



Transitional Youth & Family Therapist

FT Position 8 week Contract July 6th-August 31st

35 hrs/week \$20.00/hr

As an interdisciplinary team member, you will have opportunities to assist people making significant change in their lives. You'll be supported by a caring and innovative management team that embraces your creativity and you'll have highly skilled colleagues from all disciplines with a significant range of experience and expertise in youth and family therapy treatment approaches. We are conducting research through our Pre and Post-Treatment Outcomes studies during 2021-2023 and guiding our program development based on existing and new evidence. We aim to deliver inclusive, seamless services and practical programs to our clients.

Our Counsellors provide group and individual assessment and treatment for individuals to help them build resiliency while also tackling a wide variety of mental health concerns including trauma, depression, anxiety, eating disorders, ADD-H, a variety of learning exceptions or communication challenges such as Autism Spectrum Disorder or FAS and emerging disorders of adolescence that may not yet be diagnosed. Counsellors are involved all aspects of the intake, assessment, treatment, and aftercare planning to support clients in a lifelong process that places their overall well being at the core of the likelihood of their success at school, home, work, post secondary studies and in their communities.

We are committed to addressing the complex nature of youth mental health concerns that have been particularly exacerbated by the current pandemic, prolonged school absences and social isolation. Competence in best-practice treatment modalities, including, Motivational Interviewing, Systems Theory, ACT and Cognitive-Behavioural Therapy, is required. Family Therapy training is an asset. This work necessitates the ability to practice the controlled act of psychotherapy and as such requires registration in a relevant regulatory college.

JOB RESPONSIBILITIES:

- Conduct psychosocial assessments, then develop client centred, effective treatment plans in collaboration with the client to deliver evidence based, inclusive, feminist oriented counselling that support living more joyful lives sustainably with transitional aged youth, 14-29 and their families. The focus will be on health promotion, improving relationships, using trauma informed approaches during recovery from COVID, ACT & CBT strategies that promote more authentic, healthier, creative, physical and mindful living practices to promote better mental health.
- Participate hands on in the kitchen to deliver Fanjoy's Junior Chef interactive culinary programs, food insecurity initiatives, Our Food Futures initiatives, collaborations with community food partners such as 10C Nourish Kitchen, and nutritional or farm educational programs for the youth we serve.
- Engage in research and tracking impact measurement of Fanjoy's innovative culinary counselling model through Junior Chef programming which is a wholistic, client centered family therapy approach that is trauma informed, narrative based and supported with CBT and ACT therapy centered sessions & group work that is being delivered in and outside of a milieu commercial kitchen and restaurant/cafe environment.
- Develop relevant curriculum for 8 week group programs and present psycho-educational and psycho-dynamic sessions to youth and/or parents in individual or group formats in Hillsburgh and the new Guelph Culinary & Counselling Center (summer 2021).
- Train, orient and provide a rich learning experience using a mentorship model with our volunteers, other junior staff and students by supervising high school, college or university students.
- Facilitate impact measured group counselling sessions, alone or as a responsive co-therapist, in person and/or on ZOOM.

Must be adept at technology and comfortable with the use of it for virtual counselling.

- Manage your own client scheduling and reporting of billable hours efficiently using online technology systems including, but not limited to, ZOOM, Google Drive, Google Meets, Acquity Scheduling, email with OFFICE 365, Electronic Records, CRM software and T-sheets for staff hours reporting (coming summer 2021). Use of Apple based products strongly encouraged – POS in the shop is operating Touch Bistro.
- Demonstrate strong collaborative, interest based skills as you liaise with referral sources, community partners, stakeholders and various other relevant community supports for the company's advancement.
- Support clients' goal setting and future planning needs through referral to appropriate community resources as needed.
- Assist clients in coordinating alternative outpatient counselling and/or follow-up as needed being particularly attentive to helping clients respond to cracks in our current mental health systems.

*Criminal reference check for vulnerable populations and Food Safety Handler's Certificate is required prior to beginning this position

Revised May 19th, 2022.