**Summary**

Job title: **Mental Health Counsellor – Full-Time (4 days per week), Permanent**

Approved by: **Executive Director**

Closing date: **Ongoing**

Reports to: **Clinical Manager**

Posted date: **April 2024**

Rebound’s vision: **All children and youth have the opportunity to grow to their fullest potential.**

**About Rebound**

Rebound Child & Youth Services Northumberland (Rebound) is a not-for-profit, incorporated, charitable organization, providing high-quality, community-based programs and services to children, youth, and families in Northumberland County. We challenge the status quo and break down barriers by innovating. We identify a problem and learn how to address it. We educate ourselves so we are making the best decisions. We strive to continually improve ourselves as individuals, as a team, and as an organization.

**Position Summary**

The Mental Health Counsellor will work alongside members of the counselling team and other Rebound staff members to support local families. The Mental Health Counsellor is responsible for delivering counselling and therapy sessions (single session, brief services and short-term counselling and therapy), assessments such as the Family Check-Up program®, and supporting group skill-building programs.

**Roles and Responsibilities**

* Conduct intakes and psychosocial assessment of needs and strengths using standardized assessment tools and practices such as Family Check-Up® and other evidence-based assessment tools
* Develop a plan of care based on assessment and case conceptualization within team setting
* Attend clinical supervision with clinical manager
* Provide counselling as outlined in the plan of care using a brief, solution-focused model to accomplish goals outlined
* Liaises, consults, and coordinates with Rebound’s multi-disciplinary team and external partners to offer streamlined, efficient, mental health services to children, youth and their families
* Provide single-session counselling in a walk-in appointment model using a solution-

focused narrative therapy approach

* Co-facilitate mental health skill-building groups based on a cognitive-behavioural therapy approach with the purpose of reducing externalizing and internalizing behaviours
* Work collaboratively with an inter-disciplinary team to contribute to a continuum of care for Rebound clients and their families
* Maintain agency records as required. This may include assessment reports, plans of care, discharge reports, pre/post measures, case notes, statistics and other documentation
* Refer clients to appropriate services and programs, both internally and externally
* Attend meetings with schools, families and other social service providers as required
* Other duties as assigned by the Executive Director or designate

**Working Conditions**

* Flexibility in work hours, including ability to work weekends/evenings for purposes of program delivery and attendance at activities and events when necessary.
* Home office or private space required to maintain the privacy and confidentiality of our clients if remote work is necessary.
* Driving/travelling to program locations and other events.
* Requires working in shared open-concept office space, in a busy environment with frequent distractions.
* May require supporting clients in hub locations (e.g., Rural Outreach Clinic in Colbourne, Hub office in Campbellford, and YWHO location in Port Hope) at an agreed upon frequency with clinical manager.

**Qualifications, Experience, and Requirements**

* Master’s degree in social work, Counselling, or Psychology or equivalent Clinical Graduate Degree/Diploma providing qualification to perform the controlled act of psychotherapy.
* A member in good standing with one of the colleges whose members can practice the controlled act of psychotherapy.
* Demonstrated clinical expertise. Experience with community based mental health services for children and youth is an asset.
* Knowledge of relevant legislation pertaining to Child and Youth Services.
* Experience in program implementation, and facilitation is an asset.
* Excellent oral and written communication skills.
* Ability to work with complex multi-systemic issues.
* Ability to work independently with high level of accountability, and as part of a team.
* Valid driver’s license and a reliable vehicle with minimum $2,000,000 insurance liability.
* Satisfactory Criminal Record Check including Vulnerable Sector search.

**Rebound Core Competencies**

* Accountability
* Adaptability
* Client-centered
* Communication
* Inclusivity
* Leadership
* Occupational Knowledge
* Technology Orientation
* Team Focus
* Quality Improvement Focus

Interested candidates should send their **cover letter and resume** to Rebound’s Clinical Manager, Makeda Irving, at mirving@rcys.ca with the subject line, “Mental Health Counsellor.” We thank all candidates in advance for their interest, however, only those selected for an interview will be contacted. Applicants must be, or in the process of becoming, registered with their appropriate college and able to perform the controlled act of psychotherapy.

*Rebound is an equal opportunity employer and we are committed to a workforce that reflects the diversity of our community and the people we serve. We encourage applications from all qualified individuals including applicants from all cultures, racialized communities, abilities, and diverse sexual and gender identities. We are committed to a selection process and work environment that is inclusive and barrier free. In accordance with the Accessibility for Ontarians with Disabilities Act (AODA), Rebound provides accommodations, accessible formats, and communication supports for the interview upon request.*