



Family Development Center
Douglas County Relief Nursery

MENTAL HEALTH THERAPIST JOB DESCRIPTION

PURPOSE: The Mental Health Therapist is carrying a caseload of children, parents and families that are seeking mental health services. The Mental Health Therapist will be responsible for classrooms observations, play therapy, adult therapy sessions, family therapy sessions administering mental health assessments, documentation and reporting. The Mental Health Therapist is directly supervised by the Clinical Director.

POSITION REQUIREMENTS:

1. Master's degree with 2 years experience in Psychology, Social Work, Counseling or related field.
2. Knowledge of early childhood development (birth to six years), curriculum development and implementation, positive discipline and early childhood learning strategies.
3. A current clearance from the Central Background Registry.
4. Current First Aid and CPR card, Food Handler's Card, Annual Mandatory Reporter/Child Abuse and Neglect training.
5. A valid Oregon driver's license (or acceptable driver's license from another state).
6. Proof of a three year DMV driving record free of infractions.
7. Proof of current personal automobile insurance.
8. Bilingual skills and/or being bicultural may benefit this position's duties.

CORE COMPETENCIES:

1. Ability to work independently and as a team member.
2. A comprehensive knowledge of indicators and effects of maltreatment, abuse and neglect on children, nutrition, health, safety and special needs
3. An understanding of generational poverty and the distinct needs of low-income families.
4. Learn and apply Therapeutic Principles & Positive Behavior Support Principles.
5. Ability to work with adults who have a variety of stresses/challenges (e.g., cognitive delays, chemical dependency, mental illness)
6. Knowledge of the community/county resources
7. Demonstrate good stress management and self care skills.
8. Ability to relate to diverse at-risk children and families with sensitivity and respect.
9. Ability to identify and record significant individual and group behaviors and to conduct objective assessments and evaluation.
10. Ability to be flexible in schedule of work hours and days, in order to best meet the needs of families.
11. Knowledge and competent use of the internet, email and word processing programs.
12. Ability to bend and lift 40 pounds and to sit and stand at length.
13. Ability to maintain confidentiality and share information on a need to basis only.
14. Ability to work effectively with data and have analytical capabilities.
15. Ability to respond effectively to emergent situations.
16. Model a positive attitude toward work.
17. Demonstrate initiative, personal balance, and a sense of humor.
18. Ability to adapt and work effectively under pressure.

19. Listen actively and use effective conflict resolution skills.
20. Excellent communication skills, written, verbal and non-verbal.
21. Ability to work closely as a team member and to model appropriately for others on the team.
22. Ability to educate and oversee groups of parents and children.
23. Ability to represent the program positively within the community.
24. Ability to work with parents and their children in a warm, calming, respectful, encouraging and patient manner.
25. Willingness to seek and accept supervision and implement recommendations in a timely manner.
26. Sound judgment and common sense in decision-making.

POSITION DUTIES:

1. Administer mental health observations and assessments to children as needed.
2. Develop individualized child treatment plans utilizing input from parents and staff.
3. Provide daily documentation of child progress towards goals addressed in individualized treatment plans.
4. Insure that proper ROI (release of information) forms are in place, signed, and upheld.
5. Implement mental health curricula based on individual and group needs.
6. Provide education, resources, referrals, and other mental health information to families as appropriate.
7. Evaluate child and family progress toward treatment plan goals through written records, staff debriefs, and interactions with parents.
8. Interact with children showing respect and dignity. Apply principles of diversity, equity, and racial justice for all families. Apply principles of the least restrictive environment for children with disabilities.
9. Provide mental health support to FDC staff members when appropriate.
10. Promote healthy staff growth, skill building, support and development.
11. Represent FDC at county/community meetings to coordinate services for mental health.
12. Provide services to parents/adults when appropriate.
13. Provide occasional home visits to families when needed to address mental health concerns.
14. Coordinate with the Outreach program to advocate for needs of high-risk children and families.
15. Develop goals, in partnership with the education team, for individual family service plans, working with the parents and staff.
16. Maintain open, positive communication and promote individual/group problem solving skills with children, families, co-workers and the community.
17. Establish and maintain positive communication with parents, providing information about their child's progress, along with guidance, parenting education, age appropriate discipline and other areas of child development.
18. Report any suspected instances of abuse or neglect to the supervisor, make reports to CWP, and to other supervisors and team members who are also working with that family.
19. Demonstrate a strong commitment to the dignity and privacy of each family, keeping all family information confidential.
20. Volunteer for local fundraising events, children's fairs and other events (at least 4 hours/year unless otherwise determined by supervisor).
21. Other duties as assigned by supervisor that pertain to agency function.