



## UNION JOB DESCRIPTION

JD800

<b>JOB TITLE:</b>	Child & Youth Counsellor Mental Health	<b>JOB DESCRIPTION NO.:</b>	60042
<b>CLASSIFICATION:</b>	Disciplines Allied to Social Work P1	<b>GRID/PAY LEVEL:</b>	H-I-P1
<b>COLLECTIVE AGREEMENT:</b>	Health Science Professionals	<b>HSCIS NO.:</b>	50001
<b>UNION:</b>	HSA	<b>JOB/CLASS CODE:</b>	50001
<b>PROGRAM/DEPARTMENT:</b>	PHC, Population & Family Health; Child, Youth & Family; Mental Health	<b>BENCHMARKS (If Applicable):</b>	
<b>REPORTING TO:</b>	Program Coordinator		
<b>FACILITY/SITE:</b>	VIHA SI: QACCH; VGH		

### JOB SUMMARY:

In accordance with the Vision, Purpose, and Values, and strategic direction of the Vancouver Island Health Authority, patient safety is a priority and a responsibility shared by everyone at VIHA; as such, the requirement to continuously improve quality and safety is inherent in all aspects of this position.

Under the general supervision of the In-Patient Program Coordinator, the CYC works as a member of the Child, Youth and Family Mental Health Services Multidisciplinary team. Provides evidence-based therapeutic interventions within the context of a patient/family-directed approach, the vision/values of the program, VIHA and in accordance with established Standards of Practice, including a Trauma Informed Model of Care. Assesses, plans, delivers, and evaluates therapeutic interventions for patients in a tertiary mental health setting. Provides individual, family, and group counselling; works closely with families and collateral professionals and provides liaison with community programs and organizations. The CYC functions autonomously, while recognizing the importance of using an inter-professional, collaborative approach to achieve excellence in CYF mental health services.

### TYPICAL DUTIES AND RESPONSIBILITIES:

1. Provides services as a direct care worker for children/youth; initiates therapeutic relationship; conducts interviews of children/youth and family to identify care plans and goals for admission; plans for, and implements individual and/or family counselling sessions; organizes therapeutic activities.
2. In collaboration with the multi-disciplinary team, develops, evaluates, and modifies individual assessment and treatment care plans. Attends and contributes to the admission, weekly, and discharge conferences. Provides appropriate ongoing communication to the patient's community team.
3. Develops, plans, and conducts group processes as group leader or co-facilitator during sessions.
4. Assesses child/youth emotional and psychiatric status, behaviour etc. through the application of current, accepted, best practice principles and knowledge of psychiatric disorders. Monitors child/youth activities of daily living to assess patterns.
5. Develops and implements day to day activities for children/youth and families; utilizing a variety of psychotherapeutic techniques/approaches including relationship building, expressive therapies, play, recreation and individual counselling related to self concept, social adaptiveness and physical development using established and recognized practice.

6. Maintains an emotional and physically safe environment for patients by continually assessing and identifying interventions to avoid, redirect or resolve crisis situations. Monitors patients' social behaviour, attitude changes and unusual occurrences and informs team, the Clinical Nurse Leader and the Program Coordinator.
7. Attends team meetings, gathers data, and participates in Continuous Quality Improvement activities. Participates in research as required.
8. Operates a motor vehicle to drive clients to activities, outings and/or appointments in the community.
9. Provides orientation to new employees and plans for the established shift/program activities as required. Uses leadership skills to manage emergency situations when required.
10. Actively engages in personal professional development including continuing education, self-reflection, evaluation of performance, and giving and receiving feedback.
11. Provides basic first aid to clients during activities or while accompanying on outings, as required.
12. Performs other related duties.

## **QUALIFICATIONS:**

### **Education, Training And Experience**

Bachelors Degree in a Social Science relevant to Child/Youth mental health, plus two (2) years recent related experience in the assessment and treatment of Children/Youth with psychiatric/mental health concerns. A working knowledge of DSM IV diagnoses and related treatments, the Mental Health Act, the Hospital Act and the Child, Family and Community Service Act. Basic First Aid certification with CPR. Valid Class 5 BC Driver's License.

### **Skills And Abilities**

- Work effectively and collaboratively within a multidisciplinary team
- Establish and maintain therapeutic relationships
- Understand the needs of Children/Youth with complex mental health conditions
- Conduct an age-appropriate psychiatric assessment, including risk to self/others and mental status
- Apply effective and respectful communication skills, including active-listening, problem-solving, respectful limit setting, and reframing
- Practice within the concepts of Patient/Family Centred Care, Trauma Informed Care, solution-focused problem solving and Motivational Interviewing
- Communicate effectively both verbally and in writing
- Contribute to a safe work environment including utilizing the least restrictive de-escalation skills
- Physical ability to carry out the duties of the position
- Organize work and the demands of the shift and work effectively and efficiently under pressure
- Ability to use a computer and software, such as various Microsoft Office applications, electronic health records, etc.