



POSITION TITLE: Individual and Family Therapist - Youth Wellness Hub

LOCATION: 40 Orchard View Blvd

POSITION TYPE: 2 Full-time regular positions (37.5 hours/week; Tuesday to Saturday)

POSTING CLOSING DATE: June 21st, 2019

Skylark is looking for two dynamic individual and family therapists to join our Counselling and Community Service Team as a member of our Youth Wellness Hub Ontario site. As a Youth Wellness Hub site Skylark offers a wide range of services for youth aged 12-26 and their families including drop in, walk in counselling, brief counselling, ongoing therapy, group therapy, LOFT Case Management, Nurse Practitioner services and Psychiatry. Therapists address a range of mental health issues, including emotional, behavioral and/or psychiatric symptoms that may be impacting one's functioning at home, school, socially or in the community, as well as situational challenges including family conflict, bullying, trauma, substance use, struggles with psychiatric diagnoses, etc. Intervention strategies are determined following a thorough intake and assessment. The Candidates for this position will provide walk in single session counselling, brief (6 sessions) and ongoing counselling, will help facilitate a 12 week DBT Skills group and will provide therapeutic programming within our drop in program The Studio. The Studio, as part of our Youth Wellness Hub site, is an inclusive, youth-driven centre for 12 to 21 year olds that openly celebrates LGBTQ2+ youth and youth of colour while working with diverse youth from across Toronto.

Experience with/lived experience of oppression, racism, homophobia, transphobia and/or ableism and/or personal connection to queer or trans communities of color, including newcomer and disability communities will be an asset for applicants.

KEY RESPONSIBILITIES:

- Provide immediate, single session counselling for youth and their families utilizing the SFBT, CBT, DBT and Motivational Interviewing models in our walk in
- Formulate assessment and treatment plans and provide therapeutic counselling using a range of Evidence-Based and/or Evidence-informed Practices and provision of psycho-education as needed.
- Provision of flexible, creative service to children, youth and families experiencing complex challenges, requiring various levels of service in order to strengthen their ability to manage more effectively by building on their strengths.
- Liaise with other professionals and work from a multi-disciplinary framework including, psychologists, psychiatrists, nurse practitioners and other mental health professionals.
- Provide clinical consultations to The Studio staff
- Run groups for youth and parents on issues related to the LBGTQ+ community
- Participate in Studio programming to ensure engagement with Studio youth and staff
- Provide case management for clients with multiple needs, i.e. refer clients to other Skylark programs when appropriate and liaise with workers from those programs to best support clients and meet their needs; refer to external service providers as needed.
- Assess and identify clients suitable for DBT skills groups
- Co-facilitate a 12 week DBT skills group

- Complete counselling session notes and other documentation related to the program and YouthCan research project
- Builds and maintains effective interactions with colleagues at Skylark Children, Youth & Families, focused on individual, team and agency success.
- Observes the confidential nature of the agency's services.
- Organizes own work to meet scheduled deadlines and program demands, including clinical reports.
- Ensures the client record is maintained as per agency standards.
- Aligns own work and behaviour with agency mission, vision and values and in adherence to agency policies and procedures.
- Perform other related duties as assigned.

CRITICAL SKILLS, KNOWLEDGE & COMPETENCIES:

- Sound knowledge of evidenced informed treatment modalities including but not limited to, Narrative Therapy, Cognitive Behaviour Therapy, Motivational Interviewing, Solution Focused Brief Therapy, Trauma-informed therapy, Attachment-based therapy, with particular knowledge, training and proficiency with Dialectical Behaviour Therapy group facilitation
- Sound knowledge and understanding of child and adolescent development
- Experience working with LGBTQ2S+ youth and youth of colour
- Knowledge of community and agency programs including transitional age youth and adult services.
- Demonstrated sound judgement related to the development of collaborative approaches working with youth and their families; including high risk circumstances and safety planning
- Ability to work with and integrate knowledge from other professional staff, i.e. psychologists, psychiatrists, etc.
- Ability to demonstrate and work through a lens of sensitivity to diversity related to race, religion, culture, cognitive functioning, poverty, sexual orientation and gender identity, etc.
- Sound knowledge of anti-oppressive practices and ability to implement them in work with children, youth and families
- Exceptional interpersonal skills; ability to work in a multi-disciplinary environment, exercising professional judgement in conflictual and stressful situations.
- Sound writing skills with a strong record in completing documentation properly and in a timely manner.
- Excellent organizational and administrative skills.
- Proficiency with computer skills, including Microsoft Office, client data-base (CYSIS) and social media literacy.
- Participation in quality assurance, evaluation and research activities, as required.
- Ability to identify clinical learning needs and seek consultation and support through supervision.

QUALIFICATIONS:

- Master of Social Work or Master of Counseling Psychology (or equivalent)
- Membership in good standing with in the appropriate related professional regulatory body
- At least 2 years of professional experience or equivalent combination of education and experience.
- Thorough knowledge of the principle techniques and methods of individual/family therapy and treatment techniques with ability to apply them as needed.
- Proven group facilitation skills, preferably utilizing Dialectical Behavioural Therapy
- Proven assessment and advocacy skills.
- Suicide risk assessment and intervention skills.
- Ability to develop collaborative working relationships with other staff and the ability to connect and build rapport with adolescents.

- Ability to work with and integrate knowledge from other professional staff, i.e. psychologists, psychiatrists, into the overall treatment plan.
- Experience working with youth struggling with depression, anxiety, strained social relationships eating disorders, self-injurious behavior, trauma, psychiatric diagnoses, difficult family dynamics, learning disabilities etc.
- Knowledge of diagnostic and treatment procedures utilized by related disciplines
- Strong background working through a harm-reduction approach, and a background in working with LGBTQ2S+ youth and youth of colour
- Experience with eating disorders, self-injurious behavior, trauma, psychiatric diagnoses, depression, anxiety, family therapy, learning disabilities etc.
- Prior experience working within a Brief Services therapy model

ADDITIONAL REQUIREMENTS:

- This position is for 37.5 hours a week to be worked **Tuesday, Wednesday, Thursday, Friday and Saturday** and requires 2 late evening shifts to accommodate the needs of our clients. Saturday shift is from 9:30-3:30
- Ability to travel to other community-based settings as needed

POLICE CLEARANCE:

- Satisfactory clearance under the Vulnerable Sector Screening program

TO APPLY:

Interested applicants are invited to submit both their cover letter and resume in only PDF or Microsoft word format to Amanda Pearse, at hr@skylarkyouth.org on or before June 21th 2019.

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

Please quote: Individual & Family Therapist-Youth Wellness Hub, 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.