

## **Youth Mental Health and Addictions Counsellor Job Posting (Full Time, 20 Month Contract)**

### **About Us**

Malvern Family Resource Centre (MFRC) is an essential and trusted Community Hub that connects, engages, and takes collaborative action in supporting our communities to thrive. We use our public spaces, and our deep and authentic connections, to bring people together with a focus on those that need us the most. Each year, MFRC provides impactful, holistic, and highly accessible programs and services to several thousand children, youth, families, women, newcomers, and seniors. MFRC has recently launched a new strategic plan [\*A Place Where You Belong\*](#).

### **The Opportunity**

MFRC is seeking a Youth Mental Health & Addictions Counsellor who can lead efforts across MFRC's youth team to strengthen youth mental health and wellness supports and programming. Reporting to the Youth Mental Health Coordinator, you will have a direct case load of 15-20 youth clients ages 12-29 and their families and support additional youth mental health workshops and programming.

### **Youth Mental Health and Addictions Counsellor Responsibilities**

- Provide free, accessible, short-term and in-person 1:1 youth counseling to approximately 15- 20 youth clients and their families. Case load will focus on but is not limited to: youth with concurrent disorders, navigating family dynamics, self-esteem and relationship building
- Create and conduct intake, support, transition, and follow-up plans with youth and their families while also creating and maintaining excellent and timely documentation of client related items including session notes, goals etc.
- Collaborate with others in the Youth Department including but not limited to placement students, Youth Mental Health Coordinator and others
- Co-create, implement and evaluate numerous youth workshops in schools and MFRC youth hubs on topics relevant to youth
- Provide information and referral services to youth and their families
- Engage and support in additional areas of youth programming including life skills development, recreation programming, leadership and youth-focused advocacy
- Capture program impact and statistics using MFRC's program data system and OWL practice system
- Engage directly with Malvern youth and external stakeholders to keep up-to-date on community development trends and current events that impact local community members

### **Qualifications, Skills and Personal Characteristics**

- Required: Degree in Social Work, Counselling Psychology or related field and current registration with the relevant College or regulatory body (ex. OCSWSSW, CRPO etc).
- Relevant experience in counselling with youth and families

- Experience with evidence-based trauma informed modalities such as Cognitive Behavior Therapy, Narrative Therapy or other competency-based therapy models
- Knowledge of harm reduction and how to implement harm reduction approaches in counselling
- Knowledge, understanding, and sensitivity to the complexity of issues arising for youth who have experienced abuse, violence, intergenerational trauma and poverty
- Knowledge of a broad range of community resources in the Malvern and Scarborough area
- Knowledge of the impact of social and cultural issues facing marginalized youth and how they affect mental health
- Strong crisis intervention and other specialized crisis management skills (e.g. Suicide intervention, interpersonal communication skills)
- Ability to maintain boundaries with clients and provide time-limited counselling services
- Experience in facilitating individual and group counselling from a trauma focused lens
- Some evening and weekend work required
- Valid Driver's License with access to a car, an asset
- Ability to work independently and collaboratively within multi-disciplinary teams
- Passion for community development, a commitment to social justice and to supporting MFRC in becoming an anti-racist organization

**Compensation: \$48,000 to \$52,000 + 100% paid benefits, paid sick/wellness days, three weeks' vacation, and other paid time off**

**Contract: Full Time, 20 months**

**Closing Date: November 8th, 2024**

Please send cover letter and resume by e-mail to our Mental Health Coordinator Nadine at [ndilmohamed@mfrfc.org](mailto:ndilmohamed@mfrfc.org) as one document with the subject line of the email and the attachment as: First Name\_Last Name\_Youth Mental Health and Addictions Counsellor in pdf format. All applicants are thanked in advance for their interest, however, only those selected for an interview will be contacted. Please be advised that successful incumbent will be required to undergo a vulnerable sector screening as a part of the final step in the hiring process.

MFRC is an equal opportunities employer. We embrace diversity and are committed to becoming an anti-racist organization. Our goal is to attract and retain highly talented Black, Indigenous, and people of color from diverse backgrounds, allowing the Malvern community to benefit from a wide variety of experiences and perspectives that will shape our programs and services.

If you are contacted by MFRC regarding a job opportunity and need accommodation through the hiring process, please contact Anjali at [agaur@mfrfc.org](mailto:agaur@mfrfc.org)

Finally, figuring out where you want to work is a big decision and we want you to have the opportunity to do your due diligence. We will welcome questions during the recruitment process, you can also expect to talk to current staff about their employment experiences and check the references of your planned supervisor. If you do not have all the qualifications listed, but you think the job is perfect for you, we are eager to see your application.

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**Connect. Belong. Thrive.**