



Job Description

Job Title	Youth and Family Therapist - School Based
Reports To	Senior Manager, Clinical Services
Program	Clinical Services
Location	3545 Kingston Rd and 636 Kennedy Rd, Scarborough
Bargaining Unit	Yes

Job Purpose

This position is responsible for providing psychotherapy, case management, psycho-education, advocacy, and consultation to individuals, families, and groups for clients presenting with mental health, emotional or behavioural issues. YouthLink serves youth ages 12-21 for ongoing psychotherapy, ages 12 – 24 for Brief Therapy/Short Term Treatment for families and 0-24 for single session counselling. Attachment and family focused models of intervention, integrating lenses that are healing centered, trauma informed, and prioritize equity, anti-racism, and inclusion are expected. A flexible work schedule and approach is required to ensure service accessibility – including some evenings; services are provided in person with virtual service available dependent on client, program needs and therapists recommendations. Primarily this position is based in the school setting within the TDSB and TCDSB and YL's Pathways to Education program site. The position involves designing and delivering psychoeducational groups focused on social emotional learning for grade eight and nine students and parents. In addition, carrying a small caseload averaging 2-5 youth clients and their families is required.

Duties & Responsibilities

- Developing and delivering group psychoeducation and group therapy, for youth and caregivers with similar presenting issues. Particularly in relation to social emotional learning
- Providing clinical services throughout YouthLink's continuum of care, engaging youth and families in multiple levels of care as part of treatment planning, both internally and externally, to improve individual and family functioning.
- Interviews referred students and parents; plans and prepares sessions; conducts program evaluations
- Collaboratively working with school administration and YL Pathways to Education team to coordinate and deliver groups. Which involves working closely with School Social workers to co-facilitate the sessions.
- Supports community wide initiatives; participates in annual Mental Health Week activities; attends relevant community information fairs.
- Providing flexible services that ensure accessibility for youth and families including evenings sessions on two evenings a week.

- Completing, interpreting and delivering results of appropriate, specialized, standard assessments; providing clinical recommendations to client's and family members, where appropriate.
- Collaboratively working with youth and their families to create Treatment Plans that represent therapeutic goals and assessment recommendations related to the continuum of care; assisting clients with intrapsychic change so that more general life goals are also more attainable.
- Preparing timely, standardized, succinct, Clinical Reports with clinical formulation at the time of Assessment, Treatment Review and End of Service.
- Understanding the importance of outcome measures; delivering reliable measures in the process of individual, group and family psychotherapy.
- Researching and preparing appropriate documents and other resources for clients and groups.
- Recording clinical notes contemporaneously; maintaining all additional records and reports as required by YouthLink policies and procedures.
- Providing psychotherapeutic and case management service, informed by a trauma lens, attachment and family systems theories, as well as an anti-oppression, anti-racism and equity framework.
- Leading the collaboration of multidisciplinary professionals in and/or participating as a multidisciplinary professional with complex cases.
- De-escalating, safety planning and/or reporting to the appropriate person or body any incidents that may jeopardize client or staff safety.
- Developing professionally through supervision, team meetings, case consultations, clinical rounds, community of practice, internal and external training events.
- Actively contributing to the Agency's Strategic Plan by participating in initiatives and committees to support the overall Plan.
- Taking all reasonable and necessary precautions to protect his or her own health and safety and that of co-workers by complying and demonstrating knowledge of the policies, procedures and safe practices established by YouthLink.
- All other assigned duties within the clinical realm.

Qualifications

Education and Training:

- Master's degree in a therapy/psychotherapy related field.
- Licensure in a regulated health college which permits the delivery of the Act of Psychotherapy.
- Associate or Clinical Membership with the Canadian Association of Marriage and Family Therapy (CAMFT) or Ontario Association of Marriage and Family Therapy (OAMFT) is an asset.

Experience:

- Minimum of (2) years post masters experience providing healing centered engagement practices, trauma informed individual psychotherapy to youth and/or adults.
- Experience working in a Children's Mental Health setting is an asset.
- Experience providing family therapy from a systemic framework is preferred.
- Experience working with school systems, boards and community agencies delivering programs and or groups
- Experience with substance use/harm reduction theory and practice as applied to youth and families.

- Expertise in working with 2SILGBTQ+ youth and their families.
- Experience supporting BIPOC communities and working with youth and families from diverse cultural and socio-economic backgrounds; providing high quality, culturally safe, anti racist support.
- Respects the diverse, non-Eurocentric worldviews, values, and cultural norms of members of the community.
- Knowledge of and commitment to practicing from a decolonizing, anti-racist and anti-oppressive framework; operates using and ABR/AOP lens.
- Knowledge of history, experience, and consequences of oppression, prejudice, discrimination, and structural inequalities in relation to African Canadian children, youth, and families.
- Knowledge of appropriate therapeutic approaches informed by anti-oppression/anti-racism and equity.
- Knowledge of and familiarity with available community and mainstream service resources for culturally safe care and collaboration (e.g. 2SILGBTQ+ and BIPOC youth) and experience referring clients to community resources.
- Knowledge of how trauma (e.g., personal trauma, community/collective trauma, intergenerational trauma, PTSD, etc.) often affects Black families and the implications for mental well-being, resilience, safety, etc.
- Sensitivity to issues of power, status/ privilege, trust/mistrust, respect, and intimacy in relationship with client.
- Demonstrated skills in assessment, systemic formulation, individual psychotherapy, family therapy, treatment planning and case coordination.
- Established ability to consistently and effectively consider implications of ethical issues in interactions with a variety of client populations; recognizing and applying differing ethical decision making processes as the situation requires.
- Experience providing service to youth and their families through complex mental health challenges, crisis management and safety planning.
- Experience with attachment and developmental approaches in working with youth and families.
- Knowledge of and commitment to evidence based and evidence informed practice.
- Strong interpersonal skills and ability to build rapport with youth and their families.
- Demonstrated ability to work collaboratively and effectively with colleagues, the community and service providers.
- Ability to work independently and as part of a team.
- Comfort and proficiency in using technology to engage youth and families (e.g. phone, text, and video) and in completing clinical documentation (e.g. EHR, Microsoft Word, Adobe, and Outlook).
- Proficiency in French language is an asset.
- Proficiency in any other language utilized in the Scarborough community is an asset.

Additional Requirements:

- Must be able to obtain a Vulnerable Sector Police Check.

Working Conditions

This position requires evening hours of 2 evenings per week with group sessions, individual and family sessions ending at 8:00pm. There are some risks involved in this position such as crisis management. Independent work from home, in a confidential and safe environment may be required at times, in the delivery of YouthLink’s hybrid office/home model. Minimal travelling required to schools and program sites

Physical Requirements

Nil

Direct Reports

Nil

Employee Name (please print):	
Employee Signature:	
Date:	

