



## Mental Health Clinician DBT Programs Job Description

POSITION TITLE: Mental Health Clinician DBT Programs

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

APPLICATION CLOSING DATE: March 6, 2022

### 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

### POSITION DESCRIPTION:

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 and DBT BIPOC Skills program. Our program integrates DBT, peer support, trauma informed care, anti oppressive practice and anti-racism. Our DBT Skills and DBT BIPOC Skills Groups are facilitated by highly skilled clinicians and peer ambassadors. We aim to create a culture and space that young adults can feel validated, seen and represented in.

The role is responsible to co-facilitate a 10 week DBT Skills and/or DBT BIPOC Skills group 3 times a year and provide brief individual counselling. Both the group and individual counselling are informed by DBT. You will facilitate the group alongside another clinician and a Peer Ambassador.

The ideal candidate is comfortable using new technologies and is capable of delivering high quality mental health services both virtually and in person.

Our clinicians work in a collaborative way with 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.

The ideal candidate is experienced in program development and passionate about co-creating programs alongside participants and a multidisciplinary staff team that considers elements of physical, emotional, social and spiritual wellbeing.

As a Stella's Place employee you will be expected to actively engage on committees, support agency wide events, research activities, support the Development Team with speaking engagements and activities and build our organisational culture.

The successful candidate will work in collaboration with the organization to foster a workplace that embraces diversity of experiences, opinions and identities, encourages teamwork and complies with all applicable and regulatory requirements.

#### RESPONSIBILITIES:

Clinician responsibilities include but are not limited to:

- Conduct assessments and provide individual counseling to a caseload of 12 young adults
- Deliver/facilitate DBT Skills and/or DBT BIPOC Skills groups in partnership with peer support workers
- Providing single session counseling through the drop In program
- Utilize culturally-responsive, trauma-informed, anti-oppressive and antiracist approaches to ensure quality services
- Engage in participatory action research and codesign
- Lead development, implementation and improvement of the DBT Skills and/or DBT BIPOC Skills programs
- 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.
- Knowledge of and desire to learn and deliver DBT Skills and DBT individual support
- 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
- Ability to work independently and demonstrated experience working as part of a multidisciplinary team consisting of clinicians, clinical consultants, peer support workers, psychiatry, and primary care.
- 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)
- Strong interpersonal and communication skills
- Possess an intersectional analysis of how social conditions, structural inequalities, power, privilege, and systems of oppression contribute to experiences of trauma and mental health.
- Other duties as assigned

## PREFERRED ASSETS:

- Training and qualification with other clinical treatment approaches including, but not limited to; DBT, MBCT, ACT, MBSR, IFS, and somatics would be considered an asset to the team.
- Experience using G Suite, Zoom, TREAT and excel is preferred.

## SALARY & BENEFITS:

\$66,690 / year

Stella's Place offers 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.

#### HOURS & 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.

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.

#### 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](mailto:careers@stellasplace.ca) with subject: Mental Health Clinician DBT by March 6, 2022.

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