of plans to mitigate risk due to maladaptive behaviours

Administrative Responsibilities – 15%

- Writing brief clinical notes to document counseling sessions
- 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.
- Participates in team meetings, planning meeting on request

QUALIFICATIONS & EXPERIENCE:

- 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 experiences faced by young adults and familiarity with navigating these barriers



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- Experience as a therapist or counsellor working with people with mental health and/or substance use
- Excellent knowledge of resources and the ability to navigate these services
- Demonstrated experience working independently
- 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 comfort and skills utilizing technology to provide services

CONDITIONS:

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

SALARY & BENEFITS:

\$24/hour

HOURS & REPORTING:

This is a relief position, which means hours of work are not guaranteed. You will be called upon to support the team on an as needed basis.

Communication, coaching and evaluation will take place with the Access Manager.



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This is a relief position, working 0 to 40 hours per week, Monday through Sunday. Weekend and evening work will be required.

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 and how you heard about the position (include specific website or network) along with a detailed CV to careers@stellasplace.ca with subject: Relief Bean Bag Chat Counsellor. Applications are accepted on a rolling basis.

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