



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

INTERNAL / EXTERNAL POSTING
Posting Date: March 2, 2020
Closing Date: March 13, 2020

CLINICAL THERAPIST

Closing Date: March 13, 2020

Contract, Full-Time (until March 31, 2025), 35 hours per week, evenings and weekends may be required.

Multiple Positions Available.

Competition #2020-002

Our Mission: As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Our Organizational Values:

- Client and Family Centered – through partnership, accountability and action
- Culturally Competent – to provide the best service and work experience
- Innovation – to bring value to our community

Team Values: Respect, Trust, Teamwork and Communication

Hours of work: 35 hours per week. Flexible evening and/or weekend hours may be required

Location: Vaughan, York and South Simcoe

Job Profile:

Supporting Mental Health and Well-Being is an IRCC-funded program that aims to improve the mental and physical health and well-being of immigrants and refugees through a team of clinical therapists, nurse practitioner, and program coordinator. The program offers a menu of services, such as comprehensive mental and physical health assessment, psychoeducation, individual counselling, coordinated care planning, family support, consultation, community outreach and education, and specialized trauma treatment, among others. Services are provided in collaboration with community agencies that provide services to immigrants and refugees to ensure integration and coordination of care.

The Clinical Therapist works with clients 16 years of age and older who are experiencing mental illness, and provides assessment and treatment of cognitive, emotional, and/or behavioral symptoms through psychotherapeutic means, delivered through a therapeutic relationship based on verbal and

non-verbal communication. The Clinical Therapist assists individuals with disorders of thought, cognition, emotional regulation, perception or memory that may seriously disrupt their judgment, insight, behavior, communication, interpersonal relationships, and social functioning.

Individual and group therapy is provided according to assessed needs and best practices in counseling and psychotherapy. The Clinical Therapist collaborates with clients to develop a personal empowerment plan that includes improved symptom management and reduced distress, richer interpersonal relationships, and increased personal capacity to realize goals and aspirations and participate fully in community life. Other duties as required.

In addition to compliance with all organizational policies and procedures, the incumbent is also expected to behave ethically, demonstrate competence in effective communication and team building, demonstrate effectiveness in working in a collaborative environment, and demonstrate confidence in decision-making and in building relationships.

Requirements:

- A Master's Degree in Social Work, Psychology or a related discipline
- Current registration with a regulatory body under the Regulated Health Professions Act
- Minimum Three (3) years' experience in a community-based organization working with adults with serious mental illness
- Minimum Three (3) years' experience in providing individual and group psychotherapy
- Strong knowledge of DBT
- Minimum of Three (3) years' experience in facilitating therapy groups is a requirement
- Strong knowledge of CBT and Mindfulness
- Knowledge and experience in other treatment modalities is an asset
- A second language (French, Cantonese, Farsi, Italian, Mandarin, Russian, Tamil) reflecting the local community is an asset.
- Knowledge of systemic issues and social determinants of health such as poverty, unemployment, stigma, and the isolation felt by individuals with serious mental illness and their families
- Knowledge of Ontario Mental Health Act and mental health reform principles, the Substitute Decisions Act, the Psychotherapy Act, the Health Care Consent Act and PHIPA requirements
- Ability to apply Recovery principles and empowerment oriented philosophies and practices in work with consumers
- A valid Canadian Full G driver's license, a minimum \$1,000,000 third party liability insurance
- A satisfactory Vulnerable Sector Screening (Police Check)

This position reports to and is supervised by the Manager, People & Teams, Supporting Mental Health and Well-Being Program.

Working Conditions: Office work, community settings, meetings in clients' home and travel with clients.

Disclaimer: In keeping with mental health reform, best practices, funding and direction this position may later require knowledge, skills, abilities and working conditions not noted here.

Why work for CMHA York Region?

We are team committed to our vision of mentally healthy people in a healthy society. That means we respect that our clients are the experts in their recovery journey and our role is to provide support, resources and opportunities based on their hopes and dreams. It means that we foster and encourage an entrepreneurial spirit to create, implement and sustain innovative, evidence based and transformational impact. We seek out and build partnerships, collaborate and share knowledge to be the most culturally competent team and fully integrated service delivery partner.

Our team cares for each other. We have our own team values of trust, respect, teamwork and communication. We hold ourselves accountable and we celebrate our wins. Because we risk, we learn and we take the opportunity and time to constantly improve our skills, the way we function as a team and ultimately deliver services. We are a team committed to mental health for all. Join us and be part of providing great care in great communities!

Application Procedures:

If you are interested in this opportunity, please follow the link on this posting or visit the Career section of our website. **Complete the application form and submit cover letter and resume (PDF or Word) together as one (1) document / attachment in the Resume section, outlining how your experience matches our requirements, to the Human Resources Department quoting Competition # 2020-002.**

CMHA, York Region Branch supports the recovery of people with mental illness and promotes diversity in the workplace. We welcome persons with lived experience, women, aboriginal people, people with disabilities, and members of the 2SLGBTQ+, visible minority and immigrant communities to apply.

To request this posting in an alternate format or to request accommodation in the application process, email AODA@cmha-yr.on.ca

Online: www.cmha-yr.on.ca, under CAREERS section.

While we thank all candidates for their interest, only those selected for an interview will be contacted.

Please be advised priority will be given to applicants who apply before the application deadline, and if you are currently active in another recruitment cycle, you will not be eligible for this position.