



## POSITION DESCRIPTION

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| <b>POSITION TITLE:</b> | COMMUNITY MENTAL HEALTH WORKER – TEEN CLINIC / BRIEF TREATMENT |
| <b>DEPARTMENT:</b>     | MENTAL HEALTH  |
| <b>CLASSIFICATION:</b> | COMMUNITY MENTAL HEALTH WORKER                                 |
| <b>UNION:</b>          | MGEU – TECHNICAL PROFESSIONAL                                  |

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## REPORTING RELATIONSHIPS

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| <b>POSITION REPORTS TO:</b>  | CLINICAL TEAM MANAGER – MENTAL HEALTH |
| <b>POSITIONS SUPERVISED:</b> | NOT APPLICABLE                        |

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## POSITION SUMMARY

Working within an integrated team approach, the Community Mental Health Worker (CMHW) – Teen Clinic / Brief Treatment will contribute to the overall improved health status of individuals within a Primary Health Care team and within the Teen Clinic through the provision of mental health clinical interventions and approaches. Services are provided within a framework of mental health clinical practice, including consultation, assessment, and therapeutic interventions. The CMHW – Teen Clinic / Brief Treatment will work collaboratively with primary health care providers. The CMHW – Teen Clinic / Brief Treatment is expected to support and promote recovery-oriented practice. The position of CMHW – Teen Clinic / Brief Treatment functions in a manner consistent with, and supports the Mission, Vision, and Values of the Interlake-Eastern Regional Health Authority.

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## ESSENTIAL FUNCTIONS AND DUTIES

Function and duties include but are not limited to the following:

### Clinical Practice

- Provide individual and group counselling services.
- Provide consultation to primary health care providers regarding mental health issues, including brief treatment, crisis intervention, mental health information, mental health referrals, and long term mental health care needs.

- Facilitate a range of psycho-educational and/or therapeutic group programs/approaches.
- Conduct mental health assessments.
- Maintain clinical documentation as per program/regional standards, including via the electronic medical record, if applicable.
- Complete non-clinical documentation, paperwork, and processes as per program/regional standards.
- Liaise and consult with external resources as required, in keeping with the requirements of the Personal Health Information Act and the Mental Health Act.
- Follow standard protocols for urgent care and emergency treatment.
- Provides crisis intervention where necessary, and/or ensures a referral to Crisis Services is completed.
- Develops collaborative relationships with education system, family services systems, and other youth-oriented systems.
- Exhibit competency in recovery practices such as providing the individual assistance with effective coping skills in order to regain independence within the community and mastery over their own recovery process.
- Assist and support individuals in articulating and creating personal goals for recovery. Assist individuals in determining the steps they need to take in order to achieve goals and self-directed recovery.
- Utilize tools to assist individuals in creating their individual wellness plans.
- Serve as a recovery agent by providing and advocating for effective recovery based care.
- Attend staff meetings and professional development as required.

#### **Clinical Consultation**

- Demonstrate clinical competence in a variety of therapeutic treatment modalities.
- Develop innovative approaches for complex practice issues.
- Consult with and work in collaboration with other members of the individual's care team, inclusive of primary health care providers.
- Actively participate in clinical consultation.

#### **Program Planning, Analysis, and Education**

- Participate in strategic and program planning.
- Provide data and prepare reports as requested.
- Participate in regular staff and program evaluation and policy decisions.

#### **Education, Teaching, Learning, and Research**

- Collaborative, co-ordinate, and/or participate in the development and presentation of educational programs.
- Collaborate to assist with the development and delivery of educational material to the public.
- Promote a climate of clinical inquiry and engage actively in clinical supervision.
- Critically review current literature and research articles, and communicate and apply clinically significant findings.
- Provides preceptorship opportunities within the program to students and colleagues, when appropriate.

- Understand the core elements of a recovery orientation that can be practiced in any mental health setting and how this orientation can be applied with diverse populations.
- Commit to learning from people with lived experiences of mental health problems and illnesses about how the service can best support their recovery efforts.
- Continuously develop knowledge in recovery-oriented learning and practice.
- Acknowledge the importance of being inclusive and of seeking to maximize opportunities for people to exercise self-direction and take responsibility of their own recovery.
- Aware of relevant legislation, such as, but not limited to, *The Personal Health Information Act*, *The Mental Health Act*, and *The Child and Family Services Act*.

**OTHER**

- Performs other duties as assigned.

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RESPONSIBILITIES AND ACCOUNTABILITIES ARE ASSIGNED IN BROAD ORGANIZATIONAL OBJECTIVES. THE POSITION IS SUBJECT TO REVIEW OF GENERAL EFFECTIVENESS AND ATTAINMENT OF OBJECTIVES THROUGH PERFORMANCE MEASUREMENTS.

**PERFORMANCE MEASUREMENTS:**

- Demonstrated ability to perform as evidenced by satisfactory performance evaluations.
- Demonstrated ability to take the initiative/motivation for self-development and keeping abreast of current evidenced based practices.
- Maintains licensure and competencies.
- Active in team development.
- Works autonomously and seeks supervisory assistance in a timely and appropriate manner.
- Demonstrated practice in accordance with recovery based principles.

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**QUALIFICATIONS**

**EDUCATION/CERTIFICATION:**

- B.Sc. M.H, B. Sc. P.N, RPN, BN, RN, BSW, or MOT.
- Licensed with applicable professional designation.
- ASIST Certificate (Applied Suicide Intervention Skills Training) required.

**REQUIRED KNOWLEDGE:**

- Knowledge in mental health clinical assessment and treatment models and interventions.
- Knowledge of mental health problems and illnesses, including signs, symptoms, treatment, and prognosis of mental illness and emotional distress.
- Knowledge of co-occurring disorders, i.e. addictions and mental health.
- Knowledge and range of intervention modalities, including brief treatment such as cognitive behavioural therapy, dialectical behavioural therapy, and motivational interviewing.
- Knowledge of and ability to work within the mental health recovery model.
- Knowledge of community resources and procedures related to accessing the available services.
- Knowledge of psychopharmacology.
- Knowledge of *The Personal Health Information Act*, *The Mental Health Act*, *The Child and Family Services Act*, and all other relevant legislation.

**EXPERIENCE REQUIRED:**

- Minimum of two (2) years mental health clinical experience required.
- Two (2) years direct experience in the area of mental health crisis management preferred.

**SKILLS/COMPETENCIES:**

- Excellent verbal and written communication skills.
  - A positive attitude toward learning, growth, and health.
  - Demonstrated ability to problem-solve complex situations and manage sensitive issues.
  - Crisis intervention and bereavement skills.
  - Knowledge of collaborative primary care principles in order to work within a primary health care setting as a member of an interdisciplinary team.
  - Ability to related and interact with individuals of diverse cultural and economic backgrounds.
  - Skilled at working with people with co-occurring mental health disorders.
  - Proficiency in Microsoft Office applications (Word, Excel, and Powerpoint).
  - Ability to use electronic medical record (Accuro).
  - Flexible scheduling is required to balance individuals' needs and enhance service delivery to improve access.
  - Good physical and mental health to meet the demands of the position required.
  - Valid driver's license and vehicle are required.
  - Completes a satisfactory pre-employment security check.
  - Satisfactory employment record.
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**WORK CONDITIONS**

- The incumbent functions autonomously on a day-to-day basis and manages assigned duties accordingly.
  - Will be required to travel throughout the region as duties may require.
  - No hazardous or significantly unpleasant conditions.
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**WORKPLACE SAFETY AND HEALTH**

The incumbent contributes to making the organization safe for clients and staff and recognizes the importance of reporting unsafe situations and participating in follow up reviews as a learning opportunity.

- Provides a safe environment by ensuring the adherence to Workplace Safety and Health regulations and Policies and Infection Control Guidelines. Obeys all safety and health rules and follows recommended Safe Work Procedures. Informs supervisor of any unsafe acts, work conditions, incidents, near misses, injuries or illnesses immediately.
- Demonstrates a working knowledge of Workplace Hazardous Materials Information Systems (WHMIS) and adheres to procedures for handling and storing controlled substances as described in the Material Safety Data Sheets (MSDS). Uses personal protective equipment as required.
- Demonstrates understanding of role and responsibilities in fire prevention and disaster preparedness and participates in safety and health training programs including the health facility's Fire, Disaster and Evacuation Plan.

**PATIENT SAFETY**

- Participates in and demonstrates an understanding of patient safety principles and practices into all day to day activities. Follows all safe work practices and procedures and immediately communicates any activity or action which may constitute a risk to patient safety.

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Created: \_\_\_\_\_  
Date

Revised: \_\_\_\_\_  
February 2017  
Date

Approved by: \_\_\_\_\_  
Regional Manager/ Supervisor \_\_\_\_\_  
Date

Approved by: \_\_\_\_\_  
Vice President/ CEO \_\_\_\_\_  
Date

Reviewed by: \_\_\_\_\_  
Vice President, Human Resources \_\_\_\_\_  
Date

*Position descriptions assist organizations in ensuring that the hiring process is fairly administered and that qualified employees are selected. They are also essential to an effective appraisal system and related promotion, transfer, layoff, and termination decisions. Well constructed job descriptions are an integral part of any effective compensation system.*

*All descriptions have been reviewed to ensure that only essential functions and basic duties have been included. Peripheral tasks, only incidentally related to each position, have been excluded. Requirements, skills and abilities included have been determined to be the minimal standards required to successfully perform the position. In no instance, however, should the duties, responsibilities, and requirements delineated be interpreted as all inclusive. Additional functions and requirements may be assigned by supervisors as deemed appropriate.*