



**POSITION TITLE: Individual and Family Therapist – Day Treatment**

**LOCATION: Skylark Day Treatment Programs**

**POSITION TYPE: Full-time regular (37.5 hours/week), hours of work will follow the school schedule**

**POSTING CLOSING DATE: March 20, 2019**

The Individual and Family Therapist – Day Treatment is responsible for the provision of assessment and treatment to youth with significant mental health problems referred to or participating in the day treatment program. This position provides individual and family therapy and works together with the Day Treatment staff to provide clinical oversight and interventions for youth and their families in accordance with evidence-informed practice, regulatory requirements, and the mission and objectives of Skylark. This position will be required to offer in-home and community based service supports to families in Peel, York, Halton and Toronto.

**KEY RESPONSIBILITIES:**

- Develops a Collaborative Service Agreement with families of day treatment youth identifying goals and strategies in collaboration with Primary Worker and external consultants.
- Provides consistent and intensive therapeutic intervention and case management support to families involved in the Day Treatment program.
- Applies evidence informed practices in clinical work (such as Collaborative Problem Solving, DBT, CBT, Motivational Interviewing, Narrative therapy, etc.) and provides psychoeducation and clinical support to youth, families as well as teams regarding effective interventions.
- Completes pre- and post- standardized assessment tools to evaluate outcomes of day treatment intervention.
- Completes assessment and additional reports outlining case formulation and proposed treatment plans/recommendations for individual and family treatment and any additional services.
- Supports the coordination of Collaborative Service Agreement meetings.
- Provides clinical consultations to CYW team in the classroom.
- Responsible for family engagement activities including monthly parent groups and identifying new initiatives for family involvement/collaboration.
- Provide feedback to and maintain consistent communication with Manager of Day Treatment regarding clinical/program issues as they arise.
- In collaboration with the Intake Lead, coordinates and provides pre and post consultation to service providers for families referred to the program.
- Coordinates ongoing treatment and liaises with external providers (therapists, psychologists, psychiatrists, child welfare, etc.) and workers from a multi-disciplinary framework that includes psychologists, psychiatrists and other mental health professionals.
- Develops a transition plan with youth when they are exiting the day treatment program.

- Builds and maintains effective interactions with program colleagues and Skylark agency board/ staff focused on individual, team and agency success.
- Identifies and supports referrals to specialized clinical consultation (psychology, music therapy, occupational therapy, SLP or tele-psychiatry).
- Supports and cooperates in research and ongoing evaluation projects.
- Complies with all policies and procedures established by Skylark Children, Youth and Families and the Ministry regarding accreditation, legislation related to employment such as Employment Standards, Ontario Human Rights and regulations, standards and guidelines relative to youth
- Health and Safety: Adheres to the organizational health and safety policies and practices along with the Ontario Occupational Health and Safety Act. This includes but is not limited to: ensuring safe workplace practices, protecting the health and safety of themselves and others and maintaining cleanliness in the workplace.

### **QUALIFICATIONS:**

- Master's Degree in Social Work or related field with registration in the appropriate college.
- Minimum of 3 years experience providing individual and family therapy.
- Certification in Collaborative Problem Solving is an asset.
- In home service experience is preferred.
- Prior experience working with families.
- Knowledge of, and experience working with, clients with eating disorders, self-injurious behaviour, trauma, psychiatric diagnoses, depression, anxiety, learning disabilities etc.
- Proven experience working with populations from diverse cultural and socio-economic background.
- Experience providing clinical training.

### **CRITICAL SKILLS AND KNOWLEDGE:**

- Knowledge of the education system including alternative school settings.
- Knowledge of the Child & Family Services Act and all other pertinent legislation.
- Knowledge of community and agency programs.
- Ability to connect and build rapport with adolescents and their families.
- Ability to work with and integrate knowledge from other professional staff, i.e. psychologists, psychiatrists etc.
- Sound knowledge of evidenced informed treatment modalities.
- Sound knowledge and understanding of adolescent development.
- Exceptional interpersonal skills and the ability to work in a multi-disciplinary environment.
- Sound writing skills with a strong record in completing documentation properly and in a timely manner.
- Excellent organizational and administrative skills.
- Computer Literacy including: Microsoft Office, internet navigational skills, accurate database entry, and continuously developing technology proficiency.

### **ADDITIONAL REQUIREMENTS:**

- Satisfactory clearance under the Vulnerable Sector Screening process.
- The ability to travel throughout Halton, Peel, York and Toronto regions on a regular basis required.
- Irregular work hours – evening work will be required.

### **TO APPLY:**

**Interested applicants are invited to submit both their cover letter and resume in only PDF or Microsoft Word format to Deena Dulabh, at [hiring@skylarkyouth.org](mailto:hiring@skylarkyouth.org) on or before March 20, 2019.**

Please refrain from pasting the cover letter to the body of the email.

**Please quote: Individual and Family Therapist - DT,** in the subject line.

Skylark is strongly committed to a workforce that reflects the diversity of the populations we serve. We encourage applications from all qualified individuals including applicants from all cultures, racialized communities, abilities, diverse sexual and gender identities and others who may contribute to the further diversification of ideas. We are committed to a selection process and work environment that is inclusive and barrier free.

We ask applicants to make any accommodation requests for the interview or selection process known in advance by contacting the Human Resources Department at (416) 482-0081 ext.278. Human Resources will work together with the hiring committee to arrange reasonable and appropriate accommodation for the selection process which will enable you to be assessed in a fair and equitable manner.