



Mental Health Counsellor

Full Time, 1.0 FTE

POSTING DATE: May 7th, 2024

RESPONSE DEADLINE: May 20th, 2024

ABOUT WANASAH

Wanasah is a new mental health agency created to address the urgent mental health and addictions needs of Black youth and their families through the provision of effective Black-centric mental health services in the community. Wanasah recognizes the need for inclusive, trauma-informed care with meaningful incorporation of spirituality and community voice in its programming. We work within an anti-racist, anti-Black racist and anti-oppression framework that incorporates principles of intersectionality. Wanasah is based in Regent Park, Toronto.

This is an exciting opportunity to be part of a new organization that is passionate about making a positive difference in the lives of Black youth in Toronto. The successful individual will work with a small, dedicated team to develop, evaluate, implement, and adapt an innovative model of care.

More information about Wanasah can be found at our website: www.wanasah.ca

Position Summary

Wanasah is seeking a Mental Health Counsellor to work with Black youth aged 12-25 with mental health and addictions concerns and their families in Regent Park and neighbouring areas. These youth may be experiencing serious diagnosed/undiagnosed mental illness, problematic substance use, violence, grief/loss, involvement with the criminal justice system and/or a mental health crisis. Regent Park has a large Black East African community along with other diverse Black populations that make up our clients. Wanasah's approach includes embedding services in the community we are serving. The Mental Health Counsellor's primary responsibility will be to provide individual and group therapy to clients and their families. They will report directly to the Program Manager and work closely with other members of the Wanasah team, namely the Trauma Specialist, Case Manager, Mental Health Counsellors, Substance Use and Addictions Specialist, Community Support Worker, and Spiritual Care Facilitator, as well as partner agencies in the community. A key task will be on building trust and engagement with clients and their families in the community. The Mental Health Counsellor will utilize a Black-centric, person and family centered, spiritually affirming, trauma informed and healing centered approach.



Responsibilities Include:

- Provide short term, intensive case management to Black youth (with a focus on youth who identify as girls/women) experiencing mental illness and/or problematic substance use, including assessment, supportive counselling, referrals to community resources, long term planning, and follow up services when needed.
- Conduct comprehensive assessments of clients' mental health and addictions concerns, including their trauma history, and develop individualized treatment plans that address their unique needs.
- Provide one-time or ongoing therapy, crisis intervention, and psychoeducation to clients.
- Support clients whose needs cannot be met in the community to access acute care and/or emergency services.
- Provide advocacy and support services during and following hospitalization.
- Identify and provide appropriate Black centric therapeutic approaches to care.
- Develop and implement workshops/training sessions on topics such as trauma recovery, bereavement and culturally specific mental health and addictions care.
- Offer and provide support to family and chosen family of clients through psychoeducation, crisis prevention, family therapy, family meetings, etc.
- Collaborate with families and other internal and external providers to identify and access services that support the treatment plan.
- Engage in community outreach and education initiatives to promote awareness of mental health and reduce stigma associated with mental health and addictions concerns.
- Be a youth and family mental health and addictions resource for partner agency staff and community members.
- Ensure the implementation of models of best practice and evidence-based practice.
- Participate in quality-of-care activities to initiate positive changes in programs and care.
- Maintain accurate and up-to-date client records and documentation.
- Participate as a full member of Wanasah's team.
- Comply with Wanasah's policies and procedures including those relating to privacy and confidentiality.
- Develop and maintain positive relationships with family/chosen family, community agencies/partners and other resources in the community.
- Perform other duties as assigned.

Requirements:

- A master's prepared or specialization in a mental health related discipline (MSW, MN, Spiritual Care, etc.)
- Membership and good standing in a professional college (e.g. OCSWSSW, CNO, CRPO, COTO, etc.)
- A minimum of three years of counselling practice in mental health in a facility/team or related program, with a focus on trauma-informed care and regular supervision/peer mentoring.



- Proven experience working with youth and families, specifically in the context of trauma-focused mental health counselling.
- Training and experience with a variety of clinical approaches such as: MBCT, CBT, DBT, ACT, MSRB, narrative therapy, brief solution focused therapy, etc.
- Demonstrated experience supporting individuals with mental health and addictions issues from a recovery, harm reduction, trauma informed and client centered approach.
- Proven ability to apply best practices in psychotherapy.
- In-depth knowledge of issues impacting youth with mental health and addictions concerns, and familiarity with local resources and supports for these populations.
- Proven experience providing grief/bereavement supports to individuals experiencing violence and loss, with a particular focus on trauma-informed care.
- Knowledge of pertinent legislation, such as the Child and Family Services Act, the Mental Health Act and the Youth Criminal Justice Act
- Understanding of spirituality and faith in providing meaningful mental health and addictions services
- Self-directed and independent, but also proven experience working effectively as a team member, including in collaboration with other community partners.
- Proven commitment to ongoing learning.
- Strong organizational and time management skills.
- Thorough understanding and commitment of anti-Black racism/ anti-racist/ anti-oppression theory and practice.
- Lived experience of anti-Black racism or extensive understanding of, and commitment to, resisting anti-Black racism.

Information about the position:

Staff will work in-person, at office sites.

Urban home visiting/community visits required.

Staff are expected to work in a variety of environments.

The standard work week is Monday to Friday, weekly evening or weekend hours are expected.

A medical/dental benefits package is included.

Remuneration will be dependent on qualifications and experience.

Annual Salary Range: \$59,298.24 - \$80,227.03

Please submit a cover letter and resume by May 20th, 2024, to info@wanasah.ca

We are committed to championing accessibility, diversity, and equal opportunity. Requests for accommodation should be made when contacted.

While we thank all individuals for their interest, only those selected for an interview will be contacted.

